



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OSHKOSH COMMUNITY YMCA

ACTIVITIES GUIDE

SUMMER 1:

JUNE 10-JULY 21 *No programs July 1-7*

SUMMER 2:

JULY 29-SEPTEMBER 1



GATHER.
PLAY.
GROW.
THRIVE!

Available for purchase beginning May 1:

**SUMMER
2024
RATES**

- Youth | \$75
- Young Adult | \$99
- Adult | \$165
- Household | \$237

Additional membership categories available.



Add 24/7 Access:\$30

L-R TOP: Sandra Francis, Kathleen Vendola, Mary Jo Helmrick, Susan Ashton & Pat Heroux
BOTTOM: Maggie Lang, Marsha Rossiter, Mary Hertel, Anne Flynn & Patricia Drechsler

**PICKLEBALL: A GROWING COMMUNITY
BRINGING PEOPLE OF ALL AGES TOGETHER!**

See page 59 to learn how Pickleball connected a group of strangers, and over time, built a community of meaningful relationships both on and off the courts.

TOP 10

WAYS TO STAY ACTIVE & ENGAGED AT THE Y, ALL SUMMER LONG

1

FAMILY EVENTS
Mud Run, Family Fest



4

Wiggles & Giggles, Splish & Splash, and Little Sports Stars

DROP-IN FAMILY/TODDLER CLASSES



GET CREATIVE

in the Kitchen!

Check out our summer cooking classes



7

PERSONAL TRAINING

Outside!



5

8

POOL TIME



Get out of the heat & make a splash in our pools. No sunscreen required!

GROUP EXERCISE CLASSES & CHILD WATCH!

2



FAMILY CAMPING NIGHT

Overnight at Camp Winni-Y-Co grounds in June



6



VOLUNTEER ALL SUMMER LONG

9

Mud Run, Golf, Oshkosh Century Bike Ride, EAA and more!



GOLF OUTING & OSHKOSH CENTURY RIDE

Adult-ish events

3



10

ICE SKATING

Stay cool & skate together!





LOCATIONS & HOURS



DOWNTOWN (920) 236-3380
 324 Washington Ave.
 Oshkosh, WI 54901
 Fax (920) 236-3402

FACILITY HOURS*

Beginning May 20, 2024

MONDAY-FRIDAY 5:00 a.m.-8:00 p.m.
SATURDAY 7:00 a.m.-Noon
SUNDAY CLOSED

CLOSED DAYS: • Labor Day • Thanksgiving Day • Christmas Eve & Christmas Day
 • New Year's Eve (open until 5:00 p.m.) • Easter Sunday
 • Independence Day • Memorial Day

SPECIAL HOURS: [Please visit the LOCATIONS AND HOURS page on our website](#) for all special holiday hours.



20TH AVENUE (920) 230-8439
 3303 W. 20th Ave.
 Oshkosh, WI 54904
 Fax (920) 230-8444

FACILITY HOURS*

Beginning May 20, 2024

MONDAY-FRIDAY 5:00 a.m.-9:00 p.m.
SATURDAY 7:00 a.m.-5:00 p.m.
SUNDAY 7:00 a.m.-Noon



TENNIS & PICKLEBALL CENTER (920) 236-3400
 640 E. County Road Y
 Oshkosh, WI 54901

OPEN THIS SUMMER:

MONDAY, TUESDAY, THURSDAY & FRIDAY 9:00 a.m.-3:00 p.m.
WEDNESDAY 9:00 a.m.-7:00 p.m.
SAT-SUN CLOSED

On rain days, courts will be used by the Tennis Camps from 8:00 a.m.-1:00 p.m. We will open for USTA events when applicable. Call to inquire about times.

Please call ahead (920) 236-3400.



ADD 24/7 TO YOUR MEMBERSHIP AND USE THE Y ON YOUR TIME!

24/7 Access is NOW AVAILABLE at the 20th Ave Y for \$5/month per member. Stop at the 20th Ave front desk for more information.

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.



[Visit our website for all you need to know.](#)



Downtown (920) 236-3380
 20th Avenue (920) 230-8439
 Tennis Center (920) 236-3400



Stay informed with eNews.



[Stay connected on the go with our mobile app.](#)



[Get social! "Like" and "Follow" us...](#)



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Register with the click of a button, email staff, learn more about our programs & more! Watch for this icon, and for underlined text, for interactive links that will take you right to where the action is.

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	●



LOVE
WHERE
YOU
WORK!

HELP
WANTED

JOIN THE
Y TEAM
TODAY.



- FREE Y Membership & program discounts
- Flexible schedule
- Friendly & fun work environment
- Valuable experience

You can have it all when working for the Oshkosh Y! We are **NOW HIRING** in all areas including aquatics, membership, wellness, before and after school care, child care, and MORE!

APPLY TODAY!

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 54-58 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.

Check out our Tennis & Pickleball Center. With programs, events, lessons and leagues for all ages – there is something FUN for everyone! Come tour our facility and learn more today.



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** ForeverWell 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, in person at the front desk, or over the phone through any location. Visa, Discover, and MasterCard are accepted.

Summer 1: June 10–July 21 Non-Members register 05/20/24
No programs July 1–7

Summer 2: July 29–Sept 1 Non-Members register 07/15/24

YMCA MEMBERS enjoy priority registration on all Y programs! **REGISTER** at www.oshkoshymca.org.

For registration or online account assistance, please contact the Y directly (920) 230-8439. Front Office is open Monday–Friday 9:00 a.m. to 7:00 p.m. to assist you.

JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

		1	2	3		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1						

MEMBERS CAN REGISTER FOR SUMMER 1 & 2 STARTING ON MAY 6



NATIONWIDE MEMBERSHIP DID YOU KNOW?!



You can work out 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 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!

SHOW YOU CARE

**SUPPORT
FINANCIAL
SELF-SUFFICIENCY,
BUILD SOCIAL
CONNECTIONS &
IMPROVE HEALTH
& WELL-BEING.
RIGHT HERE IN
OUR COMMUNITY!**

**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 well-being.

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

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.

You can also make a donation to the Oshkosh Y Annual Campaign, and FOR ALL Financial Assistance Program, online at www.oshkoshymca.org/give.



**BE THE
GOOD!**

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

The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 nonprofit organization. As such, all charitable gifts received in the Annual Campaign are tax-deductible to the extent of the tax code.

MEMBERSHIP



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 to the Y's Annual Campaign—provided by members, staff, local families, and businesses—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 [fill out an application ONLINE!](#)



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

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 with 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 non-member 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 guests age 14+ and each guest household is limited to 3 visits per calendar year. Please register your guest at 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.](#)

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.



MAKE A DIFFERENCE. VOLUNTEER.

Our Y has volunteer opportunities all year long!

Visit www.oshkoshymca.org/connect/volunteer for upcoming volunteer opportunities!

We welcome volunteers with all talents, interests and abilities. To be added to the volunteer list, please email volunteer@oshkoshymca.org.



EAA AIRVENTURE



YOUTH PROGRAMS



SPECIAL EVENTS



DONOR OPPORTUNITIES



LEADERSHIP

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 the Boys & Girls Club of Oshkosh at (920) 233-1414. 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.

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

Coaches serve as positive role models for young athletes, demonstrating important values like sportsmanship, respect and fair play.



COACHING



SHOW YOU CARE

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 nonprofit 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.



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.



OUR PEOPLE

Inspiring and guiding toward a common goal...

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
Jill Huth
Cal Jirschele
Kathy Lett
Kathy Markofski

THE BOARD

HERE FOR YOU: Y STAFF

Cash & Accounts Payable **Kelli Baneck**
 Director of Children & Family Services **Erin Baranek**
 Reservations Manager **Ashley Behringer**
 24/7 Access Membership Manager **Amanda Bruesewitz**
 Ice Arena Director **Matt Carey**
 Wellness & Personal Training Director (20th) **Ben Clewien**
 Head Swim Team Coach **Jay Coleman**
 Childcare Director (DTC) **Jennifer Colvin**
 Tennis Center Director **Sheila Counts**
 Childcare Accounts Receivable **Eric Davis**
 Aquatics and Swim Team Coordinator (20th) **Trenton Davis**
 Property Manager (DTC) **Paul Donahue**
 Youth and Family Director **Taylor Douglas**
 Wellness Coordinator **Rachel Ellis**
 Healthy Living Program Coordinator **Emily Eresh**
 Branch Executive (20th) **Angie Flanigan**
 Sports Director **Jeremy Gaveske**
 20th Ave Wellness Coordinator **Courtney Haedt**
 Director of Wellbeing & Group Exercise **Brandy Hankey**
 Aquatic Director (20th) **Lawson Harris**
 Mission & Brand Enhancement Director **Abbey Haug**
 School Age Coordinator **Claire Jungers**
 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**
 4K Teacher (DTC) **Mary Nyback**
 Chief Financial Officer **Judy Rehm**
 Childcare Director (20th) **Faith Goodacre-Reinke**
 School Age Director **Crystal Resop**
 Sports Coordinator **Byron Sabel**
 Payroll/HR **Amanda Sattler**
 President/CEO **Jeff Schneider**
 VP of Membership & Community Engagement **Julie Smith**
 YMCA at UWO Childcare **Kim Stelzer**
 Property Manager (20th) **Matt Verhage**
 Financial Development Director **Patti Weissling**
 Director of ForeverWell **Errah Wheel**
 Downtown Aquatics (DTC)
Melissa Wollin

YOUR Y STAFF



COMMUNITY STARTS HERE.

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!

DT PARTY PACKAGE INCLUDES:

3-hour use of Multi-Purpose Room plus basketball gym and swimming

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.

20 NO PARTIES DURING THE SUMMER AT OUR 20TH AVE LOCATION.

[Click here to complete a Birthday Party Request form for more info.](#)



RENT THE Y!

OSHKOSH Y FACILITY RENTALS

SUBJECT TO AVAILABILITY

Contact the Oshkosh Y for group activities for your school, church, day care, etc. All activities are during open times. Choose from swimming, soccer or ice skating. Group rates/packages are available. Minimum 20 people.

AFTER-HOURS ACTIVITIES AND OVERNIGHT RENTALS

Includes the use of the Basketball Gym, Soccer Arena and multi-purpose room. All areas must have a chaperone.

OPTIONAL ADDITIONS:

- Ice Skating (skates included)
- Swimming

For more information contact Ashley Behringer at (920) 230-8439 or email AshleyBehringer@oshkoshymca.org.

YMCA FIELD TRIPS



CLASS TRIPS
INCENTIVE DAYS
REWARD DAYS

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, click here to complete a Fieldtrip Interest form.](#)

SUBJECT TO AVAILABILITY



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 Intergeren room (DT).
- Listen to appropriate music and wear headphones/ear buds.
- Displays of affection are not permitted.

GYMS



NO FOOD OR
DRINK ALLOWED

- 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



NO FOOD OR
DRINK ALLOWED

- 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



NO FOOD OR
DRINK ALLOWED

- 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



NO FOOD OR
DRINK ALLOWED

- 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

HAVE FUN &
BE SAFE



SPLISH & SPLASH

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

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: 11:30 a.m.-12:30 p.m.
FRIDAYS: 10:30-11:30 a.m.

M FREE (for Members only)

AGES 1-3

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

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

M FREE FOR MEMBERS N \$6/family

AGES 1-3



LITTLE SPORTS STARS

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.

M FREE (for Members only)

AGES 1-3

CHILD WATCH

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

20 MON, WED & THUR: 8:00 a.m.-Noon
TUESDAY & FRIDAY: 7:45 a.m.-Noon
MONDAY-THURSDAY: 4:00-7:00 p.m.
SATURDAY: 7:30-11:00 a.m.

DT MONDAY-FRIDAY: 7:30 a.m.-1:15 p.m.
MONDAY-THURSDAY: 4:00-7:00 p.m.
SATURDAY: 7:30 a.m.-Noon



FOR ALL



FOR
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.

PACKAGES AVAILABLE:

4 visits: \$12 • 8 visits: \$24 • 12 visits: \$36

Parents can purchase multiple "visit credits" [ONLINE](#).

Credits must be purchased for *each child* and be purchased under each individual child's name. Visits expire 6 months after purchase date.

For Oshkosh Y Members only.

9TH ANNUAL

PRESENTING SPONSOR

**QUANDT**
PLUMBING, LLC

MUD RUN

NEW
COURSE &
OBSTACLES

WET & MUDDY 1-MILE COURSE WITH OVER 15 OBSTACLES

SUNDAY, JUNE 2

COMPETITIVE WAVE *Ages 10-16*

Kids ONLY! One Competitive Wave 12:00 p.m.
Awards Ceremony starts between 12:15-12:30 p.m.

- Mud Run T-Shirt • Fun prizes
- FREE Re-Run Wristband to run the course as often as you want! • Includes finisher medal
- Complimentary Photo Booth

Early Bird Registration ends March 29

\$25 Member • \$40 Non-member

Regular Registration ends May 24

\$30 Member • \$45 Non-member

*No Day-of Registration***FAMILY WAVES** *Ages 4-16*

12:30 p.m. • 1:00 p.m. • 1:30 p.m.

- Mud Run T-Shirt (kids only)
- Option to purchase a Re-Run Wristband for \$5 to run the course as often as you want!
- Complimentary Photo Booth
- One parent can accompany each child registered for FREE.

Some obstacles are for kids only. Parents will be asked to go around.

Sign up for the wave that is convenient for you!

Ages are divided within each wave. Big kids released first.

Siblings allowed to run together.

Early Bird Registration ends March 29: \$15 Member • \$25 Non-member**Regular Registration** ends May 24: \$20 Member • \$30 Non-member**Day-of Registration:** \$30 Member • \$40 Non-member

(No t-shirt provided for day-of registrants)

EARLY T-SHIRT PICKUP@ 20th Ave
Friday, May 31
3-6 p.m.

No refunds – event held rain or shine. The YMCA will NOT be open during the event.

**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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Family FUN FEST

FREE

OSHKOSH COMMUNITY YMCA

SUNDAY
JUNE 2 • 12-3 PM
20TH AVE YMCA
FREE TO THE COMMUNITY

- Face Painting
- Temporary Tattoos
- Balloons
- Lawn Games
- Arts & Crafts
- Music
- Multiple Food Trucks
(Food available for purchase)



Sign up for our Kids Mud Run for Ages 4-16 held that same day!
Don't forget to REGISTER for the 9th Annual Kids Mud Run too!

FAMILY FUN

FAMILY CAMPOUT

AUG
17-18



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.

Located just 3 miles from the 20th Ave Y, our camp has 24 acres of beautiful, wooded land. This property includes: two miles of hiking trails, an archery range, volleyball court, gaga pit, basketball hoops, two lodges, bathrooms, and a fire pit.

Participants need to bring a tent, sleeping bags, and any special items they may require. Please contact the Oshkosh YMCA if you'd like to attend but do not have all the required equipment.

For more information, contact Taylor Douglas at taylordouglas@oshkoshymca.org.

SATURDAY, AUGUST 17: 2:00 p.m. to
SUNDAY, AUGUST 18: 8:30 a.m.

LOCATION: YMCA Camp Winni-Y-Co

COST: **M** \$60 (for a family of 4)*

N \$90 (for a family of 4)*

INCLUDES: programmed activities, dinner, s'mores, and breakfast.

*Additional cost of \$15/person for additional family members

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.

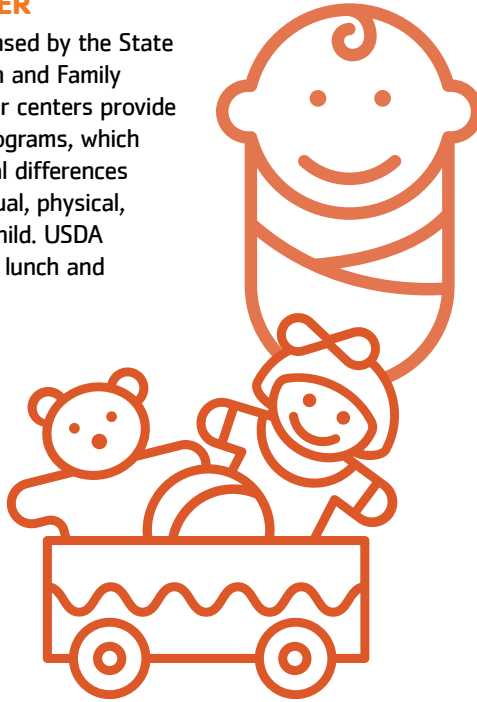
UWO CC 6:00 a.m.–6:00 p.m.

FOR MORE INFORMATION:

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

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

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



HELP CHANGE LIVES IN OUR COMMUNITY!

GIVE to the Oshkosh Y and 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, including the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Patti Weissling at (920) 230-8952 or pattiweissling@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.



Enrolling now for the 2024-2025 school year. Contact the Oshkosh Area School District to register.

2024-2025 SCHOOL YEAR

READY-4-LEARNING PRE-KINDERGARTEN

In collaboration with the Oshkosh Area School District, the Oshkosh Community 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 is filling quickly! Please call the Oshkosh Area School District at 920-424-0395 to register.

DT 20 AGE Child must be 4 years old by Sept 1, 2024
Morning: 8:05-10:50 a.m. • **Afternoon:** 11:50 a.m.-2:35 p.m.
Subject to change.

KID'S DAY OUT 2024-2025

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 a.m.-6:00 p.m. on scheduled days. Children must have a packed lunch, and a light breakfast and afternoon snack is provided. Activities include: group games, arts and 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!

20 GRADES K-5 • 6:30 a.m.-6:00 p.m.
FEE **M** \$42/Day • **N** \$47/Day

For more information please contact:
 Crystal Resop at CrystalResop@oshkoshymca.org



FISHING FUN

Ages 8-15
 Join us this summer as we get hooked on fishing! We will learn Fish ID, equipment, baits, knots, casting, safety, and put our skills to use as we travel to local lakes and rivers in the community. Kids can bring their own pole and tackle or use equipment provided by the Y.



20 Participants will meet at 20th Avenue and be bussed to various local fishing spots.

SUMMER 1
 ADVANCED ANGLERS: AGES 11-15

SUMMER 2
 INTRO TO FISHING: AGES 8-10

THURSDAYS 9:00 a.m.-Noon
FEE **M** \$110 • **N** \$130

For more information please contact: Taylor Douglas at taylordouglas@oshkoshymca.org.



NEW!



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

KIDS 2024-2025 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 Academy



For more information contact Crystal Resop at CrystalResop@oshkoshymca.org



Check out our **NEW** Youth Adventure Program this summer for ages 11-14. Learn more and register ONLINE.

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.

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.

FOR MORE INFORMATION OR TO SIGN UP NOW: Taylor Douglas: taylordouglas@oshkoshymca.org 920-230-8439



FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.

Through FOR ALL Financial Assistance, everyone - regardless of their financial circumstances - can belong to our Y, participate in programs, and improve their lives.



PRESCHOOL ACTIVITIES

SUMMER 1
JUNE 10- no programs
JULY 21 July 1-7

SUMMER 2
JULY 29-
SEPTEMBER 1

MAKE FRIENDS.
 LEARN SKILLS.
 HAVE FUN!

SUMMER SESSIONS ARE 5 WEEKS!



PRESCHOOL SOCCER AGES 3-5

Preschool Soccer is a great way to learn the basics in a fun and enjoyable way. Participants will learn basics through games and skill drills. More advanced participants will practice scrimmage as well. Shin guards required. No cleats allowed on turf field.

20 SOCCER ARENA

SUMMER 1 TUESDAY 9:00-9:30 a.m. or 4:45-5:15 p.m.

SUMMER 2 TUESDAY 9:00-9:30 a.m.
THURSDAY 4:45-5:15 p.m.

DT **SUMMER 1, SUMMER 2**

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

FEE **M** \$32 • **N** \$55

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

SUMMER 1 TUESDAY 5:30-6:00 p.m.

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

FEE **M** \$32 • **N** \$55

PRESCHOOL BASKETBALL AGES 3-5

Basketball is a great game for kids to learn new skills, meet new friends and have fun. Kids will learn through fun games and drills.

20 GYM COURT #4

SUMMER 1 TUESDAY 4:00-4:30 p.m.

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

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

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

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

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

UWO CC **UWO Child Care Families Only**

SUMMER 1 & 2 THURSDAY 10:00-10:30 a.m.

FEE **M** \$32 • **N** \$55

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

SUMMER 1 THURSDAY 4:45-5:15 p.m.

FEE **M** \$32 • **N** \$55

PRESCHOOL SPORTS AGES 3-5

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

20 LOCATION WILL BE DETERMINED BY SPORT

SUMMER 2 TUESDAY 5:30-6:00 p.m.

FEE **M** \$32 • **N** \$55

PRESCHOOL TUMBLING AGES 3-5

A beginning level tumbling introductory class.

20 **SUMMER 1, SUMMER 2**

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

FEE **M** \$32 • **N** \$55

PRESCHOOL DANCE AGES 4-6

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

20 **SUMMER 1, SUMMER 2**

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

FEE **M** \$32 • **N** \$55

PRESCHOOL SKATE AGES 3-5

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

20 ICE ARENA

SUMMER 1, SUMMER 2

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

FEE **M** \$42 • **N** \$64

FOREVERWELL

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. Appointment times are between 1:00 and 4:00 p.m.

TEACHING KITCHEN

June 6 • August 1

FEE \$34

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



OSHKOSH Y MEMORY CAFÉ

The Oshkosh YMCA Memory Café provides a safe and welcoming space that allows individuals experiencing memory loss, along with their care partner, to connect, socialize, and build new support networks. Cafés feature a variety of activities including music, guest speakers, crafts, and more!

IN PARTNERSHIP WITH:



Open to all. Y Membership is not required.

 MAY 1 • JUNE 5 • AUGUST 7 1:30-3:00 p.m.

FEE **FREE**





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 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.



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.



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

SAVE THE DATE!

NATIONAL SENIOR HEALTH AND FITNESS DAY

WEDNESDAY, MAY 29, 2024

Watch for details and more information for this special event!

FREE FOR ANYONE IN THE COMMUNITY AGE 55+

SPONSORED BY

senior stride™
Home Care



Oshkosh YMCA ForeverWell Facebook Group Ages 55+ JOIN TODAY!

FOREVERWELL • AGES 55+

JOIN US FOR FUN, FRIENDSHIP & FOOD!

Registration is required. Sign up at the Front Desk of either location or by calling (920) 230-8439.

LIFELONG LEARNING & SOCIALS

Special events for members & guests, ages 55+.



HYDRATION 101

Learn the ins and outs of why water is so important. Consider what affects hydration status such as exercise, medication, environment and more! Bring your questions! Light breakfast will be served.

DT MPR

TUESDAY, JUNE 11 • 9:00-10:00 a.m.

FREE FOR Y MEMBERS • \$5 for guests

SUMMER PICNIC

DT WEDNESDAY, JULY 10 •

12:00-1:30 p.m.

FREE FOR Y MEMBERS

\$5 for guests

ICE CREAM SOCIAL

20 THURSDAY, AUGUST 22 •

12:00-1:30 p.m.

FREE FOR Y MEMBERS

\$5 for guests

THANK YOU TO OUR MONTHLY LUNCH SPONSOR:

senior stride™
Home Care



MONTHLY BOOK CLUB

Book Clubs are a great way to meet people and to learn from diverse perspectives. The DOWNTOWN book club meets on the 3rd Thursday of each month and the 20TH AVE Y book club meets on the 1st Thursday of the month. Books will be provided to those who participate and can be picked up at the front desk of the respective branch. Books must be returned after each meeting. Each branch will read a different book monthly.

Register at the front desk.

DT JUNE 20 • JULY 18 • AUGUST 15
1:00-2:00 p.m.

20 JUNE 6 • AUGUST 1
10:30 - 11:30 a.m.

COFFEE + COMMUNITY!

Enjoy complimentary coffee Monday through Friday! Bring your own cup to help us be socially responsible, or purchase a paper cup at the Front Desk for \$.25.



BREWERS BUS TRIP

Join us for a trip to the ballpark! Includes lunch, bus ride, and game ticket. Get ready to cheer on the Milwaukee Brewers!

20 Departing from 20th Ave location.

WEDNESDAY, JUNE 26
10:00 a.m.-6:30 p.m.

FEE **M** \$67 • **N** \$77

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, on the Oshkosh Y Mobile App or at the Front Desk of any Oshkosh Y location.

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



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 (pg 33).

NEW! DRUMS ALIVE GOLDEN BEATS

This class uses drum sticks with a stability ball and can be done seated or standing. When we drum and dance we are having FUN! This in return releases endorphins and releases negative feelings. The rhythmical patterns of the drum increases synchronization of brain wave activity which in turn provides feelings of euphoria and improved mental awareness and self acceptance.

FOREVERWELL WATER FITNESS

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

FOREVERWELL 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.

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

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 • AGES 55+



A special Y orientation just for Seniors.

FOUNDATIONS OF FOREVERWELL

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.

YOU can help build FRIENDSHIPS and nurture HEALTHY LIVING!

To learn about 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.



These sessions will include:

- Assistance downloading our app
- How to register for classes
- How to use Y360
- Where to find schedules, monthly events...& 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:
9:00-9:45 a.m.

20 2nd Wednesday of each month:
9:00-9:45 a.m.

FREE TO Y MEMBERS



GRANDPARENT'S GARDEN

LOOKING FOR VOLUNTEERS to support the Downtown Y Childcare Garden with planting, weeding and educating. For more information contact errahwheel@oshkoshymca.org



PICKLEBALL

A fun game that is played on a badminton-sized court with a low net. Pickleball, easy for beginners, is the fastest-growing sport! Pickleball nets and balls are provided by the Y.

ALL ABILITIES ARE WELCOME!

For current Pickleball times, visit oshkoshymca.org or pick up a Gym Schedule to view Open Pickleball times.

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

TP TENNIS & PICKLEBALL CENTER FEES APPLY

BEGINNER PICKLEBALL

For Beginner Pickleball lessons through the Oshkosh Y Tennis Center, please see page 58.

FEE **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 Gym

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

FREE TO Y MEMBERS

WALKING WITH FRIENDS!

Walking is a great way to improve or maintain your overall health. Lace up your favorite walking shoes and meet up with your Y friends for a great outdoor workout!

LOCATION: Various parks and trails around Oshkosh. Pick up a schedule at the front desk of either location.

THURSDAYS 9:00 a.m. • MAY & JUNE
8:00 a.m. • JULY & AUGUST

FREE TO Y MEMBERS

KICK OFF MAY 2!
MEET IN THE LOBBY AT THE DT Y

POLE WALKING WORKSHOPS

Discover the benefits of this low-impact exercise! Andrea Van Dyn Hoven from Care Patrol will lead the workshops. She is experienced in fitting and leading dynamic pole walking sessions. Pole walking can improve your walking posture, improve stability and balance, as well as increase confidence while walking.

9:30-10:30 a.m.

DT April 24 • Intro • MPR

20 May 29 • Intro • MPR 3

DT June 26 • MPR

20 July 20 • Garden Area

20 August 21 • Garden Area

Join one or all of the pole walking workshops.

Y SWIM LESSONS (AGES 6 MOS.+)

Where everyone counts! Our format allows for easy scheduling for families with multiple kids. Pick your preferred location, day, and time on the charts provided. Our instructor/student ratios are the lowest in the community. Preschool level classes are limited to 5 participants per instructor and youth level lessons are limited to 7 participants 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 enrollment number.

DT 20**Downtown & 20th Avenue****SUMMER 1: June 10–July 21** No class July 1–7**M** Member registration begins May 6**N** Non-Member registration begins May 20**SUMMER 2: July 29 – Sept 1****M** Member registration begins May 6**N** Non-Member registration begins July 15Fee **M** \$32 • **N** \$57**LAP SWIM AND OPEN SWIM****TIMES FREE TO Y MEMBERS**

Times vary throughout the day. Check online for the most up-to-date schedules. 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.

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. Great for family time!

LESSON TIMES FILL QUICKLY. REGISTER NOW! Y members register beginning May 6!

Summer Lessons are once per week for five weeks, 40 minutes per lesson. Lessons meet either Monday, Tuesday, Wednesday, or Thursday. Registration closes the Thursday before each session begins.

PARENT/CHILD SWIM LESSONS (AGES 6 MOS.–3 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** \$48 • **N** \$85

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.



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



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



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.



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.



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.



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.



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.



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

SUMMER 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
---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	---------	-------------------	-------------

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
10:00-10:40 AM				Y									Y
10:50-11:30 AM									Y	Y	Y		
3:40-4:20 PM								Y					
4:30-5:10 PM	Y	Y	Y										
5:20-6:00 PM					S		Y						

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
4:30-5:10 PM			Y		Y								Y*
5:20-6:00 PM						Y	Y		Y	Y			
6:10-6:50 PM				Y					Y				Y
7:00-7:40 PM			Y		Y								

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
10:00-10:40 AM					Y		Y						
10:50-11:30 AM	Y	Y	Y										
3:40-4:20 PM				Y		Y							
4:30-5:10 PM			S				Y						
5:20-6:00 PM	Y	Y			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
10:00-10:40 AM			Y			Y							
10:50-11:30 AM					Y		Y						
3:40-4:20 PM					Y		Y						
4:30-5:10 PM							Y	Y					

*Pre-Dolphin class is held 4:20-5:00 PM

MEMBER REGISTRATION BEGINS MAY 6

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

20

SUMMER 1

June 10-July 21
 No Programs July 1-7
 N Non-Member registration begins 5/20/24

SUMMER 2:

July 29-September 1
 N Non-Member registration begins 7/15/24



FOR ALL

QUESTIONS ABOUT LESSONS?

DT MELISSA WOLLIN:
melissawollin@oshkoshymca.org
 20 LAWSON HARRIS:
lawsonharris@oshkoshymca.org



CLASSES ARE HELD ONCE PER WEEK FOR FIVE 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

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
MONDAY											
1:00-1:40 PM			●			●					
1:50-2:30 PM					●			●			
4:00-4:40 PM			●				S				
4:50-5:30 PM	●	●	●								
TUESDAY											
4:00-4:40pm	●	●	●								
4:50-5:30pm							●		●		
5:40-6:20pm					S					●	●
6:30-7:10pm			●					●			
WEDNESDAY											
1:00-1:40pm								●		●	●
1:50-2:30pm	●	●				●					
4:00-4:40pm			●			●					
4:50-5:30pm							●		●		
THURSDAY											
1:00-1:40pm							●			●	●
1:50-2:30pm	●	●	●								
4:00-4:40pm				●				●			
4:50-5:30pm			S			●					
5:40-6:20pm	●	●			●						
6:30-7:10pm					S						

Try Downtown lessons for warmer pools!

SUMMER 1&2 SWIM LESSONS



MEMBER REGISTRATION BEGINS MAY 6

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

SUMMER 1 June 10-July 21

No Programs July 1-7

Ⓝ Non-Member registration begins 5/20/24

SUMMER 2 July 29-September 1

Ⓝ Non-Member registration begins 7/15/24



QUESTIONS ABOUT DT SWIM LESSONS?

Melissa Wollin:
melissawollin@oshkoshymca.org

CLASSES ARE HELD ONCE PER WEEK FOR FIVE 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 or 40 minutes each lesson.



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 contact:
Trenton Davis:
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.



ANNUAL CAMPAIGN
 FINANCIAL ASSISTANCE **FOR ALL**

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/qive/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.

**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 second scheduled 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.

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 Prescreening day.

Prerequisites include: **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.

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

20 June 6-8 (Thurs-Sat) 9:00 a.m.-5:00 p.m.

August 30-Sept 1 (Fri-Sun)

Friday 9:00 a.m.-5:00 p.m.

Saturday 9:00 a.m.-5:00 p.m. and

Sunday 8:00 a.m.-Noon

FEE **M** \$185 • **N** \$210

**IMPORTANT!
EVERY SESSION
OF LIFEGUARD
TRAINING MUST
BE ATTENDED IN
FULL.
NO EXCEPTIONS!**

LIFEGUARD INSTRUCTOR REVIEW

This course focuses on honing lifeguarding skills through practice, drills, and improvement, aiming to ensure that both instructors and instructor trainers are proficient in executing these skills and adept at identifying correct and incorrect performance. The consistency of skills and knowledge across Red Cross program instructors and trainers is maintained through feedback and evaluation provided by practicing Lifeguard Instructor Trainers.

Lifeguard Instructors are expected to deliver comprehensive reminders for each skill set and facilitate practice sessions, skill drills, and multi-rescuer scenarios, involving all participants including instructors and trainers. They must have a clear view of all participants, offering both collective and individual feedback as necessary to refine skill performance.

It's important to note that this course is not intended as a test but as an opportunity to enhance skills and provide redirection when needed to align with the current Red Cross Lifeguarding program. Candidates must demonstrate proficiency as both primary and assisting rescuers in multiple-rescuer response scenarios. Successful participants should meet the standard skill requirements by the end of the practice session, and if necessary, they may exit the water using a ladder.

20 Friday, August 16 9:00 a.m.-5:00 p.m.

FEE **M** \$125 • **N** \$150

For more information on American Red Cross training, please contact Lawson Harris at lawsonharris@oshkoshymca.org

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.

June 3-5 • Mon-Wed • 8:00 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 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 June 15 4:00-9:00 p.m.

July 7 12:00-5:00 p.m.

FEE \$75 **M** • \$110 **N**

YOU CAN BE A LIFEGUARD AT AGE 15!

**HELP
WANTED**

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

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

SWIM INSTRUCTORS: Water Safety Instructor Certification preferred.

Apply in person at either Y location, or online.

LAP SWIM AND OPEN SWIM TIMES

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.

SLIDE TIMES

Times vary throughout the week. Check online for the most up-to-date schedules.

WATER FITNESS

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

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 for a 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.

DT 20 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.

DT FREE TO MEMBERS M

FOREVERWELL WATER FITNESS

Very low impact to your joints. The water creates great resistance and is a good 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

DEEP WATER FITNESS

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

DT FREE TO MEMBERS M

SENIORS!
See page 23-26 for other great classes just for you.

**PLAN AHEAD:
SWIM MEETS @20TH**

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

20th Ave Aquatics center will close on Thursdays at 5:30 p.m. on the following days:

• June 20 • July 11 • August 8

**OUR
PURPOSE
IS DEEPER
THAN
OUR POOLS**

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. Please consider a gift today. 100% of your donation supports these valuable programs.

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.

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.

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



AQUATICS

DT

SPECIAL POOL DAY EVENTS

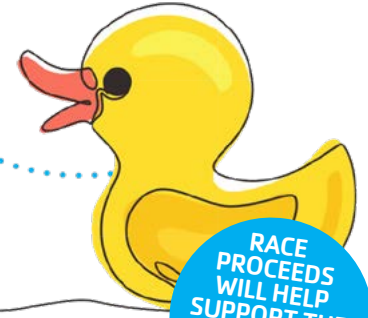


PIRATE DAY AT THE POOL

DT FRIDAY, JUNE 14 • 5:30-7:30 p.m.

Come join us for fun pirate-themed activities.

FEE \$5 per person or \$20 per family



RACE PROCEEDS WILL HELP SUPPORT THE OSHKOSH Y ANNUAL CAMPAIGN

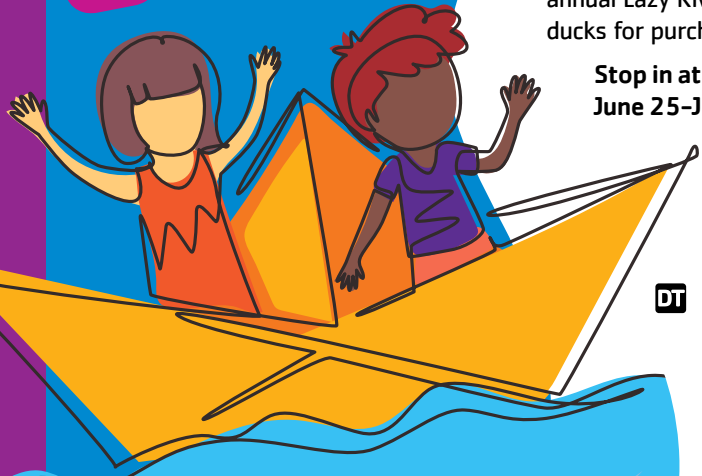
LAZY RIVER DUCK RACE

DT FRIDAY, JULY 12 • 5:30-7:30 p.m.

Join us for a quacking good time at the Downtown Y's first annual Lazy River Duck Race. We will have three different sized ducks for purchase to race multiple heats. Have fun for a good cause!

Stop in at the DT Front Desk to purchase your ducks, between June 25-July 11

Daddy Duck=\$10 | Mama Duck=\$5 | Baby Duck=\$1



FAMILY BOAT BUILDING

DT FRIDAY, AUGUST 16

Boat Building: 4:30-7:30 p.m.

SATURDAY, AUGUST 17

Race Day: 9:00 a.m.-Noon

FEE \$5 per person or \$20 per family | Supplies will be provided

Spend some quality family time together before the kids head back to school. Come participate in the downtown Y's first annual Cardboard Boat Race.

WATER SAFETY AGES 8 & ABOVE

FRIDAY, JULY 19 • 4:00-5:00 p.m.

OR

FRIDAY, AUGUST 9 • 4:00-5:00 p.m.

Do you own a boat? Do you have a cabin? Your kids will learn how to throw a ring buoy, how to rescue someone with a shepherd's crook, and how to safely do reaching assists with various equipment.

DT Same material will be offered each night.

FEE \$5 per person

More classes will be offered if there is interest in this program!





INTERESTED IN THE DOLPHIN SWIM TEAM? CHECK THIS OUT!

PRE-DOLPHIN SWIM TEAM

20 This program provides the necessary technical skill training to be a beginner competitive swimmer on our OSHY swim team, in a smaller group environment.

This program focuses on the following:

- Developing endurance in competitive strokes
- Competitive swimming basics & OSHY team culture
- Enhancing skills and building endurance

This is a great option for those interested in joining the swim team!

SUMMER 1 June 10–July 21

SUMMER 2 July 29–Sept 1

Classes meet once a week for 5 weeks, 40 minutes per lesson.

Fee \$32 **M** • \$57 **N**



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 and click on the orange button for **Schedule Evaluation/Contact Us**, to schedule an evaluation. Experienced swimmers can use the same button to contact the team.



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.

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.

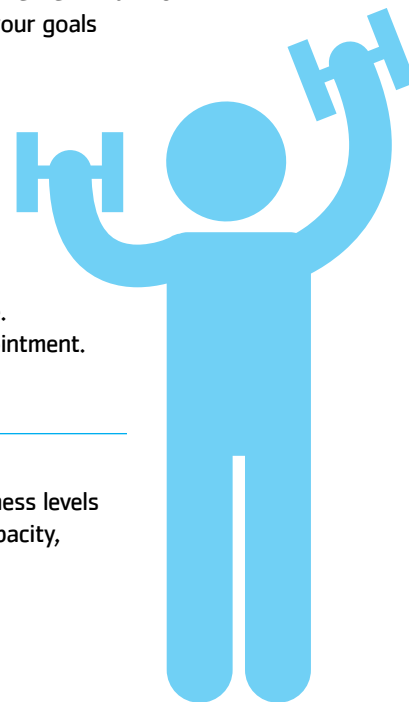
**FREE INITIAL
BODY
COMPOSITION
TESTING**

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 Wellness Staff to introduce you to our cardio and circuit machines. Based on your goals and fitness level, our Wellness Staff member 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**

**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

Contact Ben Clewien at benclwien@oshkoshymca.org for more information.

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. 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.



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.**

! **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.

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!

NEW!

Drums Alive This class uses drum sticks with a stability ball for a fun, rhythmic, and energizing workout. Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially!

! **👤** **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.

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



! **👤** **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!

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!**

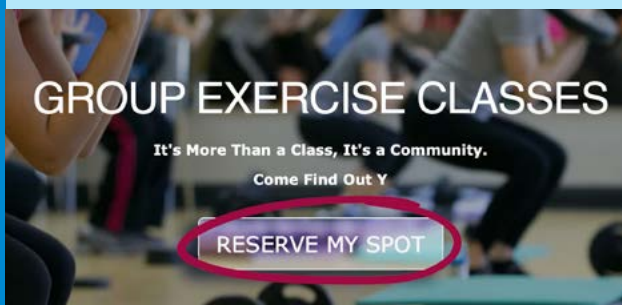
NEW!

! **👤** **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. The bikes at 20th Ave have technology built into the console, allowing riders to use various metrics to crush goals. The Downtown Y utilizes *Intelligent Cycling*, a virtual ride system, to keep you motivated and entertained.

**Download the
*Intelligent
Cycling* app at
the App Store
to get the
most out of
your ride.**

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.

(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.

- 1 Visit our website at www.oshkoshymca.org/group-exercise-classes and click on the **RESERVE MY SPOT** button at the top of the page. Through our mobile app, go to **SCHEDULES**, click on the class you want to attend, and select Register.
- 2 Filter by **CATEGORY** (Group Exercise or ForeverWell) Next, find the activity you want to attend.
- 3 **Sign Up**
Click on the navy blue **SIGN UP** button.
- 4 Click the **LOGIN** button, create an account by clicking **REGISTER NOW**, or click **FORGOT PASSWORD** and follow the prompts.
- 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.
- 6 **Always LOG OUT**, especially if on a public device.


NOTE: If you are placed on the wait-list, you 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.)

 **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.

 **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 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.

 **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.

NEW!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Registration is open
until August 30, 2024!

OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING

200-hour Yoga Alliance
Certification Program

September 7, 2024 to
April 5, 2025



This course comes out of a deep love and respect for a practice that is at once mysterious and mainstream, modern and ancient, grounding and uplifting, peaceful and passion-inducing. It is a way to deepen your love and expand your life; to commit to your wellness while serving others.

YTT is for sincere students and the wild ones that want to change the world. The Y is well known for a shared commitment to inclusivity, community, and for putting the ideals and principles of Care, Honesty, Respect, and Responsibility into practice.



This course is taught by Kat Bettger and meets and exceeds the standards set forth by Yoga Alliance.



CURRICULUM

Teaching, Technique, Practice | 75 hours

Asana, Pranayama, Meditation

September LEVEL I

Self Care, Personal Practice, Chakras, Breath, Mantra, Mudra, Kriya

Yoga Humanities | 30 hours

History, Philosophy, Ethics

October LEVEL I

Ayurveda, History, Philosophy

Professional Essentials | 50 hours

Teaching Methodology, Professional Development, Practicum Prep

November LEVEL II

Ethics: The Yoga Teacher, Styles of Yoga, Teaching Methodology & Class Design

Anatomy and Physiology | 30 hours

Anatomy, Physiology, Biomechanics

December LEVEL II

MetaAnatomy: Physical, Poetic, Practical
Solstice Ceremony

Professional Essentials | 50 hours continued

Teaching Methodology, Professional Development, Practicum Prep

January LEVEL III

Professional Development: Communication, Voice, Cueing, Music

February LEVEL III

Professional Development: Observation, Assisting, Online Teaching, Identity, Marketing, Study, Reading, Writing, Vision, Imagination, Business

Teaching Practice | 20 hours

Exam, Practicum

March LEVEL III

Create + Practice Teach, Final, Practicum

Community Teach + Celebration April 5

The curriculum is supplemented by several guest teachers including Erica Jago, author of Angelus, and Kristin Leal, author of Meta Anatomy.

Contact Brandy Hankey, brandyhankey@oshkoshymca.org, 920-230-8439 for more information.



ANYWHERE, ANYTIME

HEALTHY LIVING SUPERCHARGED BY YMCA360



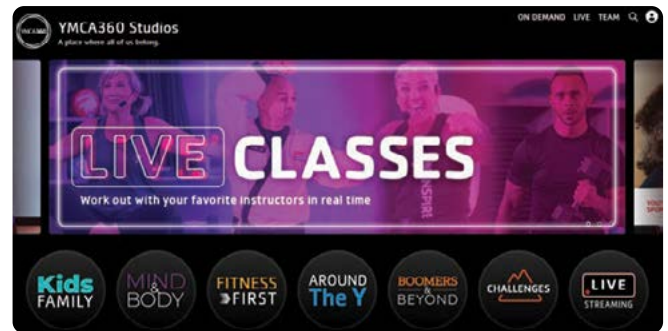
A 360-DEGREE SEAMLESS DIGITAL EXPERIENCE FOR Y MEMBERS ON MOBILE, TV AND WEB

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



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 Y 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

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
oshkoshymca.org
 for more information.

DAV CHAPTER 17 WI IS HERE TO HELP YOU

If you know of a Veteran that might be in need of assistance with funding a membership, program or personal training, please alert a Y staff person so we can connect you with this resource.

BUILD STRENGTH. GAIN CONFIDENCE.

The benefits of strength training for women are endless. Find a place of empowerment in the weight room with this 6-week program, where you will learn proper use and techniques of free weights. Taught by one of our Nationally Accredited Female Certified Personal Trainers Emily Eresh, for women ages 18+.

WOMEN ON WEIGHTS

Improve body composition and core movement patterns, prevent injuries, slow down bone loss, *and more!*



6 WEEK SESSION • Two 60-minute classes per week

\$99 per person • Members only • Maximum 6 participants per program session

For maximum results, full attendance is strongly encouraged.

Class dates and times will be set by program coordinator, Emily Eresh.

If you are interested in details on the next session please contact: emilyeresh@oshkoshymca.org.

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.
Meet at 20th Ave Wellness Desk

FOR MORE INFORMATION OR TO APPLY
Contact Ben by email or phone:
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!

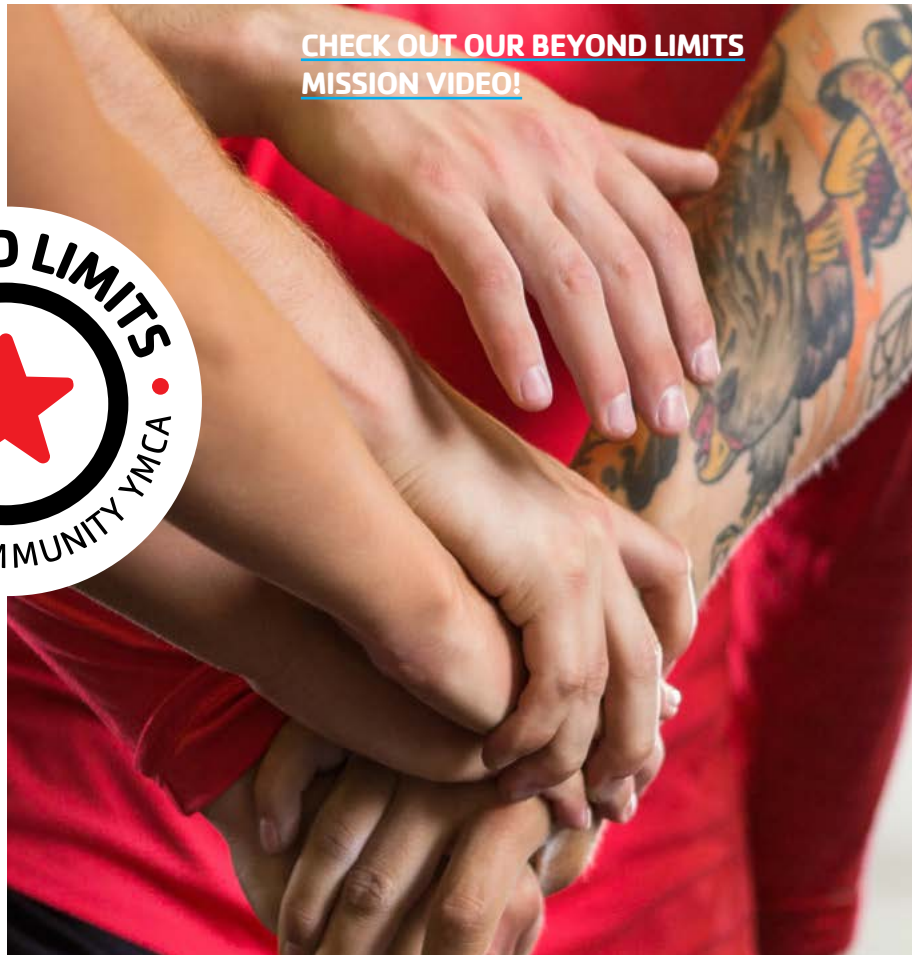
SPONSOR OR DONATE Support veterans and armed forces members in our community by sponsoring our program or making a donation today. Easy payment plans are available.

\$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.



[CHECK OUT OUR BEYOND LIMITS MISSION VIDEO!](#)



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

DAV CHAPTER 17 WI IS HERE TO HELP YOU

If you know of a Veteran that might be in need of assistance with funding a membership, program or personal training, please alert a Y staff person so we can connect you with this resource.



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.



Food often reflects our cultures and ethnicities. By sharing food and our culture with one another, we connect as humans and learn more about one another's experiences. Sharing of food provides us greater opportunities to hold space for all to explore and share at the table.

JOIN US every month with a new special guest to learn more about a culture and their traditions, customs, and recipes. Come with an appetite and open mind and leave educated and with a new cultural recipe.

DIVERSITY + FOOD + COMMUNITY

THE FIRST TUESDAY OF EVERY MONTH

DT Teaching Kitchen • 11 a.m.-Noon

FREE & OPEN TO ALL

Stop in to any session to sample a dish from a different country.

May 7

June 4

July 2

August 6

September 3

October 1

November 12

December 3

Email Lindsey McMullin at lindseymcmullin@oshkoshymca.org to find out what is on the menu or to present and share a cultural dish or meal of your own.

Pre-registration is required. Sign up at the Front Desk of either location, call (920) 236-3380, or register ONLINE.

IN PARTNERSHIP WITH:



TEACHING KITCHEN

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.

TEACHING KITCHEN RENTALS

AVAILABLE FOR SMALL TO MEDIUM SIZED GROUPS.

Contact Lindsey McMullin at (920) 236-3380 or lindseymcmullin@oshkoshymca.org for more information



Classes for all ages all summer long!

Please email LindseyMcmullin@oshkoshymca.org for information on upcoming classes.



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

Thursday 6:00 a.m.-5:00 p.m.

20TH AVE Y:

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

Friday 6:30 a.m.-4:00 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.

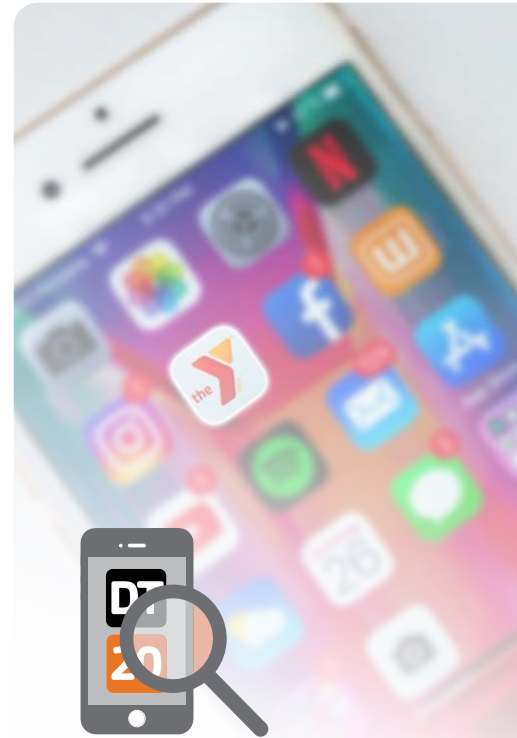
Chris sees patients at the 20TH AVE Y:

Monday 3:30 p.m.-6:00 p.m.

Wednesday 7:00 a.m.-6:00 p.m.

Thursday 3:30-6:00 p.m.

Friday 7:00 a.m.-6:00 p.m.



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!



**GOOD HEALTH IS
GOOD BUSINESS**

BUILDING A HEALTHIER WORKFORCE

A YMCA Corporate Membership is more than just providing reduced rates for your employees. Our goal is to create healthier workplace environments. By connecting with the Y, workplaces receive services that help support employees in being more active and engaged in healthier lifestyles.

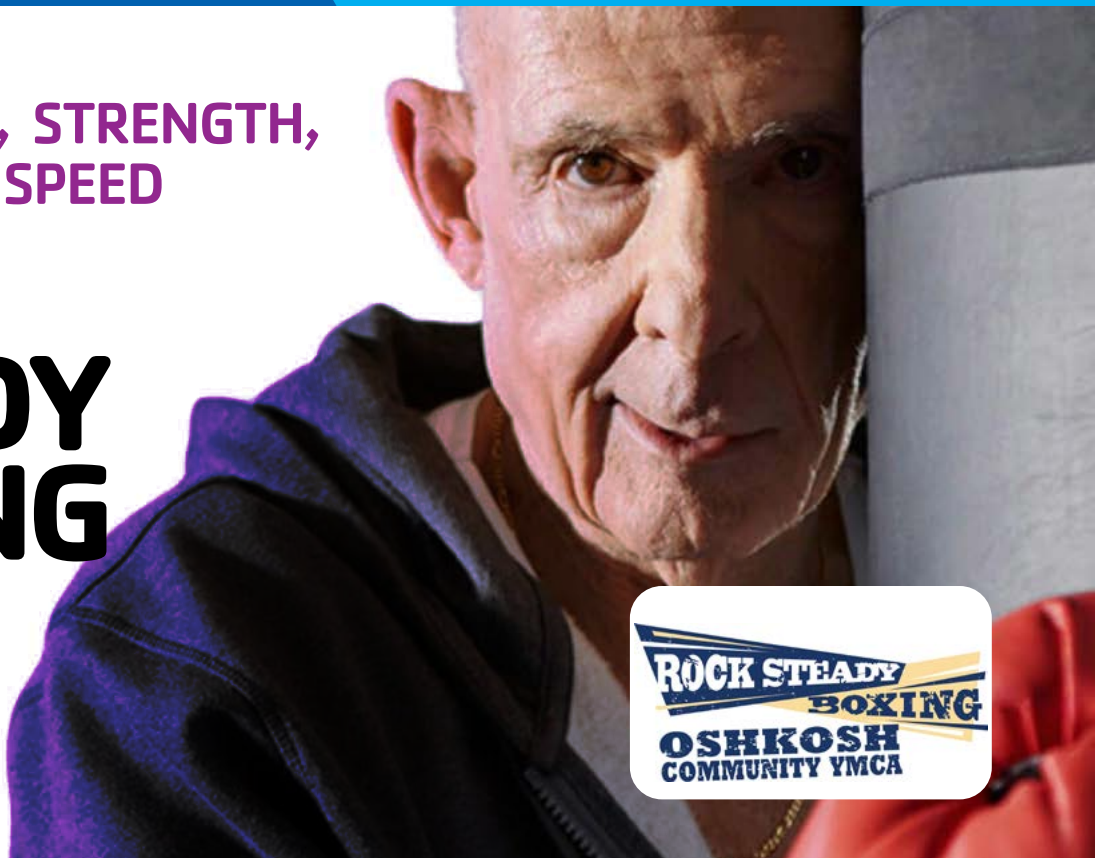
Partnering with the Y is an investment in the well-being of your employees and your business! Physically fit employees make your company more fiscally fit. We offer a variety of services, including on-site programming, that are interactive and engaging for you and your employees. It's good for employees, it's good for your company, it's good for our community.

QUESTIONS? Contact Julie Smith to learn more about Corporate Membership and Wellness at (920) 230-8911 or juliesmith@oshkoshymca.org.

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

ROCK STEADY BOXING

**PARKINSON'S DISEASE
MANAGEMENT
PROGRAM**



OPEN TO MEN & WOMEN OF ALL ABILITY LEVELS



Check out our Rock Steady Boxing mission video!

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.

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

FEE: **M** \$50/month • **N** \$75/month

Financial assistance options available as well.

DROP-IN RATES AVAILABLE

OPTIONAL STARTER PACKAGE: \$75 | Includes gloves, wraps, t-shirt, and storage bag! *Other payment options are available upon request.*

BROUGHT TO YOU WITH HELP FROM:



SUPPORT GROUPS are available for **FREE FOR ALL** Parkinson's Fighters and their care partner. We meet once per quarter to go over lifestyle factors and disease management strategies.

WANT TO HELP?



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





CONNECT LEARN SHARE

LIVESTRONG®

AT THE YMCA

Please email Lindsey McMullin at LindseyMcmullin@oshkoshymca.org or call (920) 236-3380 for upcoming session dates and more information on our LIVESTRONG programs.



LIVESTRONG ALUMNI:

Check out the "Oshkosh YMCA Livestrong Alumni Facebook" page for special events and classes.

LIVESTRONG AND BEYOND

Small-group programs 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.*

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.

Reserve your spot today!

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 our weekly classes, one of our Livestrong coaches will guide you through scientifically proven methods of exercise to include strength, cardio, balance, and flexibility.

Members and LIVESTRONG Alumni Only

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.

FREE AND OPEN TO ALL

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

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

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

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

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

WANT TO
HELP?



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

ICE

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.

SUMMER 1 & 2**MONDAY** 5:45-6:15 p.m.FEE **M** \$44 • **N** \$67

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.

SUMMER 1 & 2**MONDAY** 6:15-7:00 p.m.FEE **M** \$58 • **N** \$83**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.

SUMMER 1 & 2**MONDAY** 7:00-7:45 p.m.FEE **M** \$58 • **N** \$83**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 230-8928 for details. 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 **M** \$35 • **N** \$555 sessions **M** \$135 • **N** \$16510 sessions **M** \$230 • **N** \$260

Private Skate Lessons are available for all skill levels and all ages. Call today: (920) 230-8439

**SEMI-PRIVATE SKATE LESSONS**

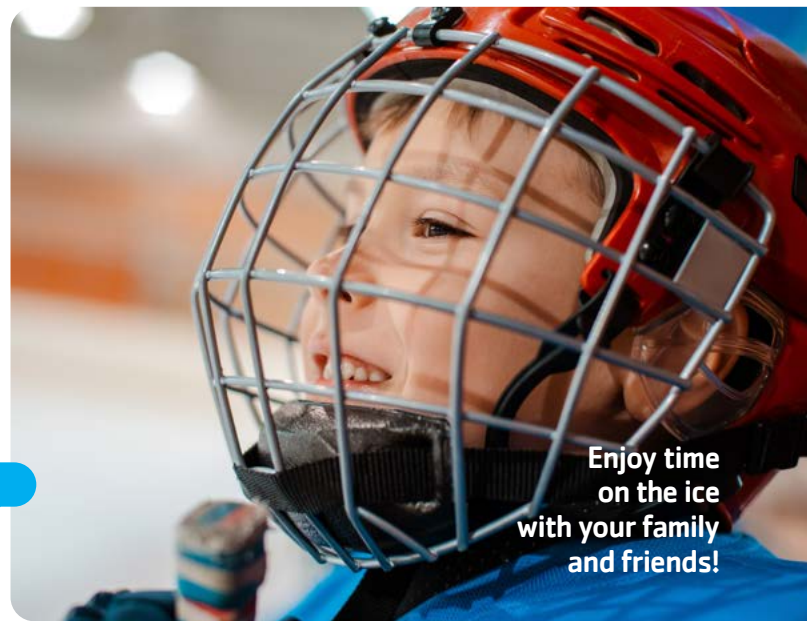
Semi-private lessons are available to children and adults who are looking for a more individualized program in a small group setting. Instructors will work with small groups (2-3 students) to advance skating ability and technique. Sessions are 30 minutes. All session minutes expire 6 months from the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

FEE 1 session **M** \$25 • **N** \$355 sessions **M** \$95 • **N** \$12010 sessions **M** \$160 • **N** \$185**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 **M** FREE FOR Y MEMBERS • **N** \$5SKATE RENTAL **M** FREE FOR Y MEMBERS • **N** \$4**PRESCHOOL SKATE (AGES 3-5)**

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

Summer 1 & 2**MONDAY** 5:00-5:30 p.m.FEE **M** \$42 • **N** \$64

Enjoy time on the ice with your family and friends!

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

ICE

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.**

SUMMER 1 & 2 • MONDAY7:45-8:30 p.m. • FEE \$58 **M** • \$83 **N****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. Helmet is required.

SUMMER 1: JUNE 12-JULY 23 (No class July 3-9)**SUMMER 2: JULY 24-AUGUST 27****MONDAY****LEVEL 1 • 5:45-6:15 p.m.**FEE **M** \$44 • **N** \$67**LEVEL 2-4 • 6:15-7:00 p.m.**FEE **M** \$58 • **N** \$83**WARBIRDS HOCKEY • OSHKOSH AREA YOUTH HOCKEY ASSOCIATION**

The Oshkosh Area Youth Hockey Association (OAYHA) offers a competitive, traveling youth hockey program utilizing the YMCA Ice Arena for practices and home games. Play follows USA Hockey and Wisconsin Amateur Hockey Association (WAHA) guidelines. The Warbirds are open to boys and girls ages 6 to 14, residing within OYHA boundaries. Each team practices 2 times per week and games are scheduled on weekends versus East-Central Wisconsin teams of the same age levels. Programs run October to mid-March.

Check the Warbirds website for more information: oshkoshyouthhockey.org

**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 • AUGUST 5-9FEE \$375 **M** • \$485 **N****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**

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

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

A 15-week 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 Games will begin 8:00-9:00 p.m.

MAY 8-AUG 21 (No games July 3)

Reg deadline 5/15/24

FEE **M** \$165 • **N** \$225

• Goalies play free!

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



FALL 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.

Games will take place on Saturday mornings.

FALL September 7-October 19 Reg. deadline 8/12/2024

20 SATURDAY MORNINGS

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

SOCCER SKILLS AND DRILLS (GRADES 1-8)

This class will introduce and continue to develop on the basic fundamentals of soccer such as passing, dribbling, and scoring. Learning the basic fundamentals at a young age allows players to be more successful, more confident and be able to enjoy playing soccer at a young age.

SUMMER 2 • Registration Deadline 7/22/24

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.

20 WEDNESDAY

FEE **M** \$38 • **N** \$59

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.

SUMMER 1 • Registration Deadline 6/3/24

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.

20 TUESDAY

FEE **M** \$38 • **N** \$59

NEW! 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.

SUMMER 2 • Deadline 7/22/24

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

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

20 TUESDAY

FEE **M** \$71 • **N** \$88

FALL OUTDOOR SOCCER LEAGUE (GRADES 4K-6)

Extend the summer soccer season! Instructional league offers team practice and play on the same day. Games will consist of two 20-minute halves. Grades 1-6 will practice once per week. Individuals will be placed on teams according to their location of residence/school. Volunteer coaches will conduct practices and supervise games. Teams will also be allowed to have optional practices throughout the season. All participants will receive a team t-shirt. **Requirements:** Soccer shin guards.

If interested in coaching please contact Jeremy Gaveske at jeremygaveske@oshkoshymca.org.

August 1-September 12 Registration deadline 7/8/2024

AGE Grades 4K-6 (Determined by the grade enrolled in for Fall 2024 school year)

20 THURSDAY EVENINGS

FEE **M** \$52 • **N** \$77

**NEW!
DROP-IN
SPORTS
PROGRAMS**

Drop-In Sports will provide exclusivity for each sport. Work on your skills, run some drills, or run a game!

20 FREE FOR MEMBERS!

MONDAYS: HIGH SCHOOL GIRLS & BOYS BASKETBALL
BASKETBALL GYM-WEST SIDE COURTS
GIRLS: 5-6:30 p.m. • BOYS: 6:30-8 p.m.

TUESDAYS: OUTDOOR HS SOCCER
OUTDOOR ATHLETIC FIELDS
BOYS: 5:00-6:30 p.m. • GIRLS: 6:30-8 p.m.

WEDNESDAYS: COED YOUTH BASKETBALL
BASKETBALL GYM-WEST COURTS
GRADES 1-3: 5-6 p.m.
GRADES 4-6: 6-7 p.m.
GRADES 7-8: 7-8 p.m.

WEDNESDAYS: ADULT COED INDOOR SOCCER 7-9 p.m.

THURSDAYS: COED YOUTH OUTDOOR SOCCER
OUTDOOR ATHLETIC FIELDS
GRADES 1-3: 5-6 p.m.
GRADES 4-6: 6-7 p.m.
GRADES 7-8: 7-8 p.m.

SUNDAYS: HS VOLLEYBALL
FULL GYM 10:00 a.m.-12 p.m.



FOR ALL



LEARN LIFT



FOR TEENS!

LET'S GET STRONGER!

In this class, teens will get the fundamentals they need to improve strength and confidence in the weight room. This 6-week program will introduce the free weights and cable and plate loaded equipment in the health and wellness centers. They will learn the importance of proper form and safe lifting to maximize each lift and repetition, as well as how to put together a strength training program customized to reach their goals.

Upon completion of this class, your teen will be allowed access to the entire health and wellness center at the Oshkosh YMCA. Teens must be age 14+ or have completed the Strong Teens 1 class to qualify.

6 WEEK SESSION

Call Lindsey McMullin at 920-236-3380 or email lindseymcmullin@oshkoshymca.org for next session dates!

FEE: \$40 Members
\$55 Non-Members

STRONG TEENS (AGES 11-16)

BUILD STRENGTH + CONFIDENCE

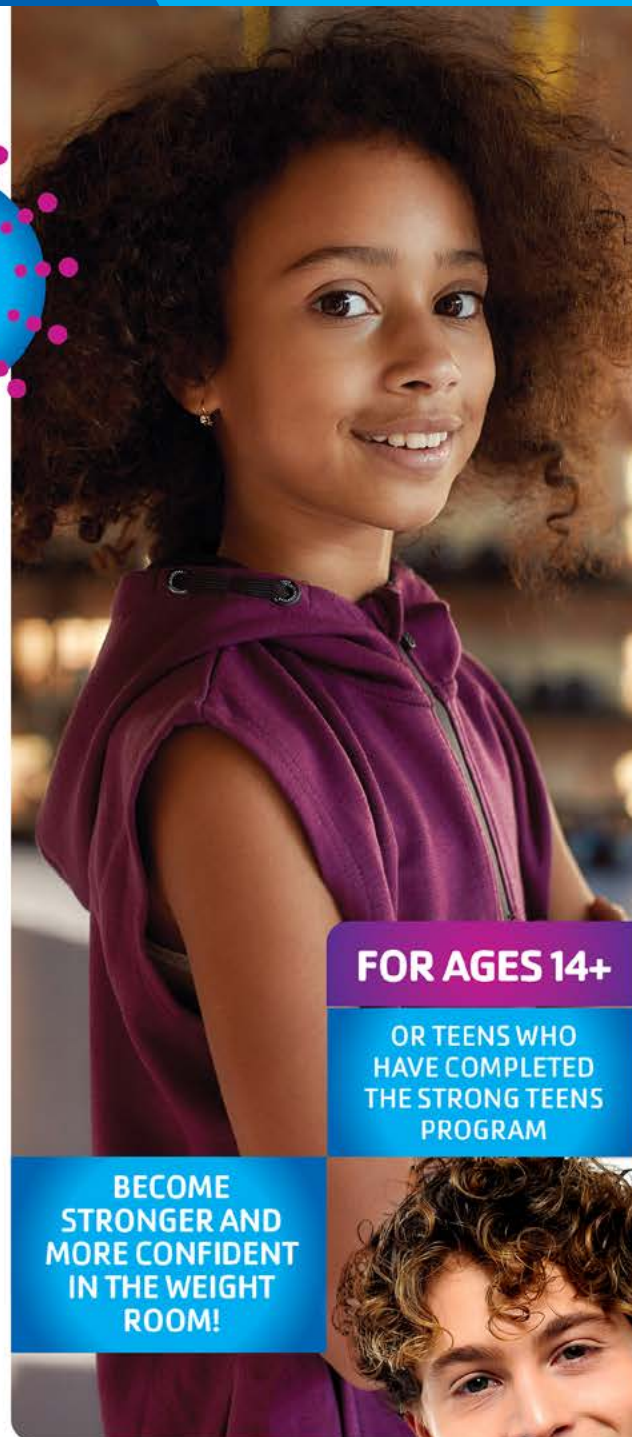
In this hands-on program, teens learn the fundamentals they need to improve strength, endurance, speed, power, and flexibility. This 5-week program will include a safe introduction to the wellness center and its equipment, introductory healthy living principles, as well as stretching and recovery techniques. Each class will introduce new wellness knowledge and a fun and energizing workout! Upon graduation of this program, participants will be allowed unsupervised access to the Oshkosh Y wellness centers.

DT 20 1 DAY/WEEK

SUMMER 1 • SUMMER 2

FEE **M** \$35 • **N** \$42

For meeting days, times and locations contact Lindsey at LindseyMcMullin@oshkoshymca.org.



FOR AGES 14+

OR TEENS WHO
HAVE COMPLETED
THE STRONG TEENS
PROGRAM

**BECOME
STRONGER AND
MORE CONFIDENT
IN THE WEIGHT
ROOM!**



KARATE (AGES 4-ADULT)

Karate is good exercise, it's fun, it enhances your confidence, teaches you methods to defend yourself, develops patience and more! This program is a 7-week session. Classes run year-round. Uniform is not required for first session. Uniform is available to purchase for \$25. 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.

JUNE 3-JULY 21 • JULY 22-SEPT 8

FEE **M** \$105 • **N** \$150

WHAT DOES KARATE TEACH?

Integrity
 Concentration
 Perseverance
 Respect and Obedience
 Self Control
 Humility
 Indomitable Spirit

The Seven Tenets are of central importance in training. These words help us guide our training, as well as how we conduct ourselves both inside and outside the studio.

Participating in a men's recreational basketball league offers a range of benefits that contribute to a healthier and more fulfilling lifestyle.

PLAY TIME!!**MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE**

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

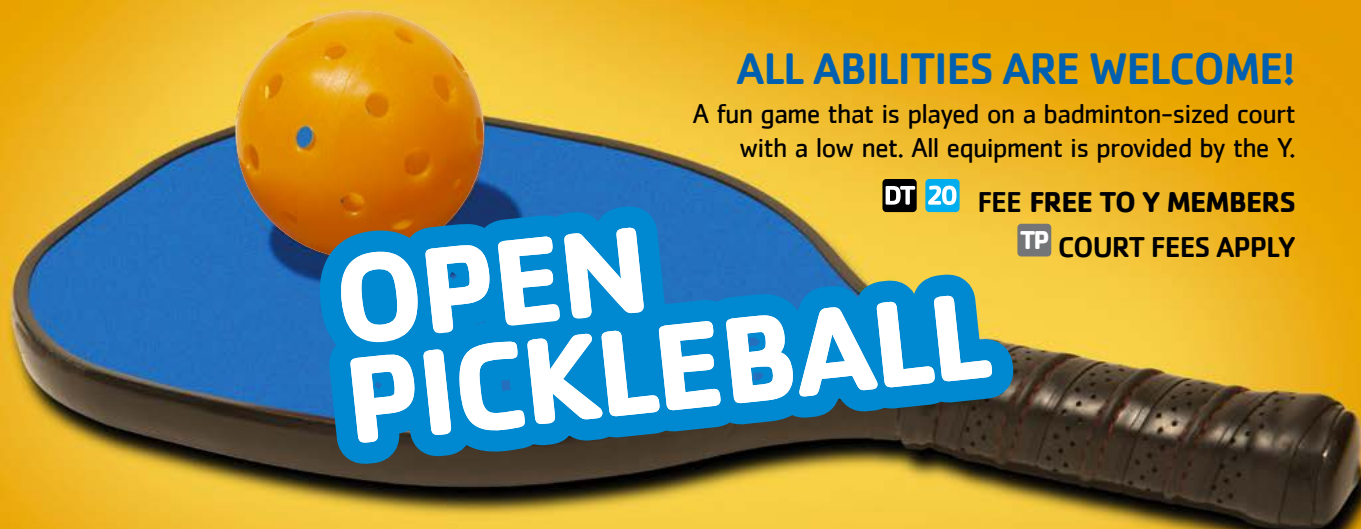
FALL September 8-October 20

Registration deadline 8/26/24

20 SUNDAY EVENINGS

Game time determined by the number of teams

FEE \$400 team (includes tax)

**DOWNTOWN • 20TH AVE • TENNIS & PICKLEBALL CENTER****ALL ABILITIES ARE WELCOME!**

A fun game that is played on a badminton-sized court with a low net. All equipment is provided by the Y.

DT 20 FEE FREE TO Y MEMBERS

TP COURT FEES APPLY

OPEN PICKLEBALL

For current Pickleball times, visit oshkoshymca.org or pick up a gym schedule at the front desk.



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

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

CONTACT INFORMATION Y TENNIS 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
 Brian Hornburg, Head Tennis Professional • brianhornburg@oshkoshymca.org
 Robert Downey Tennis Professional • robertdowney@oshkoshymca.org

ALL YOUTH UNDER AGE 13 MUST BE ACCOMPANIED BY AN ADULT OR BE ENROLLED IN A PROGRAM.

Y MEMBERS & TENNIS CENTER MEMBERS

Standard Rate
\$24/hour +tax

Junior Rate for Junior Members only 20 +tax

Guest Fee \$10 per person

- \$15 per family
- One free visit to first-time guest

Daily Court Rates for Non-Members
\$24/hour (+tax)

24 hour cancellation needed for court reservations.

Rate per hour per person	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS	
	M or T	N
1 person	\$65	\$78
2 people	\$40	\$50
3 people	\$32	\$42
4 people	\$26	\$36

PRIVATE INSTRUCTION RATES

Professional instruction is available at all times subject to court availability. Private, semi-private, and group lessons can be arranged through Head Tennis Pro, Brian Hornburg, and and Robert Downey Jr.
brianhornburg@oshkoshymca.org robertdowney@oshkoshymca.org
 24 hour cancellation policy on all lessons.



**TOURNEY
TIME!**

YMCA SUMMER TOURNAMENTS

YMCA SUMMER TENNIS SINGLES & DOUBLES TOURNAMENTS

AUGUST - DATES WILL BE ANNOUNCED!

Oshkosh YMCA Tennis and Pickleball Center

DIVISIONS:

14 and under co-ed

16 and under co-ed

18 and under co-ed

FEE **M** \$20 • **N** \$30



**SAVE
THESE
DATES!!**

SUMMER TENNIS CAMPS FOR YOUTH AND ADULTS

JUNE 2024

SUMMER TEAM PICKLEBALL TOURNAMENT

COMING

AUGUST 2024

PICKLEBALL

Watch for updates on
Pickleball tournaments

Fall Session 1 starts Tuesday,
September 3, 2024

Watch for information on these
and other fun opportunities to
play Tennis and Pickleball this
summer.

OPEN HOUSE WEEK

**ALL ARE
WELCOME!
JOIN US!**

AUGUST 26-29

Come check out our
4 indoor tennis courts and
our 8 pickleball courts.
Participate in one or all of
our fun activities. Watch for
more details to come!

- Kids Tennis Carnival
- Pickleball Introduction Class
- Tennis Cardio with Music
- Intro to Adult Tennis Lessons
- Open Pickleball Times



FAMILY TENNIS TIME



SUMMER FUN!

QUICK START TENNIS AGES 5-10

Quick Start Tennis uses the concepts of fun, friends, and play to help build the foundation for future success in tennis and in life. Using this entry level youth tennis format, participants use modified equipment and courts, tailored to their age and size, making it easier to play, rally and succeed right from the start. Drills and games help develop core tennis skills within a fun, yet structured setting.

JUNE 4-JULY 16 (No class July 2)

TUESDAY Oshkosh Y Tennis & Pickleball Center

5:00 - 6:00 p.m. Ages 5-7 RED BALL

6:00-7:00 p.m. Ages 8-10 ORANGE BALL

FEE **M T** \$90 • **N** \$108

JUNE 6- JULY 18 (No class July 4)

THURSDAY Oshkosh Y Tennis & Pickleball Center

3:30-4:30 p.m. Ages 5-7 RED BALL

3:30-4:30 p.m. Ages 7-9 ORANGE BALL

FEE Registration closes May 30 **M T** \$90 • **N** \$108

For more information, contact the Director Sheila Counts at sheilacounts@oshkoshymca.org, Head Tennis Pro Brian Hornburg at brianhornburg@oshkoshymca.org or call (920)-236-3400.

New Times for the New Youth Player!



ADULT BEGINNER & INTERMEDIATE TENNIS LESSONS

Adult Lessons held at Oshkosh Y Tennis & Pickleball Center

TUESDAY EVENINGS

JUNE 4-JULY 16 (No class July 2)

8 Maximum per lesson

BEGINNER-INTERMEDIATE

5:00-6:00 p.m.

or

6:00-7:00 p.m.

FEE **M T** \$90 • **N** \$108

**GREEN BALL****INDOOR CAMP @OSHKOSH Y TENNIS & PICKLEBALL CENTER**

An exciting opportunity for Green Ball players to take their game to the next level of Yellow Ball. Camp will provide a fun opportunity to learn proper strokes and key elements of the game. Along with building tennis skills, kids will develop new friendships in a fun and positive environment.

MONDAY AND FRIDAY 10:00-11:00 a.m.

FEES: **M T** \$198 (includes Away Member) • **N** \$235

MIDDLE SCHOOL + ADVANCED ELEMENTARY**INDOOR CAMP @OSHKOSH Y TENNIS & PICKLEBALL CENTER**

Open to middle school players plus elementary youth who have match play experience. Kids will build on skills that will get them ready to play USTA JR. Team Tennis, tournaments and get them on track to play high school tennis.

TUESDAY, WEDNESDAY & THURSDAY 10:00-11:30 a.m.

FEES: UNLIMITED - ALL SIX WEEKS:

M T (Includes Away Members) \$405 • **N** \$475

There will be a \$15 late fee if registered after May 15, 2024

FEES BY SESSION:

SESSION 1: June 3-20 (3-week session)

SESSION 2: June 24-July 18 (3-week session) *No camp July 1-4*

M T \$250 • **N** \$290

There will be a \$15 late fee if registered after May 15, 2024

HIGH SCHOOL**HIGH SCHOOL FRESHMAN & JV**

TUESDAY, WEDNESDAY & THURSDAY • 11:30 a.m.-1:00 p.m.

Open to all experienced JV Player. This camp will be held at Oshkosh Y Tennis & Pickleball Center

HIGH SCHOOL VARSITY

TUESDAY, WEDNESDAY & THURSDAY • 1:30-3:00 p.m.

Open to all high school students playing at a Varsity level for their school as well as USTA Tournament level players. This camp will be held at Oshkosh North High School Tennis Courts.

FEES: UNLIMITED - ALL SIX WEEKS:

M T (Includes Away Members) \$405 • **N** \$475

There will be a \$15 late fee if registered after May 15, 2024

FEES BY SESSION:

SESSION 1: June 3-20 (3-week session)

SESSION 2: June 24-July 18 (3-week session) *No camp July 1-4*

M T \$250 • **N** \$290

ADULT**INDOOR CAMP @OSHKOSH Y TENNIS & PICKLEBALL CENTER**

A fantastic opportunity to take your tennis game to a higher level while meeting new people and having fun!

Led by Brian Hornburg and Bob Downey

TUESDAY THROUGH THURSDAY 8:30-10:00 a.m.

Tuesday: TECHNIQUE & TACTICS Work on stroke mechanics and discuss/practice specific shot selection.

Wednesday: GAMES AND FITNESS Fast paced games and drills designed to simulate typical game scenarios and practice what we have learned.

Thursday: MATCH PLAY

FEES: **M T** (6-week session) \$405 • **N** \$475

TAKE YOUR GAME TO A NEW LEVEL**OSHKOSH YMCA
SUMMER
TENNIS
CAMPS
2024**

JUNIORS & ADULTS: Train with a USPTA Tennis Professional from the Oshkosh Y Tennis & Pickleball Center.

6 FUN WEEKS: JUNE 3-JULY 19
(No camp July 1-5)

To register or for general Tennis & Pickleball Center questions, please call Sheila Counts, Tennis Center Director.

For tennis or level questions please contact Tennis Professionals, Brian Hornburg and Bob Downey. Both can be reached at (920) 236-3400.

**NEW
JUNIOR
TENNIS
PROGRAM!****BEGINNER HIGH SCHOOL
TENNIS**

For the New High School Player looking to join the High School Tennis Team!

MONDAYS June 3-July 15
(no classes July 1)

11:00 a.m.-12:00 p.m.

Oshkosh Y Tennis & Pickleball Center

M T \$90 • **N** \$110

**FOR ALL**

GIRLS HIGH SCHOOL PRE-SEASON TUNE-UP CAMP

Specifically for high school players and those getting ready for the high school season. This camp will include singles and doubles strategy, point play and match preparation. Camp is open to all high school levels and is meant to help them feel prepared for season. Each week offers 8 hours of drilling and competitive play.

LOCATION: Oshkosh Y Tennis & Pickleball Center

WEEK 1 JULY 22-25 11:00 a.m.-2:00 p.m.

WEEK 2 JULY 29 - AUGUST 1 11:00 a.m.-2:00 p.m.

FEE **M** \$175/week • **N** \$200/week

CARDIO ADULT TENNIS

An hour and a half class that will get you moving and get your heart pumping while improving your tennis skills!

Summer Cardio schedule begins June 3

LOCATION: Oshkosh Y Tennis & Pickleball Center

MONDAYS OR FRIDAYS 8:30-10:00 a.m.

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

FEE **M T** \$19 • **N** \$31

You can register for your Tennis Cardio Class up to 5 days in advance via the Oshkosh Community YMCA App available at the App Store. Ask Y Staff if you need more information.

MEET THE PROS

BRIAN HORNBERG, *USPTA CERTIFIED*

Head Tennis Professional: brianhornburg@oshkoshymca.org



Brian has been doing a Oshkosh Y Tennis & Pickleball Center since January 2023 as the Head Tennis Pro. Brian played 2 years of college tennis at Kalamazoo College, finished up his collegiate career at UW LaCrosse, and then became the Assistant Coach during his 5th year. After college, Brian took a position at Pleasant Valley Tennis & Fitness where he made his home for the next 18 years. He has worked with members of all ages and abilities. Brian has coached numerous junior players to the WIAA State Tournament and has even produced a few college level players. He looks forward to the Summer Camps with the hopes of creating an environment where all ages and levels can

have fun, get some exercise, and take their game to the next level!

ROBERT DOWNEY JR., *USPTA CERTIFIED*

Tennis Professional: robertdowney@oshkoshymca.org



Bob joined the Oshkosh Y Tennis & Pickleball Center in March of 2023. Bob has coached for over 30 years of tennis at all levels, including private and group lessons, adult state league drills and state ranked juniors. He played college tennis for UW Green Bay and has held state rankings in men's singles, doubles and mixed doubles. He has also coached numerous high school players to a USTA tournament level as well as a WIAA State Tournament level over the years. Bob is excited to start a new chapter in Oshkosh and looks forward to meeting all the Y Tennis Members!



Pickleball Beginner BOOT CAMPS

Learn the basics of pickleball in these two day/two hour classes

Participants will learn all of the basic strokes and strategies necessary to play the game!

Bring a friend or family member and join the fun!

- JUNE 3 & 10
- JUNE 17 & 24
- JULY 8 & 15
- JULY 29 & AUGUST 5

3:00-5:00 p.m.

FEE **M** 45/person per 2-class session
N 65/person per 2-class session

RENT A PRIVATE PICKLEBALL COURT

Raining this summer? Or you just want a retreat from the sun??



We've got the court and the roof for you!

Private Pickleball Courts can be rented. Normal hourly court rates and guest fees apply. Call the Tennis Center for additional information at (920) 236-3400.

GATHER. PLAY. GROW. THRIVE!



A group of Oshkosh Y Pickleball players that have been playing together for over 5 years! Strangers, turned pickleball partners, turned lifelong friends!



PICKLEBALL AT THE OSHKOSH Y A GROWING COMMUNITY BRINGING PEOPLE OF ALL AGES TOGETHER!

Combining elements of badminton, tennis and ping pong, pickleball is easy to learn and fun to play! It is one of the fastest-growing sports in the United States and has many benefits for your physical, mental, and social health. It is not just a sport; it is a vibrant community that brings people of all ages and abilities together from all walks of life.

For many Oshkosh Y Tennis & Pickleball Center players, pickleball is more than just a game; it is an opportunity to connect with others and build meaningful relationships, both on and off the courts! Whether it is sharing laughs and stories during open play or cheering each other on during a tournament or league play, pickleball creates a sense of camaraderie that extends beyond the court. It provides a support network of friends and fellow players who share a passion for the sport and a love for each other's company.

One of the most remarkable aspects of pickleball at the Oshkosh Y Tennis & Pickleball Center is the **COMMUNITY**. New and old players gather weekly, and sometimes daily, providing unwavering support and encouragement for one another, along with a lot of laughter. Players have become friends, and to some, it is a family—a community of like-minded individuals who share a passion for the game and a commitment to supporting each other along the way.



"I am one of the original players in a group who have been playing together almost every Monday, Wednesday and Friday for almost 5 years. I have lived for many decades now and I have never been a part of such a wonderful group of friends. I tend to be an introverted person and this sport has opened up new doors for me in making new long-time friendships."
-Kathy Vendola, Oshkosh Y Pickleball Player

ON THE COVER: Sandra Francis, Kathleen Vendola, Mary Jo Helmrick, Susan Ashton, Pat Heroux, Maggie Lang, Marsha Rossiter, Mary Hertel, Anne Flynn, and Patricia Drechsler.

"Our pickleball group started playing together three times a week five years ago. Since then, we have developed a close bond, and meet as a group for various other social activities, such as happy hours, birthday parties, and holiday gatherings. We have supported each other through sicknesses and surgeries. They feel like family."
-Mary Hertel, Oshkosh Y Pickleball Player

"I am very grateful that Oshkosh has such a dynamic YMCA, and that there are so many programs and activities for people of all ages. We are really fortunate!"
-Marsha Rossiter, Oshkosh Y Pickleball Player



SHOW YOU CARE

BE GOOD. DO GOOD.

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



FIND YOUR REASON TO **GIVE.**

MAKE A DONATION TODAY!

LET'S MAKE OUR COMMUNITY A BETTER PLACE FOR ALL.

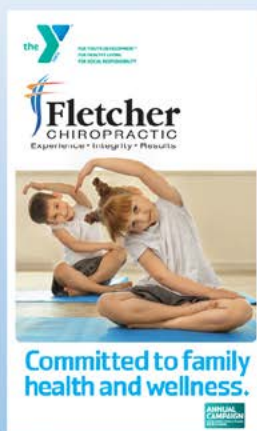


Almost a million people each year walk through our doors - an average of over 2,700 people each day. Please consider a gift to the Annual Campaign, including the **FOR ALL** Financial Assistance Program, and let people know you're dedicated to nurturing a **BETTER US**. When you give to the Y, you make 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
- \$2,000 = 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.



I'M INTERESTED...

- A Banner at 1 Location: \$1,000
- Banner at 2 Locations: \$1,500
- Banner at 3 Locations: \$2,000
- Large Banner at 3 Locations: \$5,000

Name _____

Phone _____

Email _____

COME AND HANG WITH US!

SHOW YOU CARE



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 nonprofit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.

Make a planned gift TODAY. Help Oshkosh generations TOMORROW.

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 pattiweissling@oshkoshymca.org or (920) 230-8952. 

SHOW YOU CARE



MONDAY
JULY 15
 OSHKOSH
 COUNTRY CLUB
 8:30 a.m.
 Registration
 10 a.m.
 Shotgun Start

- ENTRY INCLUDES:**
- 18 holes of golf & cart
 - Tailgate lunch
 - Unlimited beer, soda, & water
 - Games, door prizes, & raffles
 - Food & drinks provided all day long!

The Oshkosh Community YMCA Golf Outing is vital to the work the Y does in our community. Proceeds from the event help provide financial assistance for memberships, child care and programs to local children and families in need. With your help we can guarantee that everyone, regardless of their financial circumstances, can belong to our Y and participate in programs that make life better for all.

SPONSORSHIPS AVAILABLE!
 For more information on the outing or to become a sponsor, please contact Angie: angieflanigan@oshkoshymca.org.



LIMITED SPOTS AVAILABLE. [CLICK HERE TO REGISTER YOUR FOURSOME TODAY!](#)

SHOW YOU CARE

SUPPORT THE Y & CHALLENGE YOURSELF!



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.

QUESTIONS?

Email oshkoshcentury@oshkoshymca.org.

REGISTRATION	DATES	FEE
Regular <i>Online Only</i>	March 2 - June 16	\$60
Day Of <i>In Person Only</i>	June 22 - 23	\$75

REGISTER NOW:

Learn more at 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.

Presented by:



Helping you make life happen!