



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OSHKOSH COMMUNITY YMCA

### PROGRAM GUIDE

**SUMMER 1: JUNE 9-JULY 20**

No programs June 30 - July 6

**SUMMER 2: JULY 28-AUGUST 31**

### THEN & NOW

*Growing up  
with the Y*



CATTIE



TRENTON



ELIZABETH



BRAXTON



#### SUMMER 2025 RATES

YOUTH | \$75  
YOUNG ADULT | \$99  
ADULT | \$171  
HOUSEHOLD | \$243

Available for purchase beginning May 1.  
Additional membership categories available.



ADD 24/7 ACCESS  
Ages 18+ | \$15

*See stories of growth and belonging at the Oshkosh Y—  
throughout the guide.*

# 25

## FUN THINGS TO DO AT THE Y IN

# SUMMER

# 2025

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Looking for fun, affordable ways to stay active, make friends, and enjoy the season? Whether you're trying something new or sticking with your favorite traditions, the Y has plenty of ways to keep you moving, laughing, and making memories all summer long!

- 1 Try a new group exercise class
- 2 Join a summer sports league
- 3 Get involved with the Kids Mud Run
- 4 Play pickleball with friends
- 5 Take a yoga class
- 6 Learn a new swim stroke
- 7 Lift weights in the Wellness Center
- 8 Run on the indoor track
- 9 Attend a kids' summer camp
- 10 Enjoy the sauna & steam room
- 11 Sign up for a wellness challenge
- 12 Take a water exercise class
- 13 Play basketball in open gym
- 14 Try a group circuit training class
- 15 Volunteer for a Y event
- 16 Join a group cycling class
- 17 Use a guest pass to bring a friend
- 18 Take a dance or Zumba class
- 19 Sign up for personal training
- 20 Walk outdoors with a group
- 21 Try a family swim night
- 22 Read a book in the lobby café
- 23 Enroll in a safety or CPR class
- 24 Participate in a group hike or run
- 25 Have fun & make new friends!



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.



## CAITIE THEN & NOW

*Growing up with the Y*

**It's not just where we grew up—it's where we became who we are**

The Y is more than a place—it's a path. For Caitie, Braxton, Elizabeth, and Trenton, that path began in early childhood and continues into adulthood. Their stories reflect something we see every day at the Oshkosh YMCA: that with encouragement, community, and opportunities to grow, kids don't just pass through the Y—they become part of it.

On the following pages, you'll meet four young people who found their confidence, their purpose, and even their careers through Y programs. Now they're giving back, inspiring the next generation to discover who they can become.

At every age and every stage, the Y is here—for youth development, for belonging, for becoming.

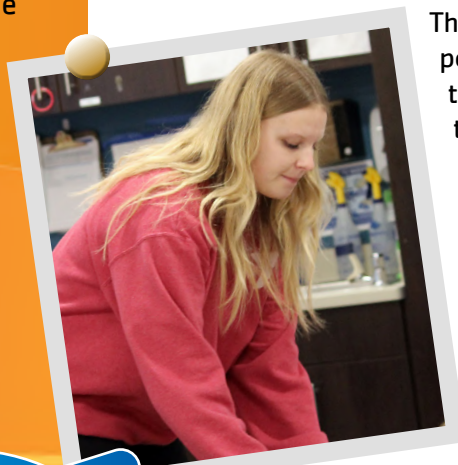
"The Y has been with me through every stage of my life. It's not just where I grew up—it's where I became who I am today." ~Caitie



## Caitie Schneider | 20

From swim lessons to work in child care, Caitie found her purpose at the Y—and now helps others discover theirs.

The YMCA has been a huge part of my life for as long as I can remember. Growing up, I spent nearly every day at the Y as I was enrolled in the childcare program as an infant and continued on through 4K. My journey did not end there. As a Y kid, I participated in preschool sports like soccer, volleyball, gymnastics, ice skating, and swim lessons. Through swim lessons, I found love and passion for swimming and joined the OSHY swim team at age five. I remained on OSHY through my senior year of high school. Now, as a young adult, I am working as an Assistant Teacher at the Downtown YMCA Childcare.



The Y has had an extremely positive impact on my life and the person I am today. Through the Y's programs, I have gained friendships, leadership skills, and an appreciation of everything the Y has to offer. My experiences reinforced the values I was taught beginning as a child in childcare: honesty, caring, respect, and responsibility. Now, as I help guide and teach young children at the Y, I see my own journey reflected in theirs.

The Y makes me feel included and a part of something bigger than myself. It has gifted me with a supportive community of admirable individuals who I continue to look up to. My favorite part about the Y is the lifelong friendships that I have made through my experiences.

## LOCATIONS &amp; HOURS

**DT****DOWNTOWN (920) 236-3380**

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

**FACILITY HOURS**

*Beginning May 19, 2025*

**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.

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

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

**FACILITY HOURS**

*Beginning May 19, 2025*

**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

**TP****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.

**INTERNET**

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

**PHONE**

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

**eNEWS**

Stay informed with eNews.

**MOBILE**

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

**SOCIAL**

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





## 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,  
childcare, 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**  **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**  **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**  **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**  **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**  **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**  **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**  **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**  **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**

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

**TEACHING KITCHEN**  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**

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 69-74 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.





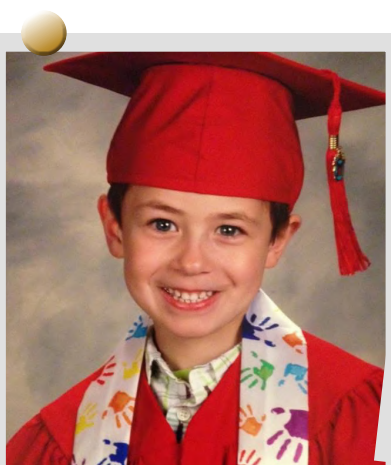
## BRAXTON THEN & NOW *Growing up with the Y*

### From First Steps to Giant Leaps

At the Y, every moment counts—whether it's learning to swim, making a new friend, or discovering a passion. These stories show how the Y helped shape kids in their earliest days... and how those early experiences still echo in who they've become today.



The Y has always been more than just a gym or a childcare—it's my second home, my community. It's not just where I grew up—it's where I became who I am today. -Braxton



## Braxton Flanigan | 18

Braxton grew up participating in Y programs and is now mentoring the next generation with the same energy and encouragement he once received.

The YMCA has been a part of my life since I was born. My parents enrolled me in the Y's childcare, and my journey began. Through elementary and middle school, I participated in flag football, basketball, and Strong Teens. The Y wasn't just a place to play—it became my second home. I learned to be a team player, make the most of every situation, and, most importantly, have fun.

One of my favorite Y experiences was Camp Winny-Y-Co. This day camp was where I made countless friends and spent my summers exploring, playing, and building forts in the woods. Day camp and sports at the Oshkosh Y gave me discipline, friendships, and a lifelong appreciation for adventure.

As I got older, I still found myself at the Y—this time as a lifeguard in the very pool where I had once learned to swim.

In the summer, I work as a Youth Adventure (YAP) counselor, a program designed for kids ages 11-14 who have outgrown traditional camp. Working as a camp counselor brings me a whole new level of fulfillment.

Giving kids the same experiences that I had growing up at the Y feels incredible. I'm proud to continue being part of a place that has shaped so much of my life.



VISIT THE Y  
ON YOUR TIME:



Get your  
workout in on  
your schedule.  
Fitness that  
fits into your  
life, anytime  
you're ready.

### ADD 24/7 ACCESS TO YOUR MEMBERSHIP AND USE THE Y DURING EXTENDED HOURS!

**24/7 ACCESS** is now available at the 20th Ave Y for only +\$5/month per member! 7 days a week/365 days a year of unlimited access to the Wellness Center, Training Studio, large gym, and indoor track. No matter your schedule, we want to give you an opportunity to build a healthier, more active you.

For your safety, our YMCA **24/7** access areas are protected by our advanced security video surveillance system. Note that this system does not provide staffing assistance for emergencies that might arise. As such, we highly recommend that you exercise with another **24/7** member when using our facility outside of staffed hours.

**Oshkosh Community YMCA Adult members who are ages 18+, are welcome to apply for 24/7 Access at the Front Desk of the 20th Ave Y.**



[CLICK HERE TO LEARN  
MORE ABOUT 24/7  
ACCESS](#)

# 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!

IT PAYS TO  
BECOME A  
MEMBER!

## MEMBER REGISTRATION begins 5/5/25



ONLINE at midnight.

IN PERSON when the Front Desk opens, or  
OVER THE PHONE through any location.

Visa, Discover, and MasterCard are accepted.

For registration or online account assistance, please contact the Y directly. Contact information for all locations can be found on page 4.

## SUMMER 1 | JUNE 9-JULY 20

*No programs June 30 - July 6*

**M** Y Member registration for Summer 1 & 2 begins May 5

**N** Non-Member registration for Summer 1 begins May 19

## SUMMER 2 | JULY 28-AUGUST 31

**M** Y Member registration for Summer 1 & 2 begins May 5

**N** Non-Member registration for Summer 2 begins July 14

[Click here to register online: oshkoshymca.org](https://oshkoshymca.org)

JUNE 2025						
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						

SUMMER 1

SUMMER 2

# SUMMER 2025

Engage in programs that fit your schedule. Information on Y activities and classes are published in this guide. Many adult and youth activities are held on a session basis and have specific start and end dates, unless otherwise noted. Make plans now, and stay active all summer long!



# EASIER ACCESS TO ALL THINGS Y

## YOUR UPGRADED MOBILE EXPERIENCE

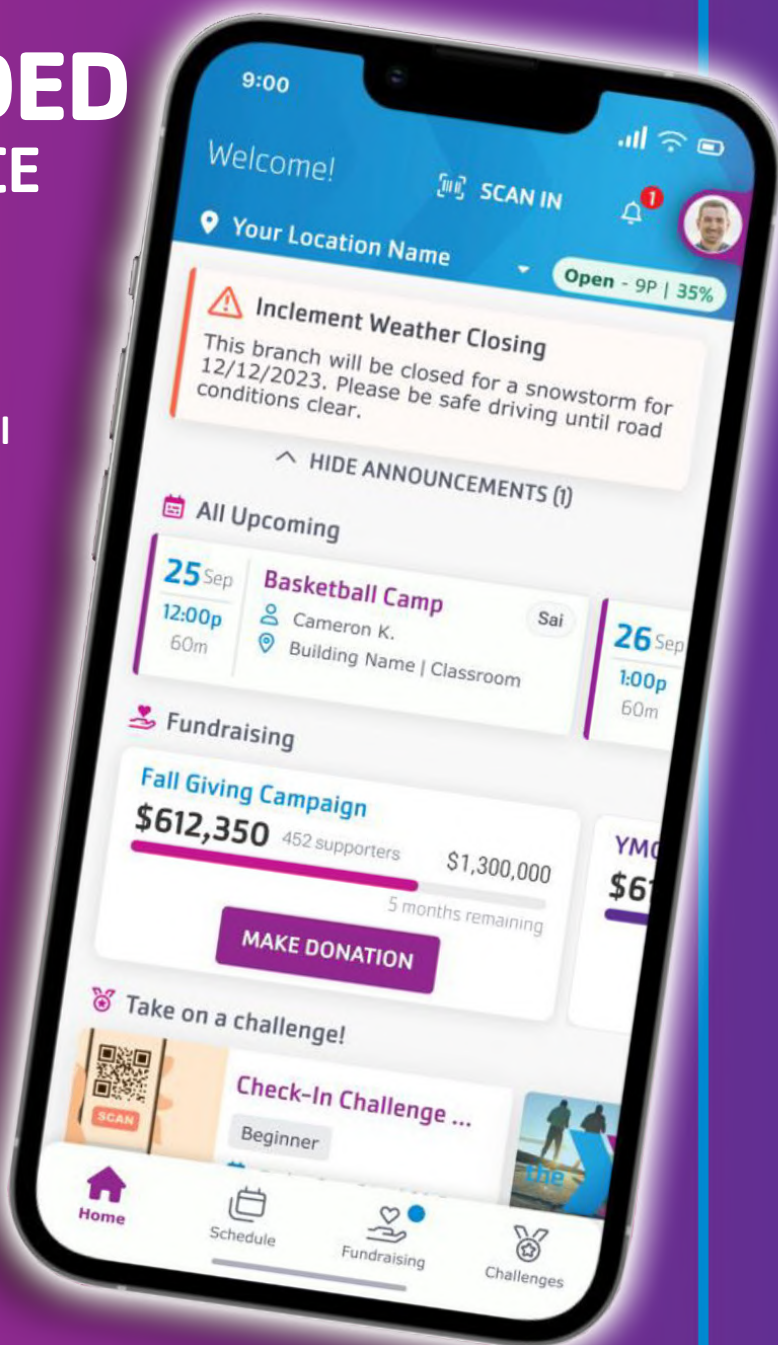
Get ready for the new Oshkosh YMCA app.

With smarter features, a fresh new look, and easier access to all things Y, your next workout is just a tap away.

### WHAT'S NEW:

- Streamlined class & program sign-up
- Easy access to schedules
- Digital check-in
- Apple Health sync
- Wellness challenges

Sign up for your favorite classes on the go, get real-time updates from the Y, and manage your account—all from one easy to use app!



App Store



Google Play

Coming to the App Store  
& Google Play SPRING 2025

# MEMBERSHIP BENEFITS

THE Y IS ABOUT MORE THAN JUST MEMBERSHIP: IT'S ABOUT BELONGING.

With activities that nurture the mind, strengthen the body, and bring people together, the Y feels like family. Connect with us and get started strong with your **FREE Healthy Living Orientation**. As a Y member, you'll be part of a charitable organization dedicated to building a stronger 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 for ages 55+
- The Oshkosh Y Tennis & Pickleball Center is **included with your Y membership**



Your community is waiting for you! We have over 150 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.

- **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 150 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!

- Unlimited guest passes with a qualifying membership

## NATIONWIDE MEMBERSHIP WORK OUT ALMOST EVERYWHERE!



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 can visit Ys across the United States and Puerto Rico. There are a few guidelines to know and follow when you travel:

- Visit [ymca.org](http://ymca.org) 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.
- **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).**
- 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.



The YMCA is more than a gym or a place to swim—it's a charity dedicated to strengthening our community. Guided by our core values of Caring, Honesty, Respect, and Responsibility, we provide life-changing programs and services to those who need them most. From teaching kids to swim and building confidence through youth sports to offering financial assistance for memberships and childcare, we ensure that everyone has access to opportunities for growth and support. When you give to the Y, you're helping us open doors, inspire potential, and create a more inclusive, compassionate community for all.



## OUR CORE VALUES

The YMCA's core values guide its mission and programs, helping to strengthen communities and support individual growth. The four core values are:

### CARING

Showing compassion and concern for others, fostering kindness and empathy within the community.

### HONESTY

Acting with integrity and truthfulness in everything the Y does, ensuring trust and accountability.

### RESPECT

Valuing each person's worth and treating everyone with dignity, creating an inclusive and welcoming environment.

### RESPONSIBILITY

Being accountable for personal behavior and decisions, and contributing positively to the community.

These values are central to the YMCA's efforts in promoting youth development, healthy living, and social responsibility.

## SHOW YOU CARE

**HELP PROMOTE  
COMMUNITY-  
BUILDING  
& CREATE  
SPACES WHERE  
PEOPLE CAN  
CONNECT,  
THRIVE, AND  
SUPPORT ONE  
ANOTHER.**

**100%**

of your contribution  
stays in Oshkosh and the  
surrounding communities,  
so your gift directly  
supports those  
who need it most,  
right here at home.

Y Members Carol and  
Ralph DiBiasio-Snyder  
have made GIVING a  
lifetime mission.



**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



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

With a gift to the Y, you can make childcare more affordable for families in need, equip kids with life-saving swim lessons and water safety skills, and help seniors stay active, independent, and connected—plus so much more.

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

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

**FIND YOUR SMILE!** Receive this happy 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 16+ and each guest household is limited to 5 visits per calendar year. Please register your guest at the Front Desk upon arrival.

[A full policy is available on our site.](#)

**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.

Visit our website 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](mailto:volunteer@oshkoshymca.org).**



Our Y has volunteer opportunities all year long!

**VOLUNTEER TODAY!** 

## NEW this year!

We will be asking for volunteers to help with our Fishing Programs. The sign up for these will also be available on our website.



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

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



**GREAT FUTURES MENTORING PROGRAM**



**BOYS & GIRLS CLUB OSHKOSH**



## 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.



## ELIZABETH THEN & NOW *Growing up with the Y*

### Yesterday's Kids. Today's Leaders.

We've watched young lives grow at the Y, from wide-eyed wonder to confident stride. In these glimpses of "Then & Now," you'll meet individuals who started with us as kids and are now carving their own paths—with the values they learned here still rooted in their hearts.

"It's not just where I grew up—it's where I became who I am today." ~Elizabeth



## Elizabeth Neubauer | 17

Once a camper, now a lifeguard, Elizabeth embodies the spirit of leadership and kindness she first found at summer camp.

I have been a "Y Kid" for as long as I can remember! From the age of two through 4K, I went to the 20th Avenue Childcare. As I grew, I joined the Before and After School Care program during the school year and spent my summers in the Summer Fun Club Day Camp. I participated in countless sports programs—even learning how to figure skate! The Y was always a place where I could learn, grow, and try new things.

Now, as a young adult, I continue to be part of the Y community. I volunteer, work as a lifeguard, and teach swim lessons, giving back to the same place that shaped me. The Y has provided me with friendships, valuable skills, and life lessons that extend far beyond sports.

As I take my next steps in life, the Y remains a guiding force. It has given me a strong foundation, a supportive community, and a sense of purpose. Now, I strive to be a role model for young kids—just like I once was—helping them see their potential and inspiring them to grow.

I love being part of that legacy, and I know the lessons I've learned at the Y will always be a part of me.





# 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.

## FIND YOUR SMILE + SHARE THE JOY!

Make a planned gift TODAY to make a better Oshkosh 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 (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto: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  
**Brent Antti**

Treasurer  
**Meghann Kasper**

Secretary  
**Carston Larson**

Past Chair  
**Becky Tuchscherer**

**Joe Bongers**  
**Dr. Bryan Davis**  
**Adam Fhlug**  
**Rachel Hansen**

**Salim Hawi**  
**Jill Huth**  
**Cal Jirschele**  
**Kathy Lett**  
**Jamie Mielke**

## HERE FOR YOU: Y STAFF

Aquatics Director (DT) **Daniel Anderson**  
Cash & Accounts Payable **Kelli Baneck**  
Director of Children & Family Services **Erin Baranek**  
24/7 Access Membership Manager **Amanda Bruesewitz**  
Ice Arena Director **Matt Carey**  
Membership Coordinator (DTC) **Nick Cieslewicz**  
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 Director (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**  
20th Ave Wellness Coordinator **Courtney Haedt**  
Director of Wellbeing & Group Exercise **Brandy Hankey**  
Mission & Brand Enhancement Director **Abbey Haug**  
School Age Director **Claire Jungers**  
Aquatics Coordinator (DTC) **Mel Karnatz**  
IT Director **Jason Krull**  
School Age Coordinator **Christina Malson**  
Membership Coordinator (20th) **Alex Marrison**  
Wellness & Healthy Living Program Director (DTC) **Lindsey McMullin**  
Childcare Director (20th) **Stephanie Melzer**  
Branch Executive (DTC) **Lester Millette**  
Arts & Humanities Coordinator **Amanda Naimon**  
Reservations Manager **Stephanie Otto**  
Chief Financial Officer **Judy Rehm**  
YMCA at UWO Childcare **Crystal Resop**  
Sports Coordinator **Byron Sabel**  
Payroll/HR **Amanda Sattler**  
President/CEO **Jeff Schneider**  
VP of Membership & Community Engagement **Julie Smith**  
Aquatics Coordinator (20th) **Sarah Tomlinson**  
4K Teacher (DTC) **Abby Torres**  
Property Manager (20th) **Matt Verhage**  
Financial Development Director **Patti Weissling**  
Director of ForeverWell **Errah Wheel**

Y STAFF MAKE A  
DIFFERENCE.



COMMUNITY  
STARTS HERE.

## GROUP RENTALS

BIRTHDAY  
PARTY  
PACKAGES

All parties are 3 hours in length.

- All parties must be booked 14 days in advance.
- All activities during open times only.
- Full payment due at time of reservation.

*SUBJECT TO AVAILABILITY*

THE Y IS A PERFECT  
PLACE TO HOLD A  
PARTY!

## 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.](#)

BRING  
YOUR  
GROUP  
THE Y!OSHKOSH Y  
GROUP RATES

*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.

For more information contact Stephanie Otto at (920) 230-8439 or email [reservations@oshkoshymca.org](mailto:reservations@oshkoshymca.org).



CLASS TRIPS  
INCENTIVE DAYS  
REWARD DAYS

YMCA  
FIELD  
TRIPS

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

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

*SUBJECT TO AVAILABILITY*

[For more information, click here to complete a Fieldtrip Interest form.](#)





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 Interger 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

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**

## TODDLERS & PARENTS

These classes are **FREE** for members and are offered on a drop-in basis. No need to sign up!

# 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!

**DT** TUESDAYS: 4:45–5:45 p.m.

WEDNESDAYS: 9:30–11:00 a.m.

**M** FREE FOR OSHKOSH Y MEMBERS **N** \$6/family

**AGES 1–3**



**NEW**  
Summer  
hours begin  
June 2



# 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-FRIDAY: 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.-12:00 p.m.



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.**



FUN FOR KIDS  
AGES 4-1610<sup>th</sup>  
AnnualKIDS  
MUD  
RUNWET &  
MUDDY 1-MILE  
COURSE WITH 20  
OBSTACLES!

SUNDAY, JUNE 1

MUD RUN WAVES: 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 31: \$15 Member • \$25 Non-member**Regular Registration** ends May 23: \$20 Member • \$30 Non-member**Day-of Registration:** \$35 for all**No t-shirt provided for day-of registrants****NO REFUNDS!** Event held rain or shine. The YMCA will NOT be open during the event.**NEW! FREE**Mini-Mud Run for  
kids ages 1-3!*No pre-registration  
required!*

The Kids Mud Run is a fundraiser for our FOR ALL Financial Assistance Program. If your family would benefit from financial assistance to participate in this event, please email [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org).

**BONUS!** Food Trucks & FREE Family entertainment provided during the event.







# FAMILY CAMPOUT



SEPT  
13-14

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](mailto:taylordouglas@oshkoshymca.org).



SATURDAY, SEPT 13: 2:00 p.m. to  
SUNDAY, SEPT 14: 8:30 a.m.

LOCATION: YMCA Camp Winni-Y-Co

COST: **M** \$70 (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.

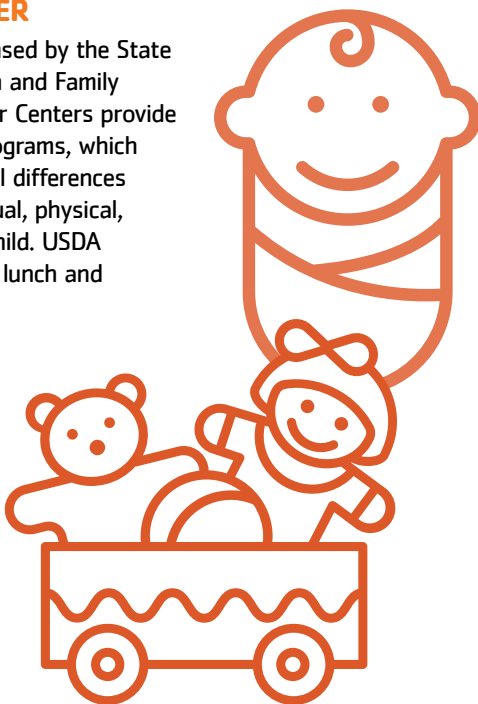
**UWO CC** 6:00 a.m.-6:00 p.m.

**FOR MORE INFORMATION:**

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

**20** Stephanie Melzer: (920) 230-8918 or [stephaniemelzer@oshkoshymca.org](mailto:stephaniemelzer@oshkoshymca.org)

**UWO CC** Crystal Resop: (920) 424-0260 or [crystalresop@oshkoshymca.org](mailto:crystalresop@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.



**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



**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](mailto:pattiweissling@oshkoshymca.org).



**2025-2026 SCHOOL YEAR**

**Enrolling now for the 2025-2026 school year.**  
Contact the Oshkosh Area School District to register: (920) 424-0395

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

In collaboration with the Oshkosh Area School District, the Oshkosh Y is excited to offer 4-year-old Pre-Kindergarten at both Y locations.

Through play-based curriculum designed around the Wisconsin Model Early Learning Standards, children will be introduced to Everyday Mathematics and Creative Curriculum for Literacy. Children will also be encouraged to explore in other areas such as art, science, music and movement, health awareness, active play, and much more!

Space is very limited and fills quickly! Please call the Oshkosh Area School District at (920) 424-0395 to register.

**DT 20** AGE Child must be 4 years old by Sept 1, 2025  
**Morning:** 8:05-10:50 a.m. • **Afternoon:** 11:50 a.m.-2:35 p.m.  
*Subject to change.*

**KID'S DAY OUT 2025-2026**

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. A light breakfast and afternoon snack are 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** \$44/Day • **N** \$50/Day

**For more information** please contact:  
Claire Jungers at [clairejungers@oshkoshymca.org](mailto:clairejungers@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.

During the first 30 minutes of each session, participants will be divided into groups:

**INTRO TO FISHING:** Kids in this group will work toward becoming certified Junior Anglers through the Wisconsin DNR, guided by certified instructor Taylor Douglas. Upon completion, they'll earn an official Junior Angler patch.



**ADVANCED ANGLERS:** Led by local fishing expert Matthew Crawford, this program dives deeper into advanced fishing techniques, including how to fillet fish, make lures, and refine skills for a successful day on the water.

**NEW!**

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

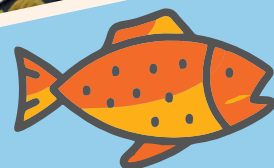
**SUMMER 1 JUNE 13, 20, 27 + JULY 11, 18**

**INTRO TO FISHING:** AGES 8-15

**ADVANCED ANGLERS:** AGES 11-15

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

**For more information** please contact:  
Taylor Douglas at [taylordouglas@oshkoshymca.org](mailto:taylordouglas@oshkoshymca.org).

**2025-2026 BEFORE AND AFTER SCHOOL PROGRAMS**

The Before and After School Programs are State of Wisconsin licensed school age programs available on site at your child's elementary school. They provide 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 • Lourdes Academy

**For more information** email  
Claire Jungers at  
[clairejungers@oshkoshymca.org](mailto:clairejungers@oshkoshymca.org)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2025 YOUTH ADVENTURE PROGRAM

SUMMER PROGRAM FOR KIDS 11-14

Our YOUTH ADVENTURE PROGRAM provides opportunities for kids to develop independence and gain new skills! Each day will be filled with new adventures, exploring the community, and making connections with others.

**ACTIVITIES WILL INCLUDE:** in-town mini trips (Frequently on bikes or public transportation as a group. Bike is required to participate), giving back to the community through various service projects, archery, swimming at local pools, fishing trips, games, arts and crafts, team building, field trips, and more!



**WEEKLY REGISTRATION**  
Sign up only for the weeks you want!

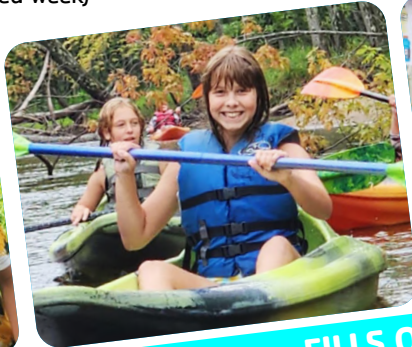
**JUNE 9-AUGUST 29 | 20TH AVE Y | YMCA Members Only**  
**MONDAY-FRIDAY | 9 a.m.-3 p.m.**

**DROP OFF AND PICK UP AT 20TH AVE YMCA:** Kids should be dropped off at the 20th Ave YMCA Youth Lounge no later than 9:00 am.

**SPECIAL Y MEMBER PRICING:** \$150 / WEEK  
WEEK OF 4TH OF JULY (3 DAYS) \$90  
\$20/Week non-refundable deposit due at time of registration.

Youth Adventure Participants are allowed to use the YMCA facility before 9 a.m. and after 3 p.m.

**NEW & IMPORTANT:** Cancellations received through May 15 will be refunded minus the \$20 per week non-refundable deposit. • Cancellations received after May 15 are NOT REFUNDABLE OR TRANSFERABLE to another program. • Cancellations received after May 15 will be charged the normal weekly fee per the payment plan arrangement. (Friday before each registered week)



**FILLS QUICKLY! SIGN UP NOW!**

Register now. [CLICK HERE!](#)  
All registrations will be made online.



JOIN THE Y & SAVE!

**BECOME A Y MEMBER FOR BIG SAVINGS ON CAMP + YEAR-ROUND SAVINGS ON FITNESS AND FUN.**

**FOR MORE INFORMATION CALL 236-3380.** You must be a member of the Oshkosh YMCA at the time of registration to receive the YMCA Member discount. Membership must stay active the duration of the program.

**FIELDTRIPS | WEDNESDAYS**

## NEW THIS YEAR!

Join us on our big adventure of the week with a special 1-day, **FIELD TRIP-ONLY** option! Spots are limited and pre-registration is required.

### WEEK 1 | JUNE 10

📍 Fox River Mall & Badger Sports Park

### WEEK 2 | June 17

📍 Bay Beach Amusement Park & Wildlife Sanctuary

### WEEK 3 | June 24

📍 Noah's Ark Waterpark

### WEEK 4 | July 1

📍 The Fire Art Studio & Downtown Appleton

### WEEK 5 | July 8

📍 Land of Natura (America's Largest Inflatable Waterpark)

### WEEK 6 | July 15

📍 Zipline & High Ropes Course

### WEEK 7 | Week of July 22 (2 trips)

📍 EAA & Devil's Lake

### WEEK 8 | July 29

📍 Kayaking Trip

### WEEK 9 | August 5

📍 6 Flags Great America

### WEEK 10 | August 12

📍 Jet Boat Adventures & Downtown Dells

### WEEK 11 | August 19

📍 Camping Overnight (Campground location to be determined)



### WEEK 12 | August 26

📍 Cave of the Mounds & Henry Vilas Zoo

*Field Trips subject to change.*



**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.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## OFF-SITE DAY CAMP

DROP OFF AND PICK UP AT 20TH AVE Y

MONDAY-FRIDAY | 7 A.M.-6 P.M.

JUNE 9- AUGUST 29

12 WEEKS

# CAMP WINNI-Y-CO

DAY CAMP FOR KIDS AGES 5-12  
Must be age 5 by Sept. 1, 2024 and have completed Kindergarten.



Become an Oshkosh Y member and **SAVE BIG** on camp, fitness, and fun year-round! Use code **SUMMER25** when you join the Y online and **PAY NO JOINER FEE!**

(You must remain a Y member throughout summer to receive member rate.)

**JOIN  
THE Y &  
SAVE!**



**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.

**FILLS QUICKLY! SIGN UP NOW!**

**REGISTER ONLINE!**



**CLICK  
HERE**

**CAMP WINNI-Y-CO** offers campers the traditional outdoor summer Day Camp experience. Located just 3 miles from the 20th Y, our licensed Day Camp is 24 acres of beautiful wooded land. The property includes: two miles of hiking trails, an archery range, gaga pit, slingshot range, playground, two lodges, and a fire pit.

Campers participate in weekly activities such as: environmental education, STEAM programming (Science, Technology, Engineering, Arts, and Math), weekly field trips, team building, mountain biking, songs, skits, and more!

### DROP OFF

Campers should be dropped off at the 20th Ave YMCA no later than 8:00 am.

### A.M. BUS

Leaves the 20th Ave Y:

7:45 a.m. First bus

8:15 a.m. Second bus

### P.M. BUS

Leaves Camp Winni-Y-Co:

4:00 p.m. First bus

4:30 p.m. Second bus



Like and follow the Oshkosh YMCA Camp Winni-Y-Co

Facebook page for weekly updates, newsletters, field trip information, and more!

**NOTE:** Camp Winni-Y-Co will swim at the 20th Ave YMCA on Tuesday and Thursday afternoons from 3:30-4:30 p.m.

### FIELD TRIPS | WEDNESDAYS

*Field Trips subject to change.*

WEEK 1 • June 11 • Lambeau Field & Joannes Aquatic Center

WEEK 2 • June 18 • Blue Harbor Waterpark

WEEK 3 • June 25 • Timber Rattlers Baseball Game

WEEK 4 • July 2 • Altitude Trampoline Park

WEEK 5 • July 9 • Sunset Park & Beach

WEEK 6 • July 16 • Noah's Ark Water Park

WEEK 7 • July 23 • Kaukauna Pool & Splash Pad

WEEK 8 • July 30 • Bay Beach Amusement Park

WEEK 9 • August 6 • Plamann Park (Swimming /Inflatables)

WEEK 10 • August 13 • Tundra Lodge

WEEK 11 • August 20 • Whistle Stop Campground & Little America Amusement Park

WEEK 12 • August 27 • New Zoo (Green Bay) & Pamperin Park

### SPECIAL Y MEMBER PRICING:

\$235/WEEK

WEEK OF JULY 4: (4 DAYS) \$188

### NON-MEMBERS:

\$277/WEEK

WEEK OF JULY 4: (4 DAYS) \$222

*\$20/Week non-refundable deposit  
due at time of registration.*

### NEW & IMPORTANT

- Cancellations received *through* May 15 will be refunded minus the \$20 per week non-refundable deposit.
- Cancellations received *after* May 15 are **NOT refundable or transferable** to another program.
- Cancellations received after May 15 will be charged the normal weekly fee per the payment plan arrangement. (Friday before each registered week)

### CAMP FAMILY NIGHTS

Families and campers of all ages are invited to visit camp for fun activities and campers ages 7+ are invited to stay after and spend the night.\*

FRIDAYS: June 27 • July 25 • August 8

*\*Campers must be registered that week to participate in the campout.*



FOR MORE INFORMATION on Summer Camp, please visit our website: [oshkoshymca.org/summer-camps](https://oshkoshymca.org/summer-camps)

# 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](mailto: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.





## TRENTON THEN & NOW *Growing up with the Y*

### Full Circle in the Pool

He first dipped his toes into the Y pool as a nervous little swimmer—and now he leads the entire aquatics program. His journey from swim lessons to lifeguarding to leadership is a powerful reminder that the Y doesn't just teach skills; it inspires futures. "Then & Now" has never felt more full circle.

"From a fearless two-year-old swimmer to an Aquatics Director, the Y has been a constant in my life. It's not just where I grew up—it's where I became who I am today." ~Trenton



## Trenton Davis | 23

Trenton's journey from preschooler to lifeguard shows how confidence, responsibility, and connection grow at the Y—one splash at a time.

The Oshkosh YMCA has been a part of my life for as long as I can remember. My journey started as an infant with my first swim lessons. By the time I was two, my mom would throw me into the deep end of the Downtown Y's lap pool, and I would swim back to the wall, eager to do it again. The lifeguards used to call me "Aquaman," confident I'd be just fine! At age eight, I joined the OSHY swim team and competed until I was fifteen. By seventeen, I was working as a lifeguard at the 20th Ave Y, and since then, I've held nearly every role in Aquatics, leading up to my current position as Aquatics Director.

The Y has shaped me in so many ways. My time with OSHY taught me the value of hard work, punctuality, and treating others with kindness and respect. "If you're five minutes early, you're on time. If you're on time, you're late!" Coach Jay always used to say. Those lessons stuck with me and have helped me grow personally and professionally.

The Y makes me feel empowered to be my best self and inspired to help others do the same. More than anything, I love that the Y is truly FOR ALL. No matter who you are, where you come from, or your financial situation, there's a place for you here. The Oshkosh Y goes above and beyond to ensure that everyone has access to programs, employment, and a safe, welcoming environment.



**EXPLORE  
MUSIC  
AT THE Y!**

Music sparks imagination, and strengthens problem-solving and critical thinking. Check out these new classes the Y is now offering!

### DEVELOP MUSICAL CREATIVITY WITH RECORDER KARATE!

#### YOUTH RECORDER KARATE LEVEL 1 • AGES 6+

While learning to play the recorder, participants will learn basic rhythm and note-reading skills, earning "karate belts" to hang from their instruments for each song they master. Recorder purchase (\$10) is required. Students keep their instruments for all levels.

##### SUMMER 1, SUMMER 2

**20** TUESDAY • 1:30–2:00 p.m.

**DT** THURSDAY • 1:00–1:30 p.m.

FEE \$38 **M** • \$66 **N**

#### YOUTH RECORDER KARATE LEVEL 2 • AGES 6+

Participants will continue learning basic rhythm and note-reading skills while earning "karate belts" to hang from their recorders for each song they master. Students are required to bring their recorder to all classes. Students registering for Level 2 must have passed Level 1.

##### SUMMER 1, SUMMER 2

**20** TUESDAY • 2:15–2:45 p.m.

**DT** THURSDAY • 1:45–2:15 p.m.

FEE \$38 **M** • \$66 **N**

#### YOUTH RECORDER KARATE LEVEL 3 • AGES 6+

Participants will build upon basic rhythm and note-reading skills while earning "karate belts" to hang from their recorders for each song they master. Students are required to bring their recorder to all classes. Students registering for Level 3 must have passed Levels 1 and 2.

##### SUMMER 1, SUMMER 2

**20** TUESDAY • 3:00–3:30 p.m.

**DT** THURSDAY • 2:30–3:00 p.m.

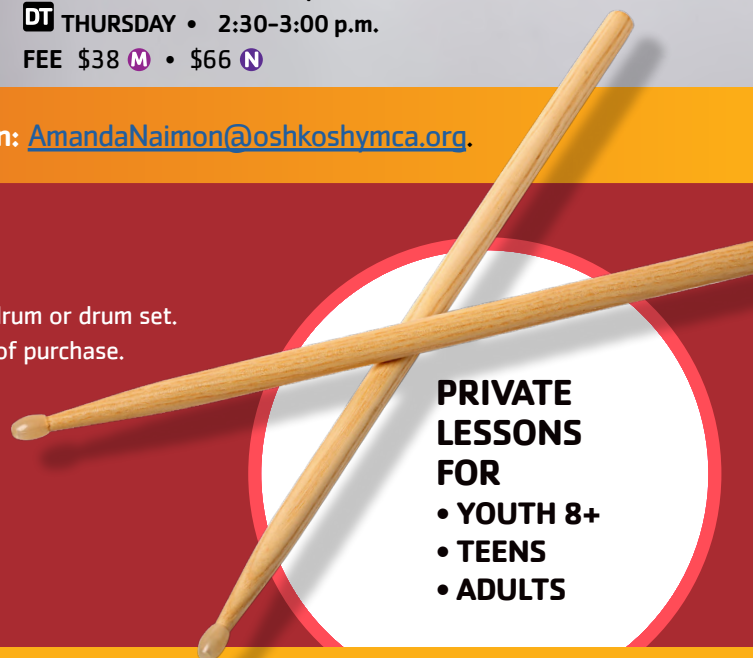
FEE \$38 **M** • \$66 **N**

For more information please contact Amanda Naimon: [AmandaNaimon@oshkoshymca.org](mailto:AmandaNaimon@oshkoshymca.org).

## PRIVATE DRUM LESSONS

Instruction is available for beginner through intermediate snare drum or drum set. Classes are 30 minutes long and expire 6 months from the date of purchase. Lesson dates/times are determined by the parent/student and instructor. Students must bring drumsticks and an assigned lesson book to each class. Drumsticks and books are available for a one-time purchase of \$17.

FEE PER CLASS \$30 **M** • \$55 **N**



### PRIVATE LESSONS FOR

- YOUTH 8+
- TEENS
- ADULTS





MAKE  
FRIENDS.  
LEARN  
SKILLS.  
HAVE  
FUN!



## PRESCHOOL ACTIVITIES

### SUMMER 1

JUNE 9–  
JULY 20

no programs  
June 30–July 6

### SUMMER 2

JULY 28–  
AUGUST 31

SUMMER  
SESSIONS ARE  
5 WEEKS!



#### PRESCHOOL SOCCER AGES 3-6

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.

##### SOCCER ARENA

SUMMER 2 TUESDAY AGES 3-5 9:00-9:30 a.m.  
AGES 3-4 5:20-5:50 p.m.  
THURSDAY AGES 3-4 4:40-5:10

##### SUMMER 1, SUMMER 2

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

FEE \$33 • \$57

#### PRESCHOOL FOOTBALL AGES 3-6

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

##### GYM COURT #4

SUMMER 1 TUESDAY AGES 5-6 5:20-5:50 p.m.  
THURSDAY AGES 3-4 4:00-4:30 p.m.

SUMMER 2 TUESDAY AGES 3-4 4:00-4:30 p.m.  
AGES 5-6 4:40-5:10 p.m.

FEE \$33 • \$57

**BIG ADVENTURES START SMALL—  
PRESCHOOL ACTIVITIES SPARK  
CURIOSITY, CONFIDENCE, AND  
JOY EVERY DAY!**

#### PRESCHOOL BASKETBALL AGES 3-6

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.

##### GYM COURT #4

SUMMER 1 TUESDAY AGES 5-6 4:40-5:10 p.m.  
THURSDAY AGES 5-6 4:40-5:10 p.m.

SUMMER 2 TUESDAY AGES 3-4 4:40-5:10 p.m.  
AGES 5-6 4:00-4:30 p.m.

##### UWO Childcare Families Only

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

FEE \$33 • \$57

#### 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.

##### GYM COURT #4

SUMMER 1 TUESDAY 5:20-5:50 p.m.  
SUMMER 2 TUESDAY 5:20-5:50 p.m..  
THURSDAY 4:00-4:30 p.m.

FEE \$33 • \$57

#### 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.

##### LOCATION WILL BE DETERMINED BY SPORT

SUMMER 1 TUESDAY 4:00-4:30 p.m.  
SUMMER 2 THURSDAY 4:40-5:10 p.m.

FEE \$33 • \$57

# GROW STRONG IN BODY & MIND ALL SUMMER LONG!

Summer activities at the Y are a great way for preschoolers to stay active, make new friends and build confidence while having fun. Through games, crafts, swimming, and outdoor play, little ones explore the world around them in a safe, nurturing environment. With caring staff and age-appropriate programs, the Y helps kids grow strong in body and mind—all summer long!

## PRESCHOOL TUMBLING AGES 3-5

A beginning level tumbling introductory class.

**20** SUMMER 1, SUMMER 2

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

FEE **M** \$33 • **N** \$57

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

FEE **M** \$33 • **N** \$57

## PRESCHOOL STORIES & ART AGES 3-5

Each week kids will be read an age-appropriate book and will have the opportunity to bring the story to life through art!

**DT** SUMMER 1, SUMMER 2

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

FEE **M** \$33 • **N** \$57

## PRESCHOOL MOVIN' & GROOVIN' AGES 3-5

Explore musical sounds and different styles of music while playing and dancing in an interactive environment.

**DT** SUMMER 1, SUMMER 2

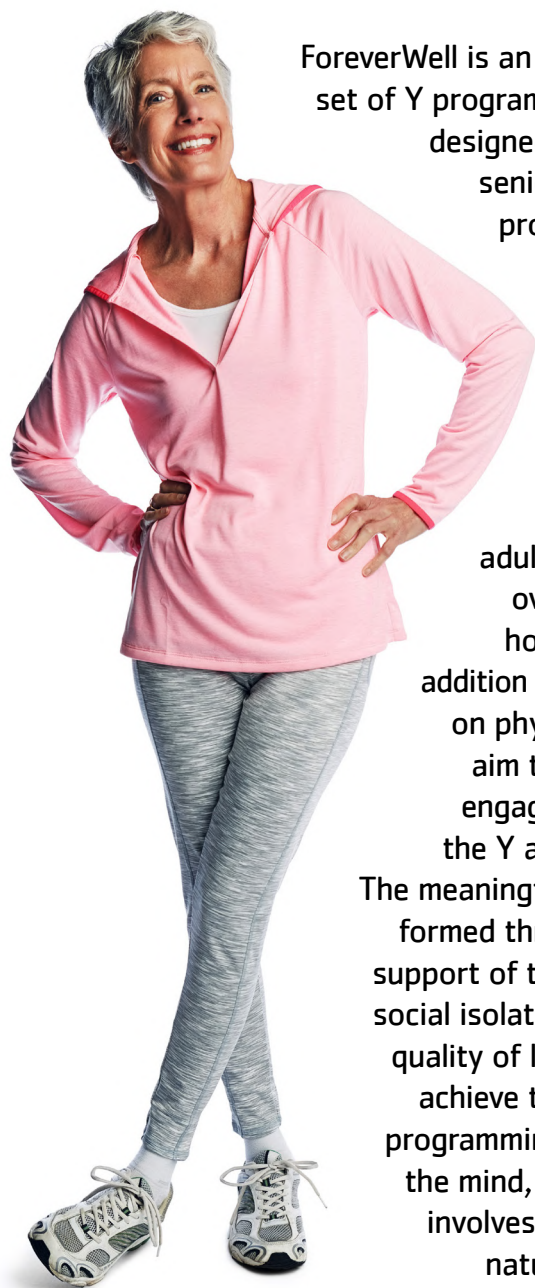
THURSDAY 3:30-4:00 p.m.

FEE **M** \$33 • **N** \$57





# FOREVERWELL



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

## FOUNDATIONS OF FOREVERWELL

**A special Y orientation just for seniors.**

Orientations will be offered once a month at each location.

Join us for these informative sessions and learn everything you need to know to be comfortable and to feel at home at our Ys.

These sessions will include:

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

**DT** 2nd Tuesday of each month:  
9:00–9:30 a.m.

**20** 2nd Wednesday of each month:  
9:00–9:30 a.m.

**FREE**  
TO Y  
MEMBERS!

**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



**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](mailto:pattiweissling@oshkoshymca.org).



**Oshkosh YMCA  
ForeverWell  
Facebook Group  
Ages 55+  
JOIN TODAY!**



## NATIONAL SENIOR HEALTH & FITNESS DAY

**MAY 28, 2025**

REGISTRATION OPENS MAY 1, 2025.

Watch for details & more information for this special event!

**FREE FOR ANYONE IN THE  
COMMUNITY AGE 55+**

SPONSORED BY:

**senior stride™**  
Home Care



**SAVE THE DATE!**

## 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!

Open to all. Y Membership is not required.

May 7 • June 4 • July 2 • August 6  
1:30-3:00 p.m.

FEE **FREE**



alzheimer's association®

### 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.

**DT** **TEACHING KITCHEN**

June 5 • August 7

FEE **\$40**

Reserve your spot today!  
Call (920) 426-1931.

Valley VNA  
Senior Care  
In-Home Care | Independent Living | Assisted Living

## 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.

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

FEE **FREE**



## GRIEF SUPPORT

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 or Errah. Once intake is complete, participants are welcome to attend any sessions that meet their needs. For more information contact Brandy Hankey [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org) or Errah Wheel [errahwheel@oshkoshymca.org](mailto:errahwheel@oshkoshymca.org).



FOREVERWELL • AGES 55+

# JOIN US FOR FUN, FRIENDSHIP & FOOD!

## SUMMER PICNIC

**DT** WEDNESDAY, JULY 9 • 12:00–1:00 p.m.

FREE FOR Y MEMBERS \$5 for guests

## ICE CREAM SOCIAL

**20** THURSDAY, AUGUST 21 • 1:30–3:00 p.m.

FREE FOR Y MEMBERS \$5 for guests



## LIFELONG LEARNING & SOCIALS

Special events for members & guests, ages 55+.

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

THANK YOU TO  
OUR MONTHLY  
SPONSOR:

**senior stride™**  
Home Care



## GREAT WISCONSIN QUILT SHOW

Join us for a fun-filled trip to the ballpark as the Milwaukee Brewers take on the Atlanta Braves! Trip includes round-trip transportation from Oshkosh, lunch, and a game ticket with great seats. Sit back, relax, and enjoy the ride—no parking hassles, just baseball excitement! Reserve your spot and get ready to cheer on the Brewers!



# BREWERS v BRAVES

WEDNESDAY, JUNE 11

**20** Departing from 20th Ave location.

10:00 a.m.–6:30 p.m.

FEE **M** \$70 • **N** \$80

Presented by PBS Wisconsin and Nancy Zieman Productions. Explore exhibits of truly stunning quilts, shop for the latest offerings from the wonderful vendors and discover new ideas from leading quilt educators.

Trip includes admission ticket, Kobussen coach bus, and driver tip. Lectures, workshops, and food are not included.

THURSDAY, SEPTEMBER 4

**20** Departing at 8:00 a.m. from the 20th Ave Y. Returning at 7:00 p.m.

FEE \$52 **M** • \$57 **N**





## 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](mailto:errahwheel@oshkoshymca.org)



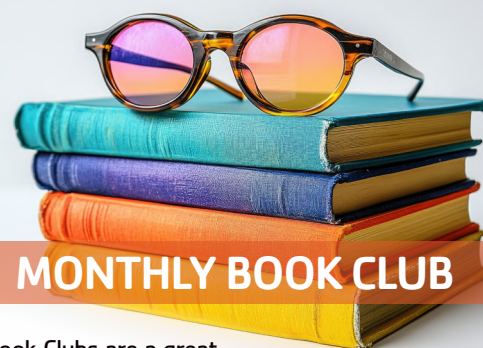
### COFFEE + COMMUNITY!

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.



**CARE Patrol™**  
Your Partner In Senior Care Solutions

**38 YEARS**



## 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 Wednesday 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.

**DT JUNE 19 • JULY 17 • AUGUST 21**

1:00-2:00 p.m.

**20 JUNE 4 • JULY 2 • AUGUST 6**

10:30-11:30 a.m.

Register at  
the front  
desk.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ASK THE EXPERT

## SENIOR CARE OPTIONS

FOREVERWELL

LIFELONG  
LEARNING  
EVENT

FOR AGES 55+

Join Care Patrol for Ask the Expert, a monthly program where representatives will provide valuable insights and answer your questions about senior care options. Whether you're exploring assisted living, memory care, or simply looking for guidance on aging-related decisions, Care Patrol's experts are here to help!

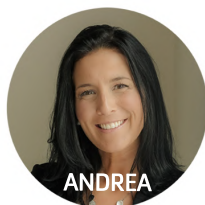


MEGAN

### FIRST TUESDAY OF THE MONTH

Downtown YMCA

9:30-10:30 a.m.



ANDREA

### FIRST WEDNESDAY OF THE MONTH

20th Ave YMCA

9:30-10:30 a.m.

**OSHKOSH COMMUNITY YMCA** [www.oshkoshymca.org](http://www.oshkoshymca.org)  
DOWNTOWN 236-3380 324 Washington Ave.  
20TH AVENUE 230-8439 3303 W. 20th Ave.

THANK YOU TO OUR MONTHLY SPONSOR:



## 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 Exercise classes before 1 p.m., Pickleball before 12 p.m., and use of the Walking Tracks before 12 p.m. Monday - Friday. Punch cards do not apply to open use of the Y pools, gyms, wellness center, arenas or group exercise programming outside of the FW listing.

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

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

**DID YOU KNOW??**  
ForeverWell Programming is INCLUDED in your Y Membership.

### 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).

### 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 STRETCH

A gentle stretch using a chair for comfort and support. Helps improve your mobility, flexibility, and range of motion.

### 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/FOREVERWELL TAI CHI

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.



# SUMMER PUNCH CARD

MEMBERS 55+



**THE POWER OF YOUR SCAN**  
JUNE THROUGH AUGUST

Enhance your wellness journey with our 55+ Summer Punch Card Program! Each time you visit the Oshkosh YMCA and scan in, you'll move closer to exciting rewards.

## HERE'S HOW IT WORKS:

**EARN ENTRIES:** For every 8 visits (one completed punch card), you're entered into our monthly drawing. You can complete up to 3 punch cards each month, giving you multiple chances to win!

**MONTHLY DRAWINGS:** At the end of each month, we draw winners at both the 20th Avenue and Downtown locations. Winners receive a themed gift basket, with a new theme every month to keep things fresh and exciting.

Each month offers a new opportunity to participate and win, as punch cards reset, allowing everyone a fair chance to join in the fun.

## URBAN POLE WALKING

Discover the benefits of this low-impact exercise! Andrea Van Dyn Hoven from Care Patrol leads classes on the second Tuesday of each month at 20th Ave and the fourth Tuesday of each month Downtown. 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.

9:15-10:00 a.m.

**20** MAY 13 • JUNE 10 • JULY 8 • AUGUST 12

Meet in the Garden Area outside the front lobby

**DT** MAY 27 • JUNE 24 • JULY 22 • AUGUST 26  
STUDIO 3

## 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](https://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 and Pickleball Center, please see page 40 and 73.

**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** SMB

**WEDNESDAYS** 10:00 a.m.-11:30 p.m.

**FREE TO Y MEMBERS**

## SUMMER FIELD TRIP SERIES

Adult field trips are designed to offer enriching and social experiences. These outings provide opportunities for connection and engagement with other Y members. We take the work out of planning, all you need to do is sign up and meet us there!

**June 5 Hike Heckrodt Wetland Reserve • 9:00-10:30 a.m.**

**July 16 Bike Wiouwash Trail • 10:00-11:30 a.m.**

**August 12 Tuesday Value Movie - Time TBA**





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PICKLEBALL AT THE Y 3 GREAT LOCATIONS

Whether you're playing for fun, fitness, or improvement,  
we've got a place for you!

Paddles are  
available for both  
demonstration &  
purchase.

## 20 DT

### OPEN PICKLEBALL TIMES

Drop in anytime during scheduled Open Pickleball times at our 20th Ave and Downtown locations!

Courts are available on a first-come, first-served basis.

- Check our schedule on the YMCA app, the gym schedules, or on our website.
- No sign-up needed—just show up and play!

## TP

### BEGINNER & NEXT-LEVEL PICKLEBALL CLASSES

Ready to improve your skills? The Oshkosh Y Tennis and Pickleball Center offers lessons taught by experienced instructors to help you advance your game. Perfect for those just starting or looking to take their game to the next level.

- Beginner programs available—learn the basics and build confidence on the court!
- Classes offered in 4-week sessions for easy scheduling.

## TP

### PROGRAMS FOR ALL SKILL LEVELS

Looking for more opportunities to play? We offer a range of programs for all abilities, including:

- Drill and Play sessions for honing your skills
- Leagues for every ability level—join weekly, meet new people, and enjoy fun, flexible competition!
- Open Pickleball available on our eight-court facility, with high ceilings and new lighting to enhance your experience.

Note: fees apply to all programming.

Not sure where to start? We're happy to evaluate your skill level and recommend the perfect program for you.

OSHKOSH COMMUNITY YMCA • [www.oshkoshymca.org](http://www.oshkoshymca.org)

## 20

20TH AVENUE (920) 230-8439  
3303 W. 20th Ave.

## DT

DOWNTOWN (920) 236-3380  
324 Washington Ave.

## TP

TENNIS & PICKLEBALL CENTER (920) 236-3400  
640 E. County Trunk Y



**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 9–July 20 No class June 30–July 6**M** Member registration begins May 5**N** Non-Member registration begins May 19**SUMMER 2:** July 28–August 31**M** Member registration begins May 5**N** Non-Member registration begins July 14**Fee** **M** \$33 • **N** \$59**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](http://www.oshkoshymca.org).

**SLIDE TIMES FREE TO Y MEMBERS**

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

**LESSON TIMES FILL QUICKLY. REGISTER NOW!****Y members register beginning May 5**

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** \$49 • **N** \$88

## SWIM LESSON STAGES

### SWIM STARTERS

#### STAGES A • B

##### PARENT-CHILD STAGES

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

#### A Water Discovery



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

#### B Water Exploration



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

### QUESTIONS ABOUT SWIM LESSONS?

**DT** Daniel Anderson  
[danielanderson@oshkoshymca.org](mailto:danielanderson@oshkoshymca.org)

**20** Trenton Davis  
[trentondavis@oshkoshymca.org](mailto:trentondavis@oshkoshymca.org)

### SWIM BASICS

#### STAGES 1 • 2 • 3

##### PRESCHOOL, YOUTH & ADULT STAGES

Kids learn personal water safety and basic swimming competency with two benchmark skills:

- Swim, float, swim: sequencing front glide, roll, back float, roll, front glide, & exit
- Jump, push, turn, grab

#### 1 Water Acclimation



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

#### 2 Water Movement



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

#### 3 Water Stamina



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

### SWIM STROKES

#### STAGES 4 • 5 • 6

##### YOUTH ONLY

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

#### 4 Stroke Introduction



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

#### 5 Stroke Development



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

#### 6 Stroke Mechanics



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



## AQUATICS

# SUMMER

## 1 & 2 SWIM LESSONS

**MEMBER**  
REGISTRATION  
BEGINS MAY 5

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

# 20

### SUMMER 1

**June 9–July 20**

No Programs June 30–July 6

**N** Non-Member registration  
begins 5/19/25

### SUMMER 2:

**July 28–August 31**

**N** Non-Member registration  
begins 7/14/25



**FOR ALL**



S = Small group  
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
<b>MONDAY</b>			PS	Y	PS	Y	PS	Y	Y	Y	Y	
10:00–10:40 AM				●		●						
10:50–11:30 AM									●	●	●	
3:40–4:20 PM						●		●				
4:30–5:10 PM	●	●	●									
5:20–6:00 PM					S		●					
6:10–6:50 PM				●		●						

<b>TUESDAY</b>												
4:50–5:30 PM			●		●				●			
5:40–6:20 PM							●			●	●	●
6:30–7:10 PM						●		●				

<b>WEDNESDAY</b>												
10:00–10:40 AM					●		●					
10:50–11:30 AM	●	●	●									
3:40–4:20 PM				●		●						
4:30–5:10 PM			S				●					
5:20–6:00 PM	●	●			S							
6:10–6:50 PM						●		●				

<b>THURSDAY – SUMMER 1</b>												
10:00–10:40 AM			●		●							
10:50–11:30 AM					●		●					
4:50–5:30 PM			●		●							

<b>THURSDAY – SUMMER 2</b>												
10:00–10:40 AM			●		●							
10:50–11:30 AM					●		●					
4:50–5:30 PM			●		●							
5:40–6:20 PM							●	●				
6:30–7:10 PM					●		●					

#### 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.

#### QUESTIONS ABOUT LESSONS?

20 Trenton Davis

[trentondavis@oshkoshymca.org](mailto:trentondavis@oshkoshymca.org)

## AQUATICS

S = Small group  
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
<b>MONDAY</b>			PS	Y	PS	Y	PS	Y	Y	Y	Y
4:00-4:40 PM											
4:50-5:30 PM											
<b>TUESDAY</b>											
4:00-4:40 PM											
4:50-5:30 PM											
5:40-6:20 PM											
<b>WEDNESDAY</b>											
4:00-4:40 PM											
4:50-5:30 PM											
<b>THURSDAY</b>											
4:00-4:40 PM											
4:50-5:30 PM											
5:40-6:20 PM											
<b>SATURDAY</b>											
9:00-9:40 AM											
9:50-10:30 AM											
10:40-11:20 AM											

**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.

Choose  
Downtown  
lessons for  
warmer  
pools!

SEE SUMMER 2  
SCHEDULE ON  
PAGE 45

## SWIM LESSONS



## SUMMER



**MEMBER**  
REGISTRATION  
BEGINS MAY 5

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

**N** Non-Member registration  
begins 5/19/25

## JUNE 9-JULY 20

No Programs June 30-July 6

## QUESTIONS ABOUT DOWNTOWN LESSONS?

**DT** Daniel Anderson

[danielanderson@oshkoshymca.org](mailto:danielanderson@oshkoshymca.org)

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





## AQUATICS

S = Small group  
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
<b>MONDAY</b>			PS	Y	PS	Y	PS	Y	Y	Y	Y
4:00–4:40 PM											
4:50–5:30 PM											
<b>TUESDAY</b>											
4:00–4:40 PM											
4:50–5:30 PM											
5:40–6:20 PM											
<b>WEDNESDAY</b>											
4:00–4:40 PM											
4:50–5:30 PM											
<b>THURSDAY</b>											
4:00–4:40 PM											
4:50–5:30 PM											
5:40–6:20 PM											
<b>SATURDAY</b>											
9:00–9:40 AM											
9:50–10:30 AM											
10:40–11:20 AM											

**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.

Choose  
Downtown  
lessons for  
warmer  
pools!

SEE SUMMER 1  
SCHEDULE ON  
PAGE 44

## SWIM LESSONS



## SUMMER



**MEMBER**  
REGISTRATION  
BEGINS MAY 5

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

**N** Non-Member registration  
begins 7/14/25

## JULY 28–AUGUST 31

## QUESTIONS ABOUT DOWNTOWN LESSONS?

**DT** Daniel Anderson

[danielanderson@oshkoshymca.org](mailto:danielanderson@oshkoshymca.org)



**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 may be billed at the discretion of the Aquatics Coordinator.
- 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:**

**20** Sarah Tomlinson:  
[sarahtomlinson@oshkoshymca.org](mailto:sarahtomlinson@oshkoshymca.org)  
 or (920) 230-8914

**DT** Mel Karnatz:  
[melkarnatz@oshkoshymca.org](mailto:melkarnatz@oshkoshymca.org)  
 or (920) 236-3380

**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** \$26 • **N** \$47

**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 Coordinator 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** \$21 • **N** \$37

**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 [oshkoshymca.org/give](https://oshkoshymca.org/give).

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





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

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

**Prerequisites include:** 1. Jump into the water from the side, totally submerge, recover to the surface and swim 150 yards front crawl and/or breaststroke. Then, tread water for 2 minutes without using your hands. Lastly, swim another 50 yards 2. 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.

Classes need 5 participants in order to run. Participants will be refunded the cost of the class if the class does not have enough participants to run or if a they do not pass the pre-requisites.

**20** June 6-8 Friday-Sunday  
August 8-10 Friday-Sunday

**Times:** 9:00 a.m.-5:00 p.m.  
**FEE** **M** \$191 • **N** \$232

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



## 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)

**DT** June 15 4:00-9:00 p.m.  
July 7 12:00-5:00 p.m.  
**FEE** \$75 **M** • \$110 **N**

For more information on American Red Cross training, please contact Trenton Davis at [trentondavis@oshkoshymca.org](mailto:trentondavis@oshkoshymca.org)



## YOU CAN BE A LIFEGUARD AT AGE 15!



**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.

## AQUATICS

**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**

**20** 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** 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.

**20 DT** FREE TO MEMBERS **M**

**PLAN AHEAD:  
SWIM MEETS AT 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 19 • July 17

**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](mailto:pattiweissling@oshkoshymca.org).

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

**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



**SENIORS!**  
See pages 33-40  
for other great  
classes just for you.







# 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:** Visit the team website [teamunify.com/team/wioshy/page/home](http://teamunify.com/team/wioshy/page/home) and click on the blue 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?  
Contact Jay Coleman  
[jaycoleman@oshkoshymca.org](mailto:jaycoleman@oshkoshymca.org)

## OSHY DOLPHIN SWIM TEAM: GROUP DESCRIPTIONS

The Oshkosh YMCA (OSHY) Dolphin Swim Team offers a structured progression for swimmers aged 5 and above, catering to various skill levels and aspirations. Our program emphasizes technical improvement, physical conditioning, and social development, ensuring each swimmer finds their place, whether they're fitness enthusiasts, social participants, or competitive athletes.



### 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 4 times per week for 40 minutes with an occasional Friday. Attendance recommendation is 2-4 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.



## A HEALTHY LIFESTYLE IS THE FOUNDATION OF A HAPPY LIFE.

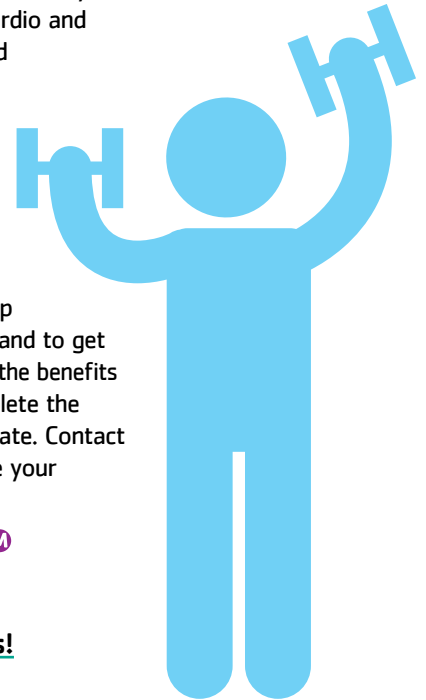
At the Y, we are committed to supporting your health journey.

Our complimentary wellness orientation is designed to equip you with the knowledge and confidence to utilize our facilities effectively, setting the stage for your personal wellness goals.

### 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** 



Our Health + Wellness staff are passionate about your health and wellness!  
[Click here for more information.](#)

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

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

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



**FREE**  
TO OSHKOSH  
Y MEMBERS

## ADULT GROUP EXERCISE CLASSES AGE High School+

Oshkosh Y members enjoy the benefit of over 150+ FREE classes per week. These classes are run on a drop-in, continuous basis. **Schedules are available at the Front Desk, on our mobile app, or on the web at [oshkoshymca.org](http://oshkoshymca.org).**

**! These classes 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** Combines elements of yoga, Pilates, and strength training. This low-impact workout focuses on high repetitions and small, isometric movements to enhance muscular endurance. Suitable for anyone aiming to strengthen their muscles—no ballet experience required.

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

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

**Core Focus Together** This 30-minute session strengthens muscles from shoulders to hips, enhancing overall strength and agility. A strong core can reduce back pain and improve your ability to live life to the fullest.

**Defend Together** Incorporates mixed martial arts (MMA) moves to deliver a comprehensive cardio workout that also strengthens the entire body. It's an excellent way to add variety to your training and improve timing, precision, and focus, while effectively reducing stress.

**Drums Alive®** Combines traditional fitness routines with the rhythmical benefits of drumming. Using drumsticks and a stability ball, this class offers a fun, energizing workout that fosters physical, mental, emotional, and social well-being.

**! 👤 Essentrics** A dynamic, full-body workout suitable for all fitness levels. Combines stretching and strengthening exercises to increase flexibility and mobility, promoting a healthy, and pain-free body.

**LIVE IN WINNECONNE?** You can experience our amazing group exercise classes at Kaudy Hall in Winneconne! Email [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org) for more information.



### Group Exercise QUARTERLY SPOTLIGHT

Each quarter we will 'spotlight' different classes and you can win prizes by participating in these classes! Ask your instructor or membership staff which classes are eligible this quarter!

**! 👤 Essentrics Barre** This 45-minute class incorporates a chair to improve strength, balance, and stability. It is safe and effective for individuals of all fitness levels.

**Fit Camp** Offers a diverse range of exercises, from step routines to muscle conditioning, providing a comprehensive workout experience.

**Group Blast®** A 60-minute cardio session utilizing The STEP in athletic ways to boost fitness, agility, coordination, and strength. Experience heart-pounding movements set to exciting music in a group setting.

**Group Centergy** An invigorating 60-minute mind-body workout that blends yoga and Pilates fundamentals with athletic training. Focuses on enhancing strength, balance, mobility, and flexibility, all driven by emotive music.

**! 👤 Group Cycling** A non-impact journey on stationary bikes, allowing participants to work at their own pace during a 45-60 minute coached session. The 20th Avenue location features bikes with built-in technology for goal tracking, while the Downtown Y offers Intelligent Cycling, a virtual ride system for motivation and entertainment.

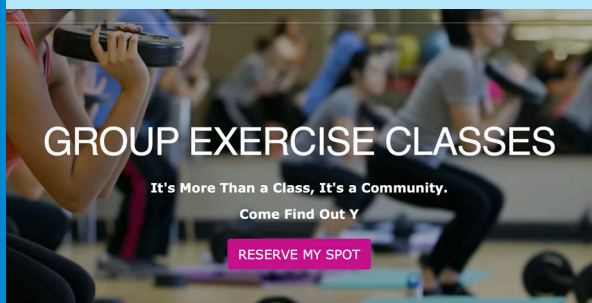
**Group Groove** A sizzling cardio experience that makes you sweat with a smile. This energizing hour of dance fitness fuses club, hip hop, and Latin dance styles set to the hottest current hits and classic dance songs. If you can move, you can groove!

**H.I.I.T.** (High-Intensity Interval Training) Challenges both cardiovascular and muscular systems by incorporating strength and endurance exercises with short bursts of cardio. This comprehensive workout is designed to leave you drenched and invigorated.

*(Continues on next page.)*

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





## GROUP EXERCISE CLASSES

It's More Than a Class, It's a Community.  
Come Find Out Y

RESERVE MY SPOT

### 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 [oshkoshymca.org/group-exercise-classes](https://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.

**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 cardio workout featuring fast-paced combinations and mini routines set to the latest hip hop and club music. Strengthen muscles and increase stamina while enjoying a fun dance activity.

**Muscle Conditioning** Enhance muscular strength using resistance tools like tubing, bands, dumbbells, and body bars. Suitable for all fitness levels.

**Pilates** Perform a series of floor exercises to develop core strength and flexibility, using minimal or no props.

**Pilates Foam Roller** Strengthen your core through mindful movements on the mat, incorporating foam rollers to relax muscles and improve flexibility. Learn techniques to target major muscle groups effectively.

**Science of Stretching™** Utilize best practices from exercise physiology, yoga, dance, martial arts, and gymnastics to improve flexibility, posture, and reduce pain. Suitable for all levels, including beginners and those with injuries.

**Tabata** Engage in high-intensity interval training with 4-minute rounds: 20 seconds of exercise followed by 10 seconds of rest, repeated eight times.

**Tai Chi** Practice a noncompetitive, self-paced system of gentle exercises and stretching. Perform a series of movements in a slow, graceful manner, enhancing balance, flexibility, strength, and relaxation. Suitable for all ages and physical abilities.

**Tai Chi for Beginners** A gentle introduction to Tai Chi, focusing on improving balance, flexibility, strength, and promoting relaxation and harmony in the body.

**TRX** Utilize suspension straps to perform exercises that develop strength, balance, flexibility, and core stability simultaneously.

**Yoga** Classes offered for all fitness levels, allowing participants to work at their own pace. Please bring your own mat.

**Zumba** Dance and get fit in this high-energy class combining international music and dance. Routines feature aerobic interval training with a mix of fast and slow rhythms to dance your stress away.

### HAVE YOU EVER CONSIDERED TEACHING PILATES?

We are hosting a **NETA Pilates Mat Training**

**DT** August 16-17

This comprehensive training will equip you with the skills and knowledge to lead Pilates mat classes confidently.

For more information, email [brandyhankey@oshkoshymca.org](mailto:brandyhankey@oshkoshymca.org)





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Registration is open  
until August 25, 2025!**

OSHKOSH COMMUNITY YMCA

# YOGA TEACHER TRAINING

**200-hour Yoga Alliance  
Certification Program**

**September 5, 2025 to  
April 4, 2026**

...

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 4**

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](mailto:brandyhankey@oshkoshymca.org), (920) 230-8439 for more information.

*Dates subject to change and participants will be notified appropriately.*





# ANYWHERE, ANYTIME

HEALTHY LIVING SUPERCHARGED BY YMCA360



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

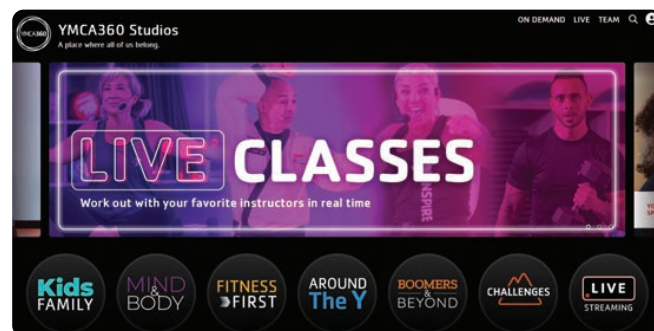
## WHAT IS YMCA360?

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.**

**Just select the class on the tablet in the wall and the video will play on the TV!**



**DOWNLOAD THE APP TODAY**



Google Android



Apple iOS

YMCA360.org



ymca360



ymca.360

## 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** Contact Ben Clewien for information and pricing [benclwien@oshkoshymca.org](mailto:benclwien@oshkoshymca.org)

## 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](mailto:benclwien@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 our Nationally Accredited Female Certified Personal Trainers, 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](mailto:emilyeresh@oshkoshymca.org).



**NEW!**

**ForeverWell Women on Weights for Women 55+.**

Please contact EMILY for days and times.

# 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.

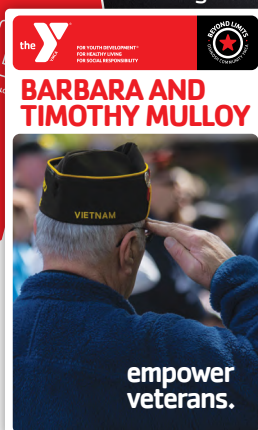
**20 WEDNESDAY 5:30 p.m.**  
Meet at 20th Ave Wellness Desk

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

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

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

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



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.

**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



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





## TEACHING KITCHEN

**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](mailto:lindseymcmullin@oshkoshymca.org)  
for more information



**Classes for all ages  
all summer long!**

Please email

[LindseyMcMullin@oshkoshymca.org](mailto: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.

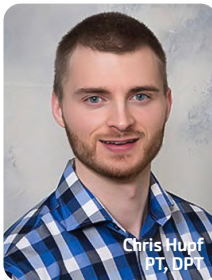
Thursday 6:00 a.m.–5:00 p.m.

#### 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](mailto:juliesmith@oshkoshymca.org).



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

# ROCK STEADY BOXING

**PARKINSON'S DISEASE  
MANAGEMENT PROGRAM**



## OPEN TO MEN & WOMEN OF ALL ABILITY LEVELS



BROUGHT TO YOU WITH HELP FROM:

**Aurora Health Care®**

**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** Through generous funding this program is **FREE FOR ALL!**

**OPTIONAL STARTER PACKAGE: \$25**

Includes gloves, wraps, t-shirt, and storage bag! *Other payment options are available upon request.*

**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?

**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



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](mailto:pattiweissling@oshkoshymca.org).





# PEDALING FOR PARKINSON'S

Pedaling for Parkinson's™ is an exercise program using cycling to help manage Parkinson's symptoms and improve quality of life. Participants cycle at moderate to high cadences, on stationary bikes, led by a trained instructor.

Research shows cycling can reduce tremors, stiffness, and slowness of movement while improving motor function, mood, and overall health. The program fosters community support alongside physical benefits.

Pedaling for Parkinson's™ is based on research indicating that forced exercise on a bicycle can reduce symptoms of Parkinson's Disease. In fact, participants who ride three days a week over eight weeks have shown improvement in their Parkinson's-related symptoms by as much as 35%. Workouts are built around the research, and will include motivating music and conversation.

**Participants can attend with a support person.**

**Through generous funding this program is **FREE FOR ALL**.**

**TUESDAYS & THURSDAYS**

**1:30–2:15 p.m.**

**Studio 1**

*Registration is required.*

Group sessions foster a supportive environment, encouraging participants to stay active and socially connected.

Contact Lindsey McMullin at [lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org) with questions or to get started!





CONNECT  
LEARN  
SHARE

**LIVESTRONG®**

**AT THE YMCA**

Please email Lindsey McMullin at [LindseyMcMullin@oshkoshymca.org](mailto: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

# SURVIVOR



**WANT TO  
HELP?**

**ANNUAL  
CAMPAIGN**  
FINANCIAL ASSISTANCE



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

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 SKATE 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 SKATE 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 SKATE 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 (920) 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**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**IMPORTANT:** NEW THIS SUMMER! ICE ARENA SESSIONS ARE DIFFERENT FROM OTHER Y ACTIVITIES.**5 WEEK SESSIONS:****SUMMER SKATE 1****June 2-30****SUMMER SKATE 2****August 4-September 8***(No class Sept 1)*

**NOTE: THE ICE ARENA WILL BE CLOSED FOR PLANNED MAINTENANCE FOR THE MONTH OF JULY.**



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

**PRESCHOOL SKATE (AGES 3-5)**

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

**SUMMER SKATE 1 & 2****MONDAY** 5:00-5:30 p.m.**FEE** **M** \$44 • **N** \$67**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 SKATE 1 & 2****MONDAY** 7:45-8:30 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 SKATE 1 & 2****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

SKATE LESSONS



ICE

**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** \$5  
**SKATE RENTAL** **M** FREE FOR Y MEMBERS • **N** \$4



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.

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

**HOCKEY**

Hockey keeps your heart racing, your muscles moving, and your mind sharp—it's fitness on ice.

**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](http://oshkoshyouthhockey.org)

**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.

**APRIL 23 - SEPTEMBER 3**

No league during month of May  
 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.

Due to ice maintenance, the summer league will have a break during the month of the July. There will be no league play in July.

**15 WEEK SEASON**  
**APRIL 23-JUNE 25**  
*No league July 2-30*

**IMPORTANT:** NEW THIS SUMMER! ICE ARENA SESSIONS ARE DIFFERENT FROM OTHER Y ACTIVITIES.

**NOTE: THE ICE ARENA WILL BE CLOSED FOR PLANNED MAINTENANCE FOR THE MONTH OF JULY.**

**5 WEEK SESSIONS:**

**SUMMER SKATE 1**  
**June 2-30**

**SUMMER SKATE 2**  
**August 4-September 8**  
*(No class Sept 1)*



**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 6–October 18** Reg. deadline 8/11/2025

**20 SATURDAY MORNINGS**

**FEE** **M** \$54 • **N** \$79 (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 1 • Registration Deadline 6/2/25**

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.

**THIS IS HELD  
OUTDOORS**

**20 WEDNESDAY**

**FEE** **M** \$39 • **N** \$60

**VOLLEYBALL SKILLS AND DRILLS (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 6/2/25**

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** \$39 • **N** \$60

**INTERMEDIATE 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 7/21/25**

GRADES 5–6 5:15–6:30 p.m.

GRADES 7–8 6:45–8:00 p.m.

**20 TUESDAY**

**FEE** **M** \$73 • **N** \$90

**FALL OUTDOOR YOUTH 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. 4K–5K will practice before their game. All participants will receive a team t-shirt. **Requirements:** Soccer shin guards.

If interested in coaching please contact Byron Sabel at [ByronSabel@oshkoshymca.org](mailto:ByronSabel@oshkoshymca.org).

**July 31–September 11** Registration deadline 7/7/2025

**AGE** Grades 4K–6 (Determined by the grade enrolled in for Fall 2025 school year)

**20 THURSDAY EVENINGS**

**FEE** **M** \$54 • **N** \$79



Youth sports aren't just about winning—they're about growing confidence, building friendships, and learning the kind of grit that lasts a lifetime.



# TEENS:

## GET STRONGER, IMPROVE ENDURANCE, SPEED, POWER, FLEXIBILITY & MORE!



@ BOTH LOCATIONS

## STRONG TEENS

AGES  
11-16

### LET'S GET STRONG!

In this hands on program, your teen will get the fundamentals they need to improve strength, endurance, and flexibility. This 3-week program will include a safe introduction to the wellness center and its equipment, introductory healthy living principles and stretching/ recovery techniques. Your child will leave every session with wellness knowledge along with a fun and energizing workout!

*Full attendance is required for maximum program benefit.*

**DT 20 3-WEEK SESSIONS:**  
**SUMMER 1 & SUMMER 2**

**FREE  
FOR MEMBERS  
ONLY.**

For meeting days, times and locations contact  
Lindsey: [lindseymcmullin@oshkoshymca.org](mailto:lindseymcmullin@oshkoshymca.org)  
or call (920) 236-3380.

## LEARN 2 LIFT FOR TEENS

AGES 14+  
OR HAVE  
COMPLETED  
STRONG TEENS 1

### LET'S GET STRONGER!

In this class, teens will gain the fundamentals needed to improve strength and confidence in the weight room. This six-week program will introduce them to free weights, as well as cable and plate-loaded equipment in the Health and Wellness Center. They will learn the importance of proper form and safe lifting to maximize each lift and repetition, as well as how to create a strength training program customized to their goals.

Upon completion of this class, your teen will be granted full access to the Health and Wellness Center at the Oshkosh YMCA.

**DT 20 5-WEEK SESSIONS:**  
**SUMMER 1 & SUMMER 2**  
**FEE M \$45 • N \$60**





**KARATE (AGES 4-ADULT)**

Karate is good exercise, fun, 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 &amp; above, only.

**JUNE 3-JULY 26 • JULY 29-SEPT 13****FEE** **M** \$108 • **N** \$155**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 7-October 19***Registration deadline 8/25/25***20 SUNDAY EVENINGS**

Game time determined by the number of teams

**FEE** \$415 team (includes tax)**AVAILABLE AT ALL 3 LOCATIONS!**

## 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](http://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 or \$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](mailto:sheilacounts@oshkoshymca.org)

Brian Hornburg, Head Tennis Professional • [brianhornburg@oshkoshymca.org](mailto:brianhornburg@oshkoshymca.org)

Robert Downey Tennis Professional • [robertdowney@oshkoshymca.org](mailto: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	
	<b>M</b> or <b>T</b>	<b>N</b>
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](mailto:brianhornburg@oshkoshymca.org) [robertdowney@oshkoshymca.org](mailto:robertdowney@oshkoshymca.org)

**24 hour cancellation policy on all lessons.**

# YMCA SUMMER TOURNAMENTS

**YMCA SUMMER TENNIS SINGLES & DOUBLES TOURNAMENTS**

**AUGUST - DATES WILL BE ANNOUNCED!**



## LOOKING AHEAD

**SUMMER TENNIS CAMPS FOR YOUTH AND ADULTS**

**JUNE 2025**

**SUMMER TEAM PICKLEBALL TOURNAMENT**

**COMING**

**AUGUST 2025**

## PICKLEBALL

Watch for updates on Pickleball tournaments

**Fall Session 1 starts Tuesday, September 2, 2025**

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

## OPEN HOUSE WEEK

**JOIN US!  
ALL ARE WELCOME!**



## AUGUST 25-28

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

**"You have to believe in yourself when no one else does – that makes you a winner right there."**

**~Venus Williams**





## FAMILY TENNIS TIME

**Rally together for some family fun on the tennis court! Whether you're just learning or playing for keeps, tennis is a great way to stay active, share laughs, and make memories—all while building skills and teamwork.**

**Game, set, match for the whole crew!**

### 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.

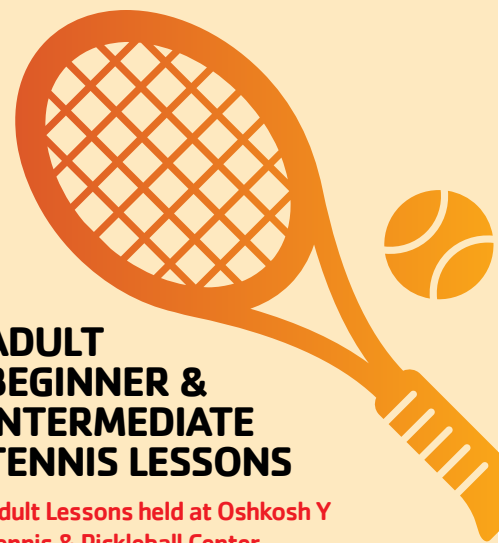
#### JUNE 10-JULY 15

**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** \$77 • **N** \$87

#### JUNE 12- JULY 17 (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** \$77 • **N** \$87

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



### ADULT BEGINNER & INTERMEDIATE TENNIS LESSONS

Adult Lessons held at Oshkosh Y Tennis & Pickleball Center

#### TUESDAY EVENINGS

JUNE 10-JULY 15 (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** \$202 (includes Away Member) • **N** \$240

**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) \$413 • **N** \$485

**FEES BY SESSION:**

**SESSION 1: June 10–June 29** (3-week session)

**SESSION 2: July 1–July 17** (3-week session)

**M T** \$255 • **N** \$295

**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.

**FEES: UNLIMITED – ALL SIX WEEKS:**

**M T** (Includes Away Members) \$413 • **N** \$485

There will be a \$15 late fee if registered after May 15, 2025

**FEES BY SESSION:**

**SESSION 1: June 10–26** (3-week session)

**SESSION 2: July 1–17** (3-week session)

**M T** \$255 • **N** \$296

**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) \$413 • **N** \$485

**FOR ALL****TAKE YOUR GAME TO A NEW LEVEL**

# OSHKOSH YMCA SUMMER TENNIS CAMPS 2025

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

**6 FUN WEEKS: June 10–July 17**

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** \$92 • **N** \$115



**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

**AUGUST 4-7**

**Freshman Beginner or JV** 9:30 a.m.-12:30 p.m.

**Varsity** 1:00-4:00 p.m.

**FEE** **M** \$185 • **N** \$210

**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 2**

**LOCATION:** Oshkosh Y Tennis & Pickleball Center

**MONDAYS & 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: [brianhornberg@oshkoshymca.org](mailto:brianhornberg@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

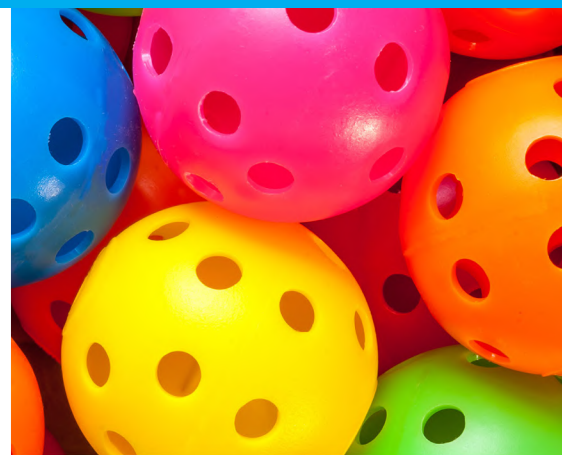
have fun, get some exercise, and take their game to the next level!

**ROBERT DOWNEY JR., USPTA CERTIFIED**

Tennis Professional: [robertdowney@oshkoshymca.org](mailto: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 2 & 9
- JUNE 23 & 30
- JULY 8 & 15
- JULY 14 & 28

3:00-5:00 p.m.

**FEE** **M** 50/person per 2-class session  
**N** 68/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!

## 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.

## 5 GREAT REASONS TO PLAY PICKLEBALL:

Pickleball is the fastest-growing sport in the U.S., meaning more courts, leagues, and opportunities to play are popping up everywhere—it's the perfect time to jump in!

**1**  
Easy to Learn,  
Fun to Play

**2**  
Great for All  
Ages & Fitness  
Levels

**3**  
Social &  
Community-  
Oriented

**4**  
Improves  
Fitness &  
Coordination

**5**  
It's Growing  
Fast—Join the  
Movement!





# FIND YOUR SMILE.



## GIVE, SO EVERYONE HAS A REASON TO SMILE!

**ANNUAL CAMPAIGN**  
FINANCIAL ASSISTANCE



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.

For more information please contact Patti Weissling at (920) 230-8952 or [pattiweissling@oshkoshymca.org](mailto:pattiweissling@oshkoshymca.org).

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



### 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!



# 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](mailto:pattiweissling@oshkoshymca.org) or (920) 230-8952. 





MONDAY  
**JULY 14**  
 OSHKOSH  
 COUNTRY CLUB  
 8:30 a.m.  
 Registration  
 10 a.m.  
 Shotgun Start

#### ENTRY INCLUDES:

- 18 holes of golf & cart
- Bloodies + Screwdrivers prior to tee off
- Tailgate lunch
- Unlimited beer, soda, & water

GAMES, DOOR PRIZES,  
 & RAFFLES ALL DAY!

#### HOW DOES MY SUPPORT MAKE A DIFFERENCE?

As a leading charity in the Oshkosh community, the Y relies on the support of friends and community partners like you to help us fulfill our mission. Your participation in events and gifts to the Y make childcare affordable to those with need, equip kids with lifesaving swim lessons and water safety instruction, improve the lives of seniors by keeping them active, independent, and socially connected, plus so much more. **The heart of the Y's mission is ensuring that everyone, including those with financial barriers, can belong to our Y,** participate in programs, and improve their lives. *You are transforming lives!*

#### SPONSORSHIPS AVAILABLE!

For more information on the outing or to become a sponsor, please email [angiefanigan@oshkoshymca.org](mailto:angiefanigan@oshkoshymca.org).

PRESENTING SPONSOR:



**QUANDT**  
 PLUMBING, LLC

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# OSH KOSH CENTURY

**SUNDAY, JUNE 22 | 20TH AVE Y**

Join us for the 4th annual **Oshkosh Century Bike Ride**. All fully supported routes start and finish at the 20th Ave Oshkosh Y. The ride offers four routes to choose from:

**30 Miles • 50 Miles • 60 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. A post-ride celebration will include a catered meal, beverages and live music. Event t-shirt included with registration. Event cycling jerseys will be available starting January 1, 2025.

## OSH KOSH COMMUNITY YMCA

www.oshkoshymca.org  
20th Avenue • (920) 230-8439 • 3303 W. 20th Avenue

REGISTRATION	DATES	FEE
Early Bird <i>Online Only</i>	Jan. 1 - March 3	\$60
Regular <i>Online Only</i>	March 4 - June 13	\$70
Day Of <i>In Person Only</i>	June 21 - 22	\$80

## REGISTRATION NOW OPEN.

Learn more at [oshkoshcentury.com](https://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.

## QUESTIONS?

Email [oshkoshcentury@oshkoshymca.org](mailto:oshkoshcentury@oshkoshymca.org)