



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

See page 3 to discover
how the Demler family
builds strong roots
in wellness, joy, and
togetherness.

**STRONG.
HEALTHY.
CONNECTED
TOGETHER.**

Sarah and Trey Demler, along
with their children Brooks (5),
and twins Ada and Audrey (3).



FALL
**20
25**

PROGRAM GUIDE

FALL 1 Sept 15–Oct 26 | **FALL 2** Nov 3–Dec 21 No Programs: 11/24–30

FOR YOUTH DEVELOPMENT



Our Ys teach children in our early childhood and school age programs the skills necessary to be successful in school.

FOR HEALTHY LIVING



Our Ys offer youth and adult programs that empower people to become their best selves by offering instruction and support.

FOR SOCIAL RESPONSIBILITY



At the Y, we believe in membership for all. That is why we provide financial assistance to community members in need.

WE ARE:

FOR YOUTH DEVELOPMENT

- 1 Before & After School Programs** Licensed care and enrichment for K–5 students at four local elementary schools
- 2 Summer Day Camps & Preschool Camps** Seasonal camps featuring swimming, field trips, arts & crafts (ages 4–5 for preschool camp and ages 5–12 for Summer Fun Club & Camp Winni-Y-Co)
- 3 Youth Adventure Program** Summer program for ages 11–14 with mini-trips, community service, swimming, games & arts
- 4 Youth & Teen Sports Programs** Includes tennis, hockey, skating lessons and youth sports leagues
- 5 Strong Teens & Learn 2 Lift** Strength training and wellness intro programs for teens (11–16)

FOR HEALTHY LIVING

- 1 Group Exercise Classes** Member-accessible classes like yoga, BodyPump, Zumba, TRX, kickboxing, and more
- 2 Personal & Small Group Training** One-on-one or small-group coaching with nationally certified trainers
- 3 Nutrition & Wellness Services** Consultations with registered dietitians, healthy-living orientations
- 4 Chronic Condition Programs** Support programs like LIVESTRONG® for cancer survivors, Rock Steady Boxing & Pedaling for Parkinson's
- 5 ForeverWell (55+) Programs** Fitness classes, lifelong learning, foot-care clinics, social support groups

FOR SOCIAL RESPONSIBILITY

- 1 Volunteer Opportunities** Coaching, mentoring, food distribution, and various community support initiatives
- 2 Annual & Planned Giving Campaigns** Community fundraising events, legacy gifts to support the Y's mission locally
- 3 Community Outreach Initiatives** Programs serving diverse community needs year-round
- 4 Youth Service Projects** Embedded in Youth Adventure summer program, youth participate in community service
- 5 FOR ALL Financial Assistance** Aid ensuring no one is turned away due to inability to pay

At the Oshkosh Y, everything we do supports one of our three Areas of Focus: YOUTH DEVELOPMENT, HEALTHY LIVING, & SOCIAL RESPONSIBILITY.

These are just a few ways we put these values into action every day.

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WALKING TOGETHER

THROUGH EVERY SEASON OF LIFE

The Demlers have always found the Y to be a place where they felt welcome, supported, and connected.



THE DEMLER FAMILY

Sarah and Trey Demler, along with their children Brooks (5), and twins Ada and Audrey (3), are building a vibrant, connected life in Oshkosh – one rooted in community, movement, and belonging.

Their YMCA story began years ago. During college, Sarah worked at the Oshkosh Y's before-school care program at Oakwood Elementary School, and enjoyed workouts alongside Trey. As parents, they continue to come to the Y, but now with their little ones in tow. Brooks enjoys meeting new friends and has participated in sports like *Youth Flag Football* and *Youth Baseball*. The family has enjoyed programs like *Wiggles & Giggles* and *Try Hockey for Free*, too! They're excited to continue growing with the Y as Ada and Audrey step into their own seasons of activity. Over the years, through various seasons of life (sometimes as members, sometimes, simply as program participants) the Demlers have always found the Y to be a place where they felt welcome, supported, and connected.

But Sarah's passion for community connection stretches even further. She's also the local host of the Oshkosh chapter of the *Mom Walk Collective*, a movement helping moms get out of the house, connect, and take care of their wellness, all while creating low-cost, low-pressure opportunities to enjoy time with their children and other parents.

"Being able to show up as I am, let my kids play, and talk to another adult during this season of life is a saving grace some days," Sarah says.

For Sarah, community means people showing up for you. Whether it's a check-in text, a meal during a hard week, or a friendly face at a Y class, that sense of support is everything.

"There is literally something for everyone at the Y, no matter the age," says Sarah. "It's a place where you feel welcomed and safe — a judgment-free space where healthy habits are built, and relationships grow."

We're grateful to walk alongside the Demler family on their journey — and proud to partner with the *Mom Walk Collective*. Because together, we can encourage a community that supports strong, healthy, and connected families at every stage.

"There is literally something for everyone at the Y, no matter the age," says Sarah. "It's a place where you feel welcomed and safe — a judgment-free space where healthy habits are built, and relationships grow."



Oshkosh Mom Walk Collective

SHOW YOU CARE

BRIGHTEN
LIVES

SPARK
CONNECTIONS

HELP OUR
COMMUNITY
SHINE



FIND YOUR SMILE!

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

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



100%
of your contribution
stays in Oshkosh and the
surrounding communities,
so your gift directly
supports those
who need it most,
right here at home.

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

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

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

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

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

LOCATIONS & HOURS

**DOWNTOWN 920-236-3380**

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

FACILITY HOURS*

September 2, 2025

MONDAY-FRIDAY 5 a.m.-9 p.m.

SATURDAY 7 a.m.-5 p.m.

SUNDAY Noon-5 p.m.

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

SPECIAL HOURS: Please visit the LOCATION AND HOURS page on our website
for all special holiday hours.

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

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

FACILITY HOURS*

September 2, 2025

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*

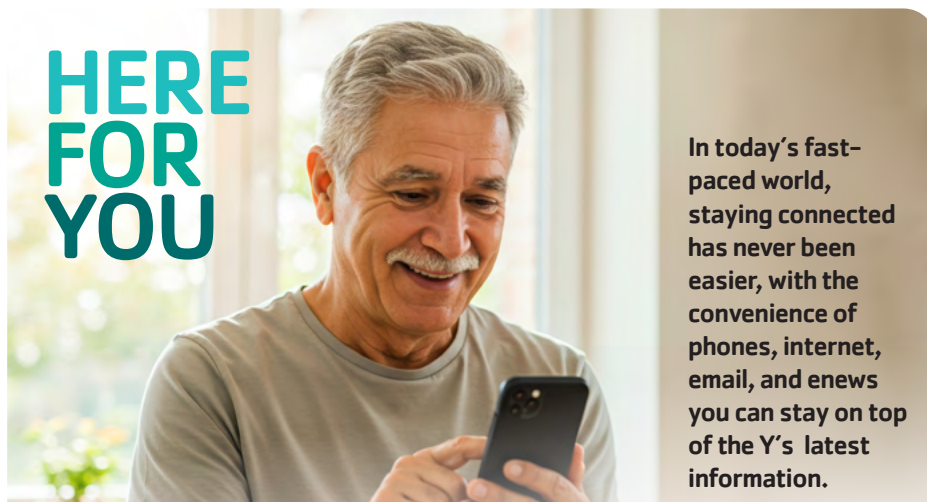
7 DAYS A WEEK Opens at 8 a.m.

Closing time is based on court reservations. Call ahead or visit the app for exact times.



**FALL HOURS
BEGIN
SEPT 2
2025**

**HERE
FOR
YOU**



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...

**THIS GUIDE IS INTERACTIVE!**

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	●

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

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

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

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

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

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

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

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

INTERGENERATIONAL ROOM **DT**

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

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

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

INDOOR SOCCER FACILITY **20**

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

OSHKOSH Y TENNIS & PICKLEBALL CENTER **TP**

The Tennis & Pickleball Center is Oshkosh's only indoor tennis facility; home to four indoor tennis courts, and eight pickleball courts. The Tennis Center Membership is INCLUDED in an Oshkosh Y Membership. See pages 62-65 for programming. All youth under age 13 must be accompanied by an adult or be enrolled in a program.

YOUTH POLICIES

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

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

20

YOUTH LOUNGE

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

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



**TENNIS &
PICKLEBALL
CENTER**



VISIT THE Y
ON YOUR TIME:



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

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

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

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

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



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

REGISTRATION

MEMBERS GET PRIORITY REGISTRATION + REDUCED FEES FOR ALL Y

PROGRAMMING including Camp, Childcare, Youth Sports, Swim Lessons, FOREVERWELL programs, the Y Tennis & Pickleball Center & more!

IT PAYS TO
BECOME A
MEMBER!

MEMBER REGISTRATION begins AUG 11



ONLINE at midnight.

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

Visa, Discover, and MasterCard are accepted.

For registration or online account assistance, please contact the Y directly. Contact information for all locations can be found on page 5.

FALL 1 | SEPT 15-OCT 26

M Y Member registration for Fall 1 & 2 begins Aug 11

N Non-Member registration for Fall 1 begins Aug 25

FALL 2 | NOV 3-DEC 21

No programs November 24-30

M Y Member registration for Fall 1 & 2 begins Aug 11

N Non-Member registration for Fall 2 begins Oct 20

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

THE OSHKOSH
Y TENNIS &
PICKLEBALL
CENTER HAS
DIFFERENT
SESSION DATES.
PLEASE SEE
PAGE 63

S	M	T	W	T	F	S
SEPTEMBER						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
OCTOBER						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
NOVEMBER						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
DECEMBER						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FALL 1

FALL 2

FALL 2025

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

MEMBERSHIP BENEFITS

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

With activities that nurture the mind, strengthen the body, and bring people together, the Y feels like family. Connect with us and get started strong with your **FREE Healthy Living Orientation**. As a Y member, you'll be part of a charitable organization dedicated to building a stronger community.

- **Three great locations** to serve you in Oshkosh
- **Nationwide Membership:** Members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost
- **Priority registration** for all Y programming
- **Complete Wellness Centers** featuring cardio, circuit and free weight equipment
- **On-site childcare** while you're here
- **Caring and knowledgeable staff**
- **FREE** toddler/preschool drop-in programs
- **FREE** Healthy Living Orientation to add some new and challenging exercises to your current routine
- **FREE** ForeverWell programming for ages 55+
- The Oshkosh Y Tennis & Pickleball Center is **included with your Y membership**



Your community is waiting for you!

We have over 150 Group Exercise classes to keep you active and motivated. Try different types of classes each week as well as various instructors to find the ones that make you want to get moving and come back for more. Group workouts provide camaraderie and accountability.

- **FREE** use of indoor running/walking track
- **FREE** towel service
- **FREE** open skate
- **FREE** skate rental
- **FREE** personal training consultations
- **FREE** group exercise classes: Over 150 classes per week including Body Pump, Defend Together, Yoga, Pilates, TRX, Zumba and more!
- **FREE** Wi-Fi
- **FREE** use of Y facilities throughout available program areas including Lap and Open Swim
- **FREE** access to YMCA360, a live and on-demand streaming service with access to over a thousand videos including fitness classes, cooking and nutrition classes, mindfulness, sports drills, & more!
- Unlimited guest passes with a qualifying membership

NATIONWIDE MEMBERSHIP WORK OUT ALMOST EVERYWHERE!



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

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

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

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

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

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



OUR CORE VALUES

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

CARING

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

HONESTY

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

RESPECT

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

RESPONSIBILITY

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

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

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!](#)



FOR ALL

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.

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.



Volunteering at the Y is more than giving your time, it's about giving back to your community, connecting with others, and finding purpose in the everyday.

VOLUNTEERS

EXPERIENCE IMPROVEMENTS IN:



VOLUNTEER TODAY!

To be added to the volunteer list, please email volunteer@oshkoshymca.org. Visit oshkoshymca.org/volunteer for upcoming volunteer opportunities!

Sources include studies from the Corporation for National and Community Service, UnitedHealth Group, and the Association for Psychological Science.

SHOW YOU CARE



CREATE A LIVING LEGACY

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

AS A CHARITY,
our success is dependent
on donations and
contributions from our
generous community.

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

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

FIND YOUR SMILE + SHARE THE JOY!

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

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

OUR PEOPLE

Inspiring
and
guiding
toward a
common
goal...

YOUR YMCA BOARD OF DIRECTORS

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

Chair
Brent Antti

Treasurer
Meghann Kasper

Secretary
Carston Larson

Past Chair
Becky Tuchscherer

Joe Bongers

Dr. Bryan Davis

Adam Fhlug

Rachel Hansen

Salim Hawi

Jill Huth

Cal Jirschele

Kathy Lett

Jamie Mielke

Jenna Walker

HERE FOR YOU: Y STAFF

Aquatics Director (DTC) **Daniel Anderson**

Cash and Accounts Payable **Kelli Baneck**

Director of Children and Family Services **Erin Baranek**

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**

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**

20th Ave Wellness Coordinator **Courtney Haedt**

Director of Wellbeing & Group Exercise **Brandy Hankey**

Mission & Brand Enhancement Director **Abbey Haug**

Aquatics Coordinator (DTC) **Mel Karnatz**

School Age Director **Claire Kortbein**

School Age Coordinator **Christina Malson**

Membership Coordinator (20th) **Alex Marrison**

Wellness & Healthy Living Program Director (DTC)

Lindsey McMullin

Branch Executive (DTC) **Lester Millette**

Sports Coordinator **Aymara Morales**

Arts & Humanities Coordinator **Amanda Naimon**

Reservations Manager **Stephanie Otto**

Childcare Director (20) **Haley Polakowski**

Childcare Director (UWO) **Crystal Resop**

Sports Director **Byron Sabel**

Payroll/HR **Amanda Sattler**

President/CEO **Jeff Schneider**

Vice President of Membership and Community Engagement
Julie Smith

Aquatics Coordinator (20th) **Sarah Tomlinson**

4K Teacher (DTC) **Abby Torres**

Property Manager (20th) **Matt Verhage**

Financial Development Director **Patti Weissling**

Director of ForeverWell **Errah Wheel**



COMMUNITY STARTS HERE.

CLICK HERE & VISIT US ONLINE TO CHECK OUT
OUR FALL PROGRAMS & OFFERINGS.



BIRTHDAY PARTY PACKAGES



All parties are 3 hours in length.

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

SUBJECT TO AVAILABILITY

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

THE PERFECT PLACE TO HOLD A PARTY!



PARTY PACKAGE INCLUDES:

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

1-10 KIDS PACKAGE

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

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

11-15 KIDS PACKAGE

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

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



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

Packages are available for larger groups.



BRING YOUR GROUP TO THE Y!

OSHKOSH Y GROUP RATES

SUBJECT TO AVAILABILITY

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

For more information contact Stephanie Otto at 920- 230-8439 or email reservations@oshkoshymca.org.



CLASS TRIPS
INCENTIVE DAYS
REWARD DAYS

YMCA FIELD TRIPS

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

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

SUBJECT TO AVAILABILITY

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



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

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

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

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

OSHKOSH COMMUNITY YMCA YOUTH BEHAVIOR POLICIES

GENERAL EXPECTATIONS

- Check in at Service Desk by presenting your membership key tag or by using your smart phone.
- Secure your belongings in a designated area.
- Shoes must be worn at all times in all areas of the building (except pools).
- Remain inside the Y until pick up.
- Appropriate and positive language is to be used in all areas of the building.
- Cell phones can be used in Café (20th), Lobby, Youth Lounge, and 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

**HAVE FUN &
BE SAFE**





PRESCHOOLERS! LEARN NEW SKILLS, MAKE FRIENDS, & HAVE FUN!

PRESCHOOL SOCCER AGES 3-6

Preschool Soccer is a great way to learn the basics of soccer in a fun and enjoyable way. Participants will learn basics through drills and fun games. Shin guards required. NO CLEATS. 20th Ave classes will be located in the indoor Soccer Arena. Downtown class is at the Multipurpose Room located in the basement

FALL 1

- 20** TUESDAY AGES 3-5 9:00-9:30 a.m.
DT THURSDAY AGES 3-5 9:00-9:30 a.m.
20 THURSDAY AGES 3-4 5:00-5:30 p.m.
 AGES 5-6 5:40-6:10 p.m.

FALL 2

- 20** TUESDAY AGES 3-5 9:00-9:30 a.m.
 AGES 3-4 5:40-6:10 p.m.
DT THURSDAY 9:00-9:30 a.m.
20 THURSDAY AGES 5-6 5:00-5:30 p.m.
 AGES 3-4 5:40-6:10 p.m.

FEE \$40 **M** • \$68 **N**

PRESCHOOL T-BALL AGES 3-5

Boys and girls will love learning about baseball playing Y T-Ball! The basic fundamentals of t-ball will be taught in a cooperative and fun environment. All classes will be held in the soccer arena. Baseball glove is required.

20 SOCCER ARENA

FALL 1 TUESDAY 4:20-4:50 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. This class will concentrate on skill development, fun, fitness, and teamwork. All 20th Ave Basketball classes will be located in the Gymnasium

FALL 1

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

FALL 2

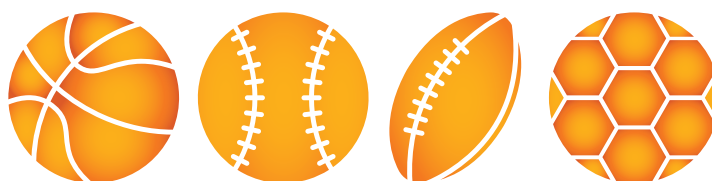
- 20** TUESDAY AGES 3-4 4:20-4:50 p.m.
20 THURSDAY AGES 3-4 4:20-4:50 p.m.

UWO CC UWO CHILD CARE CENTER

UWO Child Care Families Only

FALL 1 & FALL 2 THURSDAY 10:00-10:30 a.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. Classes will be held at the 20th Ave Soccer Arena

FALL 1

- 20** TUESDAY AGES 5-6 5:40-6:10 p.m.
20 THURSDAY AGES 3-4 5:40-6:10 p.m.

FALL 2

- 20** TUESDAY AGES 5-6 5:00-5:30 p.m.
20 THURSDAY AGES 3-4 5:40-6:10 p.m.

FEE \$40 **M** • \$68 **N**

PRESCHOOL SPORTS AGES 3-5

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

20 LOCATION WILL BE DETERMINED BY SPORT

FALL 1 THURSDAY 4:20-4:50 p.m.

FALL 2 THURSDAY 5:00-5:30 p.m.

FEE \$40 **M** • \$68 **N**

PRESCHOOL TUMBLING AGES 3-5

A beginning level tumbling introductory class.

20 MULTI-PURPOSE ROOM #1

FALL 1 & FALL 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 #1

FALL 1 & 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

FALL 1 & FALL 2 MONDAY 3:30-4:00 p.m.

FEE \$53 **M** • \$88 **N**

ARTS FOR ALL AGES

20 classes will be held in MPR 3
DT classes will be held in the MPR

TODDLERS

BABY BEATS AGES 6 MOS-1 ½ YEARS

This guardian/child music class will have your little exploring music through movement and some age-appropriate instruments! Guardians and their littles will bounce, wiggle, clap, and play their way through singing songs and discovering rhythm. **FALL 1 & 2**

20 MONDAY 2:30-3:00 p.m.
 TUESDAY 10:15-10:45 a.m.

FEE \$40 **M** • \$68 **N**

TODDLER TUNES AGES 1 ½-2 ½ YEARS

This guardian/child music class will have your toddler exploring music with age-appropriate instruments and movement. Guardians and their littles will sing, clap, wiggle, and play their way through singing songs and discovering rhythm. **FALL 1 & 2**

20 WEDNESDAY 9-9:30 a.m.
 WEDNESDAY 3:30-4:00 p.m.

FEE \$40 **M** • \$68 **N**

AGES 3-5

PRESCHOOL INSTRUMENT EXPLORATION AGES 3-5

Parents welcome! Kids will explore different instrument sounds and have the opportunity to bring some instruments to life through simple craft projects. **FALL 1 & 2**

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

FEE \$40 **M** • \$68 **N**

PRESCHOOL STORIES & ART AGES 3-5

Each week kids will dive into a new, engaging story designed just for them. After the magic of story time, they'll get to bring the tale to life with a hands-on art project inspired by the book. **FALL 1 & 2**

20 TUESDAY 4:15-4:45 p.m.
 WEDNESDAY 3:30-4:00 p.m.

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

FEE \$40 **M** • \$68 **N**

PRESCHOOL MOVIN' & GROOVIN' AGES 3-5

Explore a variety of musical sounds and rhythms while learning about different styles of music. Kids will explore different styles of music each week while dancing, singing, and playing instruments in a fun, supportive environment. **FALL 1 & 2**

20 MONDAY 4:00-4:30 p.m.
 TUESDAY 9:30-10:00 a.m.

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

FEE \$40 **M** • \$68 **N**

AGES 8+

Classes will be held in MPR

AFTER SCHOOL CRAFT CLUB AGES 8+

Find a new hobby! Kids will discover new techniques and create a variety of craft projects using string, painting, drawing, and more. **FALL 1 & 2**

20 WEDNESDAY 4:30-5:15 p.m.

FEE \$40 **M** • \$68 **N**

HOMESCHOOL

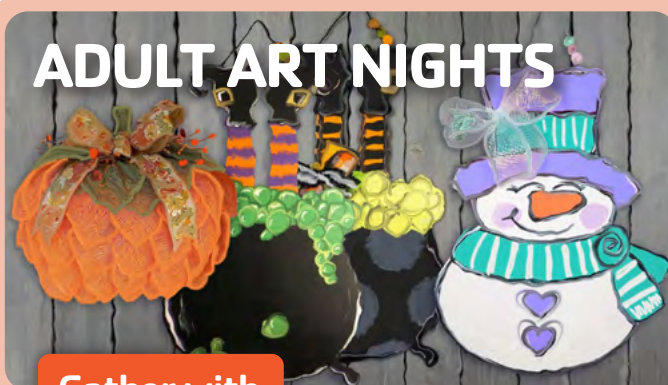
ART HISTORY YOUTH 8+

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. **FALL 1 & 2**

20 TUESDAY 1:00-1:45 p.m.

FEE \$40 **M** • \$68 **N**

ADULT ART NIGHTS



Gather with friends
get crafty!

Spots are limited and
pre-registration is required.

Join us for adult art nights where we will make decorations for the upcoming holidays. Each project will be customizable.

Fall Pumpkin Wreaths
WED, SEPTEMBER 10
 • 10:00 a.m.-Noon **OR**
 • 4:00-6:00 p.m.

Painted Wooden Signs:
Halloween Theme
 • **THURS, SEPTEMBER 25**
 4:00-6:00 p.m.

Painted Wooden Signs:
Christmas Theme
WED, NOVEMBER 12
 • 10:00 a.m.-Noon **OR**
 • 4:00-6:00 p.m.

Projects will last numerous years if stored properly.

20 \$35 **M** • \$50 **N**



EXPLORE MUSIC AT THE Y!

Music sparks imagination, and strengthens problem-solving and critical thinking.

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.

FALL 1 & 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.

FALL 1 & 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.

FALL 1 & 2

20 WEDNESDAY • 2:30–3:00 p.m.

FEE \$40 **M** • \$68 **N**

For more information please contact Amanda Naimon: AmandaNaimon@oshkoshymca.org.



PRIVATE DRUM LESSONS 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**



?
I'm not comfortable home alone.

What do I do if someone gets hurt?

?
How do I let people know I'm ready to babysit?

?
How can I help if someone is choking?

?
What if the power goes out?

BUILD CONFIDENCE & LEARN NEW SKILLS

2 GREAT CLASSES!

Space is limited.

Maximum of 8 kids per class.

Register now!



Feel safe & secure!

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

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 \$35 **M** • \$50 **N**

12:30-2:30 p.m.

OCTOBER 17 **OR** NOVEMBER 7

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 kids in their care. Students also learn the ages and stages of child development, as well as practice diapering.

FEE \$60 **M** • \$80 **N**

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

SEPTEMBER 26 **OR** OCTOBER 24

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.



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

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

CHILD DEVELOPMENT CENTER

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

AGE 6 weeks through pre-Kindergarten



MONDAY-FRIDAY

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

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

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

**Supporting Every Step of
Growth: Mind, Body, & Spirit**

FOR MORE INFORMATION:

DT Jennifer Colvin at 920- 230-8954 or jennifercolvin@oshkoshymca.org

20 Haley Polakowski at 920- 230-8439 or haleypolakowski@oshkoshymca.org

UWO CC Crystal Resop 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 out, do homework, charge devices, and unwind, while building relationships with their peers.



FREE + OPEN FOR THE
ENTIRE COMMUNITY: 5-7 p.m.
ACTIVITIES EVERY MONTH

Plus at **20**: basketball,
swimming, ice skating,
a bounce house and more!

Keep an eye on our events page
for details & registration.

20 September 20
Family Health & Fitness

20 October 25
Spooky Skate

DT November 22
Thanksgiving Arts & Crafts

20 December 6
Ice Skate with Santa

JOIN US!

COMMUNITY NIGHT SPECIAL

Families who attend the Oshkosh Y Community Night are eligible for a special **WAIVE THE JOINING FEE NEW MEMBER VOUCHER!** That's up to \$75 in savings as you begin your journey toward achieving goals, building connections, and finding belonging at the Y. **Come for the fun, stay for the community.**

2026

NEW YEAR'S EVE FAMILY NIGHT

20 Wednesday, December 31
Special Time: 5:30-8:30 p.m.

FREE for Oshkosh Y members and
\$10 per family for all other attendees
(includes skate rental)

**SKIP THE LINE:
PRE-REGISTER ONLINE!**

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.

Our Child Watch areas offer drop-in, short-term child care so you can enjoy your Y visit and work out with a peaceful mind.



AGES
6 weeks
through
7 years

Your children will find age-appropriate toys, games, and activities for them to enjoy under the supervision of trained and caring staff.

CHILD WATCH



DT

20

FEE \$3 per child/per visit • 1 visit per child per day
(each visit is a maximum of 2 hours)

[CLICK HERE FOR CHILD WATCH HOURS.](#)

*Parents/guardians must remain in the building for this short-term care.

**FREE
+ OPEN
TO ALL
MOMS!**

TUESDAYS

September 23 ²⁰

October 21 ^{DT}

November 18 ²⁰

PROGRAM TOPICS TBD

Follow us on Facebook
for details closer to the
program dates.

STRONG MOMS

A **FREE** community program for mothers with children of all ages.

Includes free childcare + free dinner for kids and moms!

5:30-6 p.m. Dinner • 6-7 p.m. Program

Please contact Taylor Douglas: taylordouglas@oshkoshymca.org

or visit us on Facebook or the web:

oshkoshymca.org for more information.

**TAKE A
BREAK**

**WHILE YOUR KIDS
ARE CARED FOR.**



This program is supported by our Annual Campaign. Donate today and help provide financial assistance so families in need can utilize our Strong Moms program!

WANT TO HELP?



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

FAMILY + CHILDREN

11TH
ANNUAL

KIDS

MUD
RUN

WET & MUDDY 1-MILE COURSE WITH OVER 20 OBSTACLES

SAVE
THE
DATE!JUNE
7
2026ANNUAL
CAMPAIGN
FINANCIAL ASSISTANCEHELP CHANGE LIVES IN
OUR COMMUNITY!GIVE to the Oshkosh Y and
help change lives in our
community!

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

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

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

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

WIGGLES & GIGGLES

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

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

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

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

FREE FOR OSHKOSH MEMBERS M • \$6/family N

SUPER FUN

GIGGLES

AGES 1-3



[CLICK HERE TO
LEARN MORE
ABOUT PRESCHOOL
PROGRAMS & EVENTS](#)



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

FAMILY CAMPOUT

SEPT
13-14



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

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

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

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

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

LOCATION: YMCA Camp Winni-Y-Co

COST: **M** \$70 (for a family of 4)*

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

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

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

YOUTH LOCK-INS

= PARENTS NIGHT OUT!

20 SATURDAY, SEPTEMBER 20

20 SATURDAY, DECEMBER 6

7:15 p.m.–9 a.m. • AGES 8–12



Spend the night at the Y! Activities include ice skating, swimming, soccer, movies, games and much more! Dinner (pizza), snack, and breakfast is provided. Please bring a swim suit, towel, warm clothing (for skating), sleeping bag, pillow and pajamas.

FEE \$30 **M • \$40 **N****

Pre-registration is required (min. of 20 required). See front desk to register or [click here to register online.](#)

2026

MASSIVE BALLOON DROP!!

SPECIAL NEW YEAR'S FAMILY NIGHT

Watch for more information on this special evening which includes something for the whole family: swimming, soccer, ice skating, basketball, Youth Lounge, and more!

WEDNESDAY, DECEMBER 31

20 Special time: 5:30 – 8:30 p.m.

FREE for Oshkosh Y Members

\$10 per family for all other attendees (includes skate rental)

Pre-register & skip the line!

LET'S RING IN THE NEW YEAR TOGETHER!



FAMILY TIME TOGETHER
Y FAMILY NIGHT

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

NOTE: There is not currently an established meeting time for this group. Please contact Taylor to express interest and we will try to establish a group time that fits kids' schedules.



FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.

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

HOW IT WORKS

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

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

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

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

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

INCLUDES ALL THIS + MORE!

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





FOR ALL

2025-2026 SCHOOL YEAR

READY-4-LEARNING PRE-KINDERGARTEN

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

AGE Child must be 4 years old by Sept 1, 2025.

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 2025-2026

Kid's Day Out is a full day, state licensed school-age program offered on scheduled days off for the Oshkosh Area School District. The program is held at the 20th Ave Y location and is open from 6:30 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 and crafts, science and nature, character development, and swimming. Have peace of mind knowing your children are cared for in a safe, supervised, and positive environment!



20 GRADES K-5

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

FEE \$44/Day **M** • \$50/Day **N**

2025-2026

KIDS DAY OUT DATES:

September 26
October 17
October 24
November 7
November 26
December 22-23
December 26
December 29
December 30
January 19-20
February 6
March 6
March 23-27
April 3
April 17
May 8

**REGISTER FOR
KID'S DAY OUT
ONLINE TODAY!**

**Be sure to check out our
After School Craft Club!
See page 18 for more
information.**

For information on School Age programs please contact
Claire Kortbein: clairejungers@oshkoshymca.org
or 920-230-8912



**REGISTER NOW.
SPACE IS LIMITED!**

KIDS 2025-2026 BEFORE AND AFTER SCHOOL PROGRAMS

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

BEFORE SCHOOL

6:00 a.m.-Start Time:

- Oakwood • Franklin
- Carl Traeger

AFTER SCHOOL

Dismissal Time-6:00 p.m.:

- Carl Traeger • Oakwood
- Franklin • Lourdes

 See website for more information.

**SUPERVISED, SUPER FUN
CARE FOR KIDS**

[Visit our website for more information.](#)



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



YMCA FOREVERWELL

ForeverWell is an ever-expanding set of Y programs and activities designed exclusively for seniors!

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

Stay up-to-date with senior happenings!



[Click here to join the Oshkosh YMCA ForeverWell Facebook Group Ages 55+](#)

Want to help build friendships and nurture healthy living? Ask about our Annual Campaign!



To learn about the Annual Campaign, including the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Patti Weissling at 920- 230-8952 or pattiweissling@oshkoshymca.org.

ACTIVE AGING WEEK

SEPTEMBER
22-26
2025



Watch for details and an action-packed schedule for this week filled with special activities and events for seniors.

20 MONDAY, SEPT 22
Fall Prevention with
Care Patrol 10:00 a.m.

20 WEDNESDAY, SEPT 24
Community Resource Fair
9:00–11:30 a.m. • Ice Arena Lobby

DT THURSDAY, SEPT 25
Lunch Presentation

**SAVE
THE
DATES!**

More events & details coming soon!

Curiosity and growth
have no age limit.



THE GREAT WISCONSIN QUILT SHOW BUS TRIP!

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

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

Thursday, September 4

Departing at 8:00 a.m. from the 20th Ave Y.
Returning at 7:30 p.m.

Fee \$45 **M** • \$50 **N**



Urban Pole Walking Class

Increase your cardiovascular
fitness, walking posture, improve
stability and balance with this
Urban Walking Class!

9:15–10:00 a.m.

20 2nd Tuesday of the month
September 9
October 14
November 11
December 9

DT 4th Tuesday of the month
September 23
October 21
November 25
No class in December



LIFELONG LEARNING

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

SEPTEMBER 25
PT SOLUTIONS

OCTOBER 8
UNDERSTANDING
DIABETES
MEGAN GEBHARD, NP
ASCENSION

NOVEMBER 12
AUTOIMMUNE DISEASE
AURORA HEALTH CARE

DECEMBER 10
20 HOLIDAY PARTY

DECEMBER 16
DT HOLIDAY PARTY



THANK YOU TO OUR MONTHLY LUNCH SPONSOR:

senior stride™
Home Care



Sign up for ForeverWell LifeLong Learning events at the Front Desk of either location, by calling 920-230-8439, or [online](#).

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.

For current Pickleball times, check out the [Schedules](#) page for days and times or pick up a schedule at the front desk.

FEE DT 20 FREE TO Y MEMBERS

TP TENNIS & PICKLEBALL CENTER FEES APPLY

AMERICA'S FASTEST GROWING SPORT IN 2025 FOR THE FOURTH YEAR IN A ROW!

SEE PAGES 62-65 FOR MORE OPPORTUNITIES TO PLAY PICKLEBALL (AND TENNIS!)



CHAIR VOLLEYBALL

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

20 SMB ROOM

WEDNESDAY 10:00-11:30 a.m.

FREE TO MEMBERS

FOOT CARE CLINICS

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

DT TEACHING KITCHEN

OCTOBER 2 • NOVEMBER 6 • DECEMBER 4

FEE \$40

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

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

OSHKOSH Y MEMORY CAFÉ

Open to you and your care partner. Join us for an afternoon of fun, learning and socializing with others who are living in the early stage of Alzheimer's disease or other dementia. Supported by: Alzheimer's Association, Oshkosh Area United Way, Oshkosh Community Foundation.

Open to all. Y Membership is not required.

FREE TO MEMBERS & COMMUNITY

September 3 • October 1 • November 5 • December 3

20 MPR 1 & 2 1:30-3:00 p.m.

IN PARTNERSHIP WITH:



alzheimer's association®



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.

GRIEF SUPPORT

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.

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.



MONTHLY BOOK CLUB

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

Register at the front desk.

DT 1:00–2:00 p.m.

Sept 18 • Oct 16 • Nov 20

20 10:30 – 11:30 a.m.

Sept 3 • Oct 1 • Nov 5 • Dec 3

FOREVERWELL FITNESS CLASSES

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

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

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

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



ARTHRITIS AQUATICS

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics (pg 33).

DRUMS ALIVE GOLDEN BEATS®

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

FOREVERWELL WATER FITNESS

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

FOREVERWELL YOGA

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

FOREVERWELL CIRCUIT

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

FOREVERWELL CYCLING **!**

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

FOREVERWELL STRETCH

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

FOREVERWELL PILATES

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

TAI CHI FOR BEGINNERS/FOREVERWELL TAI CHI

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

FOREVERWELL STRENGTH

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

FOREVERWELL TRX **!**

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

SILVERSNEAKERS® CLASSIC

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

ZUMBA GOLD

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

LAP SWIM AND OPEN SWIM TIMES FREE TO Y MEMBERS

Times vary throughout the day. Check online for the most up-to-date schedules. Lap swim times may require you to share lanes by circle swimming. Pick up a copy of the pool schedule at either location or 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 oshkoshymca.org. Great for family time!

Y SWIM LESSONS (AGES 6 MOS.+)

DT 20
Downtown &
20th Avenue

FALL 1 September 15–October 26

M Members register beginning Monday, August 11

N Non-Member registration begins Monday, August 25

FALL 2 November 3–December 21 No programs 11/24–30

M Members register beginning Monday, August 11

N Non-Member registration begins Monday, October 20

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

Fee \$39 **M** • \$70 **N**



[Click here for more information on Y Swim Lessons](#)

20 FALL 2 5 Saturdays \$33 M • 59 N No Class Nov 22

Where everyone counts! Our format allows for easy scheduling for families with multiple kids. Pick your preferred location, day, and time on the charts provided. Our instructor/student ratios are the lowest in the community. Preschool level classes are limited to 5 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 and 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 3–6)

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

YOUTH SWIM LESSONS (AGES 6+)

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

SMALL GROUP SWIM LESSONS

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

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

20

Fee \$60 **M** • \$113 **N**

NEW: TEEN SWIM BASICS (AGES 13–17)**ADULT SWIM BASICS (AGES 18+)**

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.

20TH AVENUE SWIM MEETS:

The 20th Ave pools will be closed for swim meets on occasion. We are sorry for any inconvenience.

Aquatics, including Family Pool, Sauna, Steam Room, and Whirlpool, will close early on these dates:

OSHY SWIM MEETS 2025

Friday, October 3

Aquatics Center closes at 4:30 p.m.

Saturday, October 4

Aquatics Center closes at 12:15 p.m.

CHAMPION MEET 2025

Friday, Nov 21–Monday Nov 24

Aquatics Center closes at 2 p.m. on Friday, and opens again at 5:30 a.m. on Monday.



**20TH AVE POOL
SHUTDOWN**

September 1–14

Re-opening: September 15



SWIM LESSON STAGES

SWIM STARTERS

STAGES A • B

PARENT-CHILD STAGES

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

A Water Discovery



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

B Water Exploration



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

QUESTIONS ABOUT SWIM LESSONS?

20th Ave: Trenton Davis
trentondavis@oshkoshymca.org

DT: Daniel Anderson
danielanderson@oshkoshymca.org

SWIM BASICS

STAGES 1 • 2 • 3

PRESCHOOL, YOUTH, TEEN & ADULT STAGES

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

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

1 Water Acclimation



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

2 Water Movement



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

3 Water Stamina



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

SWIM STROKES

STAGES 4 • 5 • 6

YOUTH ONLY

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

4 Stroke Introduction



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

5 Stroke Development



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

6 Stroke Mechanics



In Stage 6, students work on developing endurance and fine tuning the basics of each stroke, mastering all strokes at a recreational level.

SWIM LESSONS

20 FALL

**MEMBER
REGISTRATION
BEGINS AUG 11**

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

1+2

AGES 6 MOS.+

FALL 1

September 15 - October 26

M Members register beginning
Monday, August 11

N Non-Member registration
begins August 25

 FALL 1: ALL CLASSES are held
once per week for six weeks
FALL 2:

November 3- December 21

No lessons 11/24-30

M Members register beginning
Monday, August 11

N Non-Member registration
begins October 20

 FALL 2: WEEKDAY lessons are
once per week for *six weeks*.

 FALL 2: SATURDAY lessons are
once per week for *five weeks*
No lessons 11/22

IMPORTANT: Registration for
all swim lessons will close the
Thursday before each session.

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

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

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.

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.


QUESTIONS ABOUT SWIM LESSONS AT 20th AVE?
Trenton Davis at trentondavis@oshkoshymca.org

AQUATICS

H = Homeschool
PS = Preschool
Y = Youth

	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6
MONDAY											
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											
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			
10:50-11:30 AM									H	H	H
4:00-4:40 PM											
4:50-5:30 PM											
THURSDAY											
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											
11:30 AM-12:10 PM											

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 or 40 minutes each lesson.

SWIM LESSONS**FALL****1**

SEE DOWNTOWN
FALL 2 SCHEDULE
ON NEXT PAGE



MEMBER
REGISTRATION
BEGINS AUG 11

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

N Non-Member registration
begins AUG 25

SEPT 15-OCT 26
AGES 6 MOS.+

IMPORTANT: Registration for all swim lessons
will close the Thursday before each session.

Choose
Downtown
lessons for
warmer
pools!

QUESTIONS ABOUT
DOWNTOWN LESSONS?



Daniel Anderson

danielanderson@oshkoshymca.org



AQUATICS

H = Homeschool
PS = Preschool
Y = Youth

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

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 or 40 minutes each lesson.

QUESTIONS ABOUT DOWNTOWN LESSONS?

DT Daniel Anderson

danielanderson@oshkoshymca.org

SWIM LESSONS

FALL

2

SEE DOWNTOWN
FALL 1 SCHEDULE
ON PAGE 38



MEMBER
REGISTRATION
BEGINS AUG 11

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

N Non-Member registration
begins 10/20/25

NOV 3-DEC 21 No lessons
11/24-30

AGES 6 MOS.+

IMPORTANT: Registration for all swim lessons
will close the Thursday before each session.

Choose
Downtown
lessons for
warmer
pools!

**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: September 19-21 (Friday-Sunday)
Friday: 5-9 p.m. and Saturday-Sunday: 9 a.m.-5 p.m.

LG FULL COURSE: October 10-12 (Friday-Sunday)
Friday: 5-9 p.m. and Saturday-Sunday: 9 a.m.-5 p.m.

LG FULL COURSE: December 12-14 (Friday-Sunday)
Friday: 5-9 p.m. and Saturday-Sunday: 9 a.m.-5 p.m.

FEE \$191 **M** \$232 **N**

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

Lifeguarding is about more than rescue; it's about prevention, preparedness, and protecting lives.

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

HELP WANTED

Now hiring for lifeguard + swim instructor positions.

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

SWIM INSTRUCTORS: WSI or YSLv6 certification preferred.

Apply in person at either Y location or online.



LOVE YOUR JOB, WORK WITH "YOUR PEOPLE" & MAKE AN IMPACT — WHILE HAVING FUN!

WE ARE HIRING

Join the Oshkosh Y team, where work is play! 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!**

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 Sarah Tomlinson:
sarahtomlinson@oshkoshymca.org
 or 920-230-8914

INDIVIDUAL PRIVATE LESSONS

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

FEE Per person per lesson \$26 **M** • \$47 **N**

SEMI-PRIVATE LESSONS

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

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

FEE Per person per lesson \$21 **M** • \$37 **N**

SCOUTS SWIMMING WORKSHOPS

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

FEE \$5 per participant

SCOUT SWIM TEST

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

FEE \$2 per participant

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



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

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

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

LAP SWIM & OPEN SWIM TIMES

Times vary throughout each day. [Visit our website](#) or use the mobile app for current schedules. Open Swim may not be available in the lap pool during Swim Lessons. Lap swim times may require you to share lanes by circle swimming.

SLIDE TIMES

Times vary throughout the week. [Visit our website](#) or use the mobile app for current schedules.

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

FOREVERWELL 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 NOW OFFERED AT 20TH!

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

FOREVERWELL 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

STRENGTH & STRETCH

Using resistance apparatus, water fitness dumbbells, noodles, and kick boards you will build strength and balance while stretching major muscles and joints.

DT FREE TO MEMBERS M

SENIORS!

See page 34 for other great classes just for you.

**ADAPTED AQUATICS (AGES 3+)**

LED BY UW-OSHKOSH STUDENTS

Adapted Aquatics with UW-Oshkosh 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 Downtown Y Aquatic Director at 920-236-3380.

DT CLASS DATES:

September 20, 27

October 4, 11, 18

November 1, 8, 15, 29

December 6

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

FEE \$40/participant

The pool is a place where limitations dissolve, and possibilities flourish.

AQUATICS

PRIVATE COACHING

20 Participants will work with an OSHY Swim Team Coach in an individualized setting to provide feedback on technical skills to improve their times. This program is tailored to the participant's goals and is a great fit for those looking to move up to the next OSHY group!

Lessons scheduled based on participant and Coach availability.

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

For information and scheduling Private Coaching contact:
Rachel Zoromski: rachelzoromski@oshkoshymca.org



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.

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**, to schedule an evaluation. Experienced swimmers can use the same button to contact the team.



NOT SURE WHERE TO START??

HEALTHY LIVING ORIENTATION

DT 20 We offer each new member complimentary time with our wellness staff to introduce you to our cardio and circuit machines. Based on your goals and fitness level, our wellness staff member will teach you how to use the equipment appropriate for you. You will be instructed on proper form and on how to adjust the machines. The amount of time spent with the wellness staff will be based on your personal needs.

This orientation is designed to help you feel comfortable with our equipment and to get off to a good start. In order to maximize the benefits from this program, we recommend 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

LET US HELP GET YOU GOING!

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



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



FOR ALL

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 oshkoshymca.org/annual-giving.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**Registration is
open until September
29, 2025!**

OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING

**200-hour Yoga Alliance
Certification Program**

October 3, 2025 to
May 2, 2026

...

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

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

...

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



CURRICULUM

Teaching, Technique, Practice | 75 hours

Asana, Pranayama, Meditation

September LEVEL I

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

Yoga Humanities | 30 hours

History, Philosophy, Ethics

October LEVEL I

Ayurveda, History, Philosophy

Professional Essentials | 50 hours

Teaching Methodology, Professional Development, Practicum Prep

November LEVEL II

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

Anatomy and Physiology | 30 hours

Anatomy, Physiology, Biomechanics

December LEVEL II

MetaAnatomy: Physical, Poetic, Practical

Solstice Ceremony

Professional Essentials | 50 hours continued

Teaching Methodology, Professional Development, Practicum Prep

January LEVEL III

Professional Development: Communication, Voice, Cueing, Music

February LEVEL III

Professional Development: Observation, Assisting, Online Teaching, Identity,

Marketing, Study, Reading, Writing, Vision, Imagination, Business

Teaching Practice | 20 hours

Exam, Practicum

March LEVEL III

Create + Practice Teach, Final, Practicum

Community Teach + Celebration: May 2, 2026

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

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

Dates subject to change and participants will be notified appropriately.



ONLINE RESERVATION SYSTEM for Y Classes

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

- 1 Visit our website at oshkoshymca.org/group-exercise-classes 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**
- 4 Click on the navy blue **SIGN UP** button. 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.

STRONGER TOGETHER: The Benefits of Group Exercise at the Y

Looking to stay active, have fun, and connect with others? Group exercise classes at the Oshkosh Y offer all that, and more.

Whether you're into cycling, strength training, yoga, or dance-based classes, exercising with others can be a powerful motivator. Group settings help you stay consistent, push yourself a little harder, and enjoy the support of a welcoming community.

Our certified instructors lead each class with energy, expertise, and options for all fitness levels. You'll learn proper form, explore new moves, and discover workouts you actually enjoy. Plus, you don't have to think about what to do next—just show up and follow along.

Beyond the physical benefits, group classes also support mental wellness. Sharing movement with others can reduce stress, lift your mood, and create lasting friendships. It's more than a workout—it's a chance to belong.

Check out our group exercise schedule and try something new this week. At the Y, we're not just getting stronger—we're doing it together.



FREE
TO OSHKOSH
Y MEMBERS

ADULT GROUP EXERCISE CLASSES AGE High School+

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



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

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

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

Barre A hybrid workout inspired by ballet, yoga, Pilates, and strength training. A low impact, muscular endurance workout that focuses on high repetitions and small, isometric movements. No ballet experience required.

! Body Pump™ This barbell workout is for anyone looking to get build muscle strength and endurance. Using light to moderate weights and high repetitions set to motivating music. Must be at least 16 years old to participate.

! Contact Kickboxing Cardio Kickboxing that incorporates a free standing kick back and/or sparring pads for a workout that packs a major punch! Please bring your own gloves.

Core Focus Together a 30-minute class that strengthens everything from your shoulders to your hips to make you stronger, quicker, and faster in all you do. In addition, strengthening your core can reduce back pain and give you great looking abs! It's quick and challenging!

Defend Together a gripping hour that burns a ton of calories, builds total body strength, and challenges your reflexes. Tap into the newest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

Drums Alive Using rhythm as the source of inspiration to discover a new group fitness experience. 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 a dynamic, full-body workout suitable for all fitness levels. It simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy and pain-free body.

! ! Essentrics Barre a dynamic, full-body workout suitable for all fitness levels that uses a chair for added support. It simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy and pain-free body.

Fit Camp This intense conditioning class alternates between cardiovascular and strength exercises. Come ready for a combination of floor aerobics, squats, lunges, pushups, ab work and more!

Group Blast® a 60-minute cardio workout 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.

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 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 being coached by top-notch instructors. The bikes at 20th Ave have technology built into the console, allowing riders to use various metrics to crush goals. The Downtown Y uses Intelligent Cycling, a virtual ride system, to keep you motivated and entertained. Download the Intelligent Cycling app and create your account prior to class to get the most out of your ride, but it not required to get a great workout. Individuals new to cycling are encouraged to arrive 15 minutes prior to class starting.

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

ADULT GROUP EXERCISE CLASSES

(Continued from previous page.)

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.

Hip Hop Hip hop is a cardio fitness dance class done to hip hop and pop music. All levels are welcome. Youth 10-13 years old are welcome to participate with a parent/guardian.

Muscle Conditioning This strength training class is a great compliment to anyone's cardiovascular routine. Improve total body muscular strength using resistance tubing, bands, weights, body bars, and more. A class suited to both the beginner and the advanced.

Pilates 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.

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 and tennis balls are great tools to help you relax and maintain flexible 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. Flexibility improves your posture, reduces pain, reduces the chances of injury and allows you to move like a younger version of yourself.

Tabata A Tabata interval is a cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest, repeated without a pause 8 times for a total of four minutes. An intense and challenging form of interval training, you'll get your heart rate going and complete a hardcore workout with this fun and exhilarating class!

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 Tai chi is an internal martial art that is done slowly using body weight shifts to help improve balance. This class introduces basic concepts in a non-competitive setting, empowering you to feel more energized and peaceful.

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

Yoga A system of static and moving exercises focusing on breath to increase flexibility, balance, and strength, as well as calm and focus the mind. Props are available so all fitness levels can work at their own capacity.

Zumba Ditch the workout and join the party! Zumba combines high energy and motivating music with unique moves that strengthen and stretch your whole body.





ANYWHERE, ANYTIME

HEALTHY LIVING SUPERCHARGED BY YMCA360



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

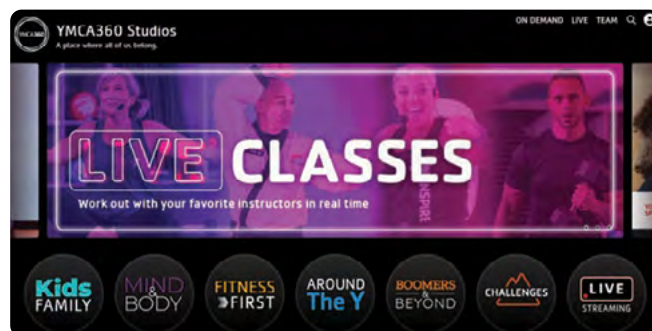
WHAT IS YMCA360?

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.

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



DOWNLOAD THE APP TODAY



Google Android



Apple iOS

YMCA360.org



ymca360



ymca.360

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!*

ALSO OFFERING ForeverWell Women on Weights for Women 55+.



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.
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 Y Members Only

Ask about Virtual Options!



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

New Easy-to-Use Pricing!

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

FREE PERSONAL TRAINING CONSULTATIONS

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

FREE TO OSHKOSH Y MEMBERS M

CLINICAL PERSONAL TRAINING (AGES 13+)

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

FEE \$195 M N

PRIVATE SMALL 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

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



PERSONALIZED TRAINING PLANS

Flexible Scheduling Personal Training Packages.

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

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

One Community. One Fight!

BEYOND LIMITS A SPECIAL PROGRAM FOR VETERANS AND ARMED FORCES MEMBERS

Beyond Limits is a program aimed to help Veteran and Armed Forces Members by enriching their physical abilities. With completing an Beyond Limits intake and registration of one of our Beyond Limits Options you will receive 12 weeks of membership. Upcoming classes include the following:

FALL 1:

WEDNESDAY 6:00-7:00 p.m.
September 17-October 22

TACTICAL MOBILITY: 6-week program focused on enriching your day-to-day life focusing on mobility practices. Aimed to help relieve common aches and pains and get your body moving tactfully in all your daily activities.

FALL 2: WEDNESDAY 6:00-7:00 p.m.

November 5-December 17 No class 11/27

TACTICAL STRENGTH: 6-week program focused on building total body strength. Aimed to help build strength in functional movement that we use in our daily lives.



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

Interested? Register here: <https://forms.office.com/r/DcqVNXZhSq>

Support BEYOND LIMITS

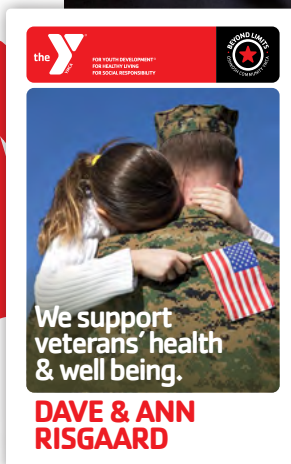
Support veterans and armed forces members in our community by sponsoring our program, making a donation, purchasing a t-shirt or sponsoring a banner. Call Ben Clewien at 920-230-8919 or Patti Weissling at 920-230-8952. Easy payment plans are available.

\$25 | T-Shirt Sponsor

\$250 | Patriotic Sponsor

\$1000 | Veteran Sponsor

\$2500 | Program Sponsor



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

ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



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

TEACHING KITCHEN

JOIN US!

We have
so much
goodness
to share.

[Click here
to learn
more.](#)



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.



JOIN US!



**LOCAL
INGREDIENTS.
LASTING
CONNECTIONS.**



Schedule an appointment with Ben or Chris today!

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.

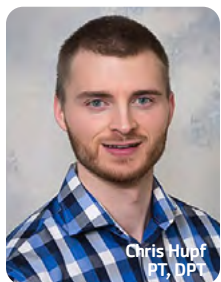
In 2012, he was granted Certification as a Board-Certified Clinical Specialist in Sports Physical Therapy (SCS), by the American Board of Physical Therapy Specialties.

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.

20TH AVE Y:

Monday 3:30–6 p.m.

Wednesday 7 a.m.–6 p.m.

Thursday 3:30–6 p.m.

Friday 7 a.m.–6 p.m.

CORPORATE MEMBERSHIPS

EMPLOYEES THRIVE AT THE Y

A Corporate Membership is an investment in your company's most valuable resource: **YOUR EMPLOYEES.** Health and wellness have a significant impact on employee retention, and the Y is here to help you!

PARTNERSHIP OVERVIEW

- Business partner provides their employees a monthly membership subsidy at a minimum of \$5 per month.
- The Y matches 50% up to \$10 per month.
- The Y provides participating employee a complimentary one-week trial membership to their local Y.
- The Y will waive the Joiner Fee on new memberships.

ON-SITE OPPORTUNITIES

- Fitness Assessments
- Nutritional Counseling
- Wellness Presentations
- Team Building Activities
- Incentives and Wellness Challenges
- Develop and Manage Employee Wellness Surveys



To setup a Corporate Partnership Program for your organization, or for additional information, contact Julie Smith at 920.236.3380

or juliesmith@oshkoshymca.org and get started with all this and more, today!

- Wellness Centers
- Free Weights
- 24/7 Access • Add-on 20
- Tracks, Gyms, Pools
- Aerobic Training Centers
- Group Fitness Classes
- FREE Virtual/Streaming from YMCA360
- Towel Service
- Indoor Soccer & Ice Arena 20
- Whirlpools, Saunas & Steam Rooms
- Youth Lounge
- Tennis & Pickleball Center
- Teaching Kitchen
- Nationwide Membership

GET STARTED TODAY!



PARKINSON'S DISEASE MANAGEMENT PROGRAMS



PEDALING FOR PARKINSON'S

Pedaling for Parkinson's is an indoor cycling program designed to help individuals with Parkinson's Disease improve their quality of life and alleviate symptoms. The program is based on research suggesting that forced exercise on a bicycle can reduce symptoms of Parkinson's, including tremors, stiffness and slow movement.



ROCK STEADY BOXING (RSB)

Rock Steady Boxing is a non-contact boxing program designed specifically for people with Parkinson's Disease. It aims to improve quality of life through boxing and non-boxing exercises that enhance balance, strength, agility and overall fitness.

Through generous funding, these programs are offered **FREE FOR ALL.**

Registration and pre-class meeting required.

DT MONDAY & FRIDAY

RSB All Levels | 9:30-10:45 a.m.

DT TUESDAY & THURSDAY

RSB Level 3 | 1:15-1:45 p.m.

Pedaling | 1:45-2:30 p.m.

20 TUESDAY & THURSDAY

RSB Levels 1 & 2 | 9:30-10:45 a.m.

BROUGHT TO YOU
WITH HELP FROM:



Aurora Health Care®

Contact Lindsey McMullin at lindseymcmullin@oshkoshymca.org with questions or to get started!

WANT TO HELP?

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

LIVESTRONG® AT THE YMCA

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

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



STRONGER TOGETHER



LIVESTRONG ALUMNI:

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

Exercise boosts energy levels and reduces fatigue, helping participants feel more active and engaged in daily life

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.

Please email Lindsey McMullin at LindseyMcMullin@oshkoshymca.org for more information on our LIVESTRONG programs.

Reserve
your spot
today!

STAY STRONG PROGRAM

DT 20 **ARE YOU A CANCER SURVIVOR?** Have you completed our LIVESTRONG AT THE Y Program? Do you miss the camaraderie of your fellow survivors? During our weekly classes, one of our LIVESTRONG coaches will guide you through scientifically proven methods of exercise to include strength, cardio, balance, and flexibility.

Members and LIVESTRONG Alumni Only

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.

TEENS:

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



@ BOTH LOCATIONS

STRONG TEENS

AGES
11-16

LET'S GET STRONG!

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

Full attendance is required for maximum program benefit.

DT 20 3-WEEK SESSIONS:
FALL 1 & 2

FREE
FOR MEMBERS
ONLY.

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

LEARN 2 LIFT FOR TEENS

AGES 14+
OR HAVE
COMPLETED
STRONG TEENS 1

LET'S GET STRONGER!

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

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

DT 20 6-WEEK SESSIONS:
FALL 1 & 2
FEE **M** \$45 • **N** \$60



**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.

FALL 1 & 2**MONDAY** 5:45-6:15 p.m.**FEE** \$53 **M** • \$80 **N****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.

FALL 1 & 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.

FALL 1 & 2**MONDAY** 7:00-7:45 p.m.**FEE** \$69 **M** • \$100 **N****PRIVATE SKATE LESSONS**

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

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

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. Call the Y at 230-8928 for details.

Sessions are 30 minutes. • All session minutes expire 6 months from the date of purchase.

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** **M** • \$5 **N****SKATE RENTAL** **FREE** **M** • \$4 **N****PRESCHOOL SKATE (AGES 3-5)**

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

FALL 1 & 2**MONDAY** 3:30-4:00 p.m.**FEE** \$53 **M** • \$80 **N**

**skate rentals
are FREE for
ALL programs.**



**WARM
FRIENDSHIPS
CAN BE
MADE ON
THE
COOL ICE.**



TREY, BROOKS & SARAH DEMLER
A second generation of Y hockey!

Hockey builds resilience and discipline, helping kids develop a strong work ethic and the ability to handle challenges.

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.

FALL 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**



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.

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.

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

A 14-week RECREATIONAL league for intermediate level hockey players. This is social league for adults who enjoy hockey and play at an intermediate level. No checking or slap shots. One game per week and full equipment is required. Individual registration only. Teams will be formed by league administrators.

FALL September 17-December 17

Reg deadline 9/8/2025

WEDNESDAY NIGHTS

FEE (includes tax) \$165 **M** • \$225 **N** • Goalies play FREE! Goalies can register over the phone or use code HOCKEYGOALIE to register online.

ADULT CO-ED ROOKIE HOCKEY LEAGUE (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.

FALL September 21-December 21

Reg deadline 9/15/2025

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

FEE (includes tax) \$165 **M** • \$225 **N** • Goalies play FREE! Goalies can register over the phone or use code HOCKEYGOALIE to register online.



CO-ED YOUTH BASKETBALL LEAGUE (4K-GRADE 8)

An instructional recreation league designed to teach the fundamentals and skills of the game, partnered with the Wisconsin Herd and Milwaukee Bucks. Players will receive a reversible Wisconsin Herd/Bucks branded jersey and a ticket voucher to a regular season Wisconsin Herd game. 4K-Kindergarten will practice before games but will be allowed one practice prior to the start of the season. Grades 1-8 will have a weekly practice at the 20th Ave Y. Grades may be combined based on registrations.

January 3-February 21 Registration deadline 11/24/2025
Practices start week of December 10 (*no games 2/7*)

20 SATURDAYS

FEE \$62 ^M • \$82 ^N

(Includes reversible jersey)

SKILLS AND DRILLS BASKETBALL (GRADES 1-8)

Gear up for Youth Basketball season! This class is designed to focus on the fundamentals and skills of the game. This class will conclude just in time for the start of the YMCA Youth Basketball League.

20 FALL 2

MONDAYS GRADES 1-3 5:00-5:45 p.m.
GRADES 4-6 6:00-6:45 p.m.
GRADES 7-8 7:00-7:45 p.m.

FEE \$47 ^M • \$72 ^N

YOUTH INDOOR SOCCER LEAGUE (4K-GRADE 8)

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 information meeting with the coach. All participants will receive a team t-shirt.

Requirements: Soccer shin guards. **NO CLEATS.**

October 25-December 20

Registration deadline 10/6/25

(No league on 11/22 & 11/29)

20 SATURDAY. (SUNDAY IF NECESSARY)

FEE \$54 ^M • \$79 ^N

SKILLS AND DRILLS VOLLEYBALL (GRADES 1-6)

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

20 FALL 1

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

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

FEE \$47 ^M • \$72 ^N

**Learn more about
Sports at the Y!**



LET'S PLAY! The Y provides financial assistance so all kids who want to play can play!



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

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

October 20–December 8

Reg. deadline 10/13/25

No games week of November 24

Requirements: Soccer shin guards (no cleats)

AGE Grades 9–12

20 MONDAY (OR WEDNESDAY if needed)

5:00–10:00 p.m.

FEE \$387 per team (includes tax) (team registrations only)

MEN'S INDOOR FLAG FOOTBALL (AGE 18+)

Compete in a 5 v 5 football league held in the soccer arena. 7-week league with one game per week. Teams must provide their own team shirts or the Y will provide pinnies at game time.

NO CLEATS.

FALL October 17–December 12

Reg. deadline 10/06/25

No games 11/21 & 11/28

20 FRIDAY NIGHTS Game times dependent on number of registered teams.

FEE \$415 per team (includes tax)

ADULT CO-ED SOCCER LEAGUE (AGE 18+)

A league for men and women of all ages to have fun and stay in shape. 7-week league with one game per week. Teams must provide their own team shirts or the Y will provide pinnies at game time. No cleats allowed.

FALL October 19–December 14

Registration deadline 10/13/2025

No games 11/23 and 11/30

WINTER December 21–February 15

Registration deadline 12/15/25

No games 12/28/2025 & 2/8/2026

20 SUNDAYS

Game time dependent on number of teams.

FEE \$415 per team (includes tax)

KARATE (AGES 4–ADULT)

Karate is good exercise, fun, enhances your confidence, teaches you methods of self-defense, develops patience and more! This program is an 8-week session, and classes run year-round. Uniform is not required for first session. Uniform is available to purchase for \$25. Testing is \$40 for all lower levels. More information will be given the first night of class. Class sizes will be limited.

20 TUESDAY & THURSDAY

5:30–5:55 p.m. Ages 4–7 | Beginner

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

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

7:00–8:00 p.m. Ages 13+ | All Ranks

SATURDAY

9:30–10:30 a.m. Yellow belts and above, only.



FALL 1 SEPTEMBER 9–OCTOBER 25

FALL 2 OCTOBER 28–DECEMBER 20

No programs November 22–30

FEE **M** \$108 • **N** \$155



THANK YOU FOR MAKING US THE BEST!

5 REASONS THE OSHKOSH Y IS THE BEST:**1 MORE THAN A GYM**

It's a community hub where friendships form, families grow, and everyone belongs.

2 AFFORDABLE FOR ALL

With FOR ALL financial assistance, no one is turned away for inability to pay.

3 PROGRAMS THAT INSPIRE

From pickleball to Pilates, swimming to summer camps, there's something for every age and ability.

4 ROOTED IN SERVICE

The Y gives back—through food programs, youth outreach, and support for seniors and families in need.

5 FRIENDLY FACES, REAL CONNECTIONS

Staff know your name, members cheer each other on, and newcomers are welcomed like old friends.



DID YOU KNOW? OSHKOSH Y MEMBERSHIP INCLUDES A TENNIS & PICKLEBALL CENTER MEMBERSHIP!

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

- Tennis 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 & Pickleball Center benefit.*

OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP

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

MEMBERSHIP FOR THOSE THAT HAVE TENNIS OR PICKLEBALL ONLY AT OGDEN

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

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 | \$21/hour (+tax)
- **Daily Court Rate** | for Non-Members | \$26/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 CENTER:

236-3400 • 640 E Cty Trunk Y, Oshkosh, WI 54901

Sheila Counts, Tennis Center Director, IPTPA Level 1 Pickleball Instructor and Teach the Teacher trained • sheilacounts@oshkoshymca.org

Brian Hornburg, Head Tennis Professional • brianhornburg@oshkoshymca.org

Robert Downey, Jr. Tennis Professional • robertdowney@oshkoshymca.org



WATCH FOR THESE FUN SPECIAL EVENTS COMING THIS FALL/WINTER

TENNIS

Youth Tennis Tournaments
Middle School Mixers

PICKLEBALL Tournaments

Watch for October/November Dates
Halloween Pickleball Tournament

Kaleidoscope Team
Pickleball Challenge
November

A fun Team Challenge for all levels!

NEW YEAR'S OPEN HOUSE

Thursday, January 1, 2026
10:00 a.m.-3:00 p.m.



[Click here to visit our website for more information about Y Tennis!](#)



TENNIS LESSONS

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** \$135 8 wks

N \$159 8 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** \$135 8 wks

N \$159 8 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** \$135 8 wks

N \$159 8 wks

SESSION 1 • Tuesday, September 2-Monday, October 27
SESSION 2 • Tuesday, October 28-Saturday, December 22

8 week sessions

Thursday Class Session 2- 7 weeks

AGES 11+

YELLOW BALL

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

MIDDLE SCHOOL YELLOW Ages 11-14
Beginner through Advanced

Courts will be set up according to levels

THURSDAY 4:30-6:00 p.m.

FEE FOR 1.5 HOUR CLASSES:

M \$159 7 wks

N \$202 7 wks

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

FEE **M** \$135 8 wks

N \$159 8 wks

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 12:00 -1:30 P.M.

Varsity (co-ed):

TUESDAY 7:00-8:30 p.m.

FEE **M** \$187 8 wks

N \$236 8 wks

ADULT

ADULT LESSONS

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

FEE 1-hour Classes

M \$135 8 wks

N \$159 8 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.



Rate per
hour
per person

WITH HEAD TENNIS
PROFESSIONAL AND OTHER
CERTIFIED PROFESSIONALS

M or **T**

N

1 person

\$70

\$80

2 people

\$43

\$53

3 people

\$35

\$45

4 people

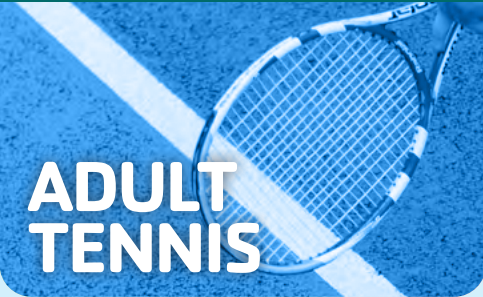
\$27

\$37

PRIVATE INSTRUCTION RATES

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

24 hour cancellation policy on all lessons.



ADULT TENNIS

ADULT LEAGUE PLAY

Tennis 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 1 September 2–December 19

SESSION 2 January 5–May 22

No league make-up dates will be allowed.

FEE League fees will be based on court rate divided by number of players. There is also an additional league registration fee of \$15 per person per session.

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

N \$10 guest fee for Non-Members

CARDIO TENNIS

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

MONDAY 6:00–7:00 p.m.

WEDNESDAY 10:30–11:30 a.m.

THURSDAY 6:00–7:00 p.m.

SATURDAY NEW TIME! 8:30–10:00 a.m.

Intensity Level: High

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

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

DOUBLES DRILL & 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 10:00–11:30 a.m.

FEE \$22 **M** • \$30 **N**



3 PLAYER PICKLEBALL PLAYING LESSON

PLAY & IMPROVE! Grab a couple of friends and book your own hour of lessons

Work with an experienced instructor who will join as your 4th player to guide, coach, and compete alongside you. Whether you want to focus on specific skills or just play out games while refining strategy, we'll tailor the session to meet your needs and help you level up your doubles game.

LEVEL: Beginner–Intermediate

FEE \$25 per person **M** • \$30 per person **N**

SIGN UP! To schedule your time call Sheila at 920-236-3400 or e-mail

sheilaccounts@oshkoshymca.org

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.

FRIDAY 6:00–8:00 p.m.

\$7 **M T** • \$17 **N**

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

Pre-register through the app or call 920-236-3400.

LEVELS

ADVANCED BEGINNER 2.5–3.3

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.

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 LEAGUES

AT THE Y TENNIS & PICKLEBALL CENTER

A great way to meet new people and play competitively!

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. **In order to participate in league play you must register first.**

Call 920-236-3400 or stop by the desk to register.

SEPTEMBER–DECEMBER

Registration begins Monday, Aug 18 and play begins the week of Sept 1.

All players must play in appropriate level league. This league daily sign up is via Team Reach. Email sheilacounts@oshkoshymca.org for more information.

ONE-TIME LEAGUE REGISTRATION FEE \$20 **M T** • \$25 **N**

DAILY FEES: \$7 **M T** • \$17 **N**

Punch cards for members: \$54

Advanced Beginner Pickleball League (2.5–3.3)

TUESDAY 1:00–3:00 p.m.

Intermediate Pickleball League (3.4–3.6)

TUESDAY 10:45 a.m.–12:45 p.m.

THURSDAY 8:00–10:00 a.m.

Advanced Intermediate (3.7–3.9)

WEDNESDAY 1:30–3:30 p.m.

Advanced Pickleball League (4.0 and up)

THURSDAY START TIME 12:00 p.m.

OPEN PICKLEBALL HOURS

DAILY FEES: \$7 **M T** • \$17 **N** (must register for any open plays)

Punch Cards may be used for Members

Advanced

SUNDAY MORNING 8:00–10:00 a.m.

Sign up via Team Reach. Contact Sheila Counts for information.

Advanced Beginner

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.

MONDAY & WEDNESDAY 7:00–9:00 a.m.

FRIDAY 11:00 a.m.–1:00 p.m.

SUNDAY Noon–2:00 p.m.

Intermediate

SUNDAY 10:00 a.m.–Noon

FRIDAY 1:00–3:00 p.m.

sheilacounts@oshkoshymca.org for additional information.

NEW! FUN YOUTH PICKLEBALL OPPORTUNITIES

Ask about these two classes at the Front Desk at the Y Tennis & Pickleball Center.

Pickleball & Pizza

We will be setting two Sunday nights a month for Middle Schoolers to come out and play pickleball. An instructor will be available to help with rules. Participants will play for 1.5 hours and then enjoy some pizza in our lobby!

Watch for information or email sheilacounts@oshkoshymca.org for details.

Youth Pickleball Lessons

Ages 9–12

FRIDAYS 4:00–5:30 p.m.

September 19–October 17

FEE \$65 **M T** • \$85 **N**

BEGINNER PICKLEBALL CLINICS

Pickleball is a fun, easy game to learn. It provides an opportunity to socialize and meet other people while giving yourself a great work-out.

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 September 15–October 7

SESSION 2 October 13–November 4

SESSION 3 November 17–December 9

TUESDAY 5:30–7:00 p.m.

FEE \$68 **M / T** • \$78 **N**



SHOW YOU CARE

CHEERS TO TOMORROW!

CREATE
A LIVING
LEGACY
TODAY.

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.

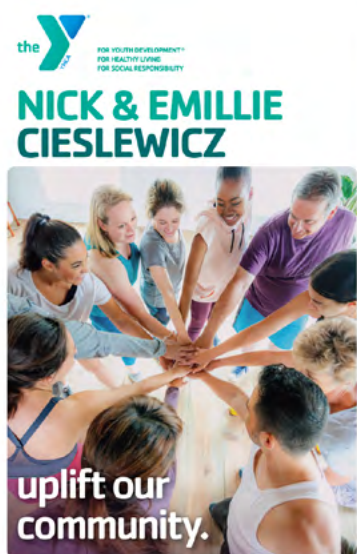


For more information and to start a conversation about your legacy, and supporting the values and community that you believe in, please contact Patti Weissling at pattiweissling@oshkoshymca.org or 920-230-8952.



HANG WITH US

Help us keep the Y a place to gather, grow, and hang with friends.



Nearly a million people walk through our doors each year — that's over 2,700 every day. Please consider a gift to our Annual Campaign, including the FOR ALL Financial Assistance Program, and show your dedication to building a BETTER US.



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

Your support ensures the Y stays a gathering place where friendships grow and community bonds strengthen.

With an annual 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