



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER:
January 5–February 15

SPRING 1:
February 23–April 12
*No programs March 23–29

SPRING 2:
April 13–May 24

MEMBER REGISTRATION
Begins 12/1/25:
ONLINE at midnight
IN-PERSON when Front Desk opens
TENNIS + PICKLEBALL CENTER session
dates differ. See page 68 for details.

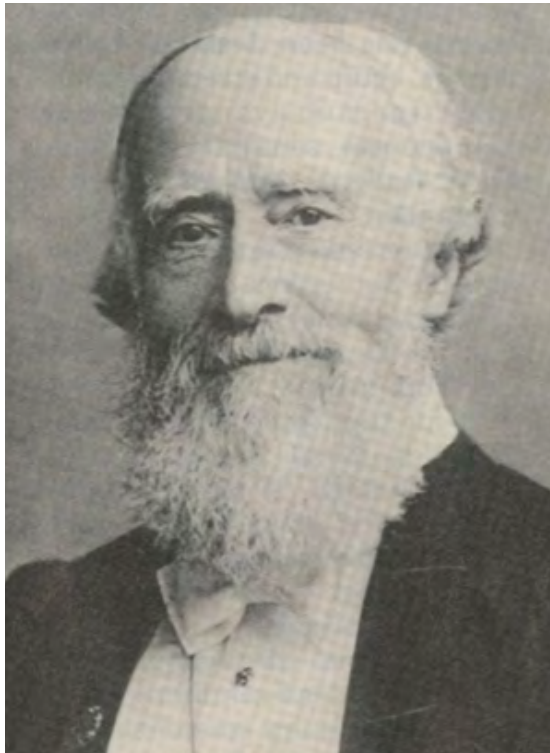
CELEBRATING Our Past.



Join us in celebrating 175 years of Y history, the Oshkosh YMCA's 74th Anniversary, and 25 years of the 20th Avenue Y!



CELEBRATING Our Past.



The Y: Founded in 1844 | The YMCA movement began by 22-year-old named George Williams and a small group of young men seeking a safe, supportive place for spiritual growth and community during the challenges of the Industrial Revolution.

The Y story began in 1844 in London, when a 22-year-old named George Williams and a small group of young men sought hope, connection, and purpose in the midst of the Industrial Revolution. Their vision to create a welcoming place that nurtures spirit, mind, and body sparked a movement that would grow to reach millions around the world.

Here in Oshkosh, that same spirit took root in the early 1880s. At the time, Oshkosh was booming, the "Sawdust City," alive with the hum of sawmills, the clatter of horse drawn carriages, and the energy of a community on the rise. Amidst all that change, neighbors came together to form the Oshkosh YMCA, a place where people could find connection, support, and opportunities to grow stronger together.

For more than 140 years, the Oshkosh Y has evolved alongside our city, always adapting to meet the changing needs of our members and neighbors. From the first downtown facilities to the opening of the 20th Avenue Y 25 years ago, every milestone reflects our shared belief in the power of community.

Through it all, one thing has never changed: our commitment to enriching lives through youth development, healthy living, and social responsibility. As we celebrate these anniversaries, we honor every member, volunteer, and supporter who has helped make the Oshkosh Community YMCA what it is today, and we look ahead with gratitude and excitement for all the ways we will continue to grow, serve, and inspire together.

INSPIRING Our Future.

1882

1882 | The first organization of the Oshkosh YMCA was established in the Beckwith building at the corner of Main and Washington.



1921 | This year marked the closing of the old YMCA facility.

1952 | Letter (4/24/52) from William R. Schmidt (Oshkosh Student Council) inquires about organizing a YMCA in Oshkosh.



1953 | Letter (3/23/53) from Robert Fick representing a group of nine fellows interested in organizing a YMCA in Oshkosh. Growing community support for the idea reached local businessman B. T. Hoffmaster, who assembled a formal board of directors, and together they began planning the future of the Y.

At the urging of Ed Rudoy, the first chair of the building committee, the word "Community" was added to ensure the YMCA represented all of Oshkosh.

1958 | Camp Winni-Y-Co was established.



1955

1955 | The Oshkosh Community YMCA opened its doors operating out of a house on Church Street with B. T. Hoffmaster as the first President of the Board of Directors.

1958

1962 | The grand opening of the new (Now Downtown) YMCA facility at 324 Washington Ave- 12/2/62.



1962

1983



1983 | The Y expanded yet again, transforming a former sports facility into the Oshkosh YMCA Tennis Center. As pickleball grew in popularity, the facility was renamed in 2022 to the Oshkosh YMCA Tennis & Pickleball Center and became part of a traditional Y membership.

2001



2001 | The grand opening of the Oshkosh Y's largest facility: the 20th Ave YMCA. With 128,000 square feet and 34 acres of land, the new Y on the west side was one-of-a-kind. It was the first YMCA in the country to have an indoor soccer arena, indoor ice arena, climbing wall, and an eight-lane competitive pool and a zero- depth entry family pool with a water slide all under one roof.

2017 | The Y opened a completely reimagined Downtown facility. Additions included the childcare center, group exercise studios, wellness center, aquatics center, front lobby, locker rooms, multi-purpose room, teaching kitchen and an intergenerational room. Extensive renovations to the existing spaces included an updated basketball gym, a yoga studio and staff offices.



2017

2023



2023 | The University of Oshkosh announced plans to close its on-campus childcare center. Recognizing the critical need for childcare amidst a national and local shortage, the Oshkosh YMCA stepped in to take over operations. The addition of the Oshkosh YMCA Childcare Center at UWO solidified the Oshkosh Y as the largest provider of licensed childcare in Winnebago County.

LOCATIONS & HOURS

DT DOWNTOWN

(920) 236-3380

324 Washington Ave.
Oshkosh, WI 54901
Fax (920) 236-3402**FACILITY HOURS****MONDAY-FRIDAY** 5 a.m.–9 p.m.
SATURDAY 7 a.m.–5 p.m.
SUNDAY Noon–5 p.m.**20 20TH AVENUE**

(920) 230-8439

3303 W. 20th Ave.
Oshkosh, WI 54904
Fax (920) 230-8444**FACILITY HOURS****MONDAY-FRIDAY** 5 a.m.–9 p.m.
SATURDAY-SUNDAY 7 a.m.–7 p.m.**TP TENNIS & PICKLEBALL CENTER**

(920) 236-3400

640 E. County Trunk Y
Oshkosh, WI 54901**FACILITY HOURS****7 DAYS A WEEK** Opens at 8 a.m.
Closing time is based on court reservations. Call ahead or visit the app for exact times.**SPECIAL! NEW YEARS DAY OPEN HOUSE CELEBRATIONS** **DT 20** 11 a.m.–4 p.m.**TP** 11 a.m.–3 p.m. See page 70 to learn more.**CLOSED DAYS:** • Labor Day • Thanksgiving Day • Christmas Eve & Christmas Day • New Year's Eve (open until 5 p.m.)
• Easter Sunday • Independence Day • Memorial Day**SPECIAL HOURS:** Please visit the [LOCATIONS & HOURS](#) page on our website for all special holiday hours.

STAY CONNECTED

INTERNET [Visit our website.](#)**SOCIAL** "Like" & "Follow" us
 MOBILE [Get our Y mobile app.](#)**eNEWS** Stay up-to-date!

Staying connected has never been easier. Just click at left to stay on top of the Y's latest information.

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



FACILITIES:

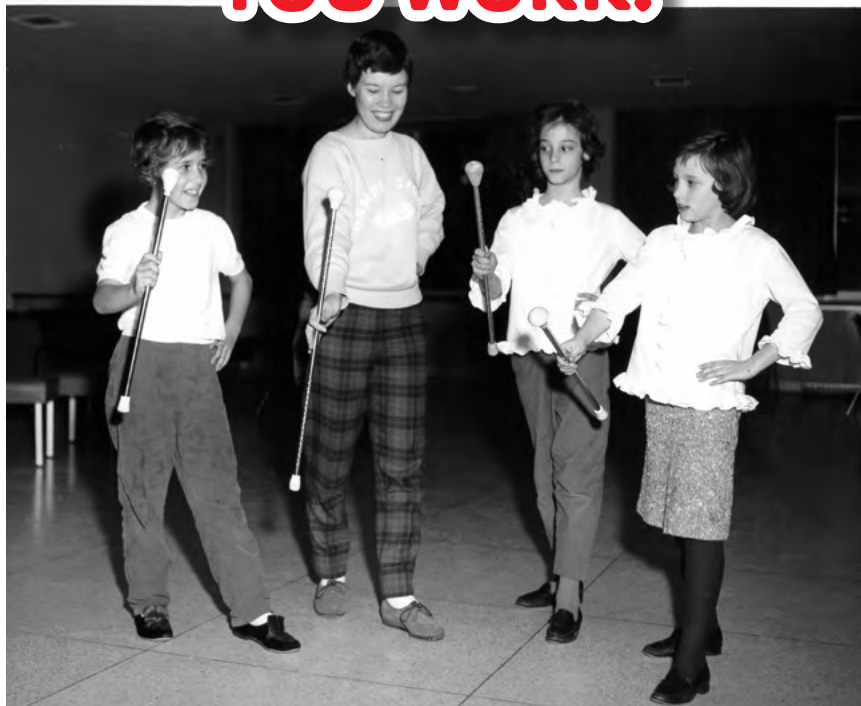
Y LOCATION

DT 20 TP

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

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

**LOVE WHERE
YOU WORK!**







3 GREAT REASONS TO APPLY AT THE Y



**NOW
HIRING
IN ALL
AREAS**



- 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.



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



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



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

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

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

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


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


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

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

INTERGENERATIONAL ROOM

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

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

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

INDOOR SOCCER FACILITY

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

OSHKOSH Y TENNIS & PICKLEBALL CENTER

The Tennis & Pickleball Center is Oshkosh's only indoor tennis facility; home to four indoor tennis courts, and eight pickleball courts. The Tennis Center Membership is INCLUDED in an Oshkosh Y Membership. All youth under age 14 must be accompanied by an adult or be enrolled in a program.

YOUTH POLICIES

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

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

YOUTH LOUNGE

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

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



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

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

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

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

FOR MORE INFORMATION on the Annual Campaign, including the FOR ALL Financial Assistance Program, or to make a donation, please contact Chelsea Huszar at (920) 230-8952 or chelseahuszar@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.

Kindness matters, and your \$40 gift helps share it. Donate and receive a free "Kindness Matters" T-shirt.



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



OUR CORE VALUES

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

CARING

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

HONESTY

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

RESPECT

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

RESPONSIBILITY

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

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

MEMBERSHIP BENEFITS

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

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!

Choose from **150+ Group Exercise classes** each week. Explore new formats and instructors, stay motivated, and enjoy the camaraderie of working out together.

- **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!



DID YOU KNOW??

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

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

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

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

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

MEMBERSHIP



A PLACE TO BELONG

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

FINANCIAL ASSISTANCE PROGRAM

MEMBERSHIP + PROGRAMS FOR ALL

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



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

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

CHILDREN UNDER THE AGE OF 8

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

CHILDREN AGES 8+

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

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

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

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

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

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

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





VISIT THE Y
ON YOUR TIME:

24/7

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

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

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

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

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



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

REGISTRATION

MEMBERS GET PRIORITY REGISTRATION + REDUCED FEES FOR ALL Y PROGRAMMING

INCLUDING CAMP, CHILDCARE, YOUTH SPORTS, SWIM LESSONS, FOREVERWELL PROGRAMS, THE Y TENNIS & PICKLEBALL CENTER & MORE!

MEMBER REGISTRATION BEGINS

12/1/25 ONLINE at midnight.

IN-PERSON when the Front Desk opens.



ACTIVITY REGISTRATION

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have specific start and end dates, unless otherwise noted.

Registration can be completed [online](#), in person at the front desk, or over the phone through any location.

Visa, Discover, and MasterCard are accepted.

JANUARY 2026

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FEBRUARY						
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WINTER

SPRING 1

SPRING 2

Session dates:

WINTER

January 5–February 15

- Non-Member registration begins December 15

SPRING 1

February 23–April 12

- Non-Member registration begins February 9

No programs March 23–29

SPRING 2

April 13–May 24

- Non-Member registration begins March 30

Y MEMBERS enjoy priority registration on all Y programs! [Register online here: oshkoshymca.org](https://oshkoshymca.org).

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

CREATE A LIVING LEGACY

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

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

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

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

SHARE THE JOY!

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

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



OUR HISTORY IS BUILT BY VOLUNTEERS. OUR FUTURE IS, TOO.

DID YOU KNOW?

VOLUNTEERS EXPERIENCE IMPROVEMENTS IN:

SENSE OF
PURPOSE
& MEANING

MOOD &
SELF-ESTEEM

LOWER
DEPRESSION



LOWER
STRESS



LOWER
MORTALITY
RATES



TIME
MANAGEMENT

HEART HEALTH



Ask about
High School
volunteer
opportunities!
Contact
Taylor Douglas:
taylordouglas@oshkoshymca.org



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.

OUR PEOPLE

We are
here forY
O
UYOUR 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

Y STAFF: HERE FOR YOU

Childcare Coordinator (20th) **Alexa Adams**

Aquatics Director (DT) **Daniel Anderson**

Cash and Accounts Payable **Kelli Baneck**

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

Reservations Manager **Kaylee Brown**

24/7 Access Manager **Amanda Bruesewitz**

Group Exercise & ForeverWell Coordinator (DTC) **Maurie Christensen**

Wellness & Personal Training Director (20th) **Ben Clewien**

Head Swim Team Coach **Jay Coleman**

Childcare Director (DTC) **Jennifer Colvin**

Tennis & Pickleball Center Director **Sheila Counts**

Recruiting and Onboarding Specialist **Steph Daniel**

Childcare Accounts Receivable **Eric Davis**

Aquatics Director (20th) **Trenton Davis**

Property Manager (DTC) **Paul Donahue**

Youth & Family Director **Taylor Douglas**

Group Exercise & ForeverWell Coordinator (20th) **Rachel Ellis**

Healthy Living Program Coordinator **Emily Eresh**

Branch Executive (20th) **Angie Flanigan**

Wellness Coordinator (20th) **Courtney Haedt**

Senior Program Director **Brandy Hankey**

Mission & Brand Enhancement Director **Abbey Haug**

Childcare Coordinator (UWO) **Julie Hill**

Chief Development Officer **Chelsea Huszar**

Membership Coordinator (DTC) **Kali Jenneman**

Aquatics Coordinator (DTC) **Mel Karnatz**

School Age Director **Claire Kortbein**

Director of Information Technology **Jason Krull**

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**

Childcare Director (20th Ave) **Haley Polakowski**

Chief Financial Officer **Judy Rehm**

Childcare Director (UWO) **Crystal Resop**

Sports Director **Byron Sabel**

Payroll/HR **Amanda Sattler**

President/CEO **Jeff Schneider**

School Age Coordinator **Christina Seefeld**

Vice President Membership & Engagement **Julie Smith**

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

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

Director of Group Exercise and Engagement **Errah Wheel**



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

RENTALS

BIRTHDAY PARTY PACKAGES



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 access the birthday party interest form.](#)

Party pricing is set by the number of children, with two adults per child included at no additional charge.



20 20TH AVE

PARTY PACKAGE INCLUDES:

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

1-10 KIDS PACKAGE

M \$116 + \$5.80 tax: \$121.80

N \$154 + \$7.70 tax: \$161.70

11-15 KIDS PACKAGE

M \$160 + \$8 tax: \$168

N \$198 + \$9.90 tax: \$207.90



DT DOWNTOWN

PARTY PACKAGE INCLUDES:

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

1-10 KIDS PACKAGE

M \$88 + \$4.40 tax: \$92.40

N \$126 + \$6.30 tax: \$132.30

11-15 KIDS PACKAGE

M \$132 + \$6.60 tax: \$138.60

N \$170 + \$8.50 tax: \$178.50

Packages are available for larger groups.



RENT THE Y!

OSHKOSH Y FACILITY RENTALS

SUBJECT TO AVAILABILITY

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

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

Minimum 20 people.

• CLASS TRIPS • INCENTIVE DAYS • REWARD DAYS

Y FIELD TRIPS

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

- SOCCER ARENA • ICE SKATING
- SWIMMING • BASKETBALL

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

SUBJECT TO AVAILABILITY



\$6 per student (teachers are free)



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

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

YOUTH LOUNGE | The Youth Lounge at the 20th Ave Y is a unique space for youth (age 8+) to meet and socialize with each other in a safe, supportive environment. With space to hang, do homework, charge devices, and to unwind while building relationships with their peers.

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

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

PRESCHOOL & YOUTH SPORTS | Sports programs and leagues for Preschool kids ages 3–5 and youth sports programs for ages 4+. Programs provide skill development, teamwork, confidence building and wellness.

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

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

WIGGLES & GIGGLES | Bring your 0–3 year old for a couple hours of super fun running, jumping, playing tunnels, tubes, and balls. Your child will have a blast and meet other kids while you'll meet other parents!

SWIMMING | OPEN SWIM | The 20th Avenue Y boasts an 8 lane, 25-yard, competitive lap pool, as well as a warm-water family fun pool with a water slide, zero-depth entry, a lazy river, and water spouting gadgets. The Downtown Y is home to a 4 lane, 25-yard lap pool, as well as a 3–3.5' family pool, and a lazy river with spouting gadgets. Both Y locations have an on deck Sauna, Steam room, and Whirlpool for ages 14 years and older. Enjoy open swim time with the family, sign up for lessons, swim laps, and more!

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

EVENTS & FAMILY ACTIVITIES | Special Events and family focused activities for all ages including a Daddy Daughter Dance, a Mother-Son Superhero Night, Family Campouts, Tie Dye, Kids Mud Run, FREE Community Family Nights, and so much more!

TEACHING KITCHEN | Our teaching kitchen at the Downtown Y offers children, adults, and families the opportunity to learn about healthy cooking and nutrition through culinary education programs led by our wellness staff, and local experts.

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

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

INDOOR SOCCER | OPEN SOCCER | Our indoor soccer arena at the 20th Ave Y is used for both youth and adult soccer leagues, preschool sports programs, open play, our Wiggles & Giggles program, and more!



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

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

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

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



OSHKOSH COMMUNITY YMCA YOUTH BEHAVIOR POLICIES

GENERAL EXPECTATIONS

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

GYMS



- 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.

SOCCKER ARENA



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

ICE ARENA



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

GATHERING SPACES

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

POOLS



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

HALLWAYS | BATHROOMS

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

RESTRICTED (unless 13 & older)

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

**HAVE
FUN &
BE
SAFE**

CHILD DEVELOPMENT CENTER

Our Child Development Centers, licensed by the State of Wisconsin's Department of Health and Family Services, nurture the whole child. Our centers provide developmentally age-appropriate programs, which are committed to nurturing individual differences and encouraging the social, intellectual, physical, mental and spiritual growth of the child. USDA approved meals, including breakfast, lunch and afternoon snacks are provided.

Weekly swimming lessons are included for children 3 and older.

Additional optional preschool programming is also offered throughout the year.

AGE 6 weeks through pre-Kindergarten

MONDAY-FRIDAY

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

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

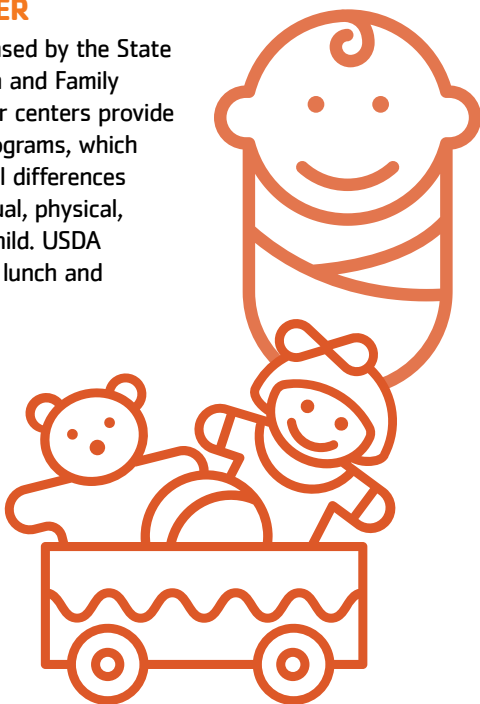
UWO CC 6:00 a.m.-6:00 p.m.

FOR MORE INFORMATION:

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

20 Haley Polakowski (920) 230-8918 or haleypolakowski@oshkoshymca.org

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



INTERGENERATIONAL ROOM

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

FEE **M** FREE TO MEMBERS

YOUTH LOUNGE

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

CHILD WATCH

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

FEE \$3/visit for each child.

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

20 Mon, Wed, Thurs

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

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

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

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

DT Mon-Fri 7:30 a.m.-1:15 p.m. +

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

Sat 7:30 a.m.-12:30 p.m.

MAKE TIME FOR YOU!

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



ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



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

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

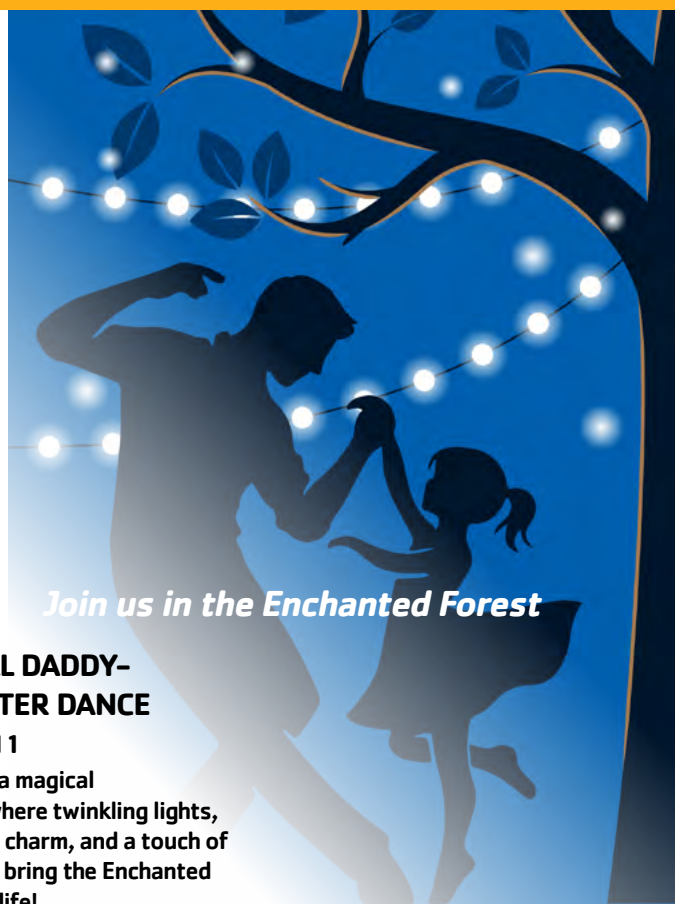
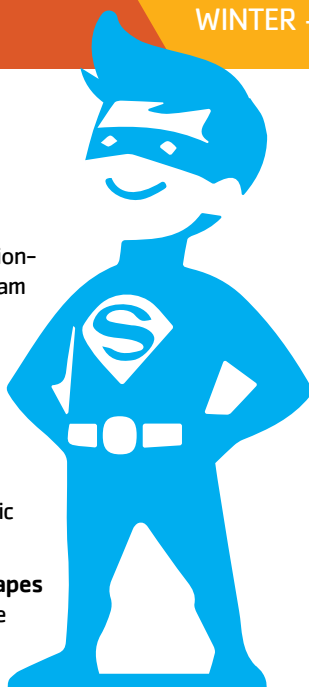
For more information on the Annual Campaign, and the **FOR ALL** Financial Assistance Program, or to make a donation, please contact Chelsea Huszar at (920) 230-8952 or chelseahuszar@oshkoshymca.org.

MOTHER-SON**Superhero Date Night AGES 3-11**

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

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

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



Join us in the Enchanted Forest

20 FRIDAY, MARCH 20

• 5:30-7:00 p.m.

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

ANNUAL DADDY-DAUGHTER DANCE

AGES 3-11

Step into a magical evening where twinkling lights, woodland charm, and a touch of fairy dust bring the Enchanted Forest to life!

Dads and daughters will share a night to remember filled with laughter, music, and dancing among the trees. Enjoy a delicious sit-down dinner (included), capture the moment with a professional photo, and take home a beautiful flower crown keepsake as a symbol of your unforgettable night together. Don't miss this enchanting celebration of love, family, and lifelong memories!

Pre registration is required.

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

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

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

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

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

20 SATURDAY, MAY 16 • 1:00-3:00 p.m.

FEE \$16 per person **(M)** • \$20 per person **(N)**

MOM'S NIGHT OFF AGES 8-14

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

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

20 FRIDAY, MAY 1

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

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

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

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

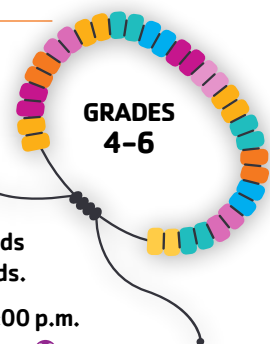
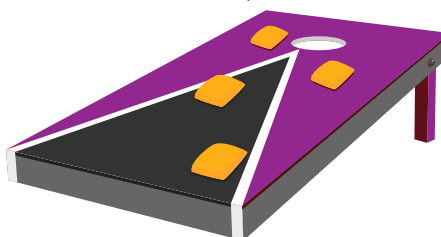
TAYLOR SWIFT & TAILGATING YOUTH NIGHT!

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

20 FRIDAY, MARCH 27 (SPRING BREAK) • 7:00-9:00 p.m.

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

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



**GRADES
4-6**

20 SUNDAY
JUNE 7

MUD RUN

11th ANNUAL

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

Registration
opens March 1.
[Click here for more
information and new
details.](#)



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

??

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

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

Space is limited.
Maximum of 8 kids per class.

REGISTER NOW!

The **SAFE@HOME®** + **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.
JAN 16, 19 & FEB 16

NEW! SPRING BREAK CLASSES
9:30 a.m.–12:30 p.m.
MARCH 23, 25 & 26

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.*
JAN 16 OR FEB 16

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.



NEW! SPRING BREAK CLASSES:
MARCH 23, 24, 25, 27
9:00 a.m.–2:45 p.m.*

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

**KIDS!
SPEND
THE
NIGHT
AT THE Y!**

YOUTH LOCK-INS = PARENTS NIGHT OUT!

20 DROPOFF: 7:15 p.m.
PICKUP: 9:00 a.m.

Dropoff & Pickup will be
in Multipurpose Room 1

AGE 8-12

FEE \$40 **M** • \$55 **N**

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

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

**PLAN
AHEAD!
REGISTER!
NOW!**



**FRIDAY
FEB 27**

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

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



NEW YEAR'S EVE FAMILY NIGHT

RING IN THE NEW YEAR
TOGETHER AT THIS
SPECIAL FAMILY EVENT

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

20 20TH AVE

FREE
FOR OSHKOSH Y
MEMBERS
\$10/household for
Non-Members

 Skip the line and pre-register ahead of time!



OVER
700
BALLOONS
ARE
DROPPED!

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

BALLOON
DROP:
8 P.M.

HATS OR
NOISEMAKERS
PROVIDED

NEW FUN THEME ACTIVITIES EVERY MONTH

PLUS AT 20TH AVE COMMUNITY NIGHTS:
BOUNCE HOUSE, BASKETBALL,
ICE SKATING,
SWIMMING
& MORE!FREE + OPEN FOR THE ENTIRE COMMUNITY
JOIN US! 5–7 p.m.

● DT January 17 • 20 February 28 • 20 March 14 • 20 April 25

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

HOMESCHOOL ENRICHMENT



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

AGES 6+

HOMESCHOOL FOUNDATIONS OF MUSIC 1

Learn to read music and master rhythm in this fun, hands-on class using the recorder! Students will build their musical skills step by step through a progressive curriculum that makes learning notes, beats, and melodies exciting and rewarding. Recorder purchase (\$10) is required. Students keep their instruments for all levels.

WINTER, SPRING 1, SPRING 2

20 WEDNESDAY • 1:00–1:30 p.m.

FEE \$40 **M** • \$68 **N**

HOMESCHOOL FOUNDATIONS OF MUSIC 2

Keep the music going! Students build on what they've learned by playing new songs together, learning more notes, and exploring different rhythms. Kids will play in groups, try fun challenges, and keep growing as confident young musicians! Students registering for Level 2 must have passed Level 1.

SPRING 1, SPRING 2

20 WEDNESDAY • 1:45–2:15 p.m.

FEE \$40 **M** • \$68 **N**

HOMESCHOOL ART EXPLORATION

Kids will explore new techniques and create their own art using a variety of medias including painting, drawing, string, and more.

WINTER, SPRING 1, SPRING 2

20 MONDAY • 1:00–1:45 p.m.

FEE \$40 **M** • \$68 **N**

HOMESCHOOL WORLD BEATS & RHYTHMS

Travel the globe through music! In this energetic, hands-on class, students explore rhythms, songs, and percussion traditions from cultures around the world. Each week features a new destination connecting geography with musical diversity.

WINTER, SPRING 1, SPRING 2

20 THURSDAY • 1:00–1:45 p.m.

FEE \$40 **M** • \$68 **N**

EXPLORE
MUSIC
+ ART
AT THE Y!

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.

WINTER, SPRING 1, SPRING 2

20 TUESDAY • 1:00–1:45 p.m.

FEE \$40 **M** • \$68 **N**

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

20 classes will be held in MPR 3**PARENT CHILD MUSIC CLASSES** **NEW!****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.

WINTER, SPRING 1 & 2

20 **MONDAY** 2:30-3:00 p.m.
TUESDAY 10:15-10:45 a.m.
THURSDAY 5:15-5:45 p.m.

FEE \$40 **M** • \$68 **N****TODDLER TUNES AGES 1 ½-3 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.

WINTER, SPRING 1 & 2

20 **TUESDAY** 5:15-5:45 p.m.
WEDNESDAY 9-9:30 a.m.
WEDNESDAY 3:30-4:00 p.m.

FEE \$40 **M** • \$68 **N****PRESCHOOL STORIES & ART**
AGES 3-5

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

20 **WINTER, SPRING 1, SPRING 2**

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

FEE \$42 **M** • \$71 **N****PRESCHOOL MOVIN' & GROOVIN' AGES 3-5**

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

20 **WINTER, SPRING 1, SPRING 2**

MONDAY 4:00-4:30 p.m.
TUESDAY 9:30-10:00 a.m.
THURSDAY 4:30-5:00 p.m.

FEE \$42 **M** • \$71 **N****PRESCHOOL INSTRUMENT EXPLORATION**
AGES 3-5

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

20 **WINTER, SPRING 1 & SPRING 2**

TUESDAY 3:30-4:00 p.m.
FEE \$42 **M** • \$71 **N**

20 classes will be held in MPR 3**AGES 7+****NEW!****AFTER SCHOOL CRAFT CLUB AGES 7+**

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

WINTER, SPRING 1 & 2**20** **WEDNESDAY** 4:30-5:15 p.m.FEE \$40 **M** • \$68 **N****NEW!**

Is your child attending KID'S DAY OUT? The teachers will bring them to these classes!

POP-UP ART CLASSES / NO SCHOOL DAYS AGES 8+

20 **No school? No problem!** Join us for pop-up art days filled with color, creativity, and discovery. Each session features a new project and plenty of hands-on fun! Cost to be determined by project. These projects are for any skill level

JAN 19 | Polar Bear Silhouette Painting

Add some color to your winter by experimenting with vibrant colors to create a stunning Northern Lights backdrop. Kids will learn about and explore the contrast of positive and negative space. This project is for any skill level.

MAR 27 | Chalk Pastel Flowers

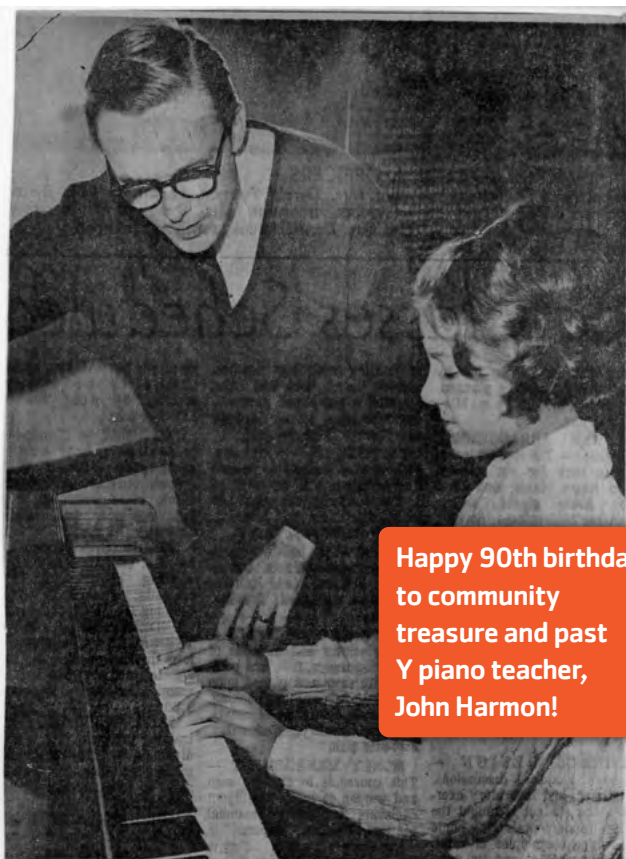
Create bright, beautiful flower art using chalk pastels! Kids will learn how to blend colors with their hands to make soft, colorful petals and mix new shades as they go. This hands-on project encourages creativity, color exploration, and a little messy fun!

APR 17 | Mixed-Media Collage

Kids will explore color, texture, and imagination as they layer paper, fabric, paint, and more to create unique mixed-media collages. Every masterpiece will be one-of-a-kind!

FEE \$10 **M** • \$15 **N**

FOR ALL



Happy 90th birthday
to community
treasure and past
Y piano teacher,
John Harmon!

PIANO WORKSHOP AT 'Y'

John Harmon, an Oshkosh native who has returned to this city following eight years' experience as a professional musician on the east coast, is conducting interviews this week with individuals who are interested in his Popular Piano Workshop beginning next week at the YMCA. During one of the interviews, he explained to Kathy Sphatt the purpose of this new course—developing the ability to play the piano by ear as he teaches the fundamentals of harmony.

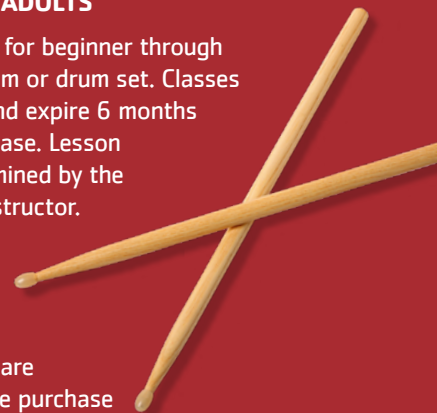
—Northwestern photo

DRUM LESSONS FOR ALL AGES!

PRIVATE DRUM LESSONS

PRIVATE CLASSES FOR
YOUTH 8+ • TEENS • ADULTS

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



FEE PER CLASS \$30 **M** • \$55 **N**

**Drumming builds rhythm,
coordination, and confidence.
Plus it's FUN!**

ADULT ART CLASSES

Gather with
friends
get crafty!

Join us for adult art classes! Have fun and create decorations for the spring season. Each project will be customizable. Instruction and all supplies needed are supplied.

Valentine's Wreath
WEDNESDAY, JANUARY 21
• 10:00 a.m.–Noon
20 \$25 **M** • \$45 **N**

**Create & Paint: Valentine's
Wooden Sign Workshop**
FRIDAY, JANUARY 23
• 10:00 a.m.–Noon **OR**
• 5:15–7:15 p.m.
20 \$30 **M** • \$40 **N**

Spring Blooms Wreath Making
WEDNESDAY, MARCH 18
• 10:00 a.m.–Noon **OR**
• 5:15–7:15 p.m.
20 \$45 **M** • \$55 **N**

**Create & Paint: Spring
Wooden Sign Workshop**
WEDNESDAY, APRIL 8
• 10:00 a.m.–Noon
20 \$30 **M** • \$40 **N**

Spots are limited and pre-registration is required.

MOMS!

Take a break while your kids are cared for!

STRONG MOMS

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

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

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

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

JANUARY 20 ²⁰

FEBRUARY 17 ^{DT}

MARCH 10 ²⁰

APRIL 21 ^{DT}

**FREE
+ OPEN
TO ALL
MOMS!**

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

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



WANT TO
HELP?

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



To learn how you can make a difference, please contact Chelsea Huszar
at (920) 230-8952 or chelseahuszar@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

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.

FEE **M** **FREE** FOR OSHKOSH Y MEMBERS

N \$6/family (includes tax)

SUPER FUN

GIGGLES

AGES 1-3



LITTLE SPORTS STARS

AGES 1-3

TODDLERS & PARENTS PLAY SPORTS TOGETHER

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

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

FREE FOR MEMBERS ONLY

just
show up
+ play!



LISTEN. LOOK. LAUGH. LEARN.

Preschool learning at the Y provides young children with a nurturing environment to develop social skills, creativity, and early academic foundations through play-based learning.



FINANCIAL ASSISTANCE AVAILABLE

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

PRESCHOOL SPORTS AGES 3-5

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

AREA WILL BE DETERMINED BY SPORT

TUESDAY 6:15-6:45 p.m.

THURSDAY 6:15-6:45 p.m.

TUESDAY 6:15-6:45 p.m.

FEE \$42  • \$71 

PRESCHOOL TUMBLING AGES 3-5

A beginning level tumbling introductory class.

MULTI-PURPOSE ROOM

WINTER, SPRING 1 & SPRING 2

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

FEE \$42  • \$71 

PRESCHOOL DANCE AGES 4-6

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

MULTI-PURPOSE ROOM

WINTER, SPRING 1 & SPRING 2

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

FEE \$42  • \$71 

PRESCHOOL WINTER ANIMALS AGES 3-5

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

SPRING 1 TUESDAY 10:30-11:00 a.m.

FEE \$42  • \$71 

PRESCHOOL SKATE AGES 3-5

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

ICE ARENA

WINTER, SPRING 1 & SPRING 2

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

FEE \$55  • \$84 

NEW! Preschool Art & Music programs: Stories & Art, Movin' & Groovin', and Instrument Exploration.
[More info on page 26.](#)

PRESCHOOL SOCCER AGES 3-6

Learn the basics of soccer in a fun and enjoyable way, through games and skill drills. Shin guards required. No cleats.

20 SOCCER ARENA

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

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

THURSDAY AGES 5-6 4:45-5:15 p.m.

SPRING 1 THURSDAY AGES 3-5 9:00-9:30 a.m.

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

SPRING 2 TUESDAY AGES 3-5 9:00-9:30 a.m.

AGES 3-4 4:45-5:15 p.m.

THURSDAY AGES 3-4 5:30-6:00 p.m. | **AGES 5-6** 6:15-6:45 p.m.

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

AGES 3-5 9:45-10:15 a.m.

SPRING 1 & SPRING 2 THURSDAY AGES 3-5 9:00-9:30 a.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL T-BALL AGES 3-5

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

20

WINTER THURSDAY 6:15-6:45 p.m.

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

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

FEE \$42 **M** • \$71 **N**

PRESCHOOL BASKETBALL AGES 3-6

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

20 MAIN GYM

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

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

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

AGES 5-6 6:15-6:45 p.m.

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

THURSDAY AGES 3-4 4:45-5:15 p.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL FOOTBALL AGES 3-6

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

20 SOCCER ARENA

WINTER 1 TUESDAY AGES 5-6 4:45-5:15 p.m.

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

SPRING 1 TUESDAY

AGES 3-4 4:00-4:30 p.m. | **AGES 5-6** 4:45-5:15 p.m.

SPRING 2 TUESDAY

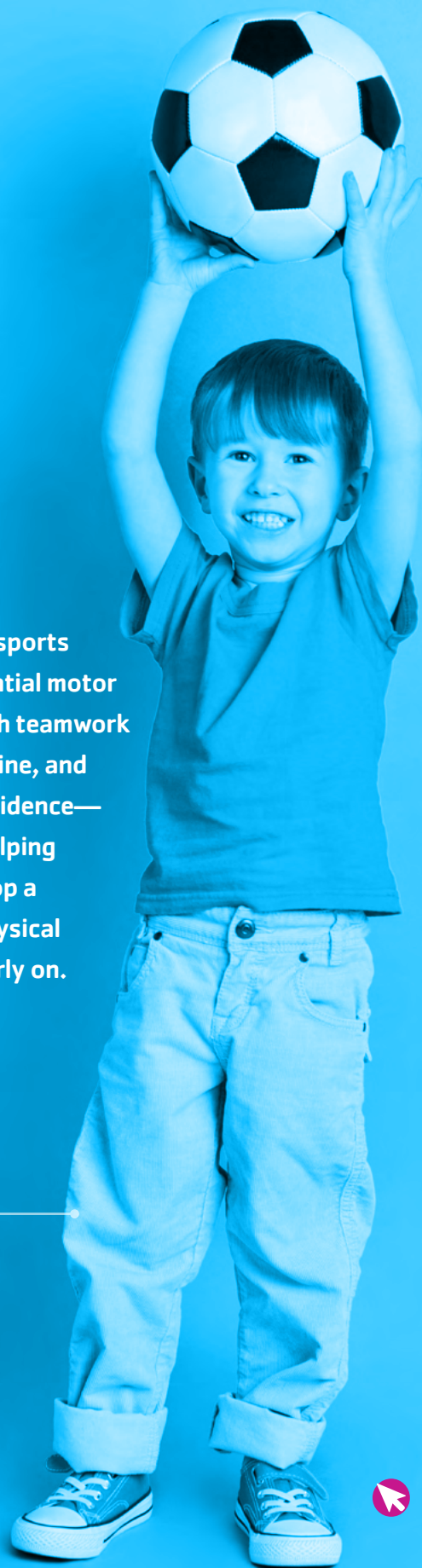
AGES 5-6 4:00-4:30 p.m.

FEE \$42 **M** • \$71 **N**

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



FOR ALL
FINANCIAL
ASSISTANCE
AVAILABLE



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

2025-2026 SCHOOL YEAR

READY-4-LEARNING PRE-KINDERGARTEN

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

AGE Child must be 4 years old by Sept 1, 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 & crafts, science and nature, and swimming. Have peace of mind knowing your children are cared for in a safe, supervised, and positive environment!

Registration is ONLINE ONLY.

20 **AGES** K-5 • 6:30 a.m.-6:00 p.m.

FEE \$44/Day **M** • \$50/Day **N**

UPCOMING 2025-2026 KIDS DAY OUT:

Friday October 17

Friday October 24

Friday November 7

Wednesday November 26

Monday December 22

Tuesday December 23

Friday December 26

Monday December 29

Tuesday December 30

Monday January 19

Tuesday January 20

Friday February 6

Friday March 6

Monday March 23

Tuesday March 24

Wednesday March 25

Thursday March 26

Friday March 27

Friday April 3

Friday April 17

Friday May 8

For more information

please contact Claire Kortbein at
clairekortbein@oshkoshymca.org.

2025-2026 KIDS BEFORE AND AFTER SCHOOL PROGRAMS

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

BEFORE SCHOOL

6:00 a.m.-Start Time:

• Oakwood • Franklin • Carl Traeger

AFTER SCHOOL

Dismissal Time-6:00 p.m.:

• Carl Traeger • Oakwood • Franklin
• Lourdes

For more information

contact Claire Kortbein at

clairekortbein@oshkoshymca.org.

NEW!

Kids participating in KIDS DAY OUT are also able to take part in the POP-UP NO-SCHOOL-DAY ART CLASSES! [SEE PAGE 26](#)



2026-2027 Before
and After School

REGISTRATION BEGINS:

M 4/6/2026 • **N** 4/13/2026

ONLINE REGISTRATION ONLY



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



LET YOUR VOICE BE HEARD

OSHKOSH COMMUNITY YMCA

YOUTH IN GOVERNMENT



OPEN TO ALL
STUDENTS IN
GRADES
7-12

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

GET INVOLVED!

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

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

HOW IT WORKS

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

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

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

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

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

INCLUDES ALL THIS + MORE!

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



FOR MORE INFORMATION OR TO SIGN UP NOW:

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

SUMMER CAMP



fun
+ friends
summer
2026



NEW
THIS YEAR!
Teambuilding
Low Ropes
Course



DID
YOU
KNOW?

Non-Members are able to sign up for Tuesday Youth Adventure Program field trips!



Y CAMPS = SUMMER FUN FOR ALL AGES



PRESCHOOL SUMMER CAMP • AGES 4-5

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

M Registration begins 2/9/26 • **N** Registration begins 2/16/26

SUMMER FUN CLUB • AGES 5-12

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

M Registration begins 2/9/26 • **N** Registration begins 2/16/26

CAMP WINNI-Y-CO • AGES 5-12

Camp Winni-Y-Co is a state licensed off site day camp that offers campers the traditional outdoor camp experience. Campers participate in weekly activities such as: environmental education, weekly field trips, archery, slingshots, art, mountain biking, songs, skits, and so much more! Families will drop off and pick up at the 20th Ave Y and campers will be bussed to and from camp daily.

M Registration begins 2/9/26 • **N** Registration begins 2/16/26

ONLINE REGISTRATION ONLY!!



YOUTH ADVENTURE PROGRAM

AGES 11-14

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

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

M Registration begins 2/5/26

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



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE

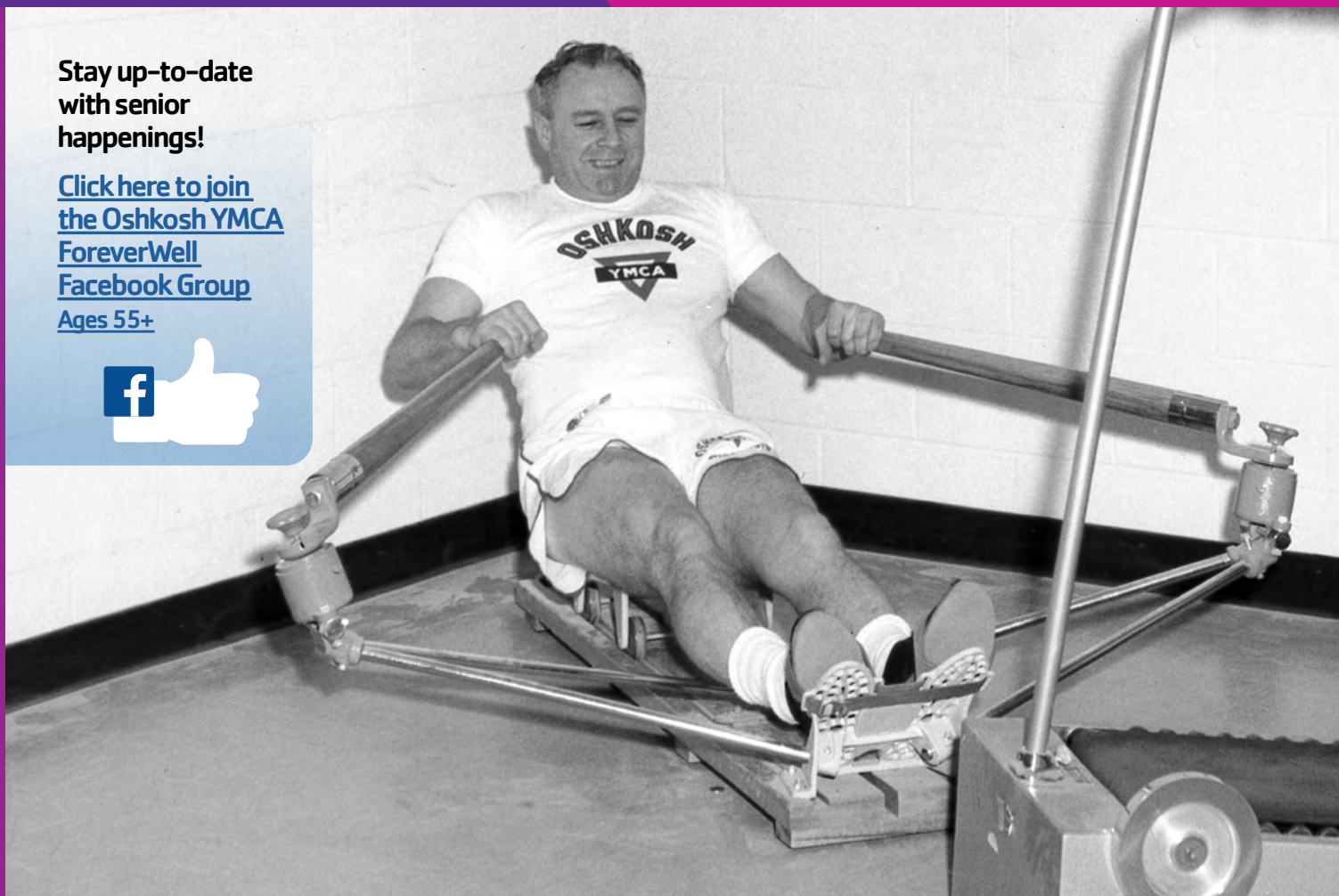


Because of donations from community members like YOU, kids, regardless of their financial circumstances, can build FRIENDSHIPS, create lifelong MEMORIES and LEARN Science, Technology, Engineering, Art and Math (S.T.E.A.M.) at Camp!

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

Stay up-to-date
with senior
happenings!

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



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.

**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 Chelsea Huszar at (920) 230-8952 or chelseahuszar@oshkoshymca.org.



LUNCH + LEARN

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

JANUARY 22
PREVENT WINTER INJURIES, OSMS

FEBRUARY
TBD

MARCH 19
PELVIC FLOOR HEALTH, PT SOLUTIONS

APRIL
PHYSICAL ACHIEVEMENT CENTER

MAY
ALLERGIES AWARENESS, AURORA

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

THANK YOU TO OUR MONTHLY LUNCH CO-SPONSORS:

senior stride
Home Care



PICKLEBALL

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

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

DT 20 FREE TO Y MEMBERS

TP TENNIS & PICKLEBALL CENTER FEES APPLY



CHAIR VOLLEYBALL

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

20 Main Gym

WEDNESDAY 10:00-11:30 a.m. FREE TO MEMBERS

Urban Pole Walking Class

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

9:15-10:00 a.m.

20 January 13 • February 10 • March 10 • April 28 • May 12

DT January 27 • February 24 • April 28 • May 26 (no class in March)



FOOT CARE CLINICS

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

DT TEACHING KITCHEN

FEBRUARY 5 • MARCH 5 • APRIL 2 • MAY 7

FEE \$40

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



In-Home Care | Independent Living | Assisted Living

OSHKOSH Y MEMORY CAFÉ

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

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

JANUARY 7 • FEBRUARY 4 • MARCH 4 • APRIL 1 • MAY 6 1:30-3:00 p.m.



IN PARTNERSHIP WITH:

alzheimer's association

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

To learn how you can make a difference, please contact Chelsea Huszar at (920) 230-8952 or chelseahuszar@oshkoshymca.org.



FOREVERWELL • AGES 55+



MONTHLY BOOK CLUBS

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

DT 1:00 – 2:00 p.m.

January 15 • February 19 • March 19
• April 16 • May 21

20 10:30 – 11:30 a.m.

January 7 • February 4 • March 4 •
April 1 • May 6

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



GRIEF SUPPORT



This program follows the Group Peer Support (GPS) model. GPS Groups incorporate evidence-based approaches of Cognitive Behavioral

Therapy, Motivational Interviewing, Mindfulness-based Stress Reduction, Trauma Informed Care and Psychosocial Education in a warm and accessible group model. GPS groups are deliberately judgment and advice-free zones where people can be listened to with respect.

BRIGHTER DAYS
SUPPORT PROGRAM

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

The goals of the Brighter Days Support Program are:

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

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

FEE FREE

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



COFFEE + COMMUNITY!

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



Coffee + Community sponsor for both locations.

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

THURSDAY, JUNE 18

20 Departing from 20th Ave location.

10:00 a.m.–6:30 p.m.

FEE M \$75 • N \$85

**BREWERS
GUARDIANS**

FOREVERWELL FITNESS CLASSES

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

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



DID YOU KNOW?

ForeverWell Programming is INCLUDED in your Y Membership!

FOREVERWELL ARTHRITIS AQUATICS

This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics ([page 47](#)).

FOREVERWELL WATER FITNESS

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

FOREVERWELL YOGA

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

FOREVERWELL CIRCUIT

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

FOREVERWELL CYCLING

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

TAI CHI FOR BEGINNERS

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

FOREVERWELL TRX

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



FOREVERWELL STRENGTH

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

FOREVERWELL PILATES

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

SILVERSNEAKERS® CLASSIC

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

ZUMBA GOLD

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

DRUMS ALIVE™ GOLDEN BEATS

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

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

AQUATICS

Y SWIM LESSONS (AGES 6 MOS.+)**DT 20****Downtown &
20th Avenue****WINTER January 5–February 15**

Non-Member registration begins Dec 15

SPRING 1 February 23–April 12

No programs 3/23–29/26

Non-Member registration begins Feb 9

SPRING 2 April 13– May 24

Non-Member registration begins March 30



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

Fee \$39 **M** • \$72 **N****20** Saturday Winter classes meet once a week for 5 weeks, 40 minutes/lesson.Fee \$33 **M** • \$60 **N**

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

LESSON TIMES FILL QUICKLY. REGISTER NOW! Y members register anytime!**PARENT/CHILD SWIM LESSONS (AGES 6 MONTHS–3 YEARS)**

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

PRESCHOOL SWIM LESSONS (AGES 3–6)

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 6–12)

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

SMALL GROUP SWIM LESSONS

20 For those who prefer a smaller size group lesson to provide more individual attention and gain more time to learn and discover the water. 1 INSTRUCTOR TO 3 PARTICIPANTS. Must have 3 enrolled to run.

Fee **M** \$62 • **N** \$116**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.

TUESDAYS 5:40–6:20 p.m.

Fee **M** \$39 • **N** \$72**HOMESCHOOL SWIM LESSONS**

Our Homeschool Swim Lessons are designed with families in mind, offering three stages at a time so that you can have all of your children take lessons within about an hour and a half. This means that one class will cover beginner stages while the other will cover intermediate/advanced stages.

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

WITH COLLEGE STUDENTS

DT MONDAYS 6:30–7:30 p.m.

Beginning TBD

Class will run for 10 weeks.

DATES TO BE DETERMINED

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

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

Fee \$41/participant

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

SWIM LESSON STAGES

SWIM STARTERS

STAGES A • B

PARENT-CHILD STAGES

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

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.

*Adults register for Adult Swim Basics. Teens register for Teen Swim Basics.

AQUATICS



20

SWIM
LESSONS
@20THWINTER,
SPRING
1&2MEMBER
REGISTRATION
BEGINS DEC 1ONLINE at midnight.
IN-PERSON when the
Front Desk opens.

WINTER:

January 5–February 15

N Non-Member registration
begins 12/15/25

Note: Winter weekday lessons
are once per week for six weeks.
Winter Saturday lessons are once
per week for five weeks.
No classes February 7.

SPRING 1:

February 23–April 12

All classes are held once per
week for six weeks.

No Programs March 23–29

N Non-Member registration
begins 2/9/26

SPRING 2: April 13–May 24

All classes are held once per
week for six weeks.N Non-Member registration
begins 3/30/26

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

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

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

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

Preschool and Youth stages meet for 40 minutes each lesson.

QUESTIONS ABOUT LESSONS?

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



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

JANUARY 9–10
OSHY NEW YEAR'S OPENER
Aquatics center closes:
• 4:45 p.m. on Friday
• 12:30 p.m. on Saturday

FEBRUARY 22
WINTER DUAL MEET
Aquatics center closes:
• 3:00 p.m.

FEBRUARY 6–8
OSHY WINTER OPEN
Aquatics center closes:
• 4:00 p.m. Friday
• Closed all day on
Saturday and Sunday

FEBRUARY 26
NKB SWIM
Lap Pool closes at 6:30 p.m.

COME
WATCH
THE MEET &
SUPPORT OUR
TEAM!

AQUATICS

SWIM LESSONS

	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							●	●			
WEDNESDAY											
10:00-10:40 AM			H	H	H	H	H	H			
11:00-11:40 AM								H	H	H	H
4:00-4:40 PM	●	●						●			
4:50-5:30 PM					●	●	●				
THURSDAY											
4:00-4:40 PM			MC	MC							
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					●	●					
11:30AM-12:10PM			●	●							

MC=Multi-Cultural Outreach Program

H=Homeschool • PS=Preschool • Y=Youth

CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.

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

Stages A & B meet for 40 minutes each lesson.

The first 30 minutes are instructional and the last 10 are supervised water exploration.

Preschool and Youth stages meet for 40 minutes each lesson.



DOWNTOWN

WINTER

January 5-February 15

M Y Member

MEMBER

WINTER
REGISTRATION
BEGINS 12/1/25

ONLINE at midnight.

IN-PERSON when Front Desk opens.

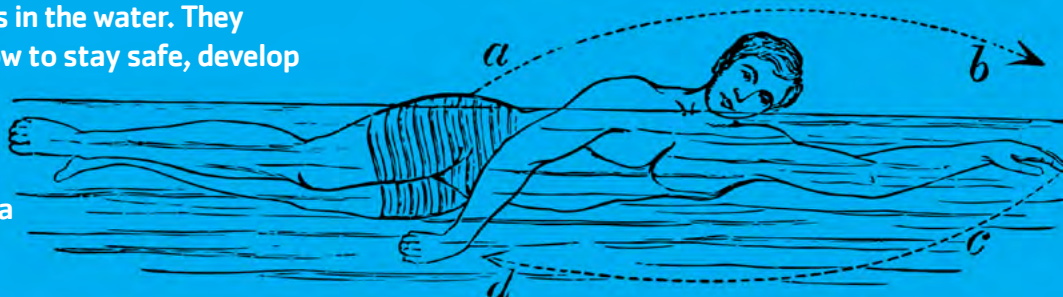
N Non-Member registration begins 12/15/25

QUESTIONS ABOUT LESSONS?

DT Daniel Anderson:
danielanderson@oshkoshymca.org

20 Trenton Davis:
trentondavis@oshkoshymca.org

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



AQUATICS

PS=Preschool
Y=Youth
H=Homeschool

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

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CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.

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

Stages A & B meet for 40 minutes each lesson.

The first 30 minutes are instructional and the last 10 are supervised water exploration.

Preschool and Youth stages meet for 40 minutes each lesson.

Safety Around Water has been a Y commitment from the start.



DOWNTOWN

SPRING 1

February 23-April 12

No Programs March 23-29

M Y Member

MEMBER

**SPRING 1
REGISTRATION
BEGINS 12/1/25**



ONLINE at midnight.

IN-PERSON when Front Desk opens.

N Non-Member registration begins 2/10/26

QUESTIONS ABOUT LESSONS?

DT Daniel Anderson:
danielanderson@oshkoshymca.org

20 Trenton Davis:
trentondavis@oshkoshymca.org



AQUATICS

PS=Preschool
Y=Youth
H=Homeschool

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

MC=Multi-Cultural Outreach Program

H=Homeschool • PS=Preschool • Y=Youth

CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.

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

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

Preschool and Youth stages meet for 40 minutes each lesson.

Try
Downtown
lessons for
warmer
pools!

DT DOWNTOWN SPRING 2

April 13-May 24

No Programs March 23-29

M Y Member

MEMBER

**SPRING 1
REGISTRATION
BEGINS 12/1/25**



ONLINE at midnight.

IN-PERSON when Front Desk opens.

N Non-Member registration begins 3/30/26

QUESTIONS ABOUT LESSONS?

DT Daniel Anderson:
danielanderson@oshkoshymca.org

20 Trenton Davis:
trentondavis@oshkoshymca.org

DOWNTOWN POOL
Annual Shutdown & Maintenance
MAY 25-JUNE 7
Save the dates!





PRIVATE LESSONS

OSHKOSH YMCA AQUATICS PRIVATE SWIM LESSON POLICIES

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

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

FOR INFORMATION & SCHEDULING of Private Swim Lessons:

DT Mel Karnatz:

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

20 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 **M** \$30 • **N** \$55

SEMI-PRIVATE LESSONS

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

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

FEE Per person per lesson **M** \$25 • **N** \$45

SCOUT SWIM TEST

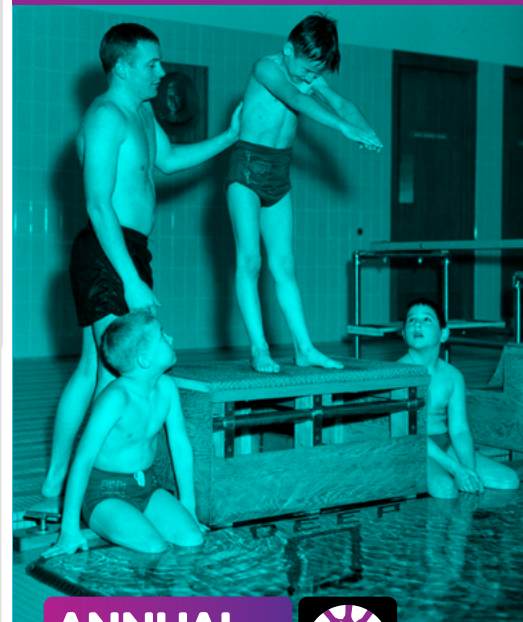
DT **20** Is your Scout Troop in need of a swim test before heading to camp? We can help! All swim tests are administered by certified Red Cross lifeguards. Each Scout Camp is subject to retest any swimmer at camp, we recommend you check with them first.

FEE \$5 per participant

WATER SAFETY MONTH MAY 2026

Watch for information on special programs to be held
ALL WEEK at both Y locations.

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/give

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



AMERICAN RED CROSS BLENDED LEARNING LIFEGUARD TRAINING AGES 15+

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

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

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

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

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

20 LG FULL COURSE: January 17-19 (Friday-Sunday)

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

LG FULL COURSE: March 27-29 (Friday-Sunday)

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

LG FULL COURSE: May 8-10 (Friday-Sunday)

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

FEE **M** \$200 • **N** \$240

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

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

NOTE

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



ACHIEVE LIFE SAVING STATUS
Mrs. Alan Webster, left, women's and girls' secretary at the Oshkosh Community YMCA, presents senior life saving certificates to four women who completed the course in record time. They are, from left, Mmes. William Konrad, Dean Arkenbright, Curtis Combs and Ralph Hurlbut. (Northwestern photo)

HELP WANTED

Now hiring for lifeguard + swim instructor positions.

LIFEGUARDS: FREE certification in LG, CPR, AED, & First Aid provided!

SWIM INSTRUCTORS: WSI or YSLv6 certification preferred, paid training provided!

Apply online at oshkoshymca.org.

Learn how to receive a lifeguard certification for FREE!

DT Daniel Anderson:
danielanderson@oshkoshymca.org

20 Trenton Davis:
trentondavis@oshkoshymca.org

• TEENS

Ages 15+ Lifeguards

Ages 16+ Swim Instructors

• YOUNG ADULTS

• ADULTS

• RETIREES

CPR/AED and First-Aid classes are open to the public. Dates can be found on our website or by calling the Front Desk.

FEE **M** \$115 • **N** \$140



AQUATICS

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

WATER FITNESS

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

20 DT FREE TO MEMBERS M

Water Fitness classes are
FREE FOR MEMBERS.

Non-Members may
purchase a 15-visit
punch card to use for any
classes before 1 p.m. | \$80

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

AQUA ZUMBA

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

20 DT FREE TO MEMBERS M

POWER CURRENT

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

DT FREE TO MEMBERS M

SENIOR WATER FITNESS

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

DT FREE TO MEMBERS M

WATER DYNAMICS

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

20 FREE TO MEMBERS M

HIGH INTENSITY WATER FITNESS

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

20 FREE TO MEMBERS M

LAP SWIM + OPEN SWIM TIMES

FREE TO Y MEMBERS

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

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

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

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



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.



HEALTHY LIVING ORIENTATION

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

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

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



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

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



YOU CAN HELP CHANGE LIVES RIGHT HERE IN OUR COMMUNITY!

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

FOR MORE INFORMATION

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

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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 errahwheel@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.



PARTICIPATING IN a stretching exercise are (from left) Mmes. R. William Roberts, K. W. Fletcher and Theron Freese.

Work out with a friend! Show up for yourself. Cheer for each other.

YMCATM 360 ANYWHERE, ANYTIME

HEALTHY LIVING SUPERCHARGED BY YMCA360



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

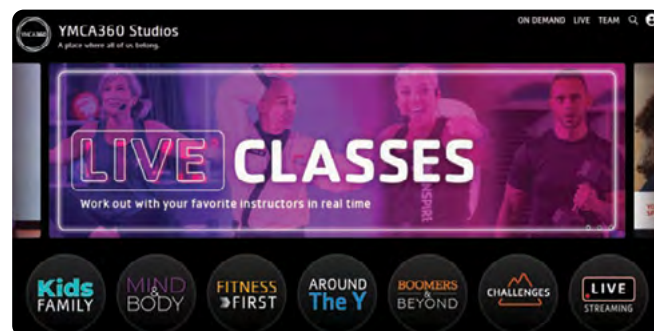
WHAT IS YMCA360?

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



FIND EMPOWERMENT IN THE WEIGHT ROOM!

Discover the endless benefits of strength training for women in this motivating program. Build confidence as you learn proper techniques and safe use of free weights under the guidance of a Nationally Accredited Certified Personal Trainer. This program is designed for women ages 18 and older, with a special ForeverWell Women on Weights option for women ages 55 and up.



BUILD STRENGTH. GAIN CONFIDENCE. WOMEN ON WEIGHTS

Improve body composition, increase strength, prevent injuries, slow down bone loss, *and more!*

FOR AGES 18+ 8 WEEK SESSION

Two 60-minute classes per week
\$139 per person • Members only

FOREVERWELL AGES 55+ 6 WEEK SESSION

Two 60-minute classes per week
\$99 per person • Members only

Maximum 6 participants per program session. Class dates and times will vary each session. For maximum results, full attendance is strongly encouraged. Contact Emily Eresh at emilyeresh@oshkoshymca.org with questions, upcoming class dates and times.

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.



WHY TRAIN AT THE Y? THE Y DIFFERENCE.

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

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



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

Ask about Virtual Options!

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

FREE PERSONAL TRAINING CONSULTATIONS

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

FEE FREE TO OSHKOSH Y MEMBERS **M**

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

New Easy-to-Use Pricing!

30 mins of training: \$34

90 mins of training: \$99

4 hours of training: \$240

6 hours of training: \$348

8 hours of training: \$448

12 hours of training: \$648

15 hours of training: \$795

18 hours of training: \$936



CLINICAL PERSONAL TRAINING (AGES 13+)

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

Contact Ben Clewien for information and pricing: benclwien@oshkoshymca.org.

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

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

30 mins of training: \$26/person

90 mins of training: \$75/person

4 hours of training: \$172/person

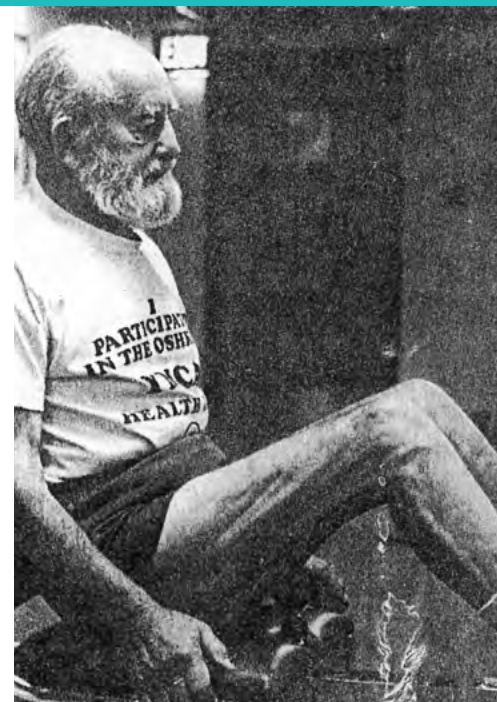
6 hours of training: \$252/person

8 hours of training: \$328/person

12 hours of training: \$468/person

15 hours of training: \$570/person

18 hours of training: \$666/person



PERSONALIZED TRAINING PLANS

**Personal Training that
can fit your schedule!**

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

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



TOGETHER WE ARE STRONGER.

BEYOND LIMITS. A SPECIAL PROGRAM FOR VETERANS AND ARMED FORCES MEMBERS

Beyond Limits provides veterans and active service members with opportunities to connect, build strength, and enhance overall well-being through supportive Y programs.

Programs are currently offered based on interest.

TO LEARN MORE or inquire about upcoming sessions, contact:
Ben Clewien
benclewien@oshkoshymca.org
(920) 230-8919

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

CHECK OUT OUR BEYOND LIMITS MISSION VIDEO!

Support BEYOND LIMITS

Join our community in honoring and empowering veterans. Sponsorship and donation opportunities include:

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

Gifts of any amount are welcome! To sponsor or donate, or to purchase a shirt or banner, contact:
Chelsea Huszar
(920) 230-8952
chelseahuszar@oshkoshymca.org



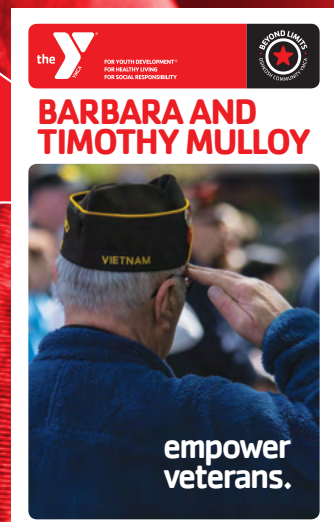
ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



FOR ALL

Your gift to the Y's Annual Campaign helps make programs like Beyond Limits possible.

Learn more at oshkoshymca.org.



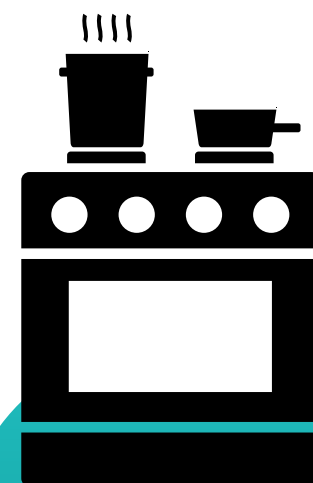
Swing by the Downtown Y Teaching Kitchen to grab a recipe to go! Each week, Chef Shelly Platten—a local chef passionate about healthy, seasonal eating—shares a new recipe. Shelly leads hands-on cooking classes that focus on practical weeknight meals, meal prep techniques, and creative ways to cook with fresh ingredients like zucchini or rotisserie chicken. Don't forget to browse the recipe rack for past favorites to try at home!



TEACHING KITCHEN

**ASK
ABOUT
FAMILY
CLASS
OPTIONS!**

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



RENT THE KITCHEN

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



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

NOW HIRING!

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

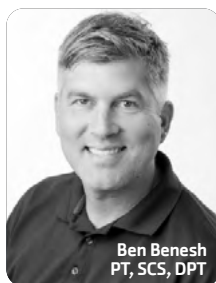


[Learn more about the available positions HERE!](#)



MEET THE TEAM

Physical Therapy & Sports Certified Specialists



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

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

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

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

DOWNTOWN Y:

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

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

20TH AVE Y:

Wednesday 6 a.m.-6 p.m.

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



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

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

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

Chris sees patients at the 20TH AVE Y:

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

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

Thursday 3:30-6 p.m.

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

Schedule an appointment with Ben or Chris today!

CORPORATE WELLNESS PROGRAM

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

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

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

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

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



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 Chelsea Huszar at (920) 230-8952 or chelseahuszar@oshkoshymca.org.

L I V E S T R O N G[®] AT THE YMCA

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

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

STRONGER TOGETHER

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

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

SURVIVOR



CHECK OUT OUR STAY STRONG MISSION VIDEO!

LIVESTRONG[®] at the Y

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

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

Reserve your spot today!

STAY STRONG PROGRAM

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

MONDAY-WEDNESDAY

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

SPRING
SESSION
STARTS IN
MARCH
2026

WANT TO HELP?



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



FOR ALL

To learn how you can make a difference, please contact Chelsea Huszar at (920) 230-8952 or chelseahuszar@oshkoshymca.org.

PRESCHOOL SKATE AGES 3-5

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

WINTER, SPRING 1 & SPRING 2

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

FEE \$55 **M** • \$84 **N**

LEARN TO SKATE AGES 4+

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

WINTER, SPRING 1 & SPRING 2

MONDAY 5:45-6:15 p.m.

FEE \$55 **M** • \$84 **N**

Skate rentals free for program use.

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

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

WINTER, SPRING 1 & SPRING 2

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

FEE \$72 **M** • \$105 **N**

FREESTYLE WITH US Free Skate 1-6

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

WINTER, SPRING 1 & SPRING 2

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

FEE \$72 **M** • \$105 **N**

Ice skating gives kids a chance to build confidence, balance, and strength while having fun on the ice. It's an activity that develops both physical coordination and mental focus — learning to glide, stop, and turn helps young skaters trust their own bodies and discover what they're capable of. Beyond the skills themselves, skating offers a joyful way to stay active through the winter months, encouraging movement, laughter, and connection in a season when it's easy to stay indoors.

Youth skating programs also foster teamwork, perseverance, and sportsmanship. Whether a child is skating for the first time or joining a youth hockey or figure-skating class, the rink becomes a place to make friends and set goals. Coaches and mentors help kids learn the value of practice and patience, celebrating progress one small step — or glide — at a time. Most of all, time on the ice reminds kids that movement can be both challenging and fun — a lesson that stays with them long after they hang up their skates.

PRIVATE SKATE LESSONS

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

FEE 1 session \$37 **M** • \$58 **N**

5 sessions \$142 **M** • \$175 **N**

10 sessions \$240 **M** • \$273 **N**

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

SEMI-PRIVATE SKATE LESSONS

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

FEE 1 session \$25 **M** • \$35 **N**

5 sessions \$95 **M** • \$120 **N**

10 sessions \$160 **M** • \$185 **N**

OPEN ICE SKATING

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

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

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

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



LEARN TO HOCKEY SKATE (AGES 4+)

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

WINTER, SPRING 1 & 2 • MONDAY

Level 1 5:45–6:15 p.m. • FEE \$55 **M** • \$84 **N**

Level 2–4 6:15–7:00 p.m. • FEE \$72 **M** • \$105 **N**

LEARN TO POWER SKATE

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

SPRING 2 • MONDAY 7:45–8:30 p.m.

FEE \$72 **M** • \$105 **N**

**FREE HOCKEY INTRODUCTION PROGRAM (INTRO TO TERMITES) (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 taking part in a hockey playground where they can explore skating, puck control, shooting and passing. Our goal is to get them comfortable enough on the ice to join one of our more structured programs.

This program is for children ages 8 and younger. Families with children older than 8 can join the Conner Bingham Youth League or email aceoyha@gmail.com for a recommendation on the most age appropriate development program.

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

Visit oshkoshyouthhockey.org for registration details.



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

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

ADULT CO-ED HOCKEY LEAGUE (AGES 18+)

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

WEDNESDAY 8:00–9:00 p.m.

January 7–March 25 Reg deadline 1/2/2026

FEE \$175 + tax **M** • \$235 + tax **N**

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

**Sales Tax not included in fee.*

ADULT CO-ED HOCKEY LEAGUE – BEGINNERS (AGES 18+)

This is a skills focused class for adults that want to work on skating and hockey ability. The primary focus of the class is skills development. Each class session will also include an instructional scrimmage session. This is a social league for adults who enjoy hockey and play at an intermediate level. This is a no check, no slapshot league. One game per week, full equipment is required. Individual registration only, teams will be formed by arena management.

SUNDAY 6:00–7:00 p.m.

January 11–March 29 Reg deadline 1/2/2026

FEE \$175 + tax **M** • \$235 + tax **N**

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

**Sales Tax not included in fee.*

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

This is a game play focused league for adults that have good skating and hockey skills that want to understand the game of hockey better. Classes will focus on game play, strategy and position play. Each class will also include an instructional scrimmage session. This is a no check, no slapshot league. Full equipment is required. Individual registration only, teams will be formed by arena management.

SUNDAY 7:15–8:15 p.m.

January 11–March 29 Reg deadline 1/2/2026

FEE \$175 + tax **M** • \$235 + tax **N**

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

**Sales Tax not included in fee.*



FINANCIAL ASSISTANCE AVAILABLE FOR HEALTHY LIVING

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

YOUTH FLAG FOOTBALL 4K-GRADE 8

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

Weekly practices can begin the week of April 13. Times and locations will be determined by the coach.

April 25-June 13 Registration deadline 3/30/2026
(no games 5/23)

20 SATURDAY MORNING

FEE \$57 **M** • \$83 **N** (Includes team t-shirt and flags.)

YOUTH INDOOR SOCCER LEAGUE

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

Requirements Soccer shin guards. No cleats.

February 28-April 18 Registration deadline 2/9/2026
(no games 4/4)

AGE Grades 4K- 8

20 SATURDAY (Or Sunday if needed)

Times to be determined after registration ends. Saturday games will be played between 8:00 a.m.-9:00 p.m.
Sunday games start at 8:00 a.m.

FEE \$57 **M** • \$83 **N**

TOP SOCCER

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

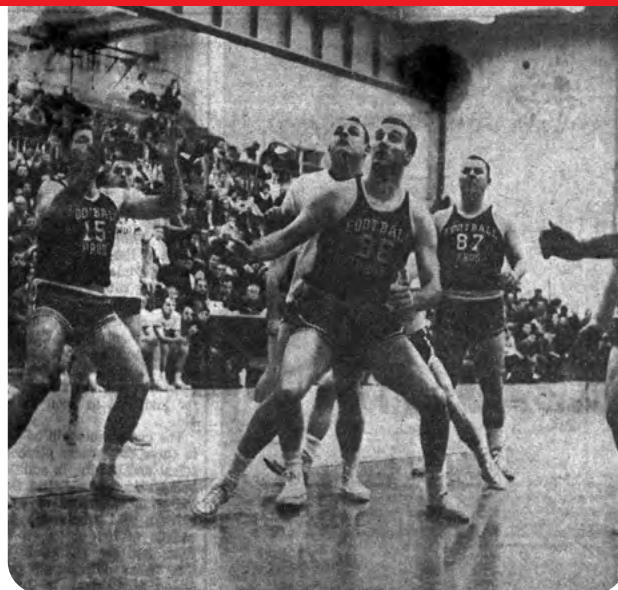


TOP Soccer is a FREE community-based program for young athletes with disabilities. Our goal is to bring the community of learning and playing soccer to any boy or girl who has a mental or physical disability. The program consist of six sessions where youth will work with experienced coaches, volunteers,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

January 10-February 21 (no program 2/7)

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

To learn more visit: www.usyouthsoccer.org/topsoccer/



MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE AGE 18+

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

March 1-April 19 (no games 4/5)

Registration deadline 2/23/2026

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

FEE \$435 per team + Tax

MEN'S INDOOR FLAG FOOTBALL AGE 18+

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

WINTER January 9-February 20

Reg. deadline 12/29/2025

SPRING February 27-April 10 Reg. deadline 2/9/2026

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

FEE \$435 per team + Tax



Coach or sponsor
a team and make
a difference in our
community.

If interested in coaching or sponsoring a team, please
contact Byron Sabel at byronsabel@oshkoshymca.org.

OSHKOSH YMCA YOUTH BASEBALL (AGES 4-8)

An instructional and fun league for boys and girls ages 4-8 that builds baseball skills, encourages teamwork, and promotes positive attitudes. League is determined by child's age prior to April 30, 2026.

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

FEE Includes t-shirt and hat.

Season May 9-June 22

(No games May 24-25)

Registration deadline 3/9/2026

Practices begin at the end of April.

Start times are weather/field dependent.

**OPENING WEEKEND MAY 9**

ALL TEAMS WILL PLAY 1 GAME ON
OPENING DAY.

Team pictures will also be taken.

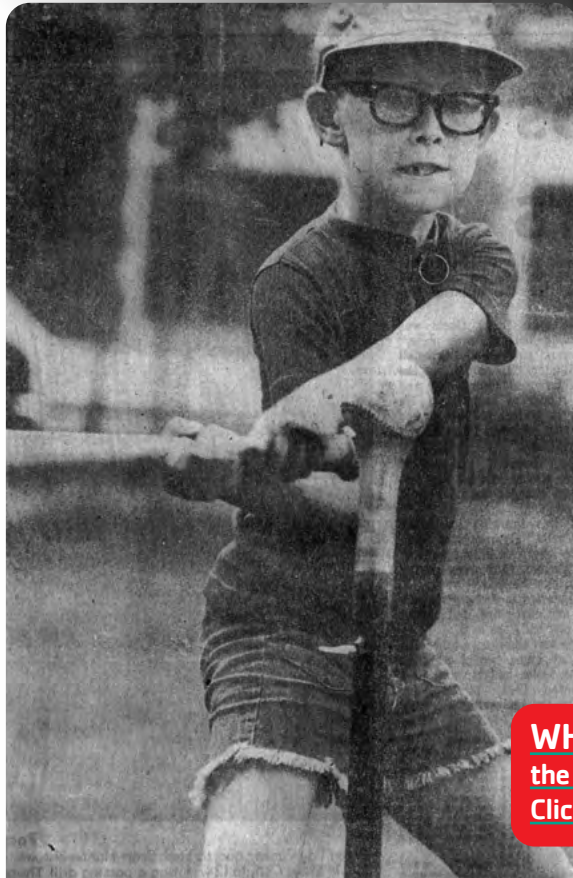
Age	League	Games	Location	Practice	Member	Non-Member
4-5	T-Ball	Sunday Aft	Red Arrow	30 Min before game	\$74	\$94
5-6	Pitching Machine	Sunday Eve	Red Arrow	1 Night/Week	\$70	\$90
7-8	Pitching Machine	Thursday Eve	Red Arrow	1 Night/Week	\$70	\$90

**IMPORTANT
SCHEDULING
INFORMATION**

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



PLAY BALL!



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

Y SPORTS INSPIRE SKILLS, CONFIDENCE, + LIFELONG PASSION



Y Sports light the spark and the love for the game lasts forever.

BOY'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 6–February 18 Reg. deadline 12/22/25

Requirements Soccer shin guards (no outdoor cleats)

AGE Grades 9–12

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

FEE \$406/team *Sales Tax not included in fee

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

January 5–February 18 Reg. deadline 12/22/25

Requirements Soccer shin guards (no outdoor cleats)

AGE Grades 9–12

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

FEE \$406/team *Sales Tax not included in fee

ADULT CO-ED SOCCER LEAGUE AGE 18+

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

SPRING February 22–April 12 Reg. deadline 2/2/2026

20 SUNDAY 10:00 a.m. – 11:00 p.m.

League capped at 20 teams

FEE \$435 per team + tax

Teams must provide their own t-shirts.

ADULT WOMEN'S SOCCER LEAGUE AGE 18+

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

WINTER January 8–February 19 Reg. deadline 12/29/25

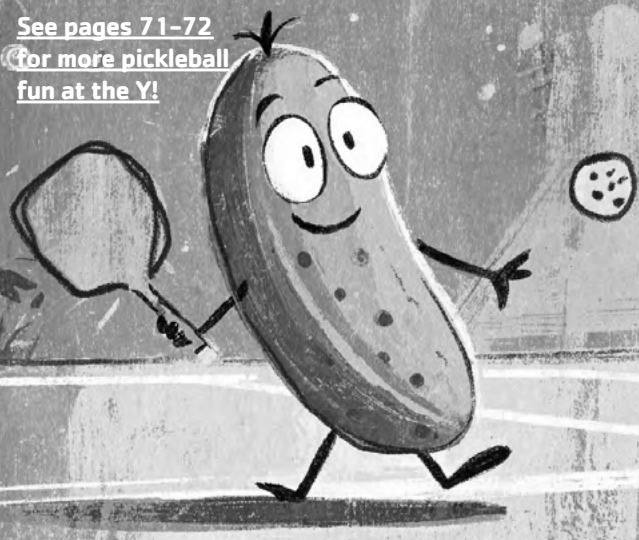
20 THURSDAY 11:00 a.m.–10:00 p.m.

Game time dependent on number of teams.

FEE \$435 per team + tax

Teams must provide their own t-shirts.

See pages 71–72
for more pickleball
fun at the Y!



OPEN PICKLEBALL

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

DT 20 Check Gym Schedule for Current Open Times

FEE FREE TO Y MEMBERS

BEGINNER/ REC PICKLEBALL

DT TUESDAY & THURSDAY 12:00–2:00 p.m.

Learn the rules of the game and open play
for beginners

FEE FREE TO Y MEMBERS



FINANCIAL ASSISTANCE AVAILABLE FOR HEALTH + WELLNESS

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

KARATE (AGES 4-ADULT)

Karate is good exercise, it's fun, it enhances your confidence, teaches you methods 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 \$35. Testing is \$40 for all lower levels. More information will be given the first night of class. Class sizes will be limited.

20 TUESDAY & THURSDAY

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

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

WINTER: January 5-February 22

SPRING 1: February 23-April 12

SPRING 2: April 13-May 31

FEE \$113 **M** • \$163 **N**

SKILLS AND DRILLS VOLLEYBALL (GRADES 1-8)

This class introduces the fundamentals of volleyball, including passing, setting, hitting, blocking, and serving. Learning these skills early builds confidence and a love for the game.

20 SPRING 1

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

FEE \$49 **M** • \$75 **N**

INTERMEDIATE VOLLEYBALL SKILLS AND DRILLS (GRADES 5-8)

This class builds on the fundamentals of volleyball, preparing athletes for more advanced strategies and game-like situations. Players will continue to gain confidence and deepen their enjoyment of the game.

20 SPRING 2

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

FEE \$91 **M** • \$113 **N**



Sports festival action

Northwestern photos by Carl Plotz

A wrestling bear, top photo, and a karate demonstration by members of the Oshkosh YMCA karate clubs were two of the highlights of the sports festival held Saturday at Menominee Park

in conjunction with the walleye fishing tournament on Lake Winnebago. The sports festival and fishing tournament continue today.

6/24/84



YOUTH HEALTH + WELLNESS ORIENTATIONS

FREE!

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

Please contact the Health + Wellness Center to schedule.



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:

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

FREE
FOR MEMBERS
ONLY.

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:

FEE M \$45 • N \$60





OSHKOSH Y MEMBERSHIP INCLUDES A TENNIS & PICKLEBALL CENTER MEMBERSHIP

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

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

MEMBERSHIP

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

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

OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP

ADULT (19 & UP) \$19.50/month or \$225 for entire year

FAMILY \$29/month or \$335 for entire year

YOUTH (18 & UNDER) \$10/month or \$110 for entire year

MEMBERSHIP FOR THOSE THAT HAVE TENNIS OR PICKLEBALL ONLY AT OGDEN

ADULT (19 & UP) \$15/month or \$156 per year

FAMILY \$18/month or \$203 per year

YOUTH (18 & UNDER) \$8/month or \$88 per year

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** | \$26/hour (+tax), plus applicable guest fees per person/family
- **Non-Member Guest Fee** \$10/guest • \$15/family

**ALL YOUTH UNDER
AGE 14 MUST BE
ACCOMPANIED BY
AN ADULT OR BE
ENROLLED
IN A PROGRAM.**

CONTACT INFORMATION Y TENNIS & PICKLEBALL CENTER:

(920) 236-3400 • 640 E Cty Trunk Y, Oshkosh, WI 54901

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

Brian Hornburg Head Tennis Professional • brianhornburg@oshkoshymca.org

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

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



CHECK IT OUT!!

NEW YEAR'S DAY OPEN HOUSE

**Thursday
January 1, 2026**

10:00-3:00 p.m.

WATCH FOR THESE MARCH EVENTS:

**Middle School
St. Patty's Day Jr. Mixer**

**Spring Team
Pickleball Challenge**

**Summer Tennis Camps for
Youth and Adults
JUNE 2026**

**New Years Pickleball
Doubles Tourney!
DECEMBER 28 & 29**

Watch for Details!



TENNIS LESSONS

SESSION 1 Monday, January 5- Sunday, February 22 | 7 weeks

SESSION 2 Monday, February 23 - Sunday, April 12 | 7 weeks

SESSION 3 Monday, April 13- Thursday, May 21 | 6 weeks | Sat. class is 5 weeks



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** \$118 7 wks | \$102 6 wks

N \$139 7 wks | \$120 6 wks

ORANGE BALL

AGES
7-9

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

MONDAY 4:00-5:00 p.m.

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

SATURDAY 10:00-11:00 a.m.

FEE **M** \$118 7 wks | \$102 6 wks

N \$139 7 wks | \$120 6 wks

GREEN BALL

AGES
9-11

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

TUESDAY 4:30-5:30 p.m.

SATURDAY 10:00-11:00 a.m.

FEE **M** \$118 7 wks | \$102 6 wks

N \$139 7 wks | \$120 6 wks

AGES
11+

YELLOW BALL

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

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

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

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

MIDDLE SCHOOL BEGINNER Ages 11-14

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

FEE **M** \$118 7 wks | \$102 6 wks

N \$177 7 wks | \$120 6 wks

Fees are for 1 hour sessions

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** \$164 7 wks | \$140 6 wks

N \$208 7 wks | \$178 6 wks

Fees are for 1.5 hour sessions

Oshkosh YMCA will offer tennis lessons for adults

ADULT

ADULT LESSONS

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

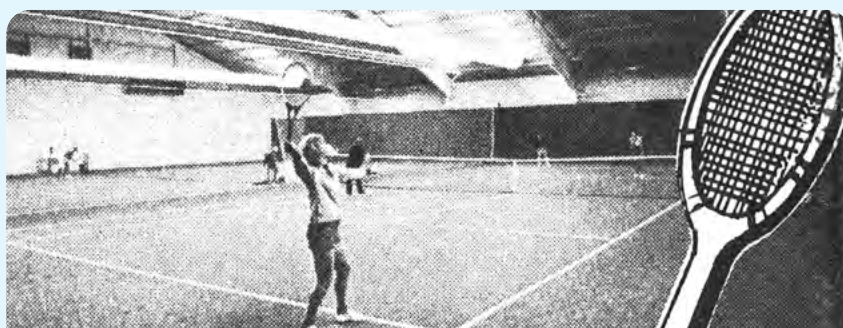
FEE **1-hour Classes**

M \$118 7 wks | \$102 6 wks

N \$139 7 wks | \$120 6 wks

YOUTH + ADULT LESSON POLICY

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



PRIVATE INSTRUCTION RATES

Rate per hour per person	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS	
	M or T	N
1 person	\$70	\$80
2 people	\$43	\$53
3 people	\$35	\$45
4+ people	\$27	\$37

PRIVATE LESSONS

MASTER TECHNIQUES, DEVELOP STRATEGIES, AND STAY MOTIVATED

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

24 hour cancellation policy on all lessons.

ADULT CLASSES

CARDIO TENNIS

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

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

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

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

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

SATURDAY 8:30-10:00 a.m.

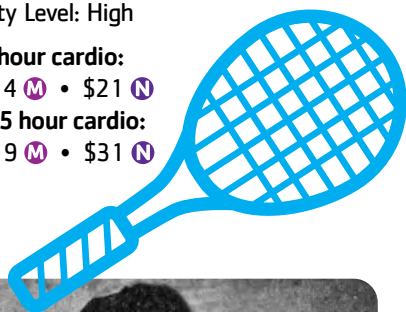
Intensity Level: High

FEE 1 hour cardio:

\$14 **M** • \$21 **N**

1.5 hour cardio:

\$19 **M** • \$31 **N**



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



DOUBLES DRILL AND PLAY

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

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

FEE \$22 **M** • \$30 **N**

TENNIS LEAGUE PLAY

HIGH SCHOOL & ADULT SINGLES FLEX LEAGUE

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

JANUARY-APRIL *Join any time!*

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

ADULT LEAGUE PLAY

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

SESSION 2

Monday, January 5-Thursday, May 21

No league make-up dates will be allowed.

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

N \$10 guest fee for Non-Members

Join us at all 3 locations for a day filled with fitness, fun, and a chance to explore all we have to offer. From group exercise classes to open swim and pickleball, there's something for everyone to kick off 2026 with energy, wellness, and community.

DT**20**

DOWNTOWN
& 20TH AVE
11 a.m.–4 p.m.

THURSDAY, JANUARY 1

NEW YEAR'S DAY
OPEN HOUSE
\$0

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

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

Check out the Tennis & Pickleball Center!

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

TP

OSHKOSH YMCA TENNIS
& PICKLEBALL CENTER
10 a.m.–3 p.m.

Join us on New Year's Day for **FREE**
Tennis and Pickleball. Bring your
family, explore the facilities, and
discover our winter programs
and activities.*

*Courts must be reserved by calling the Tennis & Pickleball
Center. Reservations can be made beginning Monday,
December 15. Courts may only be reserved for one hour
per group.

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

ADVANCED BEGINNER – 3.1–3.3
INTERMEDIATE 3.4–3.6
ADVANCED INTERMEDIATE 3.7–3.9
ADVANCED 4.0 and up

LEVELS

Descriptions of levels will be available at front desk.
If you are not sure of your level please contact
Sheila Counts at sheilacounts@oshkoshymca.org

PICKLEBALL LEAGUES

AT THE Y TENNIS & PICKLEBALL CENTER

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

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

JANUARY 5– MAY 21 Play begins January 5

Advanced Beginner Pickleball League

TUESDAY 1:00–3:00 p.m.

Intermediate Pickleball League

All players must play in appropriate level league.

TUESDAY 10:45 a.m.–12:45 p.m.

THURSDAY 8:00–10:00 a.m.

Advanced Pickleball League (4.0 plus)

All players must play in appropriate level league. This league daily sign up is
via Team Reach. Contact Sheila Counts for information on signing up.

THURSDAY Start time is 12:00 p.m.

Advanced Intermediate (3.7 and up)

WEDNESDAY 1:00–3:00 p.m.

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

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

DAILY FEES: \$7.00 **M** **T** • \$17.00 **N**

OPEN PICKLEBALL HOURS

DAILY FEES: \$7.00 **M** **T** • \$17.00 **N** (must register for any open plays)

SUNDAY MORNING

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

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

ADVANCED BEGINNER

WEDNESDAY 7:00–9:00 a.m.

FRIDAY 11:00 a.m.–1:00 p.m.

SUNDAY 12:00–2:00 p.m.

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

INTERMEDIATE

WEDNESDAY 7:00–9:00 a.m.

FRIDAY 1:00–3:00 p.m.

SUNDAY 10:00 a.m.–12:00 p.m.

DAILY FEES: \$7.00 **M** **T** • \$17.00 **N**

Punch Cards can be used for Members

DID YOU
KNOW?

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

PICKLEBALL CLASSES

Pickleball 102

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

Friday 11:00 a.m.–12:30 p.m.

SESSION 1 January 9–30

SESSION 2 February 13–March 6

\$70 **M** / **T** • \$90 **N**

Minimum 4 players/max 8 players

BEGINNER PICKLEBALL
CLINICS

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

SESSION 1 January 5–26

SESSION 2 February 9 – March 2

SESSION 3 March 16–April 6

MONDAY 10:30–11:30 a.m.

TUESDAY 1:00–3:00 p.m.

FEE \$50 **M** / **T** • \$60 **N**

FRIDAY NIGHT
OPEN PICKLEBALL

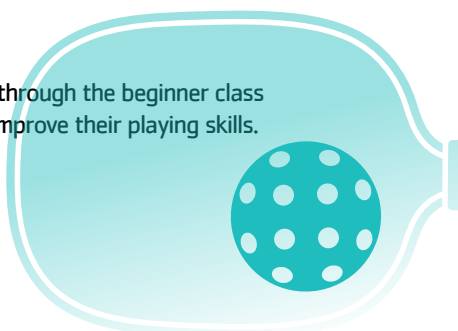
Come enjoy Friday night Pickleball
fun. All levels welcome. We would like
anyone attending Open Play to have
gone through a beginner class and be
able to play a full game without
instruction. Sign up via the Oshkosh
Community Y App or call the front
desk at (920) 236-3400.

FRIDAY 6:00–8:00 p.m.

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

\$7.00 + 10 guest fee **N**

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PICKLEBALL AT THE Y 3 GREAT LOCATIONS

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

Paddles are
available for both
demonstration &
purchase.

20 DT

OPEN PICKLEBALL TIMES

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

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

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

TP

BEGINNER & NEXT-LEVEL PICKLEBALL CLASSES

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

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

TP

PROGRAMS FOR ALL SKILL LEVELS

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

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

Note: fees apply to all programming.

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

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

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

DT

DOWNTOWN (920) 236-3380
324 Washington Ave.

TP

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

CREATE A LIVING LEGACY

Make a planned gift
TODAY. Help Oshkosh
generations TOMORROW.




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

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

We believe that investing in our kids, our health and our neighbors makes all of us stronger. If you believe in the work we're doing today, you can be an integral

part of our future by including a charitable gift in your estate and financial plans. With a little planning, you can make a big difference for years to come.

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

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

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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



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



ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



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

The Y. FOR A BETTER US.™

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

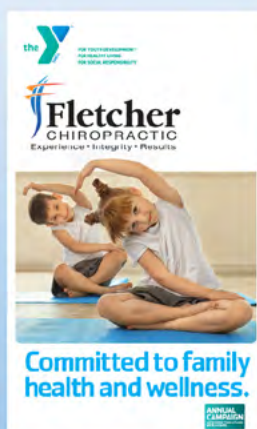
For more information please contact Chelsea Huszar at (920) 230-8952 or chelseahuszar@oshkoshymca.org.

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

\$1,500 = Banner at 2 locations

\$2,000 = Banner at 3 locations

\$5,000 = Large Banner at 3 locations



I'M INTERESTED...

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

Name _____

Phone _____

Email _____

COME AND HANG WITH US!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TH ANNUAL

OSH KOSH CENTURY

SUNDAY, JUNE 28 | 20TH AVE Y

Join us for the 5th annual Oshkosh Century Bike Ride. All fully supported routes start and finish at the 20th Ave Oshkosh Y. The ride offers four routes to choose from:

30 Miles • 50 Miles • 60 Miles • 100 Miles

All routes offer a beautiful, scenic ride West and South of Oshkosh. The 100 mile route takes riders around Green Lake. Six rest stops along the way will include restrooms, water, food and mechanical support. A post-ride celebration will include a catered meal, beverages and live music. Event t-shirt included with registration.

REGISTRATION	DATES	FEE
Early Bird <small>Online Only</small>	Jan. 1 – March 31	\$65
Regular <small>Online Only</small>	April 1 – June 26 <small>T-Shirt Size Guaranteed if Registered by June 5</small>	\$75
Day Of <small>Online & In Person</small>	June 27 & 28 <small>T-Shirt NOT Guaranteed</small>	\$85

LEARN MORE!

View full event details at www.oshkoshcentury.com.

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

QUESTIONS?

Email oshkoshcentury@oshkoshymca.org.

OSH KOSH COMMUNITY YMCA

www.oshkoshymca.org

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