



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GRIT. GRATITUDE. GRACE.



WINTER:
January 6–February 16

SPRING 1:
February 24 – April 13

*No programs March 24–30

SPRING 2:
April 14–May 25

Tennis + Pickleball Center session
dates differ. See page 66 for details.

2025



**MEMBER
REGISTRATION
BEGINS 12/2/24**

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

**THE
PFLUGER
FAMILY**

Kayla
Max (11)
Matthew
Aili (12)

Through every stage of life, the Y has been their anchor—read the Pfluger family’s inspiring journey of hope, healing, and resilience.

(See page 12)



MAKE IT
A GREAT
DAY!



LOCATIONS & HOURS



DOWNTOWN (920) 236-3380

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

FACILITY HOURS

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



20TH AVENUE (920) 230-8439

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

FACILITY HOURS

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



TENNIS & PICKLEBALL CENTER

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

FACILITY HOURS

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



SPECIAL! NEW YEARS DAY OPEN HOUSE 11 a.m.-4 p.m. • 10 a.m.-3 p.m. See page 68 to learn more.

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

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

STAY CONNECTED



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

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

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

eNEWS Stay informed with eNews.

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

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

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



FACILITIES

FACILITIES:

Y LOCATION

DT 20 TP

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

HELP WANTED:

AQUATICS, MEMBERSHIP, WELLNESS,
BEFORE & AFTER SCHOOL CARE,
CHILD CARE, & MORE!

LOVE WHERE YOU WORK!



3 GREAT REASONS TO APPLY AT THE Y

- 1 Working at the Y allows you to make a positive difference in our community. You'll contribute to programs and services that promote health, wellness, and social responsibility.
- 2 The Y is committed to the growth and development of its employees.
- 3 You'll be part of a team that values collaboration, respect, and community, making it a great place to build lasting relationships with colleagues and members.

NOW HIRING IN ALL AREAS

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   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   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   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   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   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   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   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   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  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  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. 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.

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



SHOW YOU CARE



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



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

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

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

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

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



FIND YOUR SMILE!
Receive this happy Y shirt with any donation of \$40 or more!

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.

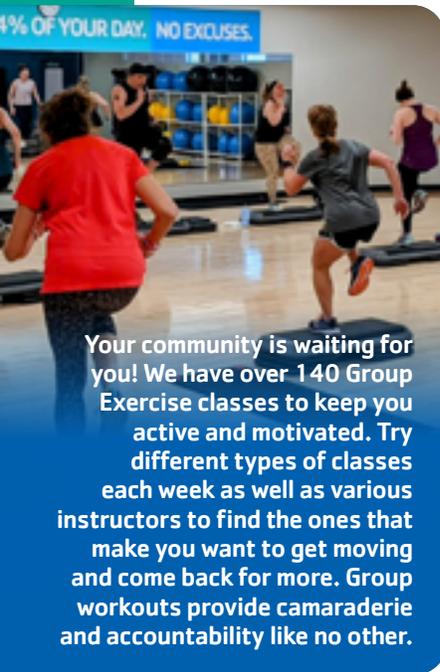
MEMBERSHIP BENEFITS

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

Come on in, warm up, and enjoy all the Y has to offer!

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



Your community is waiting for you! We have over 140 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** Healthy Living Orientation to add some new and challenging exercises to your current routine
- **FREE** Active Older Adult Programming
- The Oshkosh Y Tennis & Pickleball Center is **included with your Y Membership**
- **FREE** use of indoor running/walking track
- **FREE** Towel Service
- **FREE** Open Skate
- **FREE** skate rental
- **FREE** Personal Training Consultations
- **FREE** Group Exercise Classes: Over 140 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!

NATIONWIDE MEMBERSHIP WORK OUT ALMOST EVERYWHERE!



DID YOU KNOW??

You can work out at Ys across the US and Puerto Rico!

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

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

As a Nationwide Member, you 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 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.

MEMBERSHIP



A PLACE TO BELONG

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 to the community. The Y has always been a place where families can play and be active together, and that's more important than ever. Whether the activities are physical like sports or exercise classes, or more recreational like swimming, camping, skating and arts, Ys want families doing them together because you'll live healthier and make memories for a lifetime.

CHILDREN UNDER THE AGE OF 8

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

CHILDREN AGES 8+

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

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

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

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

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

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

All YMCA facilities and grounds are non-smoking/vaping.



REGISTRATION



VISIT THE Y ON YOUR TIME:



24/7

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!

MEMBER REGISTRATION BEGINS 12/2/24 ONLINE at midnight.



IN-PERSON when the Front Desk opens.

ACTIVITY REGISTRATION

Activity and class information is 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.

Registration can be completed **online**, in person at the front desk, or over the phone through any location.

Visa, Discover, and MasterCard are accepted.

JANUARY 2025

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FEBRUARY

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WINTER

SPRING 1

SPRING 2

Session dates:

WINTER

January 6–February 16

- Non-Member registration begins December 16

SPRING 1

February 24–April 13

- Non-Member registration begins February 10
- No programs March 24–30*

SPRING 2

April 14–May 25

- Non-Member registration begins March 31

Y MEMBERS enjoy priority registration on all Y programs! Register online here: oshkoshymca.org.

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

CREATE A LIVING LEGACY

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

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

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

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

SHARE THE JOY!

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

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

VOLUNTEER

MAKE A DIFFERENCE. VOLUNTEER.

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

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

We welcome volunteers of all ages, with all talents, interests and abilities.



Our Y has volunteer opportunities all year long!



VOLUNTEER TODAY!

To be added to the volunteer list, please email volunteer@oshkoshymca.org.

GRATITUDE FINDING A PLACE TO HEAL AND BUILD STRENGTH AS A FAMILY

THE PFLUGER FAMILY



Matthew and Kayla have been members of the Y through every stage of life- from before having children, then as young parents, through a move to another state and back, during a courageous battle with cancer, and beyond. Through some of life's toughest challenges, the Pfluger family has found the Y to be a place of hope, strength, and a place to heal.

"The Y has been an instrumental part of our lives, providing a safe place to learn life skills and teamwork. It has fostered healing and given us strength when we didn't believe we had any," said Kayla.

Living in Oshkosh as young adults, Matthew and Kayla joined the Y. Not only was it conveniently close to home, but the facility provided options beyond any other in the area. They enjoyed the health and wellness opportunities at the Y, with Matthew even refereeing Sunday Night basketball. As time went on, their family grew and they welcomed their daughter, Aili (Pronounced I-lee), and son, Max, into the world. As a young stay-at-home mom, Kayla took full advantage of all the amazing activities the Oshkosh Y had to offer their family.



"My family and I are thankful to be a part of the Y family now and into the future."



Kayla, Matthew, Aili (12), and Max (11)

Kayla connected with other moms through programs at the Y, and those connections lead to meaningful new friendships.

In 2016, their family made a move to Dubuque, Iowa, and they joined their local Y there as well. Switching roles, Matthew became a stay-at-home dad, and the YMCA became a safe place for him and the kids that they looked forward to going to every week.

The Pfluger family moved back to Oshkosh in 2017 and the Y once again became a staple in their lives- the pool always being a fan favorite! Through volunteering to coach, youth sports, swimming, the daddy-daughter dance, BODYPUMP™, group exercise classes and more - the family bonded with Oshkosh, and the Y once again became a place that felt like home. When the pandemic hit, the family remained members and their commitment to community only grew stronger.

In October 2022, the family received the devastating news that Kayla had been diagnosed with breast cancer. For the next 10 months, Kayla fought for her life and through a single mastectomy, a second surgery to remove more lymph nodes, 16 rounds of chemotherapy, and 25 rounds of radiation.

"In August of 2023, I was declared cancer free, which was a gift from God," Kayla said.

The battle was not over yet though. Kayla had a long way to go to regain her strength, health, and life back, so she decided to sign up for the Oshkosh YMCA Livestrong Cancer Program. With Matthew by her side, and inspiration from the Y staff and community, Kayla became not only a survivor, but stronger both physically, mentally, and spiritually.

"The leader of the Livestrong Program, Lindsey, is one of the most patient and motivational people I have met. She encouraged me to strive for movement and improvement each week and to celebrate each and every small victory! I am forever grateful," said Kayla.

"My family and I are thankful to be a part of the Y family now and into the future. We know that whatever we may face, we have a team behind, beside and before us cheering us on and supporting us."

Little does the Pfluger family realize - they are as much of a blessing to our organization as we are to them. They have been a beacon of hope and inspiration to everyone at the Y. Their resilience, positivity, and deep connection to the Y community remind us of why we do what we do. The Oshkosh YMCA and our extended Y family are honored to have played a role in their journey, and as their family continues to grow and thrive, we are excited to support them every step of the way.

OUR PEOPLE



YOUR YMCA BOARD OF DIRECTORS

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

Chair
Becky Tuchscherer

Chair-Elect
Brent Antti

Treasurer
Meghann Kasper

Secretary
Carston Larson

Past Chair
Tim Mulloy

Joe Bongers
Todd Christie
Jamie Crouse
Dr. Bryan Davis
Dr. Kim Fletcher

Jill Huth
Cal Jirschele
Kathy Lett

THE BOARD

HERE FOR YOU: Y STAFF

- Aquatics Director (DT) **Daniel Anderson**
- Cash and Accounts Payable **Kelli Baneck**
- Director of Children and Family Services **Erin Baranek**
- 24/7 Access 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 & Pickleball Center Director **Sheila Counts**
- Recruiting and Onboarding Specialist **Steph Daniel**
- Childcare Accounts Receivable **Eric Davis**
- Aquatics Director (20th) **Trenton Davis**
- Property Manager (DTC) **Paul Donahue**
- Youth & Family Director **Taylor Douglas**
- Wellness Coordinator **Rachel Ellis**
- Healthy Living Program Coordinator **Emily Eresh**
- Branch Executive (20th) **Angie Flanigan**
- Sports Director **Jeremy Gaveske**
- Wellness Coordinator (20th) **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**
- School Age Coordinator **Christina Malson**
- Membership Coordinator (20th) **Alex Marrison**
- Wellness & Healthy Living Program Director (DTC) **Lindsey McMullin**
- Reservations Manager **Sam Mehrl**
- Childcare Director (20th Ave) **Stephanie Melzer**
- Branch Executive (DTC) **Lester Millette**
- Arts & Humanities Coordinator **Amanda Naimon**
- Chief Financial Officer **Judy Rehm**
- Childcare Director (UWO) **Crystal Resop**
- Sports Coordinator **Byron Sabel**
- Payroll/HR **Amanda Sattler**
- President/CEO **Jeff Schneider**
- Vice President Membership & Community Engagement **Julie Smith**
- Property Manager (20th) **Matt Verhage**
- Financial Development Director **Patti Weissling**
- Director of ForeverWell **Errah Wheel**

YOUR Y STAFF

COMMUNITY STARTS HERE.
CLICK HERE TO VISIT US ONLINE TO
CHECK OUT OUR WINTER PROGRAMS
& OFFERINGS.



The Y community is a place where people of all ages, backgrounds, and abilities come together to find support, build friendships, and strengthen both body and spirit. It's more than a gym; it's a family dedicated to nurturing personal growth, health, and positive change in our neighborhoods.

RENTALS

BIRTHDAY PARTY PACKAGES



All parties are 3 hours in length.

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

SUBJECT TO AVAILABILITY

Click here to access the birthday party interest form.

THE Y IS A GREAT PLACE TO HOLD A PARTY!

20 20TH AVE

PARTY PACKAGE INCLUDES:

3-hour use of Multi-Purpose Room plus shared use of the Youth Lounge, basketball gym, soccer arena and swimming area

1-10 KIDS PACKAGE

M \$105 + \$5.25 tax: \$110.25

N \$140 + \$7 tax: \$147

11-15 KIDS PACKAGE

M \$145 + \$7.25 tax: \$152.25

N \$180 + \$9 tax: \$189

DT DOWNTOWN

PARTY PACKAGE INCLUDES:

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

1-10 KIDS PACKAGE

M \$80 + \$4.25 tax: \$84.25

N \$115 + \$ 5.75 tax: \$120.75

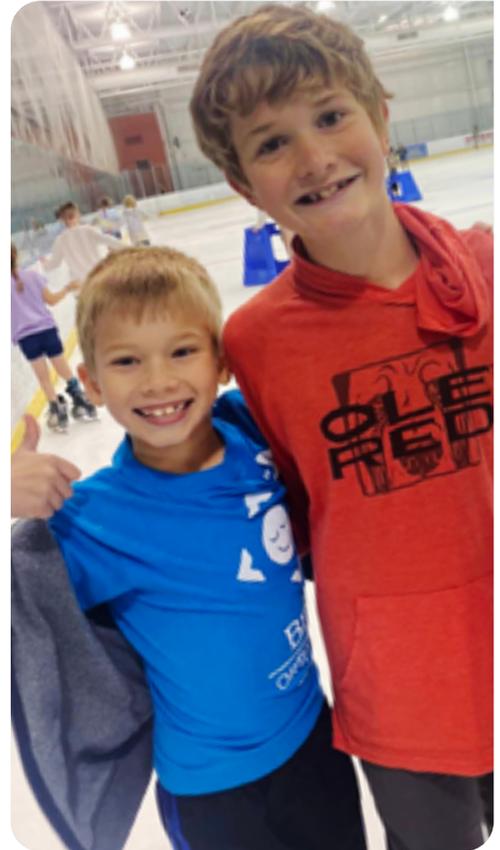
11-15 KIDS PACKAGE

M \$120 + \$6 tax: \$126

N \$155 + \$7.75 tax: \$162.75

Packages are available for larger groups.

RENT THE Y!



OSHKOSH Y FACILITY RENTALS

SUBJECT TO AVAILABILITY

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

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

Minimum 20 people.

Your experience is our priority!

CLASS TRIPS
INCENTIVE DAYS
REWARD DAYS

Y FIELD TRIPS

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

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

For more information, please email Sam Mehrl at sammehrl@oshkoshymca.org or [click here to complete a Fieldtrip Interest form.](#)

SUBJECT TO AVAILABILITY



YOUTH



CHILD CARE

Licensed by the State of Wisconsin's Department of Children and Families, our staff nurtures the whole child. Our three childcare centers provide developmentally age-appropriate programs, USDA approved meals, swimming lessons, and more for ages 6 weeks through 4K.



CHILD WATCH

Both Y facilities provide safe, affordable care for children 6 weeks through 7 years while parents participate in Y programs and activities.



YOUTH LOUNGE

The Youth Lounge at the 20th Ave Y is a 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.



SCHOOL AGE

Supervised programs for youth ages Kindergarten-Grade 5, which includes Before/After School Programs, the Kids Day Out "Out of School" Program, Summer Day Camps, and Parent's Night Out events.



SUMMER DAY CAMPS

Day camp opportunities for participants ages 4-14 years. Kids will have a fun and engaging summer participating in a variety of enriching age-appropriate activities each day, weekly field trips, STEM activities, Swimming, Ice Skating and more!



PRESCHOOL & YOUTH SPORTS

Sports programs and leagues for Preschool kids ages 3-5 and youth sports programs for ages 4+. Programs provide skill development, teamwork, confidence building and wellness.



STRONG TEENS

In the Strong Teens Program, your child will get the fundamentals they need to improve strength, endurance, speed, power, and flexibility. This 6-week program will include a safe introduction to the wellness center and its equipment, introductory healthy living principles and stretching/recovery techniques.



AQUATICS/SWIM TEAM

We offer youth and family Swim Lessons for all ages and abilities ages 6 months +. We also offer private lessons. For swimmers advanced beyond lessons, we also offer the OSHY Dolphin Swim Team.

FAMILY



WIGGLES & GIGGLES

Wiggles & Giggles is the "place to be" for toddlers and preschoolers! Bring your toddler or preschooler for a couple hours of super fun running, jumping, playing tunnels, tubes, scooters and balls. Your child will have a blast and meet other kids while you'll meet other parents!



SWIMMING | OPEN SWIM

The 20th Avenue Y boasts an 8 lane, 25-yard, competitive lap pool, as well as a warm-water family fun pool with a water slide, zero-depth entry, a lazy river, 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, and a lazy river with spouting gadgets. Both Y locations have an on deck Sauna, Steam room, and Whirlpool for ages 14 years and older. Enjoy open swim time with the family, sign up for lessons, swim laps, and more!



STRONG MOMS

STRONG MOMS is a FREE program available to all moms. You do not need to be a Y member to participate. Mothers of all ages with kids of all ages and stages meet, mingle, learn, and build a network of mothers and friends. Each program is unique and is designed strategically to allow mothers to relax, learn, connect and engage with other like-minded moms. A FREE Program, child care, and dinner is provided!



EVENTS & FAMILY ACTIVITIES

Special Events and family focused activities for all ages including a Daddy Daughter Dance, a Mother-Son Superhero Night, Pancake & Pajama Night, a Kids Mud Run, Family Bingo Nights, FREE Community Family Nights, and so much more!



TEACHING KITCHEN

Our teaching kitchen at the Downtown Y 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 experts.



ICE SKATING | OPEN SKATE

Our indoor ice arena at the 20th Ave Y is utilized for skating, figure skating and hockey activities for varying skill levels, starting as early as 4 years old. A variety of Open Skate programs are available to members and include FREE SKATE RENTAL.



BASKETBALL | OPEN GYM

Our 20th Ave Y offers a 15,500 square foot gym, including 2 full WIAA courts or 4 cross-courts. Our Downtown Y offers a 7,500 square foot gym including 1 full WIAA court or 2 cross-courts. Our gymnasiums are used for youth and adult basketball programs, open pickleball, open gym and pick-up games, and more!



INDOOR SOCCER | OPEN SOCCER

Our indoor soccer arena at the 20th Ave Y is used for both youth and adult soccer leagues, preschool sports programs, open play, our Wiggles & Giggles program, and more! With NEW artificial turf and lighting it's a great open space to exercise and play.



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

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

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

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

OSHKOSH COMMUNITY YMCA YOUTH BEHAVIOR POLICIES

GENERAL EXPECTATIONS

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

GYMS



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



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.

Weekly swimming lessons are included for children 3 and older.

Additional optional preschool programming is also offered throughout the year.

AGE 6 weeks through pre-Kindergarten

MONDAY-FRIDAY

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

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

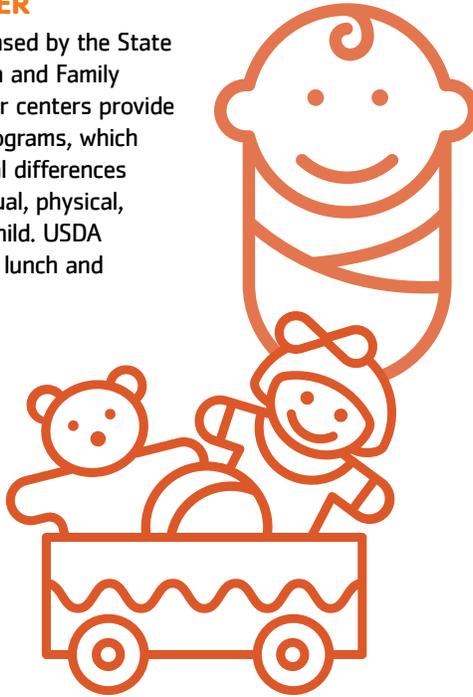
UWO CC 6:00 a.m.-6:00 p.m.

FOR MORE INFORMATION:

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

20 Stephanie Melzer (920) 230-8918 or stephaniemelzer@oshkoshymca.org

UWO CC Crystal Resop: (920) 424-0260 or 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.

CHILD WATCH

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

FEE \$3/visit for each child.

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

20 Mon, Wed, Thurs

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

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

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

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

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

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

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

MAKE TIME FOR YOU!

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

ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



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

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

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

MOTHER-SON

Superhero Date Night AGES 3-11

Calling all superheroes! Join us for an action-packed evening where adventure awaits! Team up for a night of creativity as you design your very own cape, zoom through exciting obstacle courses, and dance like no one's watching. Plus, enjoy delicious pizza to fuel your superhero powers!

Don't forget to dress as your favorite superhero! Prizes will be awarded in our epic costume contest, so bring your A-game!

Pre-registration is a must, so grab your capes and sign up today! Let's make unforgettable memories together!



Pre registration is required.

20 FRIDAY, MARCH 21
• 5:30-7:00 p.m.

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



ANNUAL DADDY-DAUGHTER DANCE
Tropical Tides & Treasures

AGES 3-11

Join us for a magical evening where the upstairs transforms into a tropical paradise, and downstairs takes you on an under-the-sea adventure! Wear your favorite tropical attire and get ready to hit the dance floor.

Dads and daughters will create lasting memories with dinner, music, dancing, a photo booth, and more. Plus, everyone will leave with a special keepsake—a shell pendant necklace to remember the night by.

We can't wait to see you there! **Pre-registration is required.**

21 SATURDAY, FEBRUARY 15 • 5:30-7:00 p.m.

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

Y-DYE TIE-DYE WORKSHOP
FAMILY EVENT FOR ALL AGES

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

20 SATURDAY, MAY 3 • 1:00-3:00 p.m.

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

MOM'S NIGHT OFF AGES 8-14

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

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

20 FRIDAY, MAY 2

EVENING PROGRAM: 5:30-8:30 p.m.

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

★ **SLEEPOVER OPTION: 5:30 p.m.-8:30 a.m.**

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

TAYLOR SWIFT & TAILGATING TEEN NIGHT!

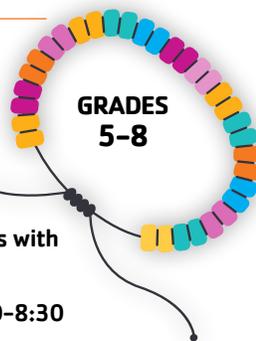
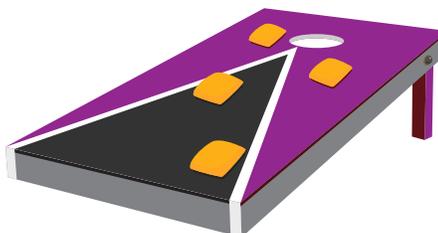
Join us for an evening filled with fun! There will be karaoke, dancing, friendship bracelets, and a bag toss (cornhole) tournament! Youth Lounge, Gym, and Soccer Arena will also be available for use. **Teen Nights at the Y provide kids with a safe place to hangout and meet new friends.**

20 THURSDAY, MARCH 27 (SPRING BREAK) • 6:30-8:30

p.m.

FEE \$5 per person **M**
\$10 per person **N**

Pre registration is required.
Soda & snacks will be provided.



GRADES 5-8

FAMILY + CHILDREN

SUNDAY
JUNE 1
12-3 PM

FREE FOR
ALL AGES

20

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



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

Sponsorship opportunities are available for this popular and fun family event. Get involved! Please email brandyhankey@oshkoshymca.org for details!

10th ANNUAL

KIDS

MUD RUN

Run. Splash. Laugh. The messiest fun you'll ever have!



20 **SUNDAY, JUNE 1**
 Registration opens March 1.
[Click here for more information and new details.](#)



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



BUILD CONFIDENCE & LEARN NEW SKILLS
2 NEW CLASSES!

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

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

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

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



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

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

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

FEE \$30 **M** • \$45 **N**

12:30-2:30 p.m.

JANUARY 20
FEBRUARY 7
MARCH 25 DURING SPRING BREAK!
APRIL 11

SAFE SITTER SAFETY COURSE
For kids entering Grades 6-8

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

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

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

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

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

FEE \$55 **M** • \$80 **N**

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

JANUARY 21
FEBRUARY 21
MARCH 26 + MARCH 28
DURING SPRING BREAK!
MAY 9



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



**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.

WINTER, SPRING 1, SPRING 2

20 WEDNESDAY • 1:00-1:30 p.m.

DT THURSDAY • 1:00-1:30 p.m.

FEE \$40 **M** • \$68 **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.

SPRING 1, SPRING 2

20 WEDNESDAY • 1:45-2:15 p.m.

DT THURSDAY • 1:45-2:15 p.m.

FEE \$40 **M** • \$68 **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.

SPRING 2

20 WEDNESDAY • 2:30-3:00 p.m.

FEE \$40 **M** • \$68 **N**

For more information about these fun, new classes, please contact Amanda Naimon at AmandaNaimon@oshkoshymca.org.

HOMESCHOOL ART HISTORY YOUTH 8+

Learn about different artists from previous centuries and create in their styles! Each week kids will be introduced to different famous artists and learn about their unique style of art. Kids will then have the opportunity to create their own work of art in the same style.

20 TUESDAY • 1:00-1:45 p.m.

FEE \$40 **M** • \$68 **N**

PRIVATE DRUM LESSONS

PRIVATE CLASSES FOR YOUTH 8+ • TEENS • ADULTS

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**

MOMS!

Take a break while your kids are cared for!

STRONG MOMS

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

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

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

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

JANUARY 14 ²⁰

FEBRUARY 25 ^{DT}

MARCH 11 ²⁰

APRIL 15 ^{DT}

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

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

FREE
+ OPEN
TO ALL
MOMS!

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.



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



**FRIDAY
FEB 7**

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

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

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

Dropoff & Pickup will be in Multipurpose Room 1

AGE 8-12

FEE \$30 **M** • \$40 **N**

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

Please register online 
or at the front desk.

**PLAN
AHEAD!
REGISTER!
NOW!**



NEW YEAR'S EVE FAMILY NIGHT

RING IN THE NEW YEAR TOGETHER AT THIS SPECIAL FAMILY EVENT

TUESDAY
DECEMBER 31
5:30-8:30 p.m.

20

FREE FOR Y MEMBERS
\$10/family **N**

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

 Skip the line and pre-register ahead of time!

BALLOON
DROP:
8 p.m.
Hats
& horns
provided!

FAMILY + CHILDREN

NEW FUN THEME ACTIVITIES EVERY MONTH

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

FREE COMMUNITY NIGHTS

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

20 January 18 • DT February 8 • 20 March 15 • 20 April 26

COMMUNITY NIGHT
SPECIAL!

JOIN THE Y THAT NIGHT & SAVE!

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

2024-2025 SCHOOL YEAR

READY-4-LEARNING PRE-KINDERGARTEN

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

AGE Child must be 4 years old by Sept 1, 2024

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

KID'S DAY OUT | 2024-2025



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

Registration is ONLINE ONLY.

20 **AGES** K-5 • 6:30 a.m.-6:00 p.m.

FEE \$42/Day **M** • \$47/Day **N**

UPCOMING 2024-2025 KIDS DAY OUT:

Friday, October 25

Friday, November 8

Wednesday, November 27

Friday, December 13

Monday, December 23

Thursday, December 26

Friday, December 27

Monday, December 30

Monday, January 20

Tuesday, January 21

Friday, February 7

Friday, February 21

Friday, March 7

Monday, March 24

Tuesday, March 25

Wednesday, March 26

Thursday, March 27

Friday, March 28

Friday, April 11

Friday, April 18

Friday, May 9

For more information

please contact Claire Jungers at clairejungers@oshkoshymca.org.



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



2025-2026 Before and After School

REGISTRATION BEGINS:

M 4/7/2025 • **N** 4/14/2025

ONLINE REGISTRATION ONLY

DRUMS ALIVE YOUTH RHYTHM

This class uses drumsticks with a stability ball to drum, dance, and have FUN! Drums Alive combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Youth participants will play and learn basic rhythm patterns while fostering a healthy balance of physical, mental, emotional, and social growth.

FREE!



20 **FRIDAY** • 3:30-4:30 p.m.

NEW! Ages 7+

AFTER SCHOOL CRAFT CLUB

Find your new hobby! Participants discover new techniques and create a wide variety of craft projects. Mediums will include fiber, painting, drawing, and more.

WINTER, SPRING 1, SPRING 2

20 **WEDNESDAY**

4:45-5:30 p.m.

FEE \$40 **M** • \$65 **N**

LET YOUR VOICE BE HEARD

OSHKOSH COMMUNITY YMCA YOUTH IN GOVERNMENT



OPEN TO ALL
STUDENTS IN
GRADES
7-12

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

GET INVOLVED!

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

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

FOR MORE INFORMATION OR TO SIGN UP NOW:

Taylor Douglas: taylordouglas@oshkoshymca.org • (920) 230-8439



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.

SUMMER CAMP

fun
+ friends
summer
2025

PLAN AHEAD!



Y CAMPS = SUMMER FUN FOR ALL AGES



PRESCHOOL SUMMER CAMP • AGES 4-5

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

M Registration begins 2/5/25 • **N** Registration begins 2/12/25

SUMMER FUN CLUB • AGES 5 - 12

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

M Registration begins 2/5/25 • **N** Registration begins 2/12/25

CAMP WINNI•Y•CO • AGES 5 - 12

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

M Registration begins 2/5/25 • **N** Registration begins 2/12/25

ONLINE REGISTRATION ONLY!!

YOUTH ADVENTURE PROGRAM AGES 11-14

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

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

M Registration begins 2/5/25

N Registration begins 2/12/25

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



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

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



FINANCIAL ASSISTANCE AVAILABLE

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

PRESCHOOL SOCCER AGES 3-6

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

20 SOCCER ARENA

WINTER

TUESDAY AGES 3-5 9:00-9:30 a.m.

AGES 3-4 4:10-4:40 p.m.

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

AGES 3-4 4:50-5:20 p.m.

SPRING 1

TUESDAY AGES 3-5 9:00 - 9:30 a.m.

AGES 5-6 4:50-5:20 p.m. | AGES 3-4 5:30-6:00 p.m.

THURSDAY AGES 3-4 4:10-4:40 p.m.

AGES 5-6 4:50-5:20 p.m.

SPRING 2

TUESDAY AGES 3-5 9:00-9:30 a.m. | AGES 3-4 4:10-4:40 p.m.

AGES 3-4 4:50-5:20 p.m.

THURSDAY AGES 5-6 4:10-4:40 p.m. | AGES 3-4 4:50-5:20 p.m.

DT WINTER, SPRING 1 & SPRING 2

THURSDAY AGES 3-5 9:00-9:30 a.m.

FEE \$40 (M) • \$68 (N)

PRESCHOOL T-BALL AGES 3-4

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

20 SOCCER ARENA

WINTER THURSDAY 4:50-5:20 p.m.

SPRING 1 TUESDAY 4:10-4:40 p.m.

THURSDAY 4:10-4:40 p.m.

SPRING 2 TUESDAY 4:10-4:40 p.m. & 5:30-6:00 p.m.

FEE \$40 (M) • \$68 (N)

PRESCHOOL BASKETBALL AGES 3-6

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

20 MAIN GYM

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

SPRING 1 TUESDAY AGES 3-4 4:10-4:40 p.m.

THURSDAY AGES 5-6 4:50-5:20 p.m.

SPRING 2 THURSDAY AGES 3-4 4:10-4:40 p.m.

AGES 5-6 4:50-5:20 p.m.

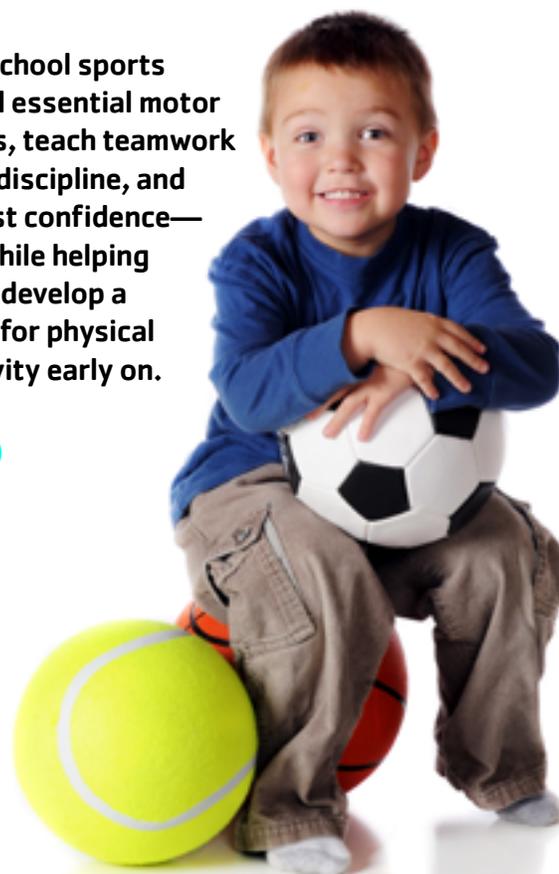
UWO CC WINTER, SPRING 1 & SPRING 2

UWO Child Care Families Only

THURSDAY AGES 3-5 10:00-10:30 a.m.

FEE \$40 (M) • \$68 (N)

Preschool sports build essential motor skills, teach teamwork and discipline, and boost confidence—all while helping kids develop a love for physical activity early on.



PRESCHOOL SPORTS AGES 3-6

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

20 AREA WILL BE DETERMINED BY SPORT

WINTER TUESDAY AGES 3-4 3:30-4:00 p.m.

THURSDAY AGES 5-6 3:30-4:00 p.m.

SPRING 1 TUESDAY AGES 5-6 3:30-4:00 p.m.

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

SPRING 2 TUESDAY AGES 5-6 3:30-4:00 p.m.

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

FEE \$40 (M) • \$68 (N)

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.

20 SOCCER ARENA

WINTER 1 TUESDAY | AGES 5-6 4:50-5:20 p.m.

THURSDAY AGES 3-4 4:10-4:40 p.m.

SPRING 1 TUESDAY

AGES 3-4 4:50-5:20 p.m. | AGES 5-6 5:30-6:00 p.m.

SPRING 2 TUESDAY

AGES 5-6 4:50-5:20 p.m. | AGES 3-4 5:30-6:00 p.m.

FEE \$40 (M) • \$68 (N)



FINANCIAL ASSISTANCE AVAILABLE

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

PRESCHOOL GYMNASTICS AGES 3-5

A beginning level tumbling introductory class.

20 MULTI-PURPOSE ROOM

WINTER, SPRING 1 & SPRING 2

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

FEE \$40 **M** • \$68 **N**

PRESCHOOL DANCE AGES 4-6

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

20 MULTI-PURPOSE ROOM

WINTER, SPRING 1 & SPRING 2

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

FEE \$40 **M** • \$68 **N**

PRESCHOOL SKATE AGES 3-5

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

20 ICE ARENA

WINTER, SPRING 1 & SPRING 2

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

FEE \$53 **M** • \$80 **N**

PRESCHOOL STEAM AGES 3-5

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

20 WINTER & SPRING 1

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

FEE \$40 **M** • \$68 **N**

PRESCHOOL WINTER ANIMALS AGES 3-5

Each week we will have fun learning about various animals and how they adapt to survive the winter. We will read stories, play games, and make crafts related to the topic of the week!

20 WINTER TUESDAY 10:30-11:00 a.m.

FEE \$40 **M** • \$68 **N**

Listen • Look • Laugh • Learn

Preschool learning at the Y provides young children with a nurturing environment to develop social skills, creativity, and early academic foundations through play-based learning, setting them up for a lifetime of curiosity and confidence.

PRESCHOOL STORIES AND 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!

20 WINTER, SPRING 1, SPRING 2

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

FEE \$40 **M** • \$68 **N**

PRESCHOOL MOVIN' AND GROOVIN' AGES 3-5

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

20 WINTER, SPRING 1, SPRING 2

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

TUESDAY 9:30-10:00 a.m.

FEE \$40 **M** • \$68 **N**

PRESCHOOL INSTRUMENT EXPLORATION AGES 3-5

Parents welcome! Kids will explore different instruments sounds and have the opportunity to bring some instruments to life through simple craft projects.

20 WINTER, SPRING 1 & SPRING 2

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

FEE \$40 **M** • \$68 **N**



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

PRESCHOOL ACTIVITIES



SPLISH & SPLASH

AGES 1-3

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

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

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

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

FREE FOR MEMBERS ONLY

WIGGLES & GIGGLES

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

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

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

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

FEE **M** FREE FOR OSHKOSH Y MEMBERS

N \$6/family (includes tax)

SUPER FUN

GIGGLES

AGES 1-3



LITTLE SPORTS STARS

AGES 1-3

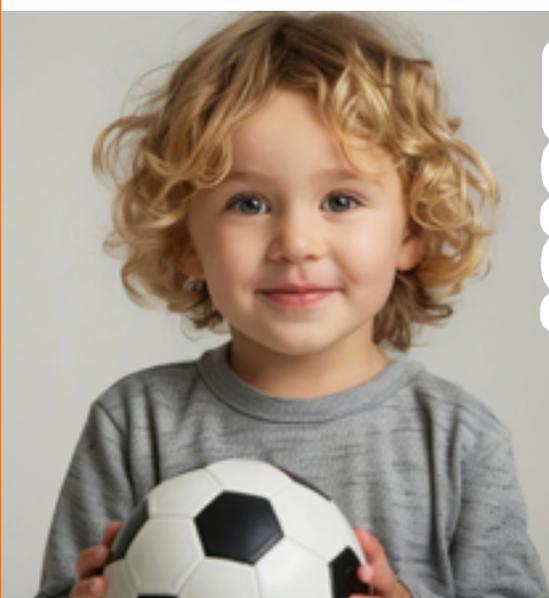


TODDLERS & PARENTS PLAY SPORTS TOGETHER

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

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

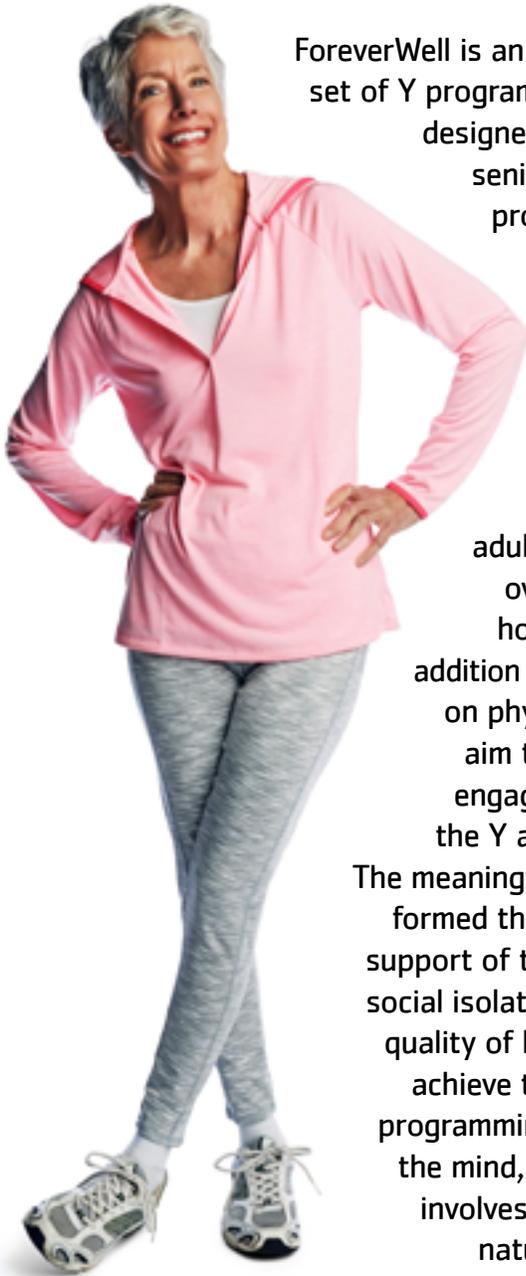
FREE FOR MEMBERS ONLY



FOREVERWELL • AGES 55+

FOREVERWELL

(formerly AOA)



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

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:
9-9:30 a.m.

20 2nd Wednesday of each month:
9-9:30 a.m.

FREE
TO Y
MEMBERS!

Coffee & Conversation

Monthly lifelong learning program designed for seniors, offering engaging presentations from community experts. Each session covers topics on health, wellness, and a variety of subjects aimed at enriching the lives of our members. See monthly flyer and calendar.

SPONSORED BY:



NATIONAL SENIOR HEALTH & FITNESS DAY

MAY 28, 2025

REGISTRATION OPENS MAY 1, 2025.

Watch for details & more information for this special event!

SAVE THE DATE!

FREE FOR ANYONE IN THE COMMUNITY AGE 55+

SPONSORED BY:



FOREVERWELL • AGES 55+

LUNCH + LEARN

Monthly lunch and presentations created for members and guests, ages 55+. **FREE for Y Members** and a small fee for guests.

20 JANUARY
KIDNEY HEALTH,
AURORA

DT FEBRUARY
TOPIC & PHYSICIAN TBA

DT MARCH
PHYSICAL ACHIEVEMENT
CENTER

DT APRIL
UNDERSTANDING
PARKINSON'S DISEASE

20 MAY
OSTEOPOROSIS,
ASCENSION

Sign up at the Front Desk of either location, by calling (920) 230-8439, or [click here to register online.](#)

THANK YOU TO OUR MONTHLY LUNCH CO-SPONSORS:



PICKLEBALL

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

For current Pickleball times, visit oshkoshymca.org to view the Gym schedules for days and times or pick up a schedule at the front desk.

DT 20 FREE TO Y MEMBERS

TP TENNIS & PICKLEBALL CENTER FEES APPLY



CHAIR VOLLEYBALL

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

20 Main Gym

WEDNESDAY 10:30 a.m.-12:00 p.m. FREE TO MEMBERS

Urban Pole Walking Class

Increase your cardiovascular fitness, walking posture, improve stability and balance with this Urban Pole Walking Class!
9:15-10:00 a.m.

20 January 14 • February 11 • March 11 • April 8 • May 13

DT January 28 • February 25 • April 22 • May 27 (no class in March)



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 calluses. The nurse will also look out for any concerning issues.

DT TEACHING KITCHEN
FEBRUARY 6 • APRIL 3

FEE \$39

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



OSHKOSH Y MEMORY CAFÉ

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

Open to all. Y Membership is not required. FREE TO MEMBERS & COMMUNITY

January 8 • February 5 • March 5 • April 2 • May 7 1:30-3:00 p.m.



IN PARTNERSHIP WITH:



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

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





MONTHLY BOOK CLUBS

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

DT 1:00 – 2:00 p.m.
January 16, February 20, March 20, April 17, May 15

20 10:30 – 11:30 a.m.
January 8, February 5, March 5, April 2, May 7

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



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.

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

Contact Brandy Hankey at (920) 230-8439 or brandyhankey@oshkoshymca.org for more information.



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



COFFEE + COMMUNITY!

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



Coffee + Community sponsor for both locations.

NEW! WeCOPE

Managing life’s challenges in healthy ways to take better care of ourselves and others. WeCOPE is a six-week evidence-based program that helps adults cope with daily life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials.

20 Meeting Room
TUESDAYS 1–2 p.m.
FREE!
February 4, 11, 18, 25 • March 4, 11



FOREVERWELL FITNESS CLASSES

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

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

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 ([page 43](#)).

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.

TAI CHI FOR BEGINNERS

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

FOREVERWELL 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.



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 PILATES

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

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.

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.

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

Y SWIM LESSONS (AGES 6 MOS.+)**DT 20****Downtown & 20th Avenue****WINTER January 6–February 16**

Non-Member registration begins Dec 16

SPRING 1 February 24–April 13

Non-Member registration begins Feb 10

SPRING 2 April 14– May 25

Non-Member registration begins March 31



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

Fee \$39 **M** • \$70 **N****20** Saturday Winter classes meet once a week for 5 weeks, 40 minutes/lesson.Fee \$33 **M** • \$59 **N**

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

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

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

PRESCHOOL SWIM LESSONS (AGES 3–5)

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

YOUTH SWIM LESSONS (AGES 6+)

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

SMALL GROUP SWIM LESSONS

20 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** \$60 • **N** \$113**ADULT SWIM BASICS (AGES 13+)**

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

TUESDAYS 5:40–6:20 p.m.Fee \$39 **M** • \$70 **N****HOMESCHOOL SWIM LESSONS**

Our Homeschool Swim Lessons are designed with families in mind, offering three stages at a time so that you can have all of your children take lessons within about an hour and a half. This means that one class will cover Stages 1–3 and the other will cover Stages 4–6.

**ADAPTED AQUATICS****(AGES 3–ADULT)**

WITH RIPON COLLEGE STUDENTS

DT MONDAYS 6:30–7:30 p.m.

Beginning Monday, February 7

Class will run for 10 weeks.

February 10, 17, 24

March 3, 10, 31

April 7, 14, 21, 28

Please contact Daniel Anderson at (920) 236-3380 or danielanderson@oshkoshymca.org for class information.

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

Fee \$41/participant

NOTE: During ADAPTED AQUATICS, the pool area is CLOSED to the public including the Lap and Family Pool and Whirlpool. The Steam Room and Sauna remain open. The facility will open as normal outside of this program.

SWIM LESSON STAGES

SWIM STARTERS

STAGES A • B

PARENT-CHILD STAGES

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



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



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

QUESTIONS ABOUT SWIM LESSONS?

DT Daniel Anderson
danielanderson@oshkoshymca.org

20 Trenton Davis
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



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



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



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

SWIM STROKES

STAGES 4 • 5 • 6

YOUTH ONLY

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



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



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



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

*Adults register for Adult Swim Basics

AQUATICS

20 SWIM LESSONS @20TH

WINTER SPRING 1 & 2

MEMBER REGISTRATION BEGINS DEC 2

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



WINTER:
January 6-February 16
 N Non-Member registration begins 12/16/24
 Note: Winter weekday lessons are once per week for six weeks. Winter Saturday lessons are once per week for five weeks. No classes February 8.

SPRING 1:
February 24-April 13
 All classes are held once per week for six weeks.
 No Programs March 24-30
 N Non-Member registration begins 2/10/25

SPRING 2: April 14-May 25
 All classes are held once per week for six weeks.
 N Non-Member registration begins 3/31/25

S = Small group
 PS = Preschool
 Y = Youth
 H = Homeschool

	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
MONDAY			PS	Y	PS	Y	PS	Y	Y	Y	Y	
10:00-10:40 AM			H	H	H	H	H	H				
10:50-11:30 AM									H	H	H	
4:50-5:30 PM			•		•		•					
5:40-6:20 PM				•		•		•				
6:30-7:10 PM					•		•					
TUESDAY			PS	Y	PS	Y	PS	Y	Y	Y	Y	
9:00-9:40 AM	•	•	•									
9:50-10:30 AM					•		•					
4:50-5:30 PM			S		•		•					
5:40-6:20 PM					•		•					•
WEDNESDAY			PS	Y	PS	Y	PS	Y	Y	Y	Y	
4:50-5:30 PM				•		•		•				
5:40-6:20 PM	•	•			S							
6:30-7:10 PM					•		•					
THURSDAY			PS	Y	PS	Y	PS	Y	Y	Y	Y	
9:00-9:40 AM	•	•	•									
9:50-10:30 AM					•		•					
4:50-5:30 PM				•		•						
5:40-6:20 PM								•	•	•		
SATURDAY			PS	Y	PS	Y	PS	Y	Y	Y	Y	
9:00-9:40 AM	•	•	•									
9:50-10:30 AM					•		•					
10:40-11:20 AM								•	•	•		
11:30 AM-12:10 PM					•		•					

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

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

Preschool and Youth stages meet for 40 minutes each lesson.

QUESTIONS ABOUT LESSONS?

20 Trenton Davis: trentondavis@oshkoshymca.org DT Daniel Anderson: danielanderson@oshkoshymca.org



SWIM MEETS @ 20TH PLAN AHEAD:
 Our pools close on occasion to host swim meets. Feel free to attend a meet and cheer on our home teams!

JANUARY 3-4: OSHY NEW YEAR'S OPENER
 Aquatics center closes:
 • 5:15 p.m. on Friday
 • 12:15 p.m. on Saturday

JANUARY 19: WINTER DUAL MEET
 Aquatics center closes:
 • 4:15 p.m.

FEBRUARY 7-9: OSHY WINTER OPEN
 Aquatics center closes:
 • 4:00 p.m. Friday
 • Closed all day on Saturday and Sunday

FEBRUARY 27 NKB SWIM
 Lap Pool closes at 6:30 p.m.



20TH AVENUE

AQUATICS

Try Downtown lessons for warmer pools!

PS=Preschool
Y=Youth
H=Homeschool

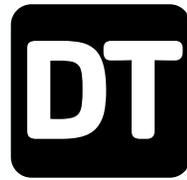
	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6
MONDAY											
4:00-4:40 PM			PS	Y	PS	Y	PS	Y	Y	Y	Y
4:50-5:30 PM											
TUESDAY											
4:00-4:40 PM			PS	Y	PS	Y	PS	Y	Y	Y	Y
4:50-5:30 PM											
5:40-6:20 PM											
6:30-7:10 PM											
WEDNESDAY											
10:00-10:40 AM			H	H	H	H	H	H			
11:50-11:40 AM									H	H	H
4:00-4:40 PM											
4:50-5:30 PM											
THURSDAY											
1:00-1:40 PM			H	H	H	H	H	H			
1:50-1:30 PM									H	H	H
4:00-4:40 PM											
4:50-5:30 PM											
5:40-6:20 PM											
6:30-7:10 PM											
SATURDAY											
9:00-9:40 AM											
9:50-10:30 AM											
10:40-11:20 AM											
11:30AM-12:10PM											

CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.

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

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

Preschool and Youth stages meet for 40 minutes each lesson.



SWIM LESSONS DOWNTOWN

MEMBER REGISTRATION BEGINS DEC 2

WINTER SPRING 1&2

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

WINTER:

January 6-February 16

Non-Member registration begins 12/16/24

SPRING 1:

February 24-April 13

No Programs March 24-30

Non-Member registration begins 2/10/25

SPRING 2:

April 14-May 25

Non-Member registration begins 3/31/25



DOWNTOWN POOL

Annual Shutdown & Maintenance
MAY 26-JUNE 8

QUESTIONS ABOUT LESSONS?

DT Daniel Anderson:
danielanderson@oshkoshymca.org

20 Trenton Davis:
trentondavis@oshkoshymca.org

Swim lessons are essential for building confidence, safety, and lifelong skills in the water. They teach kids and adults how to stay safe, develop strength, and enjoy water activities while reducing the risk of drowning and fostering a love for swimming.

DOWNTOWN



PRIVATE LESSONS

OSHKOSH YMCA AQUATICS PRIVATE SWIM LESSON POLICIES

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

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

FOR INFORMATION & SCHEDULING of Private Swim Lessons:

DT Mel Karnatz:

melkarnatz@oshkoshymca.org
or (920) 230-8966

20 Trenton Davis:

trentondavis@oshkoshymca.org
or (920) 230-8913

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 Aquatics Director at least 2 weeks prior to set up a date and time for the workshop.

FEE \$5 per participant

SCOUT SWIM TEST

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

FEE \$2 per participant

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



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

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

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.

AQUATICS



AMERICAN RED CROSS BLENDED LEARNING LIFEGUARD TRAINING AGES 15+

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

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

The primary purpose of the courses in the American Red Cross Lifeguarding program is to provide participants with the knowledge and skills needed to:

- Prevent, recognize and respond to aquatic emergencies.
- Provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) professionals take over.

Lifeguarding (Including Deep Water) training is conducted and evaluated in water depths ranging from 0 feet to water 7 feet and greater (ranging from 8-12 feet maximum, depending on the depth of the facility in which the training is conducted).

20 LG FULL COURSE: January 10-12 (Friday-Sunday)
Friday: 4-9 p.m. and Saturday-Sunday: 9 a.m.-6 p.m.

LG FULL COURSE: March 28-30 (Friday-Sunday)
Friday: 4-9 p.m. and Saturday-Sunday: 9 a.m.-6 p.m.

LG FULL COURSE: May 9-11 (Friday-Sunday)
Friday: 4-9 p.m. and Saturday-Sunday: 9 a.m.-6 p.m.

FEE **M** \$191 • **N** \$232

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

For more information on American Red Cross training, please contact Trenton Davis at trentondavis@oshkoshymca.org

CLASSES NEED 5 PARTICIPANTS IN ORDER TO BE HELD. IF THERE ARE NOT ENOUGH PARTICIPANTS A REFUND WILL BE GIVEN.



Now hiring for lifeguard + swim instructor positions.

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

SWIM INSTRUCTORS: YSLv6 certification preferred.

Apply in person at either Y location.

Learn how to receive a lifeguard certification for free!

DT Daniel Anderson: danielanderson@oshkoshymca.org

20 Trenton Davis: trentondavis@oshkoshymca.org

- TEENS 15+
- YOUNG ADULTS
- ADULTS
- RETIREES

WATER SAFETY MONTH MAY 2025 WATCH FOR DETAILS

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



The natural resistance of water helps build strength, endurance, and flexibility, while its buoyancy supports balance and stability, lowering the risk of injury. Water workouts can improve cardio health, boost muscle tone, and relieve stress, making them a versatile and enjoyable way to achieve overall fitness and wellness.

WATER FITNESS

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

20 DT FREE TO MEMBERS M

ARTHRITIS AQUATICS

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

20 DT FREE TO MEMBERS M

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

AQUA ZUMBA

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

20 DT FREE TO MEMBERS M

POWER CURRENT

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

DT FREE TO MEMBERS M

SENIOR WATER FITNESS

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

DT FREE TO MEMBERS M

WATER DYNAMICS

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

20 FREE TO MEMBERS M

HIGH INTENSITY WATER FITNESS

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

20 FREE TO MEMBERS M

LAP SWIM + OPEN SWIM TIMES

FREE TO Y MEMBERS

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

Pick up a copy of the pool schedule at either location or visit www.oshkoshymca.org.



SLIDE TIMES

FREE TO Y MEMBERS

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



PRE-DOLPHIN PRIVATE COACHING

20 Participants will work with an OSHY Swim Team Coach in an individualized setting to provide the necessary technical skill training to join the team.

This program focuses on the following:

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

Participants may join OSHY after receiving coach approval!

30-minute lessons scheduled based on participant and Coach availability.

Fee \$26 **M** • \$47 **N** Fee is per person, per lesson.

For information and scheduling of Pre-Dolphin Private Coaching: Rachel Zoromski:
rachelzoromski@oshkoshymca.org

A great option for those interested in joining the swim team OR current swim team members who would like additional private coaching.

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 25 yards front crawl, 25 yards backstroke, and 25 yards kicking with a board.

EVALUATIONS/JOINING THE TEAM: Go to the team website www.teamunify.com/team/wioshy/page/home and click on the dark blue button for **Schedule Evaluation/Contact Us**, to schedule an evaluation. Experienced swimmers can use the same button to contact the team.



AQUATICS

Swim Team
Groups &
Practices

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

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

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

Interested in joining the team?
Email Jay Coleman at
jaycoleman@oshkoshymca.org.

**D2 • Dolphin 2**

The D2 Group is OSHY's entry level group. It is for younger swimmers learning the basics of competitive swimming—freestyle, backstroke, breaststroke, butterfly, starts, turns and finishes—and developing the strength and endurance necessary to move to the D1 group. D2 Swimmers practice 4 times per week 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 The SR3 group is for older swimmers at the participatory level. Practices include drills, stroke progressions and light training progression. The group meets five times per week. Attendance recommendation is 3-5 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 a younger, competitive senior level. SR2 is a step up from SR3. SR2 swimmers practice 6 times per week for 90 minutes, and Friday and Saturday for 120 minutes. Attendance recommendation is 4-6 times per week. SR2 swimmers participate in home meets, low key away meets, bigger away meets, and championship meets for those who qualify.

SR1 • Senior 1

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



FREE INITIAL BODY COMPOSITION TESTING

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

HEALTHY LIVING ORIENTATION

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

FEE FREE TO OSHKOSH Y MEMBERS M

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

WELLNESS CHECK-UP

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

DT 20 FEE FREE TO OSHKOSH Y MEMBERS M

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



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!

[Click here to download our mobile app.](#)



YOU CAN HELP CHANGE LIVES RIGHT HERE IN OUR COMMUNITY!

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

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



FREE
TO OSHKOSH
Y MEMBERS

ADULT GROUP EXERCISE CLASSES AGE High School+

Oshkosh Y members enjoy the benefit of over 140+ 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.**

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

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

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

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

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

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

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

LIVE IN WINNECONNE? You can experience our amazing group exercise classes at Kaudy Hall in Winneconne! Email brandyhankey@oshkoshymca.org for more information.



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

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

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

Group Centergy An invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for strength, balance, mobility, and flexibility. Emotive music drives the experience as you breathe and sweat **NEW!** through this full-body movement journey.

! **👤 Group Cycling** A non-impact journey on specially designed stationary bikes, allowing participants to work at their own pace while coached through a 45-60 minute workout. The bikes at 20th Ave have technology built into the console, allowing riders to use various metrics to crush goals. The Downtown Y utilizes *Intelligent Cycling*, a virtual ride system, to keep you motivated and entertained.

Download the [Intelligent Cycling app at the App Store](#) to get the most out of your ride.

Group Groove A sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced. If you can move, you can groove!

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

(Continues on next page.)



ONLINE RESERVATION SYSTEM for Y Classes

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

- 1 Visit our website at www.oshkoshymca.org/group-exercise-classes and click on the **RESERVE MY SPOT** button at the top of the page. Through our mobile app, go to **SCHEDULES**, click on the class you want to attend, and select Register.
- 2 Filter by **CATEGORY** (Group Exercise or ForeverWell) Next, find the activity you want to attend.
- 3 **Sign Up**
Click on the navy blue **SIGN UP** button.
- 4 Click the **LOGIN** button, create an account by clicking **REGISTER NOW**, or click **FORGOT PASSWORD** and follow the prompts.
- 5 This page will show you how many spots are available. To reserve your spot, select **RESERVE A SPOT**. You will receive an email confirmation.

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

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

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

ADULT GROUP EXERCISE CLASSES

(Continued from previous page.)

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

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

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

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

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

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

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

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

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

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

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



ANYWHERE, ANYTIME

HEALTHY LIVING SUPERCHARGED BY YMCA360



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

WHAT IS YMCA360?

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

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

YMCA360 InStudio is available in Studio 3 Downtown.



DOWNLOAD THE APP TODAY



Google Android



Apple iOS

YMCA360.org



ymca360



ymca.360

BUILD STRENGTH. GAIN CONFIDENCE.

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



NEW!

ForeverWell Women on Weights for Women 55+.
 Please contact Emily for days and times.

THE Y DIFFERENCE. WHY TRAIN AT THE Y?

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



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

ONE-ON-ONE PRIVATE PERSONAL TRAINING Members Only

Ask about Virtual Options!

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

New Easy-to-Use Pricing!

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



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

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

FREE PERSONAL TRAINING CONSULTATIONS

During this **FREE** consultation our certified personal trainers will go over health history, your goals, and help guide you down the next path of your wellness journey.

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).

Contact Ben Clewien for information and pricing: 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

Personal Training that can fit your schedule!

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 for more information.

One Community. One Fight!

BEYOND LIMITS

A SPECIAL PROGRAM FOR VETERANS AND ARMED FORCES MEMBERS

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

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

20 WEDNESDAY 5:30 p.m.
Wellness Center

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

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

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

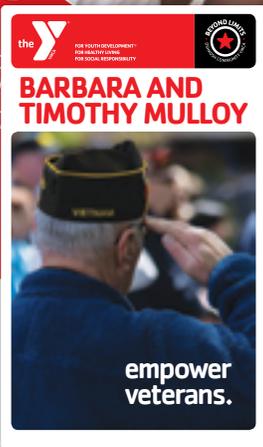
Support BEYOND LIMITS by sponsoring our program, making a donation, purchasing a t-shirt or sponsoring a banner. Call Ben Clewien at (920) 230-8919 or Patti Weissling at (920) 230-8952.



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



CHECK OUT OUR BEYOND LIMITS MISSION VIDEO!



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



TEACHING KITCHEN 

ASK ABOUT FAMILY CLASS OPTIONS!

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



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



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

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





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

NOW HIRING! 

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

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



MEET THE TEAM

Physical Therapy & Sports Certified Specialists



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

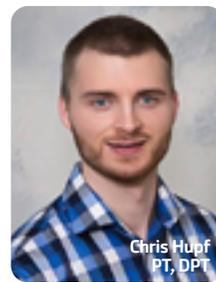
degree in Physical Therapy. Ben also recently graduated from Rosalind Franklin University with a Doctorate of Physical Therapy degree.

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

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

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

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



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

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

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

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

Schedule an appointment with Ben or Chris today!

CORPORATE WELLNESS PROGRAM

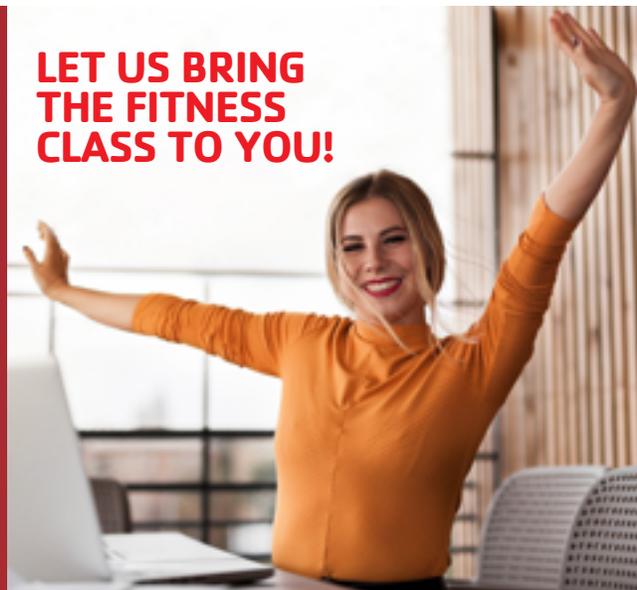
Ask how the Y can generate a wellness program tailored to your company's specific needs. Increase employee productivity, reduce absenteeism and help lower insurance claims by designing on-site programming that can include: Corporate Membership Discount

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

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

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

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





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

ROCK STEADY BOXING

PARKINSON'S DISEASE MANAGEMENT PROGRAM

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

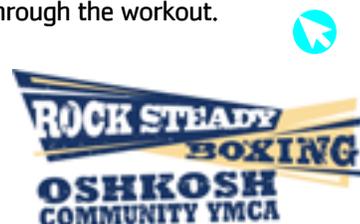
OPEN TO MEN & WOMEN.
ALL ABILITY LEVELS.

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

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

Through generous donations, this program is offered free for all.

OPTIONAL STARTER PACKAGE: \$25 | Includes gloves, wraps, t-shirt, and storage bag!



Contact Lindsey McMullin for more details at lindseymcmullin@oshkoshymca.org.



Ask about our support group meetings.

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

BROUGHT TO YOU WITH HELP FROM:



WANT TO HELP?

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





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 with questions or to get started!

L I V E S T R O N G[®] AT THE YMCA

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

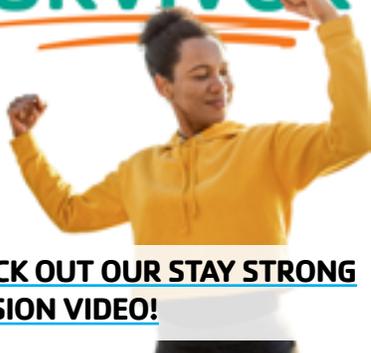
There is **NO COST** to the survivor and their family during this 12-week mission program, thanks to the community's generous support of the Annual Campaign.*

STRONGER TOGETHER

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

FOR MORE INFORMATION on this **FREE** program, contact Lindsey McMullin at 230-8963 or lindseymcmullin@oshkoshymca.org.

SURVIVOR



CHECK OUT OUR STAY STRONG MISSION VIDEO!

LIVESTRONG[®] at the Y

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

For more information for this **FREE** program, contact Lindsey McMullin at 230-8963 or lindseymcmullin@oshkoshymca.org.

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

MONDAY-WEDNESDAY

For session times, please contact Lindsey McMullin at lindseymcmullin@oshkoshymca.org.
Members and LIVESTRONG Alumni Only

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.

PRESCHOOL SKATE AGES 3-5

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

WINTER, SPRING 1 & SPRING 2

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

FEE \$53 **M** • \$80 **N**

LEARN TO SKATE AGES 4+

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

WINTER, SPRING 1 & SPRING 2

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

FEE \$53 **M** • \$80 **N**

Skate rentals free for program use.

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

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

WINTER, SPRING 1 & SPRING 2

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

FEE \$69 **M** • \$100 **N**

FREESTYLE WITH US Free Skate 1-6

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

WINTER, SPRING 1 & SPRING 2

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

FEE \$69 **M** • \$100 **N**

YMCA INTRO TO SQUIRT CAMP

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

AUGUST 5-SEPTEMBER 9

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

FEE \$120 **M** • \$156 **N**

YOUTH SKILLS CAMP

This camp is for Squirt, Pee Wee, and Bantam players who just completed the 24-25 season at those levels. There will be two ice sessions a day, Tues, Wed, Thurs. This camp will focus on Skating, Puck handling, edge work, deception and small area games. All participants must, at a minimum, have played hockey last season. Be able to skate forward and backward, cross over and handle a puck while performing these skills.

JUNE 10-26 • AUGUST 12-28

TUESDAY, WEDNESDAY, THURSDAY

8:30-9:20 a.m. & 11:00-11:50 a.m.

FEE \$180 **M** • \$234 **N**

PRIVATE SKATE LESSONS

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

FEE 1 session \$35 **M** • \$55 **N**

5 sessions \$135 **M** • \$165 **N**

10 sessions \$230 **M** • \$260 **N**

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

SEMI-PRIVATE SKATE LESSONS

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

FEE 1 session \$25 **M** • \$35 **N**

5 sessions \$95 **M** • \$120 **N**

10 sessions \$160 **M** • \$185 **N**

OPEN ICE SKATING

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

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

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

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



LEARN TO HOCKEY SKATE (AGES 4+)

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

WINTER, SPRING 1 & 2 • MONDAY

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

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

LEARN TO POWER SKATE

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

SPRING 1 & 2 • MONDAY

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

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

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

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

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

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

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

Visit oshkoshyouthhockey.org for registration details.



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

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

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

A RECREATIONAL league for intermediate/advanced level hockey players. This is social league for adults who enjoy hockey and want to play at a more advanced level. This is still a No checking or slap shot league. One game per week and full equipment is required. Individual registration only. Teams will be formed by league administrators.

WEDNESDAY NIGHTS

January 8-April 16 Reg deadline 1/2/2025

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

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

*Sales Tax not included in fee.

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

A 15-week recreational intermediate level hockey league. This is a social league for adults who enjoy hockey and play at an intermediate level. This is a no check, no slap-shot league. one game per week, full equipment is required. individual registration only, teams will be formed by arena management.

SUNDAY NIGHTS

7:15-8:15 p.m.

January 5-April 13 Reg deadline 1/2/2025

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

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

*Sales Tax not included in fee.

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

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

January 5-April 13 Reg deadline 1/2/2025

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

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

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



FOR ALL

FINANCIAL ASSISTANCE AVAILABLE FOR HEALTHY LIVING

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

YOUTH FLAG FOOTBALL 4K-GRADE 8

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

Weekly practices can begin the week of April 7. Times and locations will be determined by the coach.

April 26-June 14 Reg. deadline 3/31/2025
(no games 5/24)

20 SATURDAY MORNING

FEE \$54 **M** • \$79 **N** (Includes team t-shirt and flags.)

YOUTH INDOOR SOCCER LEAGUE

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

Requirements Soccer shin guards. No cleats.

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

February 27-April 12 Registration deadline 2/10/2025

AGE Grades 4K- 8

20 SATURDAY Grades 3-8

THURSDAY Grades 1-2

SUNDAY Grades 4K-5K

Times will not be determined until after registration ends. Saturday games will be played between 8:00 a.m.-7:00 p.m. Sunday games start at 8:00 a.m. Thursday games start at 5:00 p.m.

FEE \$54 **M** • \$79 **N**

TOP SOCCER

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



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

January & February dates to be determined

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



MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE

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

March 2-April 13 Registration deadline 2/24/2025

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

FEE \$415 per team + Tax

MEN'S INDOOR FLAG FOOTBALL AGE 18+

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

WINTER January 10-February 21

Reg. deadline 12/30/2024

SPRING February 28-April 11 Reg. deadline 2/10/2025

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

FEE \$415 per team + Tax



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

OSHKOSH YMCA YOUTH BASEBALL (AGES 4-12)

An instructional and fun league for boys and girls ages 4-12 that builds baseball skills, encourages teamwork, and promotes positive attitudes. League is determined by child's age prior to April 30, 2025.

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

FEE Includes t-shirt and hat.

Season May 10-June 23

(No games May 25-26)

Registration deadline 3/10/2025

Practices begins at the end of April.

Start times are weather/field dependent.

OPENING WEEKEND MAY 10

ALL TEAMS WILL PLAY 1 GAME ON OPENING DAY.

Team pictures will also be taken.



Age	League	Games	Location	Practice	Member	Non-Member
4-5	T-Ball	Sunday Aft	Red Arrow	30 Min before game	\$70	\$90
5-6	Pitching Machine	Sunday Eve	Red Arrow	1 Night/Week	\$70	\$90
7-8	Pitching Machine	Thursday Eve	Red Arrow	1 Night/Week	\$70	\$90
9-10	Player Pitch	Monday Eve*	Red Arrow	1 Night/Week	\$97	\$117
11-12	Player Pitch	Monday Eve*	Red Arrow	1 Night/Week	\$97	\$117

*Age 9-12 will play on Tuesdays if needed

IMPORTANT SCHEDULING INFORMATION

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



PLAY BALL!



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

BOY'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 7–February 19 Reg. deadline 12/23/24

Requirements Soccer shin guards (no outdoor cleats)

AGE Grades 9–12

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

FEE \$387/team *Sales Tax not included in fee

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 6–February 19 Reg. deadline 12/23/24

Requirements Soccer shin guards (no outdoor cleats)

AGE Grades 9–12

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

FEE \$387/team *Sales Tax not included in fee

GIRL'S HIGH SCHOOL BASKETBALL LEAGUE

A league for high school girls. This season will consist of one game per week. Team registration only. Depending on registration, teams will be divided between JV and Varsity.

June 2–July 21 (No games June 30)

Reg. deadline 5/19/25

AGE Grades 9–12

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

FEE \$387/team *Sales Tax not included in fee



BOY'S HIGH SCHOOL BASKETBALL LEAGUE

A league for high school boys. This season will consist of one game per week. Team registration only. Depending on registration, teams will be divided between JV and Varsity.

June 2–July 21 (No games June 30) Reg. deadline 5/19/25

AGE Grades 9–12

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

FEE \$387/team *Sales Tax not included in fee

ADULT CO-ED SOCCER LEAGUE

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

SPRING February 23–April 6 Reg. deadline 2/3/2025

20 SUNDAY 10:00 a.m. – 11:00 p.m.

League capped at 20 teams

FEE \$415 per team + tax

Teams must provide their own t-shirts.

ADULT WOMEN'S SOCCER LEAGUE

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

WINTER January 9–February 20 Reg. deadline 1/2/2025

20 THURSDAY 6:00–10:00 p.m.

Game time dependent on number of teams.

FEE \$415 per team + tax

Teams must provide their own t-shirts.

OPEN PICKLEBALL

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

DT 20 Check Gym Schedule for Current Open Times

FEE FREE TO Y MEMBERS

BEGINNER/ REC PICKLEBALL

DT TUESDAY & THURSDAY 12:00–2:00 p.m.

Learn the rules of the game and open play for beginners

FEE FREE TO Y MEMBERS

See pages 69–70
for more pickleball
fun at the Y!





FINANCIAL ASSISTANCE AVAILABLE FOR HEALTH + WELLNESS

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

KARATE (AGES 4-ADULT)

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

20 TUESDAY & THURSDAY

- 5:30-5:55 p.m. Ages 4-7 | Beginner
- 5:55-6:20 p.m. Ages 4-7 | Intermediate
- 6:20-7:00 p.m. Ages 8-12 | Beginner-Intermediate
- 7:00-8:00 p.m. Ages 13+ | All Ranks

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

WINTER: January 6-February 23

SPRING 1: February 24-April 13

SPRING 2: April 14-June 1

FEE \$108 **M** • \$155 **N**

SKILLS AND DRILLS VOLLEYBALL (GRADES 1-8)

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

20 SPRING 1

- TUESDAYS GRADES 1-3** 5:15-6:00 p.m.
- GRADES 4-6** 6:15-7:00 p.m.
- GRADES 7-8** 7:15-8:00 p.m.

FEE \$47 **M** • \$72 **N**

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.

20 SPRING 2

- TUESDAYS GRADES 5-6** 5:15-6:30 p.m.
- GRADES 7-8** 6:45-8:00 p.m.

FEE \$87 **M** • \$108 **N**

YOUTH HEALTH + WELLNESS ORIENTATIONS

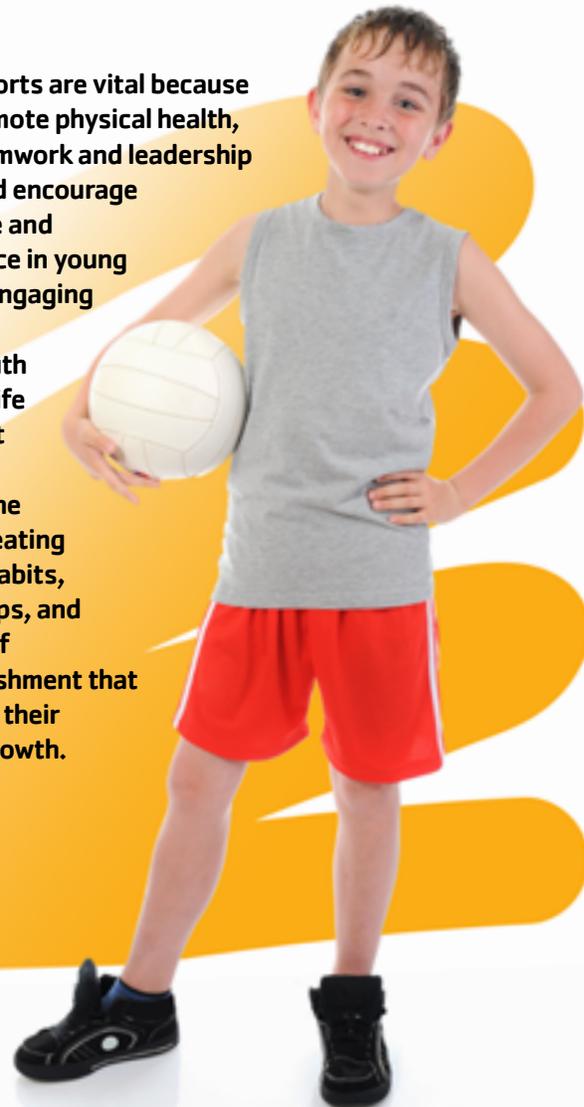


FREE!

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

Please contact the Health + Wellness center to schedule.

Youth sports are vital because they promote physical health, build teamwork and leadership skills, and encourage resilience and confidence in young people. Engaging in sports helps youth develop life skills that extend beyond the game, creating healthy habits, friendships, and a sense of accomplishment that supports their overall growth.





LEARN LIFT FOR TEENS!

LET'S GET STRONGER!

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

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

6 WEEK SESSION

FEE **M** \$45 • **N** \$60

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



FOR AGES 14+

FOR TEENS WHO HAVE COMPLETED THE STRONG TEENS PROGRAM

BECOME STRONGER AND MORE CONFIDENT IN THE WEIGHT ROOM!



STRONG TEENS (AGES 11-16)

BUILD STRENGTH + CONFIDENCE

In this hands-on program, teens learn the fundamentals they need to improve strength, endurance, speed, power, and flexibility. This 6-week program will include a safe introduction to the wellness center and its equipment, introductory healthy living principles, as well as stretching and recovery techniques. Each class will introduce new wellness knowledge and a fun and energizing workout! Upon graduation of this program, participants will be allowed unsupervised access to the Oshkosh Y wellness center cardio and strength machines.

DT 20 1 DAY/WEEK

FEE **M** \$40 • **N** \$55

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



OSHKOSH Y MEMBERSHIP INCLUDES A TENNIS & PICKLEBALL CENTER MEMBERSHIP

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

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

MEMBERSHIP

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

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

OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP

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

MEMBERSHIP FOR THOSE THAT HAVE TENNIS OR PICKLEBALL ONLY AT OGDEN

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

DAILY COURT RATES Y MEMBERS & TENNIS CENTER MEMBERS

24 hour cancellation needed for court reservations.

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

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

CONTACT INFORMATION Y TENNIS & PICKLEBALL CENTER:

(920) 236-3400 • 640 E Cty Trunk Y, Oshkosh, WI 54901
 Sheila Counts Tennis Center Director, IPTPA Level 1 Pickleball Instructor and Teach the Teacher trained • sheilacounts@oshkoshymca.org
 Brian Hornburg Head Tennis Professional • brianhornburg@oshkoshymca.org
 Robert Downey, Jr. Tennis Professional • robertdowney@oshkoshymca.org

Tennis is great for overall health because it boosts cardio fitness, improves coordination and agility, and strengthens muscles, while also providing mental benefits like stress relief and enhanced focus.



CHECK IT OUT!!

NEW YEAR'S DAY OPEN HOUSE

Wednesday
January 1, 2025
10:00-3:00 p.m.

WATCH FOR THESE MARCH EVENTS:

Middle School
St. Patty's Day Jr. Mixer
Spring Team
Pickleball Challenge
Summer Tennis Camps for Youth and Adults
JUNE 2025

USTA TOURNAMENT (tennis)

Boys 18 Doubles
 Girls 18 Doubles
 Boys 14's singles
 Girls 14 singles

JANUARY 3-5

New Years Pickleball
 Doubles Tourney!
DECEMBER 28 & 29

Watch for Details!





TENNIS LESSONS

SESSION 1 • Monday, Jan 6– Sunday, Feb 23 (7 weeks)
 SESSION 2 • Monday, Feb 24 – Sunday, April 13 (7 weeks)
 SESSION 3 • Monday, April 14– Thursday, May 22 (6 weeks) (T/W/T: 7 wks)

AGES
4-7

RED BALL*

Introduce little ones to the game of tennis! We will work on the development of agility, coordination and balance with slower moving balls. A perfect first experience that is fun and moving. Participants will be grouped by age based on registration.

MONDAY 4:00–5:00 p.m.
WEDNESDAY 4:30–5:30 p.m.
SATURDAY 10:00–11:00 a.m.

FEE **M** \$115.50 7 wks | \$99 6 wks
N \$136.50 7 wks | \$117 6 wks

ORANGE BALL

AGES
7-9

Lower compression orange balls are used to encourage successful contact with the ball. Kids will learn proper stroke technique while building the confidence to rally, plus learn the basics of games. Participants will be grouped by age based on registration.

MONDAY 4:00–5:00 p.m.
WEDNESDAY 4:30–5:30 p.m.
SATURDAY 10:00–11:00 a.m.

FEE **M** \$115.50 7 wks | \$99 6 wks
N \$136.50 7 wks | \$117 6 wks

GREEN BALL

AGES
9-11

For the new player as well as the player who is looking to progress into the level of yellow ball match play. Learn proper stroke development and key elements to play games.

TUESDAY 4:30–5:30 p.m.
SATURDAY 10:00–11:00 a.m.

FEE **M** \$115.50 7 wks | \$99 6 wks
N \$136.50 7 wks | \$117 6 wks

AGES
11+

YELLOW BALL

For progressing players who want to learn the fundamentals of the game and get ready for match play, tournaments and/or High School tennis. Beginner through advanced groups.

MIDDLE SCHOOL YELLOW Ages 11–14
 Courts will be set up according to levels

THURSDAY 4:30–6:00 p.m.
SATURDAY 11:00 a.m.–12:00 p.m.

MIDDLE SCHOOL BEGINNER Ages 11–14
SATURDAY 11:00 a.m.–12:00 p.m.

HIGH SCHOOL YELLOW Ages 13+
 High School classes are geared towards improving match play and overall game basics. Coaches will decide which level is appropriate for you player.

JV level & entry-level freshmen:

TUESDAY 5:30–7:00 p.m.
SATURDAY 12:30–2:00 p.m.

Varsity (co-ed):
TUESDAY 7:00–8:30 p.m.

FEE **M** \$157.50 7 wks | \$135 6 wks
N \$189 7 wks | \$162 6 wks

ADULT

ADULT LESSONS

Advanced-Beginner through Intermediate
MONDAY 6:00–7:00 p.m.

FEE 1-hour Classes

M \$115.50 7 wks | \$99 6 wks
N \$136.50 7 wks | \$117 6 wks

YOUTH + ADULT LESSON POLICY

- No credit can be given for missed lessons.
- Enrollment in group lesson is for entire session.
- All Lessons must be paid for at time of registration.
- There will be no make-ups for weather cancellations.
- There must be a minimum of 3 enrolled to hold class.
- Substitutes will not be allowed for group lessons.



PRIVATE INSTRUCTION RATES

Rate per hour per person	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS	
	M or T	N
1 person	\$65	\$78
2 people	\$45	\$55
3 people	\$39	\$47
4+ people	\$33	\$44

PRIVATE LESSONS

MASTER TECHNIQUES, DEVELOP STRATEGIES, AND STAY MOTIVATED

Professional instruction is available at all times subject to court availability. Private, semi-private, and group lessons can be arranged through our professional staff.

24 hour cancellation policy on all lessons.

ADULT CLASSES

DOUBLES DRILL AND PLAY

Learn strategies of doubles play along with instruction on the technical aspect of different shots. This drill is for intermediate and above players. Sign up via the Oshkosh Community Y App or call (920) 236-3400.

THURSDAY 10:00 a.m.-11:30 p.m.

FEE \$22 **M** • \$30 **N**

CARDIO TENNIS

An hour or longer class that will get your heart pumping and improve your tennis with fun drills, play and games. Must call ahead for all Cardio classes to register, (920) 236-3400

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

WEDNESDAY 10:30-11:30 a.m.

THURSDAY 6:00-7:00 p.m.

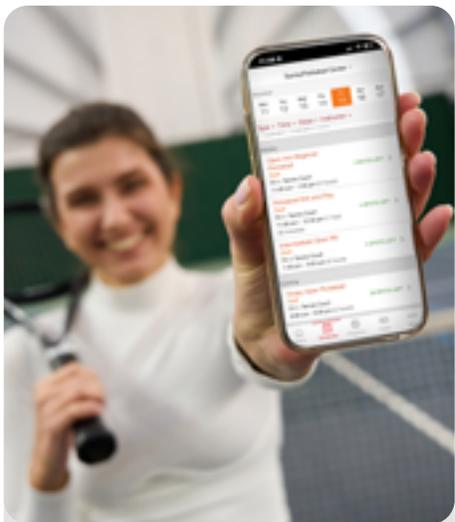
FRIDAY 10:30-11:30 a.m.

SATURDAY NEW TIME! 8:30-10:00 a.m.

Intensity Level: High

FEE 1 hour cardio: \$14 **M** • \$21 **N**

1.5 hour cardio: \$19 **M** • \$31 **N**



NEW!!! Sign up for your **Tennis Cardio Class, and Pickleball Open Play and League, via the [Oshkosh Community YMCA App](#) available at the App Store. Ask Y Staff if you need more information.**



TENNIS LEAGUE PLAY

SINGLES FLEX LEAGUE High School & Adult players

JANUARY-APRIL *Join any time!*

Schedule matches against others with similar skill levels at your convenience. The number of skill levels will be established based on interest. The program aims to accommodate kids from middle school through high school varsity, as well as adults with skill levels between 3.0 and 4.0, with some potential overlap between adults and varsity-level kids. If five or more participants are available at any given level, a match schedule will be created, allowing for flexibility in choosing times that work best for each participant.

FEE \$25 One-time fee to join the program, plus split court costs for each match and a can of balls. All fees will be charged out at once and must be paid before first match. For more information email Brian Hornburg: brian.hornburg@oshkoshymca.org

ADULT LEAGUE PLAY

Leagues are held every day at a variety of times for all ability levels. All members are eligible for league play. Please inquire at Front Desk regarding league options.

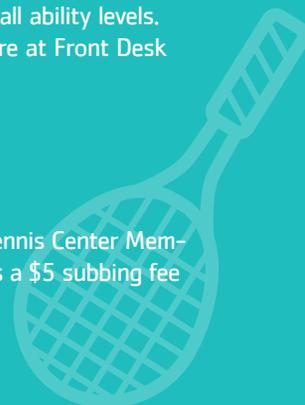
SESSION 2

Monday, January 6-Thursday, May 22

No league make-up dates will be allowed.

SUBBING **M** **FREE** to all Oshkosh Y Members and Tennis Center Members currently enrolled in leagues or lessons. There is a \$5 subbing fee for those members not enrolled

N \$10 guest fee for Non-Members



DT

20

DOWNTOWN & 20TH AVE

11 a.m.–4 p.m.

Join us for a day filled with fitness, fun, and a chance to explore all we have to offer. From group exercise classes to open swim and pickleball, there's something for everyone to kick off 2025 with energy, wellness, and community.

WEDNESDAY, JANUARY 1

NEW YEAR'S DAY OPEN HOUSE

\$0

Join the Oshkosh Y at the New Year's Day Open House and pay **NO JOINER FEE!**

For more information, visit www.oshkoshymca.org or call the Front Desk at one of our Oshkosh locations!

TP

OSHKOSH YMCA TENNIS & PICKLEBALL CENTER

10 a.m.–3 p.m.

Join us on New Year's Day for FREE Tennis and Pickleball. Bring your family and check out the facilities and all of the winter programs and activities.*

JOIN US!

FREE

- 4 indoor Tennis courts
- 8 Pickleball courts
- Locker rooms
- Aerobic equipment

*Courts must be reserved by calling the Tennis & Pickleball Center. Reservations can be made beginning Monday, December 16. Courts may only be reserved for one hour per group.

Call The Tennis & Pickleball Center for more information: (920) 236-3400 or e-mail sheilaccounts@oshkoshymca.org

LEVELS
 ADVANCED BEGINNER – 3.1–3.3
 INTERMEDIATE 3.4–3.6
 ADVANCED INTERMEDIATE 3.7–3.9
 ADVANCED 4.0 and up
 Descriptions of levels will be available at front desk.
 If you are not sure of your level please contact
 Sheila Counts at sheilacounts@oshkoshymca.org

PICKLEBALL LEAGUES AT THE Y TENNIS & PICKLEBALL CENTER

A great way to meet new people and play competitively!
 Call (920) 236-3400 to register for league.

Weekly sign up is via the Oshkosh Community YMCA App or you can call the Service Desk to register.

JANUARY 6– MAY 23 Play begins January 2

Advanced Beginner Pickleball League
TUESDAY 1:00–3:00 p.m.

Intermediate Pickleball League
 All players must play in appropriate level league.

TUESDAY 10:45 a.m.–12:45 p.m.

THURSDAY 8:30–10:30 a.m.

Advanced Pickleball League (4.0 plus)
 All players must play in appropriate level league. This league daily sign up is via Team Reach. Contact Sheila Counts for information on signing up.

THURSDAY Start time is 12:00 p.m.

Advanced Intermediate (3.7 and up)
WEDNESDAY 1:30–3:30 p.m.

FEE There is a one-time session fee when you register, plus a daily fee each time you play. Savings punch cards will also be available for members.

ONE-TIME LEAGUE REGISTRATION FEE: \$15 **M** **T** • \$20 **N**

DAILY FEES: \$6.00 **M** **T** • \$16.00 **N**

OPEN PICKLEBALL HOURS

DAILY FEES: \$6.00 **M** **T** • \$16.00 **N** (must register for any open plays)

SUNDAY MORNING

8:00–10:00 a.m. • **Advanced** Sign up via Team Reach. Contact Sheila Counts for information.

10:00 a.m.–12:00 p.m. • **Intermediate and Advanced Intermediate**

ADVANCED BEGINNER

MONDAY & WEDNESDAY 7:00–9:00 a.m.

A time set aside for those that have gone through the beginner class and want to get going in an open play to improve their playing skills.

INTERMEDIATE

MONDAY & WEDNESDAY 7:00–9:00 a.m.

FRIDAY 1:00–3:00 p.m.

SUNDAY 10:00 a.m.–12:00 p.m.

DAILY FEES: \$6.00 **M** **T** • \$16.00 **N**

Punch Cards can be used for Members

DID YOU KNOW?

Private Pickleball Courts can be rented. Normal hourly court rates and guest fees apply. Call the Tennis Center for additional information.

PICKLEBALL CLASSES

Drill & Play!

This is a NEW weekly class that will work on shot consistency and setting up points!

Friday 11:00 a.m.–12:30 p.m.

Sign up via the [Oshkosh Community Y App](#) or call the front desk a (920) 236-3400.

\$10 **M** / **T** • \$18 **N**

Minimum 4 players/max 8 players

BEGINNER PICKLEBALL CLINICS

Join in the fun! Class will cover rules, basic strategies and an opportunity to play and learn! If you have a group and would like to set up a private time please contact Sheila Counts, Director.

SESSION 1 January 6–February 3 1

SESSION 2 February 10–March 8

SESSION 3 March 17–April 21

MONDAY 10:30 a.m.–12:00 p.m.

TUESDAY 5:00–6:00 p.m.

FEE 1.5 hour class:

\$65 **M** / **T** • \$75 **N**

1 hour class:

\$40 **M** / **T** • \$55 **N**

FRIDAY NIGHT OPEN PICKLEBALL

Come enjoy Friday night Pickleball fun. All levels welcome. We would like anyone attending Open Play to have gone through a beginner class and be able to play a full game without instruction. [Sign up via the Oshkosh Community Y App](#) or call the front desk at (920) 236-3400.

FRIDAY 6:00–8:00 p.m.

FEE \$6.00 **M** / **T**

\$6.00 + 10 guest fee **N**

Savings punch cards will be available for Y Members/Tennis Center Members



SHOW YOU CARE



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

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

CREATE A LIVING LEGACY

Make a planned gift
TODAY. Help Oshkosh
generations TOMORROW.

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

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

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

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

A legacy gift to the Y not only strengthens today's programs but also secures a brighter, healthier future for all.



**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.



SHOW YOU CARE



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.



ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



With your donation, we can ensure that everyone—regardless of their financial circumstances—can belong to our Y, participate in programs and improve their lives.

The Y. FOR A BETTER US.™

Almost a million people each year walk through our doors - an average of over 2,700 people each day. Please consider a gift to the Annual Campaign, including the **FOR ALL** Financial Assistance Program, today, and let people know you're dedicated to nurturing a BETTER US. When you give to the Y, you make a meaningful, enduring impact right in your own neighborhood.

With a donation of \$1,000, a banner with your family or business name will be hung at one Y location for a full year.

- \$1,500 = Banner at 2 locations
- \$2,000 = Banner at 3 locations
- \$5,000 = Large Banner at 3 locations

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



I'M INTERESTED...

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

Name _____

Phone _____

Email _____

COME AND HANG WITH US!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OSHKOSH CENTURY

SUNDAY, JUNE 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:

31 Miles • 51 Miles • 62 Miles • 101 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-shirts are available to purchase at registration for \$10. Event cycling jerseys will be available starting January 1, 2025.

OSHKOSH 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 OPENS JANUARY 1, 2025.

Learn more at www.oshkoshcentury.com.

RIDE FOR A REASON. 100% of proceeds support the FOR ALL Financial Assistance Program. Together we can ensure that everyone, regardless of their financial circumstances, can belong to our Y, participate in programs and improve their lives.

QUESTIONS?

Email oshkoshcentury@oshkoshymca.org.