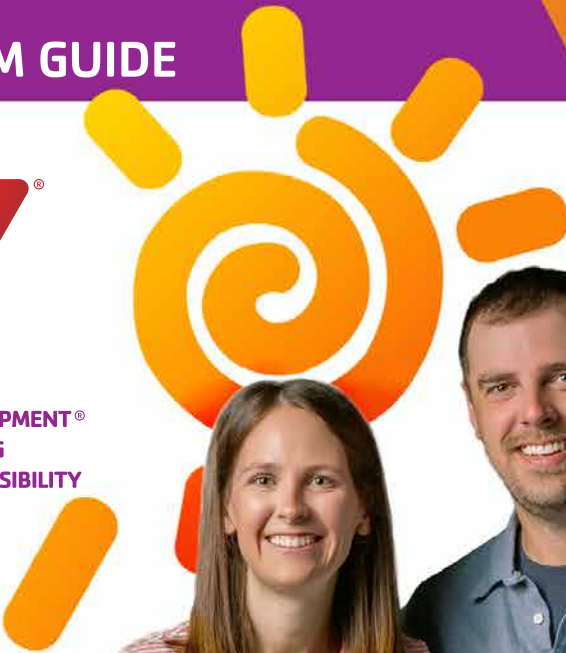




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OSHKOSH COMMUNITY YMCA



THE *Summer Fun* PLACE

At the Y, the Hopkins triplets discovered independence, friendship, and joy—while their parents discovered something just as powerful: *peace of mind.*

**NOT A MEMBER?
JOIN FOR
THE SUMMER!**

2026 SUMMER RATES:

- YOUTH | \$75
- YOUNG ADULT | \$99
- ADULT | \$177
- HOUSEHOLD | \$249

Available for purchase beginning May 1.

Additional membership categories are available.



**ADD 24/7 ACCESS
FOR THE SUMMER:**
Ages 18+ | \$15



26

**WAYS TO MAKE
2026 YOUR
BEST SUMMER
YET. Plan now!**

Looking for fun, affordable ways to stay active and connected? The Y has plenty of ways to keep you moving, laughing, and making memories all summer long!

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

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



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FROM WAITLISTS TO WARM WELCOMES

More Than Childcare: A Place Where Families Thrive



At the Y, the Hopkins triplets discovered independence, friendship, and joy—while their parents discovered something just as powerful: peace of mind.

When Samantha and Andy found out they were expecting triplets, they were over the moon. But along with their joy and excitement was the question—How are we going to do this? As working parents, the thought of finding care for three young children felt overwhelming.

They placed their names on waitlists early, but with so many area families in need of childcare, space was hard to find. In the meantime, they found a wonderful in-home nanny who quickly became part of their family. During a time when options were limited, she provided stability, care, and support when they needed it most. When their nanny shared that she would be moving on, Samantha and Andy began exploring what might come next. As their

girls approached age three, the timing felt right. A transition into childcare offered structure, social connection, and new opportunities to learn and grow—setting them up for success as they prepare for school in the years ahead.

Samantha and Andy knew the Y was a place they could trust, so Samantha reached out. “We knew people who had kids here...we’d heard such great things. I was a member at one point, he was a member at one point, so we’ve always felt like this is where we’d like them to go.” And then one day, they got the call.

“We were able to come in and tour...and we were just so excited,” Samantha said. Their girls Oaklyn, Leighton, and Teagan toured the classrooms, met their teachers, and started daycare shortly after turning three. As the girls settled into their new routine, the family’s nerves quickly faded into relief—and gratitude.

From the very beginning, the Y felt different. The girls ran in each morning, greeted by familiar faces and warm hellos. They formed an immediate bond with their teacher, Ms. Ashley. “They love her. They run in, they hug her,” Samantha said. After having such a close bond with their nanny, Samantha shared that “it was great to see that they have that with Ms. Ashley.”

Over the months, Samantha and Andy watched their children grow. Since starting childcare, Andy says their girls are “definitely much more outgoing,” and Samantha said that Teagan especially has benefited from more social engagement. “Teagan has always been shy, like she’s just in the background. But she has come out of her shell way more. Her words have expanded...she’s learned a lot.”

The girls started talking about friends, singing songs from school, and proudly sharing what they’d learned—especially swim lessons, which quickly became a favorite part of the week.

What once felt scary now feels steady. For the Hopkins family, having peace of mind knowing their children are safe, cared for, and genuinely loved has changed everything. “They’re happy. We’re happy,” Samantha said. “They’re in good hands, and we’re seeing their development. It’s a good feeling as a parent knowing that you can leave them here and that they’re safe and getting the best care.”

What began with fear ended with belonging—and a community the whole family now calls home.



LOCATIONS & HOURS

DT

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

FACILITY HOURS

Beginning May 18, 2026

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

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

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

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

FACILITY HOURS

Beginning May 18, 2026

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

TP

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

OPEN THIS SUMMER:

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

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

Please call ahead (920) 236-3400.



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

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

STAY CONNECTED

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



INTERNET

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



PHONE

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



eNEWS

Stay informed with eNews.



MOBILE

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



SOCIAL

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



SUMMER IS ALL SMILES AT THE Y

FACILITIES

FACILITIES:

Y LOCATION

DT 20 TP

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



LOVE WHERE YOU WORK!

HELP WANTED

JOIN THE Y TEAM TODAY.







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



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



APPLY TODAY!



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



HEALTH & WELLNESS CENTERS   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.



CHILDCARE 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   Adult Only Locker Rooms are available for general use, with optional locker and laundry services offered 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. See pages 70-75 for programming. All youth under age 14 must be accompanied by an adult or be enrolled in a program.

YOUTH POLICIES

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

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

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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.



**THE Y TEAM
BRINGS JOY TO
OUR COMMUNITY!**

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 **5/4/26** ONLINE at midnight.
IN PERSON when the Front Desk opens, or **OVER THE PHONE** through any location.

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

**JOIN + SAVE
 IT PAYS TO
 BECOME A
 MEMBER!**



SUMMER 1 | JUNE 8-JULY 19

No programs June 29 - July 5

- M** Y Member registration for Summer 1 & 2 begins May 4
- N** Non-Member registration for Summer 1 begins May 18

SUMMER 2 | JULY 27-AUGUST 30

- M** Y Member registration for Summer 1 & 2 begins May 4
- N** Non-Member registration for Summer 2 begins July 13

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

JUNE 2026						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
JULY						
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
AUGUST						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SUMMER 1

SUMMER 2

SUMMER 2026

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



MEMBERSHIP BENEFITS

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

Start with a **FREE Healthy Living Orientation** and be part of a charitable organization that feels like family. Together, we're building a stronger community.

Discover what you'll enjoy as a member:

- **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**
- **FREE** use of indoor running/walking track
- **FREE** towel service
- **FREE** open skate



Your community is waiting! With 150+ group exercise classes, you'll stay active, motivated, and inspired. Try new classes and instructors each week to find what keeps you moving—and coming back. Group workouts offer camaraderie and accountability like nothing else.

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

NATIONWIDE MEMBERSHIP WORK OUT ALMOST EVERYWHERE!



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

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

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

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

- Visit ymca.org 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

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

24/7 ACCESS is 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.

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](#)

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.

**We now offer
FREE 24/7
Access to First
Responders**

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.



When you join the Y you join more than a fitness club—you become part of a community of people dedicated to improving the health and quality of life for themselves, their families, and their neighbors.

Membership is available for individuals, families and youth, with no contracts and easy monthly payment plans.

FINANCIAL ASSISTANCE PROGRAM

MEMBERSHIP + PROGRAMS FOR ALL

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



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

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

CHILDREN UNDER THE AGE OF 8

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

CHILDREN AGES 8+

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

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

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

GUEST POLICY: Depending on the type of membership you select the primary member may share a guest pass with a non-member or family. The Oshkosh Y member must be present and remain at the Y during their guest's visit. A PHOTO ID is required of guests age 16+ and each guest household is limited to 5 visits per calendar year. Please register your guest at the Front Desk upon arrival. [A full policy is available on our site.](#)

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

SHOW YOU CARE

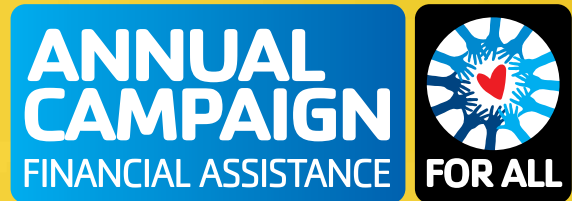
100%

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



DONATE TODAY!

Promote community-building and create spaces where people can connect, thrive, and support one another.



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

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

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

VOLUNTEER



MAKE A DIFFERENCE. VOLUNTEER.

Our Y has opportunities to volunteer all year long!



Looking for a meaningful way to give back this summer?

Join the Y as a volunteer and be part of something bigger, building a stronger, more connected community.

1 SEE WHAT'S COMING UP:

Visit our website for upcoming volunteer opportunities!



2 GET ON OUR LIST:

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

3

HIGH SCHOOLERS: There are great volunteer opportunities at the Y and summer camps. For information email taylordouglas@oshkoshymca.org.



4 COACH A TEAM:

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



5 GO FISH!

Volunteers help with our fishing programs. **Sign up on our website.**

These are just some of the opportunities!

SHOW YOU CARE

CREATE A LIVING LEGACY

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



Your impact goes further than you think.

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

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

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

FIND YOUR SMILE + SHARE THE JOY! 

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

ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



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

OUR PEOPLE

Inspiring and guiding toward a common goal...

YOUR YMCA BOARD OF DIRECTORS

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

Chair
Brent Antti

Treasurer
Meghann Kasper

Secretary
Carston Larson

Past Chair
Becky Tuchscherer

Joe Bongers
Dr. Bryan Davis

Adam Fflug
Rachel Hansen

Salim Hawi
Cal Jirschele

Kathy Lett
Jamie Mielke

THE BOARD



Y STAFF MAKE A DIFFERENCE.

HERE FOR YOU: Y STAFF

- Aquatics Director (DTC) **Daniel Anderson**
- Cash & Accounts Payable **Kelli Baneck**
- Director of Children & Family Services **Erin Baranek**
- Reservations Manager **Kaylee Brown**
- 24/7 Access Membership Manager **Amanda Bruesewitz**
- Group Ex Coordinator (DTC) **Maurie Christensen**
- Wellness & Personal Training Director (20th) **Ben Clewien**
- Head Swim Team Coach **Jay Coleman**
- Childcare Director (DTC) **Jennifer Colvin**
- Tennis Center Director **Sheila Counts**
- Childcare Accounts Receivable **Eric Davis**
- Aquatics Director (20th) **Trenton Davis**
- Property Manager (DTC) **Paul Donahue**
- Youth and Family Director **Taylor Douglas**
- Group Ex Coordinator (20th) **Rachel Ellis**
- Healthy Living Program Coordinator **Emily Ersh**
- Branch Executive (20th) **Angie Flanigan**
- Wellness Coordinator (20th) **Courtney Haedt**
- Senior Program Director **Brandy Hankey**
- Director of Marketing and Brand **Abbey Haug**
- YMCA at UWO Childcare Director **Julie Hill**
- Chief Development Officer **Chelsea Huszar**
- Membership Coordinator (DTC) **Kali Jenneman**
- School Age Director **Claire Kortbein**
- Aquatics Coordinator (DTC) **Mel Karnatz**
- IT Director **Jason Krull**
- Membership Coordinator (20th) **Alex Marrison**
- Wellness & Healthy Living Program Director (DTC) **Lindsey McMullin**
- Sports Coordinator **Aymara Morales**
- Branch Executive (DTC) **Lester Millette**
- Arts & Humanities Coordinator **Amanda Naimon**
- Childcare Director (20th) **Haley Polakowski**
- Chief Financial Officer **Judy Rehm**
- Sports Director **Byron Sabel**
- Payroll/HR **Amanda Sattler**
- President/CEO **Jeff Schneider**
- School Age Coordinator **Christina Seefeld**
- VP of Membership & Engagement **Julie Smith**
- Aquatics Coordinator (20th) **Sarah Tomlinson**
- Property Manager (20th) **Matt Verhage**
- Director of Group Exercise and Engagement **Errah Wheel**

YOUR Y STAFF

COMMUNITY STARTS HERE.

BRING A GROUP TO THE Y!

Looking for a fun group outing? The Oshkosh Y offers engaging activities for schools, churches, daycares, and other groups.

Enjoy swimming, soccer, or ice skating during open times, with special group rates available for 20+ participants. Availability may vary.

For more information contact our Reservations Manager at (920) 230-8439 or email reservations@oshkoshymca.org.

**OSHKOSH Y
GROUP RATES
AVAILABLE FOR
ALL AGES!**

NOTE!

With a full summer schedule, we're pausing birthday parties and field trips until fall. Plan ahead—we look forward to seeing you then!



Take your next field trip to the Y. Any grade can be accommodated. Plan now for class trips, incentive days or reward days!

• SOCCER ARENA • ICE SKATING • SWIMMING • BASKETBALL

Space and group subject to availability.

[For more information, click here to complete a field trip interest form.](#)

[Click here to access the birthday party interest form for fall rental.](#)





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.

Rough play is not permitted.

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.

GYMS



NO FOOD OR DRINK ALLOWED

- Equipment should be used for intended purposes only.
- Request staff assistance to raise or lower hoops.
- Baton twirling is allowed during open times, please be courteous of other users.

SOCCER ARENA



NO FOOD OR DRINK ALLOWED

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

ICE ARENA



NO FOOD OR DRINK ALLOWED

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

GATHERING SPACES

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

POOLS



NO FOOD OR DRINK ALLOWED

- Wear a swimming suit.
- Please walk.
- Whirlpool, sauna, and steam room are for swimmers ages 14 and older.
- Swim test required for lap pool.
- Swim test required for lazy river and slide (20th) if under 4 ft. tall.
- No flotation devices or goggles on slide (20th).
- Flotation devices that meet U.S. Coast Guard requirements may be used.
- 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**

FAMILY FUN

FUN FOR KIDS
AGES 4-16


KIDS MUD RUN

11th
Annual


WET &
MUDDY
1-MILE COURSE
WITH 20
OBSTACLES!

SUNDAY, JUNE 7

MUD RUN WAVES: 12:30 p.m. • 1:00 p.m. • 1:30 p.m.

- Mud Run T-Shirt (*kids only*)
- **NEW!** Run the course as many times as you want! Course closes at 2:15pm.
- One parent can accompany each child registered for FREE. Some obstacles are for kids only. Parents will be asked to go around.

Sign up for the wave that is convenient for you!

Ages are divided within each wave.

Big kids released first. Siblings allowed to run together.

REGULAR REGISTRATION: ends May 29: \$25 Member • \$35 Non-member

DAY-OF REGISTRATION: \$35 for all

No t-shirt provided for day-of registrants

NO REFUNDS! Event held rain or shine.

The YMCA will NOT be open during the event.



**MINI
MUD RUN**

FREE for
kids ages 1-3!

No pre-registration required!

PRESENTED BY:



**Fox
Communities
CREDIT UNION**

Helping you make life happen!



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

FAMILY FUN

FAMILY CAMPOUT 2026



JULY 18-19



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

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

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

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

SATURDAY, JULY 18: 2:00 p.m. to
SUNDAY, JULY 19: 8:30 a.m.

LOCATION: YMCA Camp Winni-Y-Co

COST: **M** \$70 (for a family of 4)*
N \$90 (for a family of 4)*

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

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



FOR ALL

CHILD WATCH

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

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

DT MONDAY-FRIDAY: 7:30 a.m.-1:15 p.m.
MONDAY-THURSDAY: 4:00-7:00 p.m.
SATURDAY: 7:30 a.m.-12:00 p.m.



FOR ALL



FOR
AGES 6
WEEKS
THROUGH
7 YEARS

FEE \$3/visit for each child.

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

PACKAGES AVAILABLE:

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

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

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

For Oshkosh Y Members only.



SPLISH & SPLASH

AGES 1-3

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

Join other parents and their tots to enjoy some fun time at the Y, playing, laughing, meeting new friends, and exploring the water. We will play family music during the first 30 minutes and then use the water gadgets for the last 30 minutes. Special pool toys will be available in this program, so come on down and join the fun!

20 WEDNESDAYS: 11:30 a.m.-12:30 p.m.
FRIDAYS: 10:30-11:30 a.m.
FREE (for Members only)

WIGGLES & GIGGLES

The "place to be" for toddlers and preschoolers—and for members this program is FREE! Bring your toddler or preschooler for a session of fun playing with balls, blocks, dancing to music, and enjoying push or ride on toys. Your child will have a blast and meet other kids...and you'll meet other parents! You'll love it, your kids will love it, and they'll be ready for bed when it's over!

20 TUESDAYS: 4:45-5:45 p.m.
WEDNESDAYS: 9:30-11:00 a.m.
M FREE FOR OSHKOSH Y MEMBERS N \$6/family

FEE M FREE FOR OSHKOSH Y MEMBERS N \$6/family (includes tax)

Summer hours begin June 9



AGES 1-3



LITTLE SPORTS STARS

TODDLERS & PARENTS PLAY SPORTS TOGETHER

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

20 SOCCER ARENA SIDE A TUESDAYS: 9:30-10:30 a.m.
FREE FOR MEMBERS ONLY

AGES 1-3



CHILD DEVELOPMENT CENTERS

AGES 6 weeks through pre-Kindergarten

Give your child the best possible start — right here, right now.

Our Child Development Centers, licensed by the State of Wisconsin's Department of Health and Family Services, are so much more than childcare. We are a place where curious minds grow, little bodies thrive, and every child is celebrated for exactly who they are.



From the moment your child walks through our doors — whether they are 6 weeks old or approaching Kindergarten — they are welcomed into exceptional facilities designed with their development, comfort, and joy in mind. Our caring, supportive staff are passionate about building genuine connections with every child and family we serve.

Our curriculum, designed for children birth through age 5, is aligned with the Wisconsin Model Early Learning Standards, ensuring your child receives a high-quality, research-backed foundation across all areas of development — social, intellectual, physical, mental, and spiritual. We nurture the whole child, honoring individual differences and meeting every child where they are.

For families with children approaching school age, our NEW on-site 4K programming provides a dynamic and enriching pre-Kindergarten experience designed to set children up for a confident, successful transition into Kindergarten.

Here is a look at everything included in our programs:

- Nutritious USDA-approved meals — breakfast, lunch, and afternoon snacks are provided daily
- Swimming lessons included for children ages 3 and older
- Weekly music and movement included for children ages 2 and older
- Additional enrichment programs — including STEAM and youth sports activities — available (additional fees) for children ages 3 and older

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.

We believe every child deserves an environment that sparks wonder, builds confidence, and lays the groundwork for a lifetime of learning. Come see what makes our Child Development Centers truly special — we would love to meet your family.

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 Julie Hill: (920) 424-0260 or juliehill@oshkoshymca.org

INTERGENERATIONAL ROOM

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

FEE **M** FREE TO MEMBERS

YOUTH LOUNGE

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



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



**HELP CHANGE LIVES IN
OUR COMMUNITY!**

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

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

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



MAKE FRIENDS. LEARN SKILLS. HAVE FUN!



PRESCHOOL ACTIVITIES

SUMMER 1

JUNE 8– JULY 19 no programs June 29–July 5

SUMMER 2

JULY 27– AUGUST 30

SUMMER SESSIONS ARE 5 WEEKS!



PRESCHOOL SOCCER AGES 3-6

Preschool Soccer is a great way to learn the basics in a fun and enjoyable way. Participants will learn basics through games and skill drills.

Shin guards required. No cleats allowed on turf field.

20 SOCCER ARENA

SUMMER 1 TUESDAY AGES 3-5 9:00-9:30 a.m.
 AGES 3-4 6:15-6:45 p.m.
 THURSDAY AGES 3-4 4:00-4:30 p.m.
 AGES 5-6 4:45-5:15 p.m.

SUMMER 2 TUESDAY AGES 3-5 9:00-9:30 a.m.
 AGES 3-4 4:45-5:15 p.m.
 THURSDAY AGES 3-4 4:45-5:15 p.m.

FEE **M** \$35 • **N** \$59

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

SUMMER 1 TUESDAY AGES 5-6 4:45-5:15 p.m.
 THURSDAY AGES 3-4 5:30-6:00 p.m.

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

FEE **M** \$35 • **N** \$59

PRESCHOOL BASKETBALL AGES 3-6

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

20 BASKETBALL GYM

SUMMER 1 TUESDAY AGES 3-4 4:00-4:30 p.m.

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

FEE **M** \$35 • **N** \$59

PRESCHOOL T-BALL AGES 3-5

Boys and girls will love learning the fundamentals of t-ball, taught in a cooperative and fun environment.

Baseball glove is required.

20 SOCCER ARENA

SUMMER 1 THURSDAY 6:15-6:45 p.m.

SUMMER 2 TUESDAY 6:15-6:45 p.m.

FEE **M** \$35 • **N** \$59

PRESCHOOL SPORTS AGES 3-5

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

20 LOCATION WILL BE DETERMINED BY SPORT

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

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

FEE **M** \$35 • **N** \$59

SEE PAGE 65 FOR INFORMATION ABOUT PRESCHOOL SKATE!



**GROW
STRONG
IN BODY
& MIND
ALL
SUMMER
LONG!**

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

PRESCHOOL TUMBLING AGES 3-5

A beginning level tumbling introductory class.

20 SUMMER 1, SUMMER 2

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

FEE **M** \$35 • **N** \$59

PRESCHOOL DANCE AGES 4-6

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

20 SUMMER 1, SUMMER 2

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

FEE **M** \$35 • **N** \$59

PRESCHOOL STORIES & ART AGES 3-5

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

DT SUMMER 1, SUMMER 2

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

FEE **M** \$35 • **N** \$59

PRESCHOOL INSTRUMENT EXPLORATION

AGES 3-5

Parents welcome! Kids will explore different instruments and their sounds, and have the opportunity to make some of their own instruments through simple craft projects.

DT SUMMER 1, SUMMER 2

TUESDAY 2:45-3:15 p.m.

FEE **M** \$35 • **N** \$59

NEW! LITTLE NATURE EXPLORERS AGES 4-6

Explore the outdoors through hands-on, nature-inspired art and creative play. Each week, children will use elements like leaves, sticks, textures, and colors to create unique projects while building curiosity, confidence, and a connection to the natural world. Activities take place rain or shine!

LOCATION: Camp Winni-Y-Co **SUMMER 1, SUMMER 2**

WEDNESDAY 2:30-3:15 p.m.

FEE **M** \$35 • **N** \$59



KID'S DAY OUT 2026-2027

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

20 GRADES K-5 • 6:30 a.m.-6:00 p.m.
FEE **M** \$45/Day • **N** \$52/Day

For more information please contact:
 Claire Kortbein at clairekortbein@oshkoshymca.org

YOUTH FISHING PROGRAMS AGES 8-15

Join us this summer as we get hooked on fishing!

We will learn Fish ID, equipment, baits, knots, casting, safety, and put our skills to use as we travel to local lakes and rivers in the community. Kids can bring their own pole and tackle or use equipment provided by the Y.

INTRO TO FISHING



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

ADVANCED ANGLERS

This program dives deeper into advanced fishing techniques, including how to fillet fish, and refine skills for a successful day based on what type of body of water you're fishing in. Advanced anglers will also learn: advanced knots and rigging, fishing ethics, and conservation. Participants should already be confident in: casting, putting bait on a hook, taking a fish off of a hook, and retying line.

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

SUMMER 1 June 12, 19, 26, and July 10 & 17
FRIDAYS 9:00 a.m.-Noon

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

INTRO TO FISHING: AGES 8-15
ADVANCED ANGLERS: AGES 11-15

FEE **M** \$110 • **N** \$130

For more information email Taylor Douglas at taylordouglas@oshkoshymca.org.



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

2026-2027 BEFORE AND AFTER SCHOOL PROGRAMS

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

BEFORE SCHOOL 6:00 a.m.-Start Time
 • Oakwood • Franklin • Carl Traeger
AFTER SCHOOL Dismissal Time-6:00 p.m.
 • Carl Traeger • Oakwood • Franklin • Lourdes Academy

Email Claire Kortbein at clairekortbein@oshkoshymca.org for more information.



VOLUNTEERS WELCOMED!
 Volunteer with our kids' fishing program and share your love of the outdoors.
[Click here to sign up on our website.](#)




EXPLORE
ART
AT THE Y!

NEW! YOUTH SUMMER CRAFT CLUB AGES 8+

Build skills, confidence, and creativity through a variety of artistic techniques. Discover a new hobby! Kids will learn new techniques and create a wide variety of craft projects. Mediums will include fiber, painting, drawing, and more.

SUMMER 1, SUMMER 2

 TUESDAY • 3:30-4:15 p.m.

FEE \$35 **M** • \$59 **N**

NEW! NATURE EXPLORERS AGES 8+

Get ready to unleash your creativity in the great outdoors! Each week, participants will use nature as their inspiration, creating art projects, crafts, and hands-on masterpieces using materials found outside. From painting with natural colors to building sculptures, crafting with leaves and sticks, and exploring textures and shapes, every day is full of playful creativity and outdoor fun. Activities take place rain or shine, so come ready to make, explore, and get a little messy!

SUMMER 1, SUMMER 2

LOCATION: CAMP WINNI-Y-CO

WEDNESDAY • 1:15-2:00 p.m.

FEE \$35 **M** • \$59 **N**

SEE PAGE 64 FOR NEW ADULT ART CLASSES!

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

PRIVATE DRUM LESSONS

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

FEE PER CLASS \$30 **M** • \$55 **N**

PRIVATE LESSONS FOR

- YOUTH 8+
- TEENS
- ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW!

Teambuilding Low
Ropes Course coming
summer 2026

OFF-SITE DAY CAMP

DROP OFF AND PICK UP AT 20TH AVE Y

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

JUNE 8- AUGUST 28

12 WEEKS

CAMP WINNI-Y-CO

DAY CAMP FOR KIDS AGES 5-12
Must be age 5 by Sept. 1, 2025 and have completed Kindergarten.

THE

Adventure Every Day

PLACE



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



FILLS QUICKLY! SIGN UP NOW!

REGISTER ONLINE!

All registrations will be done online.

Member registration opens February 9, 2026.
Non-Member registration opens February 16, 2026.



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

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

DROP OFF

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

A.M. BUS

Leaves the 20th Ave Y:
7:45 a.m. First bus
8:15 a.m. Second bus

P.M. BUS

Leaves Camp Winni-Y-Co:
4:00 p.m. First bus
4:30 p.m. Second bus



Like and follow the Oshkosh YMCA Camp Winni-Y-Co Facebook page for weekly updates, newsletters, field trip information, and more!

NOTE: Camp Winni-Y-Co will swim at the 20th Ave YMCA on Tuesday and Thursday afternoons from 3:00-4:30 p.m.

FIELD TRIPS | WEDNESDAYS

Field Trips subject to change.

- WEEK 1 • June 10 • Mulberry Lane Farm
- WEEK 2 • June 17 • Blue Harbor Waterpark
- WEEK 3 • June 24 • Bay Beach Amusement Park
- WEEK 4 • July 1 • Omro Pool
- WEEK 5 • July 8 • Discovery World
- WEEK 6 • July 15 • Plamann Park (Swimming & Inflatables)
- WEEK 7 • July 22 • Altitude Trampoline Park
- WEEK 8 • July 29 • Noah's Ark Waterpark
- WEEK 9 • August 5 • Ledgeview Nature Center Caving
- WEEK 10 • August 12 • YMCA Camp Y-Koda
- WEEK 11 • August 19 • Tundra Lodge
- WEEK 12 • August 26 • Milwaukee Zoo

SPECIAL Y MEMBER PRICING:
\$245/WEEK

NON-MEMBERS:
\$290/WEEK

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

IMPORTANT

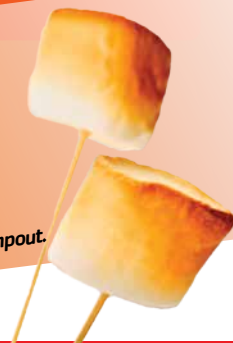
- Cancellations received *through* May 15 will be refunded minus the \$20 per week non-refundable deposit.
- Cancellations received *after* May 15 are **NOT** refundable or transferable to another program.
- Cancellations received after May 15 will be charged the normal weekly fee per the payment plan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

CAMP FAMILY NIGHTS

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

FRIDAYS: June 26 • July 24 • August 14

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

20TH AVE

MONDAY-FRIDAY
6:30 A.M.-6:00 P.M.

JUNE 8- AUGUST 28
12 WEEKS

20TH Avenue

SUMMER FUN CLUB
ON-SITE FUN FOR KIDS AGES 5-12
Must be age 5 by Sept. 1, 2025 and have completed Kindergarten.

THE
Summer They'll
Never Forget

PLACE



Like and follow the Oshkosh YMCA Summer Fun Club Facebook page to see your kids summer adventure and fun!

REGISTER ONLINE!

All registrations will be done online.

Member registration opens February 9, 2026.
Non-Member registration opens February 16, 2026.



Get ready for the ultimate summer adventure! Kids ages 5-12 will discover endless excitement at our **20th Ave Summer Fun Club**, a DCF licensed program packed with unforgettable experiences. From thrilling weekly fieldtrips and refreshing pool time to creative arts and crafts, hands-on science discoveries and exclusive specialty clubs, every day brings something new to explore.

This isn't just summer camp - it's where memories are made!

Summer Fun Club participants explore Weekly STEAM (Science, Technology, Engineering, Arts, and Math) Enrichment Programming.

HERE'S ARE A FEW TYPICAL SUMMER FUN CLUB ACTIVITIES:

Interest Areas • Snack (2x Day)
'Club' rotations • Outdoor play
Quiet activities • Swimming
Small group activities & MORE!

ICE SKATING: Beat the heat with a cool twist! Kids can lace up and hit the ice rink during program hours. *(when space is available)*

OPTIONAL SWIMMING LESSONS:

Weekly swimming lessons are offered to children who participate in Summer Fun Club. Lessons are 40 minutes once a week and will be taught by certified YMCA swim instructors. Summer Fun Club staff will escort children to and from swimming lessons (limited availability).

Swimming lessons will be run for two sessions throughout the summer.

SWIMMING LESSON DATES:

Summer 1 (June 8-July 19)

No programming June 29-July 3

Summer 2 (July 27-Aug 30)

Swim lesson details are on the way! Once you complete registration, check your welcome email for all the information you need to get started.

FIELD TRIPS THURSDAYS *Field Trips subject to change.*

WK 1 • June 11 • Badger Sports Park

WK 2 • June 18 • Juniors: Neville Museum + Run Around Indoor
Seniors: Neville Museum + Botanical Gardens

WK 3 • June 25 • Tundra Lodge

WK 4 • July 2 • Pollock Pool

WK 5 • July 9 • Bay Beach

WK 6 • July 16 • Milwaukee Museum

WK 7 • July 23 • Omro Pool

WK 8 • July 30 • Shalom Zoo

WK 9 • August 6 • Lambeau Field

WK 10 • August 13 • EAA Museum

WK 11 • August 20 • Juniors: Building for Kids

Seniors: The Fire Pottery Painting

WK 12 • August 27 • Movie and Menominee Park

SPECIAL PRICING FOR Y MEMBERS:
\$235/WEEK

NON-MEMBERS:
\$279/WEEK

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

IMPORTANT

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



FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW!

DOWNTOWN

MONDAY-FRIDAY
6:30 A.M.-6:00 P.M.

JUNE 8- AUGUST 28

12 WEEKS

DT

SUMMER FUN CLUB

ON-SITE FUN FOR KIDS AGES 5-12
Must be age 5 by Sept. 1, 2025 and have completed Kindergarten.

THE

Summer They'll
Never Forget

PLACE



Like and follow the Oshkosh YMCA Summer Fun Club Facebook page to see your kids summer adventure and

REGISTER ONLINE!

All registrations will be done online.

Member registration opens February 9, 2026.
Non-Member registration opens February 16, 2026.



The ultimate summer adventure is back at the Downtown YMCA! Kids ages 5-12 will discover endless excitement at our **DT Summer Fun Club**, a DCF licensed program packed with unforgettable experiences. From thrilling weekly fieldtrips and refreshing pool time to creative arts and crafts, hands-on science discoveries and exclusive specialty clubs, every day brings something new to explore.

This isn't just summer camp - it's where memories are made!

Summer Fun Club participants explore Weekly STEAM (Science, Technology, Engineering, Arts, and Math) Enrichment Programming.

HERE ARE A FEW TYPICAL SUMMER FUN CLUB ACTIVITIES:

Interest Areas • Snack (2x Day) • 'Club' rotations • Outdoor play • Quiet activities • Swimming • Small group activities & MORE!

OPTIONAL SWIMMING LESSONS:

Weekly swimming lessons are offered to children who participate in Summer Fun Club. Lessons are 40 minutes once a week and will be taught by certified YMCA swim instructors. Summer Fun Club staff will escort children to and from swimming lessons (limited availability).

Swimming lessons will be run for two sessions throughout the summer.

SWIMMING LESSON DATES:

Summer 1 (June 8-July 19)

No programming June 29-July 3

Summer 2 (July 27-Aug 30)

Swim lesson details are on the way!

Once you complete registration, check your welcome email for all the information you need to get started.

FIELD TRIPS TUESDAYS

Field Trips subject to change.

WK 1 • June 9 • Badger Sports Park

WK 2 • June 16 • Neville Public Museum + Botanical Gardens

WK 3 • June 23 • Tundra Lodge

WK 4 • June 30 • Pollock Pool

WK 5 • July 7 • Bay Beach

WK 6 • WEDNESDAY July 15 • Milwaukee Museum

WK 7 • July 21 • Omro Pool

WK 8 • July 28 • Shalom Zoo

WK 9 • August 4 • Lambeau Field

WK 10 • August 11 • Building for Kids

WK 11 • August 18 • EAA Museum

WK 12 • August 25 • Menominee Park/Movie

SPECIAL PRICING FOR Y MEMBERS:

\$235/WEEK

NON-MEMBERS:

\$279/WEEK

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

IMPORTANT

- Cancellations received *through* May 15 will be refunded minus the \$20 per week non-refundable deposit.
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- Cancellations received after May 15 will be charged the normal weekly fee per the payment plan arrangement. (Friday before each registered week)



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

20th Ave Preschool
Camp is held in
the 20th Ave Y 4K
Classroom.

20TH AVE PRESCHOOL CAMP

20TH AVE OSHKOSH YMCA
MONDAY-FRIDAY 6:00 A.M.-6:00 P.M.

JUNE 8-AUGUST 28

12 WEEKS

DAY CAMP FOR KIDS AGES 4-5

Completion of 4k is required & children must be potty trained.

THE

Best Summer ever

PLACE



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

Preschool Camp is a fun and exciting state licensed program for preschoolers. Play-based, age-appropriate activities based on educational themes include swimming, weekly field trips, arts & crafts, fun interest centers, outdoor play and more!

A great way to meet new friends and try new things.

A TYPICAL DAY AT PRESCHOOL CAMP

Each day will include various activities such as free choice, morning welcome, snacks, outside play, large group activities, games, swimming, science & nature, arts & crafts, lunch, quiet-time, music & movement, group time, and more!
Children are required to bring lunch daily.

OPTIONAL SWIMMING LESSONS: *For an additional fee.*

WEDNESDAY AFTERNOONS

SWIMMING LESSON DATES:

Summer 1 (June 8–July 19)

No programming June 29–July 3

Summer 2 (July 27–August 30)

Swimming Lesson information with directions to register will be emailed after registration is completed.

Field Trips subject to change.

WEEK	CAMP DATES	FIELD TRIPS THURSDAYS
1	JUNE 8-12	JUNE 11 • MENOMINEE PARK
2	JUNE 15-19	JUNE 18 • KAUKAUNA AQUATIC CENTER
3	JUNE 22-26	JUNE 25 • EAA MUSEUM
4	JUNE 29-JULY 3	JULY 2 • URBAN AIR
5	JULY 6-10	JULY 9 • MARIBEL CAVES/COUNTY PARK
6	JULY 13-17	JULY 16 • BOOKWORM GARDEN
7	JULY 20-24	JULY 23 • FARM WISCONSIN DISCOVERY CENTER
8	JULY 27-31	JULY 30 • WADE HOUSE
9	AUGUST 3-7	AUGUST 6 • NATIONAL RAILROAD MUSEUM
10	AUGUST 10-14	AUGUST 13 • FOND DU LAC CHILDREN'S MUSEUM
11	AUGUST 17-21	AUGUST 20 • OSHKOSH MOVIE THEATER
12	AUGUST 24-28	AUGUST 27 • REV'S BOWLING

SPECIAL PRICING FOR Y MEMBERS: \$308/WEEK

NON-MEMBERS: \$333/WEEK

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

IMPORTANT!

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



REGISTER ONLINE! *Camp fills quickly!*

All registrations will be done online.

Member registration opens February 9, 2026.

Non-Member registration opens February 16, 2026.

To receive priority registration and member pricing you must be an Oshkosh Y Member at the time of registration and throughout the duration of the program.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW!

DOWNTOWN PRESCHOOL CAMP

DOWNTOWN OSHKOSH YMCA
MONDAY-FRIDAY 6:30 A.M.-5:30 P.M.

JUNE 8- AUGUST 28

12 WEEKS

DAY CAMP FOR KIDS AGES 4-5

Completion of 4k is required & children must be potty trained.

THE

Best Summer ever

PLACE



The DT Preschool Camp is held in the Downtown Y 4K Classroom.



FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.

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

Preschool Camp is a fun and exciting state licensed program for preschoolers. Play-based, age-appropriate activities based on educational themes include swimming, weekly field trips, arts & crafts, fun interest centers, outdoor play and more!

A great way to meet new friends and try new things.

A TYPICAL DAY AT PRESCHOOL CAMP

Each day will include various activities such as free choice, morning welcome, snacks, outside play, large group activities, games, swimming, science & nature, arts & crafts, lunch, quiet-time, music & movement, group time, and more!
Children are required to bring lunch daily.

OPTIONAL SWIMMING LESSONS: *For an additional fee.*

TUESDAY AFTERNOONS

SWIMMING LESSON DATES:

Summer 1 (June 8–July 19)

No programming June 29–July 3

Summer 2 (July 27–August 30)

Swimming Lesson information with directions to register will be emailed after registration is completed.

Field Trips subject to change.

WEEK	CAMP DATES	FIELD TRIPS THURSDAYS
1	JUNE 8-12	JUNE 11 • MENOMINEE PARK
2	JUNE 15-19	JUNE 18 • KAUKAUNA AQUATIC CENTER
3	JUNE 22-26	JUNE 25 • EAA MUSEUM
4	JUNE 29-JULY 3	JULY 2 • URBAN AIR
5	JULY 6-10	JULY 9 • MARIBEL CAVES/COUNTY PARK
6	JULY 13-17	JULY 16 • BOOKWORM GARDEN
7	JULY 20-24	JULY 23 • FARM WISCONSIN DISCOVERY CENTER
8	JULY 27-31	JULY 30 • WADE HOUSE
9	AUGUST 3-7	AUGUST 6 • NATIONAL RAILROAD MUSEUM
10	AUGUST 10-14	AUGUST 13 • FOND DU LAC CHILDREN'S MUSEUM
11	AUGUST 17-21	AUGUST 20 • OSHKOSH MOVIE THEATER
12	AUGUST 24-28	AUGUST 27 • REV'S BOWLING

SPECIAL PRICING FOR Y MEMBERS: \$308/WEEK

NON-MEMBERS: \$333/WEEK

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

IMPORTANT!

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



REGISTER ONLINE! Camp fills quickly!

All registrations will be done online.

Member registration opens February 9, 2026.

Non-Member registration opens February 16, 2026.

To receive priority registration and member pricing you must be an Oshkosh Y Member at the time of registration and throughout the duration of the program.



2026 YOUTH ADVENTURE PROGRAM

SUMMER PROGRAM FOR KIDS 11-14

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

ACTIVITIES WILL INCLUDE: in-town mini trips (frequently using public transportation as a group), giving back to the community through various service projects, archery, swimming at local pools, fishing trips, games, arts and crafts, team building, field trips, and more!



WEEKLY REGISTRATION
Sign up only for the weeks you want!

JUNE 8–AUGUST 28 | 20TH AVE Y | YMCA Members Only
MONDAY-FRIDAY | 9 a.m.–3 p.m.

DROP OFF AND PICK UP AT 20TH AVE YMCA: Kids need to be dropped off at the 20th Ave YMCA Youth Lounge no later than 9:00 a.m. daily.

SPECIAL Y MEMBER PRICING: \$150/WEEK
\$20/Week non-refundable deposit due at time of registration.

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

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



FILLS QUICKLY! SIGN UP NOW!

Register beginning February 9
All registrations will be made online.



FIELD TRIPS | TUESDAYS

- WEEK 1 | June 9
 - 📍 Fox River Mall & Badger Sports Park
- WEEK 2 | June 16
 - 📍 Bay Beach Amusement Park & Wildlife Sanctuary
- WEEK 3 | June 23
 - 📍 Plamann Lake Swimming & Inflatables
- WEEK 4 | June 30
 - 📍 Noahs Ark Waterpark
- WEEK 5 | July 7
 - 📍 Zipline & High Ropes Course
- WEEK 6 | July 15
 - 📍 Devils Lake
- WEEK 7 | July 21
 - 📍 River Tubing
- WEEK 8 | July 28
 - 📍 Six Flags Great America
- WEEK 9 | **THURSDAY** August 6
 - 📍 Camping Overnight (Campground location TBD)
- WEEK 10 | August 11
 - 📍 Land of Natura (America's Largest Inflatable Waterpark)
- WEEK 11 | August 18
 - 📍 Jet Boat Adventures & Downtown Dells
- WEEK 12 | August 25
 - 📍 Ledge View Adventure Cave Tour

Field Trips subject to change.



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



OPEN TO ALL!
 You do not need to be a member to sign up!

FIELD TRIPS

ADVENTURE AWAITS! These action-packed Field Trips are open to youth ages 11–14 and offer a fun way to explore, connect, and make unforgettable summer memories. You do not need to be a member to join in the FUN! Gather friends and come to one, or come to them all!

FIELD TRIPS TUESDAYS

- WEEK 1 | June 9
 - 📍 Fox River Mall & Badger Sports Park
- WEEK 2 | June 16
 - 📍 Bay Beach Amusement Park & Wildlife Sanctuary
- WEEK 3 | June 23
 - 📍 Plamann Lake Swimming & Inflatables
- WEEK 4 | June 30
 - 📍 Noah's Ark Waterpark
- WEEK 5 | July 7
 - 📍 Zipline & High Ropes Course
- WEEK 6 | July 14
 - 📍 Devils Lake Hiking & Swimming
- WEEK 7 | July 21
 - 📍 River Tubing
- WEEK 8 | July 28
 - 📍 Six Flags Great America
- WEEK 9 | **THURSDAY** August 6
 - 📍 Camping Overnight (Campground TBD)
- WEEK 10 | August 11
 - 📍 Land of Natura (Inflatable Waterpark)
- WEEK 11 | August 18
 - 📍 Jet Boat Adventures & Downtown Dells
- WEEK 12 | August 25
 - 📍 Ledge View Adventure Cave Tour

Field Trips subject to change.

TUESDAY SUMMER FIELD TRIPS FOR TEENS AGES 11-14



DON'T MISS OUT - REGISTER TODAY!

Register **ONLINE.**

Pricing varies by week and field trip.



Please contact Taylor Douglas at taylourdouglas@oshkoshymca.org with questions.



FOR ALL FINANCIAL ASSISTANCE IS AVAILABLE.

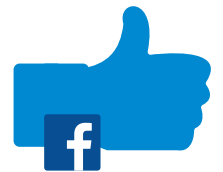
Through FOR ALL Financial Assistance, everyone – regardless of their financial circumstances – can belong to our Y, participate in programs, and improve their lives.



BE YOUR BEST SELF.

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 eir 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.



Oshkosh YMCA
FOREVERWELL
Facebook Group
Ages 55+
JOIN TODAY!

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



YOU can help build FRIENDSHIPS and nurture HEALTHY LIVING!

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



OSHKOSH Y MEMORY CAFÉ

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

20 Open to all.
Y Membership is not required.

June 3 • July 1 • August 6
1:30–3:00 p.m.
FEE FREE




Supported in part by the Ladies Benevolent Society.

FOOT CARE CLINICS

A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. The nurse will also look out for any concerning issues. Appointment times are between 1:00 and 3:00 p.m.

DT **TEACHING KITCHEN**
JUNE 4 • JULY 2 • AUG 6
FEE \$40
Reserve your spot today!
Call (920) 426-1931.



In-Home Care | Independent Living | Assisted Living

BRIGHTER DAYS SUPPORT PROGRAM

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

The goals of the Brighter Days Support Program are:

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

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

To participate, schedule an intake appointment with Brandy or Errah. Once intake is complete, participants are welcome to attend any sessions that meet their needs. For more information contact Brandy Hankey brandyhankey@oshkoshymca.org or Errah Wheel errahwheel@oshkoshymca.org.



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.



FOREVERWELL • AGES 55+

JOIN US FOR FUN, FRIENDSHIP & FOOD!

SUMMER PICNIC

DT WEDNESDAY, JULY 8 • 12:00-1:00 p.m.

FREE FOR Y MEMBERS \$5 for guests

ICE CREAM SOCIAL

20 THURSDAY, AUGUST 20 • 1:00-2:30 p.m.

FREE FOR Y MEMBERS \$5 for guests



LIFELONG LEARNING & SOCIALS

Special events for members & guests, ages 55+.

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

THANK YOU TO OUR MONTHLY SPONSOR:

senior stride™
Home Care



BREWERS VS GUARDIANS



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** \$78 • **N** \$88



GRANDPARENT'S GARDEN

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

FOREVERWELL

LIFELONG LEARNING EVENT
FOR AGES 55+

FREE FOR ALL
but registration is required.

ASK THE EXPERT

SENIOR CARE OPTIONS

MEGAN

Join Care Patrol for *Ask the Expert*, a quarterly program offering insights and answers about senior care options. Whether you're exploring assisted living, memory care, or planning ahead, their experts are here to help.

DOWNTOWN YMCA
TUESDAYS • Teaching Kitchen
January 6 • 9:30–10:30 a.m.
April 7 • 10:00–11:00 a.m.
July 7 • 10:00–11:00 a.m.
November 10 • 10:00–11:00 a.m.

20TH AVE YMCA
TUESDAYS • Meeting Room
January 13 • 10:00–11:00 a.m.
April 14 • 10:00–11:00 a.m.
July 14 • 10:00–11:00 a.m.
November 17 • 10:00–11:00 a.m.

Register online, at the Front Desk of either location or by calling (920) 230-8439.

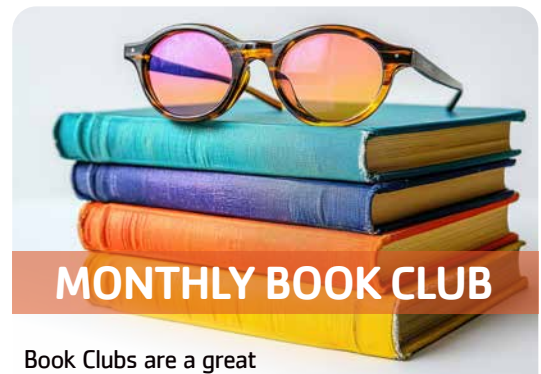
THANK YOU TO OUR MONTHLY SPONSOR:



COFFEE + COMMUNITY!

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

MANY THANKS TO OUR SPONSOR:



MONTHLY BOOK CLUB

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

D JUNE 18 • JULY 16 • AUGUST 20
1:00–2:00 p.m.

20 JUNE 2 • JULY 7 • AUGUST 4
11:15 a.m.–12:15 p.m.

Register at the front desk.



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

FOREVERWELL FITNESS CLASSES

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

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

See following pages for FOREVERWELL FITNESS CLASS offerings.

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

ARTHRITIS AQUATICS

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

DRUMS ALIVE GOLDEN BEATS®

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

FOREVERWELL WATER FITNESS

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

FOREVERWELL YOGA

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

FOREVERWELL CIRCUIT

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

FOREVERWELL CYCLING !

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

FOREVERWELL CHAIR MOBILITY

Using a chair for comfort and support you'll perform exercises designed to improve your mobility, flexibility, and range of motion.

FOREVERWELL PILATES

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

TAI CHI FOR BEGINNERS/

FOREVERWELL TAI CHI

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

FOREVERWELL STRENGTH

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

FOREVERWELL TRX !

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

SILVERSNEAKERS® CLASSIC

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

ZUMBA GOLD

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

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.

GUIDED MEDITATION

Through guided meditation and intentional breathing you'll create space to release tension and quiet the mind. Designed for all levels, this class requires no previous experience, no special equipment, and no particular dress. You may choose to sit upright in a chair or upright on the floor. Regular meditation reduces anxiety, increases focus, and balances emotions.

MOVE BETTER. FEEL STRONGER. LIVE WELL.

Our classes are designed to support your health, mobility, and independence at every stage.

SUMMER PUNCH CARD

MEMBERS 55+



THE POWER OF YOUR SCAN

JUNE THROUGH AUGUST

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

HERE'S HOW IT WORKS:

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

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

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

STEADY STRIDES formerly called Urban Pole Walking
This class is offered monthly at each branch location. Our instructor is certified in fitting walking poles and leads a dynamic class utilizing chairs and poles. This class can improve your walking posture, improve stability and balance, as well as increase confidence while walking.

9:15-10:00 a.m.

20 JUNE 2 • JULY 14 • AUGUST 11

Meet in the Garden Area outside the front lobby

DT JUNE 16 • JULY 28 • AUGUST 25

STUDIO 3

PICKLEBALL

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

ALL ABILITIES ARE WELCOME!

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

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

TP TENNIS & PICKLEBALL CENTER FEES APPLY

BEGINNER PICKLEBALL

For Beginner Pickleball lessons through the Oshkosh Y Tennis and Pickleball Center, please see page 74.

FEE **TP** TENNIS & PICKLEBALL CENTER FEES APPLY

CHAIR VOLLEYBALL

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

20 SMB

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

FREE TO Y MEMBERS

SUMMER FIELD TRIP SERIES

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

JUNE 11

Bike Wiowash Trail • 10:00-11:30 a.m.

AUGUST 27

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



FOREVERWELL • AGES 55+



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PICKLEBALL AT THE Y 3 GREAT LOCATIONS



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

Paddles are available for both demonstration & purchase.

20 DT

OPEN PICKLEBALL TIMES

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

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

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

TP

BEGINNER & NEXT-LEVEL PICKLEBALL CLASSES

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

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

TP

PROGRAMS FOR ALL SKILL LEVELS

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

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

Note: fees apply to all programming.

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

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

20

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

DT

DOWNTOWN (920) 236-3380
324 Washington Ave.

TP

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

Y SWIM LESSONS (AGES 6 MOS.+)

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

DT 20

Downtown & 20th Avenue

SUMMER 1: June 8–July 19 No class June 29–July 5**M** Member registration begins May 4**N** Non-Member registration begins May 18**SUMMER 2: July 27–August 30****M** Member registration begins May 4**N** Non-Member registration begins July 13**DT 20** FEE **M** \$33 • **N** \$60**LESSON TIMES FILL QUICKLY. REGISTER NOW!****Y members register beginning May 4**

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

PARENT/CHILD SWIM LESSONS (AGES 6 MOS.–3 YEARS)

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

PRESCHOOL SWIM LESSONS (AGES 3–5)

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

YOUTH SWIM LESSONS (AGES 6+)

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

SMALL GROUP SWIM LESSONS

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

1 INSTRUCTOR TO 3 PARTICIPANTS.

Must have 3 enrolled to run.

FEE **M** \$52 • **N** \$97**LAP SWIM AND OPEN SWIM****TIMES FREE TO Y MEMBERS**

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

SLIDE TIMES FREE TO Y MEMBERS

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

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** \$33 • **N** \$60

SWIM LESSON STAGES

SWIM STARTERS

STAGES A • B

PARENT-CHILD STAGES

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



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



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

QUESTIONS ABOUT SWIM LESSONS?

DT Daniel Anderson
danielanderson@oshkoshymca.org

20 Trenton Davis
trentondavis@oshkoshymca.org

SWIM BASICS

STAGES 1 • 2 • 3

PRESCHOOL, YOUTH, 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



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



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



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

SWIM STROKES

STAGES 4 • 5 • 6

YOUTH ONLY

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



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



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



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

AQUATICS

SUMMER 1 & 2 SWIM LESSONS

MEMBER
REGISTRATION
BEGINS MAY 4

20

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



SUMMER 1

June 8-July 19

No Programs June 29-July 5

N Non-Member registration
begins 5/18/26

SUMMER 2:

July 27-August 30

N Non-Member registration
begins 7/13/26



S = Small group
PS = Preschool
Y = Youth

	Stage A	Stage B	Stage 1	Stage 1	Stage 2	Stage 2	Stage 3	Stage 3	Stage 4	Stage 5	Stage 6	Adult Swim Basics	Teen Swim Basics
MONDAY			PS	Y	PS	Y	PS	Y	Y	Y	Y		
10:00-10:40 AM													
10:50-11:30 AM				●		●							
3:40-4:20 PM						●		●					
4:30-5:10 PM	●	●	●										
5:20-6:00 PM					S		●						
6:10-6:50 PM							●	●	●				

TUESDAY													
4:50-5:30 PM			●		●		●						
5:40-6:20 PM										●	●	●	●
6:30-7:10 PM			●		●								

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

THURSDAY - SUMMER 1													
10:00-10:40 AM					●		●						
10:50-11:30 AM	●	●	●										
4:50-5:30 PM			●		●								

THURSDAY - SUMMER 2													
10:00-10:40 AM					●		●						
10:50-11:30 AM	●	●	●										
4:50-5:30 PM			●		●								
5:40-6:20 PM							●	●					
6:30-7:10 PM					●		●						

CLASSES ARE HELD ONCE PER WEEK FOR FIVE WEEKS.

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

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

Preschool and Youth stages meet or 40 minutes each lesson.

QUESTIONS ABOUT LESSONS?

20 Trenton Davis
trentondavis@oshkoshymca.org

AQUATICS

SEE SUMMER 2
SCHEDULE ON
PAGE 46

S = Small group
PS = Preschool
Y = Youth

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

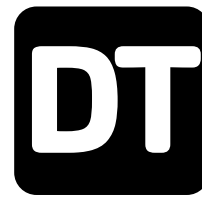
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All group swim lessons have a minimum enrollment of 3 swimmers. Swim classes may combine with a neighboring level or swimmers may be asked to change day/time to meet minimum number.

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Preschool and Youth stages meet or 40 minutes each lesson.

SWIM LESSONS



SUMMER



MEMBER

REGISTRATION
BEGINS MAY 4

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

Non-Member registration
begins 5/19/25

JUNE 8-JULY 19

No Programs June 30-July 6

QUESTIONS ABOUT DOWNTOWN LESSONS?

DT Daniel Anderson

danielanderson@oshkoshymca.org

Choose
Downtown
lessons for
warmer
pools!

DOWNTOWN POOL
Annual Shutdown &
Maintenance
MAY 27-JUNE 9



AQUATICS

SEE SUMMER 1
SCHEDULE ON
PAGE 45

S = Small group
PS = Preschool
Y = Youth

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

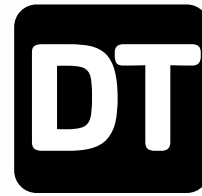
CLASSES ARE HELD ONCE PER WEEK FOR FIVE WEEKS.

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

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

Preschool and Youth stages meet or 40 minutes each lesson.

SWIM LESSONS



SUMMER



MEMBER
REGISTRATION
BEGINS MAY 4

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

N Non-Member registration
begins 7/14/25

JULY 27-AUGUST 30

QUESTIONS ABOUT DOWNTOWN LESSONS?

DT Daniel Anderson

danielanderson@oshkoshymca.org

Choose
Downtown
lessons for
warmer
pools!



OSHKOSH YMCA AQUATICS PRIVATE SWIM LESSON POLICIES

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

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

FOR INFORMATION & SCHEDULING of Private Swim Lessons contact:

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

DT Mel Karnatz:
melkarnatz@oshkoshymca.org
 or (920) 230-8966

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

SCOUTS SWIMMING WORKSHOPS

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

FEE \$5 per participant

SCOUT SWIM TEST

DT 20 Is your Scout troop in need of a swim test before heading to camp? We can help! Swim tests are administered by certified Red Cross lifeguards. Please note: individual camps may require swimmers to retest upon arrival, so we recommend checking with your camp in advance. To schedule a swim test, please contact the Aquatics Director.

FEE \$2 per participant

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



ANNUAL CAMPAIGN
 FINANCIAL ASSISTANCE **FOR ALL**

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

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

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 roughly 7 hours in length and MUST be completed prior to the second scheduled meeting date. Failure to complete the online portion will prohibit you from continuing in the class. Participants should bring verification of their completion of the blended learning portion and an I.D. to verify age on the first day of class. They should bring a swimming suit to each scheduled class date.

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

This class requires passing prerequisite water skills on on the first day of class.

Prerequisites include: 1. Jump into the deep end from the side, totally submerge, recover to the surface and swim 150 yards front crawl and/or breaststroke. Then, tread water for 2 minutes without using your hands. Lastly, swim another 50 yards 2. Swim 20 yards, surface dive to 7-9 ft, retrieve a 10 lb. brick, kick on your back while holding the brick, swim brick 20 yards to starting point and exit the water without using a ladder or steps in 1 minute 40 seconds.

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

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

20 June 5-7 Friday-Sunday

August 7-9 Friday-Sunday

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

Saturday & Sunday: 8:30 a.m.-5:30 p.m.

FEE **M** \$200 • **N** \$240



AMERICAN RED CROSS BLENDED LEARNING CPR FOR THE PROFESSIONAL RESCUER

Would you like to know what to do in a cardiac emergency? The right answer could help you save a life. This class offers hands on training, covering cardiac emergencies with the use of an AED, breathing emergencies and first aid. To successfully complete this course, you will need to pass a written exam and in-person skill session with 80% or better. (For course to run, there must be a minimum of 4 participants)

DT June 15 4:00-9:00 p.m.

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

FEE \$75 **M** • \$110 **N**

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

YOU CAN BE A LIFEGUARD AT AGE 15!



Now hiring for lifeguard + swim instructor positions.

LIFEGUARDS:

must be certified in LG, CPR, AED, & First Aid. Certification will be provided for FREE once hired!

SWIM INSTRUCTORS:

Water Safety Instructor Certification preferred.

Apply in person at either Y location, or online.

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

LAP SWIM AND OPEN SWIM TIMES

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

SLIDE TIMES

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

WATER FITNESS

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

20 DT FREE TO MEMBERS **M**

ARTHRITIS AQUATICS

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

20 DT FREE TO MEMBERS **M**

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.

DT FREE TO MEMBERS **M**

DEEP WATER FITNESS

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

20 DT FREE TO MEMBERS **M**

FOREVERWELL WATER FITNESS

Very low impact to your joints. The water creates great resistance and is a good Senior water fitness class is designed to be a less strenuous class than our regular water fitness class. Focus is more on toning, stretching, and flexibility. Participants also enjoy a social and recreational component.

DT FREE TO MEMBERS **M**

SENIORS!
See pages 34-40
for other great
classes just for you.

PLAN AHEAD: SWIM MEETS AT 20TH

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

**20th Ave Aquatics Center
will close at 5:30 p.m. on
JUNE 18 & JULY 16 (Thursdays)**

OUR PURPOSE IS DEEPER THAN OUR POOLS

The Y is committed to meeting the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support their financial self-sufficiency, build social connections, and improve health and well-being. Please consider a gift today. 100% of your donation supports these valuable programs.

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

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

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE





OSHY SWIM TEAM

OSHKOSH Y DOLPHIN SWIM TEAM AGES 5+

The Oshkosh YMCA (OSHY) Dolphin Swim Team has groups to meet the needs of the novice swimmer through the national champion swimmer. All swimmers work on technical improvement, physical conditioning and social development. Most swimmers take part in meets (competitions), but not all. Swim meets for newer swimmers are in Oshkosh, Fond du Lac, and Appleton. There are many types of swimmers on the team from fitness to social to highly competitive. All are welcome. The OSHY Swim Team offers seasonal swimming options and year round opportunities. New swimmers can join the team any anytime throughout the year. To join the team swimmers must be able to swim one length of the pool (25 yards) with the front crawl.

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



A HEALTHY LIFESTYLE IS THE FOUNDATION OF A HAPPY LIFE.

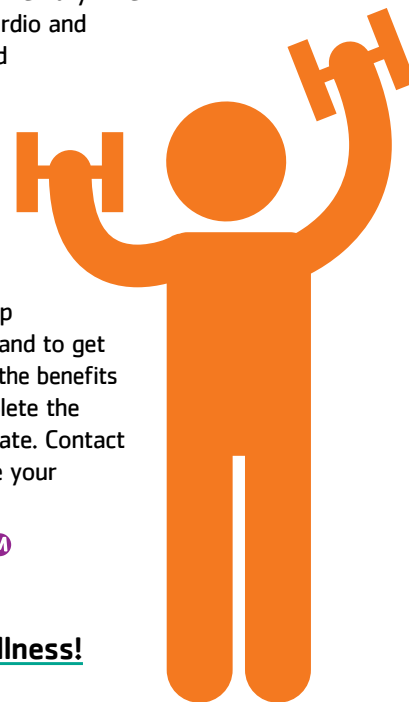
At the Y, we are committed to supporting your health journey.

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

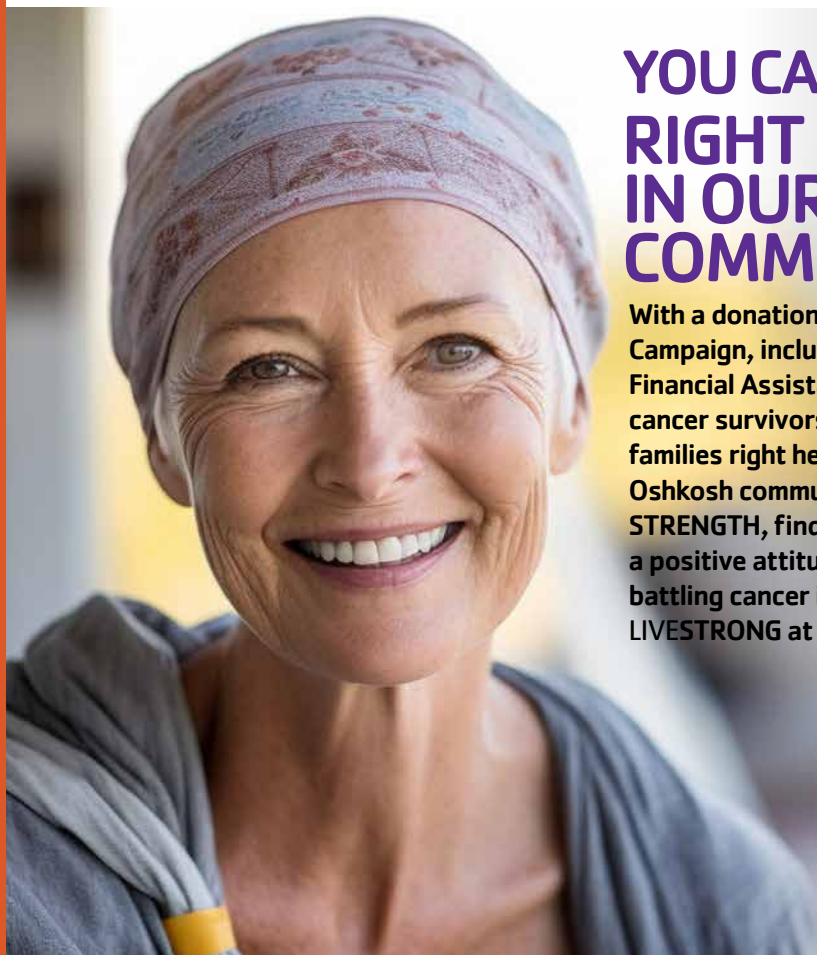
HEALTHY LIVING ORIENTATION

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

FEE FREE TO OSKOSH Y MEMBERS **M**



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



YOU CAN HELP CHANGE LIVES RIGHT HERE IN OUR COMMUNITY!

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

FOR MORE INFORMATION on the Annual Campaign, including the FOR ALL Financial Assistance Program, or to make a donation, please contact 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.



FREE
TO OSHKOSH
Y MEMBERS

ADULT GROUP EXERCISE CLASSES

AGE High School+

LIVE IN WINNECONNE? You can experience our amazing group exercise classes at St. Mary's Catholic Church 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.

! **BodyPump™** 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 workout 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 cardio workout that uses the step in highly effective, athletic ways. 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 mind-body workout that 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.

ADULT GROUP EXERCISE CLASSES

(Continued from previous page.)


 **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.

Youth 10+ may participate with a parent/guardian if they can safely reach and maintain proper riding position on the bike.


The Downtown Y uses MOWL Intelligent Cycling, a virtual ride system, to keep you motivated and entertained. Download the MOWL Intelligent Cycling app and create your account prior to class to get the most out of your ride, but it is not required to get a great workout. Individuals new to cycling are encouraged to arrive 15 minutes prior to class starting.




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


 **Group Groove®** A sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE!


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

 **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** Take a mindful approach to core strengthening through a series of mat-based movements. With a focus on muscle activation and body control, Pilates can improve posture, flexibility, mobility, balance, and core strength. Foam rollers and tennis balls help release tension and keep muscles flexible and pain-free. Participants will learn how to safely target major muscle groups and address common trouble areas.


 **Science of Stretch** The Science of Stretching™ approach combines evidence-based exercise physiology with time-tested methods from yoga, dance, martial arts, and gymnastics to deliver consistent, predictable results. Designed for all levels, including beginners and those recovering from injury, this system focuses on restoring basic range of motion. Improved flexibility enhances posture, reduces pain, lowers the risk of injury, and supports stronger, more fluid movement at any age.


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 practice of gentle movement and stretching. It involves a series of slow, graceful postures that flow continuously from one to the next without pause. Accessible to all ages and ability levels, Tai Chi emphasizes breathing coordinated with movement to support the development of inner energy, balance, and a calm, focused 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.



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

OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING

200-hour Yoga Alliance
Certification Program

October 2, 2026 to May 2, 2027

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

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

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



Registration is open until Sept 14.
Please contact Errah Wheel at
ErrahWheel@oshkoshymca.org for
additional information regarding course
details and associated fees

CURRICULUM

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

TEACHING, TECHNIQUE, PRACTICE | 75 HOURS

Asana, Pranayama, Meditation

October LEVEL I

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

YOGA HUMANITIES | 30 HOURS

History, Philosophy, Ethics

November LEVEL I

Ayurveda, History, Philosophy

PROFESSIONAL ESSENTIALS | 50 HOURS

Teaching Methodology, Professional Development, Practicum Prep

December LEVEL II

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

ANATOMY AND PHYSIOLOGY | 30 HOURS

Anatomy, Physiology, Biomechanics

January LEVEL II

MetaAnatomy: Physical, Poetic, Practical | Solstice Ceremony

PROFESSIONAL ESSENTIALS | 50 HOURS *continued*

Teaching Methodology, Professional Development, Practicum Prep

February LEVEL III

Professional Development: Communication, Voice, Cueing, Music

March LEVEL III

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

TEACHING PRACTICE | 20 HOURS

Exam, Practicum

April LEVEL III

Create + Practice Teach, Final, Practicum

COMMUNITY TEACH + CELEBRATION May 2, 2027

Dates subject to change and participants will be notified appropriately.

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



PERSONAL TRAINING AT THE Y

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



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

FREE PERSONAL TRAINING CONSULTATIONS

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

FEE FREE TO OSHKOSH Y MEMBERS ^M

ONE-ON-ONE PRIVATE PERSONAL TRAINING ^{Y Members Only}



Ask about Virtual Options!

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

ONE-ON-ONE PRIVATE PERSONAL TRAINING ^M prices are per person							
.5 hr	1.5 hrs	4 hrs	6 hrs	8 hrs	12 hrs	15 hrs	18 hrs
\$34	\$99	\$240	\$348	\$448	\$648	\$795	\$936

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.

PRIVATE SMALL GROUP TRAINING ^M prices are per person							
.5 hr	1.5 hrs	4 hrs	6 hrs	8 hrs	12 hrs	15 hrs	18 hrs
\$26	\$75	\$172	\$252	\$328	\$468	\$570	\$666

CLINICAL PERSONAL TRAINING (AGES 13+) ^{Y Members Only}

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

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



PERSONALIZED TRAINING PLANS

Flexible Scheduling
Personal Training
Packages.

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

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

**STRONGER.
SAFER.
MORE CONFIDENT.**

Personal training gives you the tools, support, and structure to reach your goals and feel your best.

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



@ BOTH LOCATIONS

STRONG TEENS | AGES 11-16

LET'S GET STRONG!

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

Full attendance is required for maximum program benefit.

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

**FREE
FOR MEMBERS
ONLY.**

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

LEARN 2 LIFT | AGES 14+ OR HAVE COMPLETED STRONG TEENS 1

LET'S GET STRONGER!

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

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

**DT 20 5-WEEK SESSIONS:
SUMMER 1 & SUMMER 2
FEE M \$40 • N \$55**





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



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.



FOREVERWELL Women on Weights for Women 55+.
Please contact EMILY for days and times.
6 WEEK SESSION, \$99 PER PERSON



TOGETHER WE ARE STRONGER.

BEYOND LIMITS: SPECIAL MEMBERSHIP AND PROGRAM BENEFITS 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: benclwien@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



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

Learn more at oshkoshymca.org.



BARBARA AND TIMOTHY MULLOY

empower veterans.



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.



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.

Schedule an appointment with Ben or Chris today!

AVAILABLE AT BOTH THE DOWNTOWN AND 20TH AVENUE YMCA.
Call (920) 305-7910 for available times and to schedule an appointment.



DOWNLOAD OUR MOBILE APP
from the App Store (iOS) or Google Play (Android) and view:

- Class schedules and instructors
- upcoming programs and events
- scan in with a digital membership card
- and MORE

All from your smartphone!



GOOD HEALTH IS GOOD BUSINESS

BUILDING A HEALTHIER WORKFORCE

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

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

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

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.

MADE POSSIBLE BY:

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.



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

WANT TO HELP?



Support the basic needs of our community by empowering youth, individuals, families, and seniors through membership and programs that support financial self-sufficiency, build social connections, and improve health and well-being?

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





LIVESTRONG AND BEYOND

CONNECT LEARN SHARE

LIVESTRONG® AT THE YMCA

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



LIVESTRONG ALUMNI:
Check out the "Oshkosh YMCA Livestrong Alumni Facebook" page for special events & classes.

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

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

LIVESTRONG® at the Y

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

STAY STRONG PROGRAM

ARE YOU A CANCER SURVIVOR?

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

Members and LIVESTRONG Alumni Only

SURVIVOR



Next Livestrong session starts in September 2026

WANT TO HELP?



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



TEACHING KITCHEN

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

TEACHING KITCHEN RENTALS

AVAILABLE FOR SMALL TO MEDIUM SIZED GROUPS.

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



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

Please email

LindseyMcmullin@oshkoshymca.org
for information on upcoming classes.

ADULT ART CLASSES



Get creative, get inspired, and make something you'll love to display. From seasonal décor to meaningful handmade pieces, these guided workshops are designed for all skill levels—whether you're trying something new or simply enjoying time to create.

All Summer Classes will be held in the Downtown Y Teaching Kitchen

SEASONAL
WREATH



4th OF JULY WOODEN SIGN

THURSDAY, JUNE 18

10:00-11:30 a.m. **OR**

FRIDAY, JUNE 19 5:15-6:45 p.m.

Celebrate summer and show off your patriotic spirit in this fun and creative workshop! Using a layered wooden design, you'll create a bold and festive door hanger perfect for the 4th of July. You'll paint and assemble your sign using classic red, white, and blue colors, with accents to make every detail pop. This project is easy to customize, making it perfect for beginners and experienced crafters alike. Whether you're decorating your front porch or creating a one-of-a-kind seasonal piece, you'll leave with something you'll be proud to display all summer long.

FEE **M** \$30 • **N** \$40

FRONT PORCH WELCOME SIGN

TUESDAY, JULY 7 5:15-7:15 p.m. **OR**

THURSDAY, JULY 9 10:30 a.m.-12:30 p.m.

You'll be making a 54-inch tall sign for your front porch! You can paint, stain, or leave the board bare. Then you will paint your "WELCOME" letters in whatever colors you choose.

We have a wide variety of "extras" that you can opt to decorate your board with!

FEE **M** \$45 • **N** \$60

PARENT ART HOLDER

TUESDAY, AUGUST 4 5:15-7:15 p.m.

Bring your child's artwork out of the pile and into the spotlight! In this fun and creative class, you'll design your own custom "Parent Art Holder"—a stylish and functional way to display all those special masterpieces. This project is easy to personalize and makes a meaningful addition to any home. Come relax, get creative, and leave with something you'll actually use (and love)! Limited spots available—sign up today!

FEE **M** \$30 • **N** \$40

CUSTOM TEACHER SIGN

THURSDAY, AUGUST 20

6:00-7:30 p.m.

Start the school year off with something thoughtful and handmade! In this fun and creative class, you'll design a custom teacher sign—perfect as a heartfelt back-to-school gift or a charming addition to your own classroom. Personalize it with a name, colors, and decorative touches to match any style. This project is simple, relaxing, and makes a meaningful piece that teachers will love and use every day.

FEE **M** \$25 • **N** \$30

SEASON SWITCH:

SUMMER-TO-FALL WREATH WORKSHOP

SATURDAY, AUGUST 15 10:00 a.m.-Noon

Hold onto those last bits of summer while welcoming the cozy feel of fall! In this fun and relaxing workshop, you'll create a beautiful seasonal wreath that blends warm autumn tones with late-summer charm—perfect for your front door or home décor. With plenty of options to customize colors and accents, your wreath will be uniquely yours. No experience needed—just come ready to unwind, get creative, and leave with something you'll be proud to display. Spots are limited, so be sure to sign up early!

FEE **M** \$50 • **N** \$60



ART HOLDER

ICE

**LEARN TO SKATE (AGES 4+)**

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

SUMMER 1 & 2**MONDAY** 5:45-6:15 p.m.FEE **M** \$46 • **N** \$70

Skate rentals free for program use.

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

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

SUMMER 1 & 2**MONDAY** 6:15-7:00 p.m.FEE **M** \$60 • **N** \$88**FREESTYLE WITH US Free Skate 1-6**

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

SUMMER 1 & 2**MONDAY** 7:00-7:45 p.m.FEE **M** \$60 • **N** \$88**PRESCHOOL SKATE (AGES 3-5)**

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

SUMMER 1 & 2**MONDAY** 5:00-5:30 p.m.FEE **M** \$46 • **N** \$70**LEARN TO POWER SKATE**

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

SUMMER 1 & 2**MONDAY** 7:45-8:30 p.m.FEE \$60 **M** • \$88 **N****LEARN TO HOCKEY SKATE (AGES 4+)**

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

SUMMER 1 & 2**MONDAY****LEVEL 1** • 5:45-6:15 p.m.FEE **M** \$46 • **N** \$70**LEVEL 2-4** • 6:15-7:00 p.m.FEE **M** \$60 • **N** \$88**Private Skate Lessons are available for all skill levels and all ages.**

[Click here to fill out a Private Lesson Interest Form online today!](#)

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.

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.

FEE 1 session \$37 **M** • \$58 **N**5 sessions \$142 **M** • \$175 **N**10 sessions \$240 **M** • \$273 **N****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.

FEE 1 session **M** \$25 • **N** \$355 sessions **M** \$95 • **N** \$12010 sessions **M** \$160 • **N** \$185

SKATE LESSONS



SKATE RENTAL **M** FREE FOR Y MEMBERS • **N** \$3

Visit our website or mobile app for current schedules, times, and fees.

OPEN SKATE

Open Skate is open to any skating level and age. Skating will follow circular pattern. Helmets are encouraged, but not provided. Sticks/pucks and artistic props are not allowed on ice during Open Skate. Skate helpers are provided for support.

FEE **M** FREE FOR Y MEMBERS • **N** \$4

OPEN FIGURE SKATE

Open exclusively to figure skaters working on choreography skill development. Skate rental not available during this time.

FEE **M** FREE FOR Y MEMBERS • **N** \$4

ADULT OPEN HOCKEY

Drop-in style, non-checking hockey for adults 18 and older. Advanced level playing. Full equipment is required.

FEE **M** \$5 • **N** \$7 • Goalies FREE

HIGH SCHOOL / INTERMEDIATE OPEN HOCKEY

Drop-in style, non-checking hockey for high school age and older. Intermediate level playing. Full equipment is required.

FEE **M** \$5 • **N** \$7 • Goalies FREE

STICK AND PUCK AGES 16+

This program is for skill development, not pick up games. Full equipment required.

FEE **M** \$1.50 • **N** \$3

STICK AND PUCK YOUTH 15 & UNDER

This program is for skill development, not pick up games. Full equipment required. Adults on the ice must be providing instruction or supervision to a minor and are not required to wear full gear, but are required to wear a helmet.

FEE **M** \$1.50 • **N** \$3

JOIN OPEN ICE

See the most up-to-date schedules for Open Ice through our mobile app or at www.oshkoshymca.org

ICE

HOCKEY

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

WARBIRDS HOCKEY

Oshkosh Area Youth Hockey Association

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



Check the Warbirds website for more information: oshkoshyouthhockey.org

ROOKIE LEAGUE SCRIMMAGE AGES 18+

This is a game play focused league for adults that have good skating and hockey skills. No instruction is provided, scrimmage and game play.

SUNDAY 8:00-9:00 a.m.

JUNE 7-AUGUST 30 • No league 6/29-7/5

Reg deadline 5/28/2026

FEE **M** \$175 +tax • **N** \$235 +tax • Goalies play free!

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

ADULT CO-ED HOCKEY LEAGUE AGES 18+

A 12-week RECREATIONAL league for intermediate level hockey players. This is a social league for adults who enjoy hockey and play at an intermediate level. No checking or slap shots. One game per week and full equipment is required. Individual registration only. Teams will be formed by league administrators.

WEDNESDAY 8:00-9:00 p.m.

JUNE 3-AUGUST 26 No league 6/29-7/5

Reg Opens 4/20 for Members and 4/27 for Non-Members

Reg deadline 5/28/2026

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

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



LEAGUE

Our hockey leagues are designed to help players of all ages grow—on and off the ice. Through structured games and consistent play, participants build skills, stay active, and gain confidence, all while enjoying the excitement of team competition.

FALL YOUTH FLAG FOOTBALL (4K-GRADE 8)

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

Games will take place on Saturday mornings.

FALL September 5-October 17 Reg. deadline 8/3/26

20 SATURDAY MORNINGS

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

SOCCER SKILLS AND DRILLS (GRADES 1-8)

Young players will learn the fundamentals of soccer, including passing, dribbling, and shooting, while building confidence and a love for the game.

SUMMER 1 • Registration Deadline 6/4/26

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

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

GRADES 7-8 7:15-8:00 p.m.

20 WEDNESDAY

FEE **M** \$41 • **N** \$63

**THIS IS HELD
OUTDOORS**

VOLLEYBALL SKILLS AND DRILLS (GRADES 1-8)

This class introduces the fundamentals of volleyball, including passing, setting, hitting, blocking, and serving. Learning these skills at a young age helps players build confidence and enjoy the game.

SUMMER 1 • Registration Deadline 6/4/26

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

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

GRADES 7-8 7:15-8:00 p.m.

20 TUESDAY

FEE **M** \$41 • **N** \$63

INTERMEDIATE VOLLEYBALL SKILLS AND DRILLS (GRADES 5-8)

This class builds on volleyball fundamentals while introducing more advanced strategies and game-like situations. Players will continue to grow their confidence and enjoyment of the game.

SUMMER 2 • Deadline 7/23/26

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

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

20 TUESDAY

FEE **M** \$76 • **N** \$94

FALL OUTDOOR YOUTH SOCCER LEAGUE (GRADES 4K-6)

Extend the summer soccer season with instructional league play, all on the same day. Games consist of two 20-minute halves. Grades 1-6 will practice once per week, while 4K-5K will practice before their game. Players are placed on teams based on school or home location. Volunteer coaches lead practices and supervise games. All participants receive a team t-shirt.

Requirements: Shin guards.

July 30-September 10 Registration deadline 7/6/26

AGE Grades 4K-6 (Determined by the grade enrolled in for Fall 2026 school year)

20 THURSDAY EVENINGS

FEE **M** \$57 • **N** \$83



Come 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

KARATE (AGES 4-ADULT)

Karate is good exercise, fun, enhances your confidence, teaches you methods of self-defense, develops patience, and more! Classes run year-round in seven 7-week sessions. This registration is for a single 7-week session. Uniform is not required for the first classes. Uniforms are available to purchase for \$35. Testing is at the end of each session, with instructor permission. Testing is \$40 for all lower levels. More information will be given on the first night of class. Class sizes will be limited.

**20 TUESDAY & THURSDAY**

5:30-5:55 p.m. | Ages 4-8 | Karate Kids Beginner

6:00-6:30 p.m. | Ages 4-8 | Karate Kids Intermediate
Orange belts & above with instructor permission

6:30-7:15 p.m. | Ages 8-12 | Juniors Beginner & Intermediate

7:15-8:15 p.m. | Ages 13+ | All Ranks

SATURDAY 9:30-10:30 a.m.

Yellow belts & above, only. All ages (Ages 4-8 only for the first 30 minutes)

JUNE 2-JULY 25 (No Class July 4) • **JULY 28-SEPT 12**

FEE **M** \$113 • **N** \$163

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

MEN'S SUNDAY NIGHT SLAM BASKETBALL LEAGUE

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

FALL

Sept 6-Oct 18

Registration deadline 8/24/26

20 SUNDAY EVENINGS

Game time determined by the number of teams

FEE \$435 team (plus tax)



AVAILABLE AT ALL 3 LOCATIONS!
**DOWNTOWN
20TH AVE
TENNIS & PICKLEBALL CENTER**

ALL ABILITIES ARE WELCOME!

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

DT 20 FEE FREE TO Y MEMBERS

TP COURT FEES APPLY

**OPEN
PICKLEBALL**

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



OSHKOSH Y MEMBERSHIP INCLUDES A TENNIS & PICKLEBALL CENTER MEMBERSHIP

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

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

MEMBERSHIP

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

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

OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP

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

MEMBERSHIP FOR THOSE THAT HAVE TENNIS OR PICKLEBALL ONLY AT OGDEN

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

CONTACT INFORMATION Y TENNIS CENTER:

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

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

Y MEMBERS & TENNIS CENTER MEMBERS

Standard Rate
\$26/hour +tax

Junior Rate for Junior Members only 21 +tax

Guest Fee \$10 per person

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

Daily Court Rates for Non-Members
\$26/hour +tax and applicable guest fees

24 hour cancellation needed for court reservations.



Bonnie (85) and Ireland (9) Binner. Grandma and granddaughter!

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

PRIVATE INSTRUCTION RATES

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



LOOKING AHEAD

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

SUMMER TENNIS CAMPS FOR YOUTH & ADULTS
JUNE 2026

SUMMER TENNIS TOURNAMENTS
AUGUST 2026
SINGLES & DOUBLES

SUMMER TEAM PICKLEBALL TOURNAMENT
AUGUST 2026
Watch for updates on Pickleball tournaments

OPEN HOUSE WEEK
AUGUST 24-27
JOIN US!

ALL ARE WELCOME!

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

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

PICKLEBALL
FALL SESSION 1 PLAN AHEAD
starts Tuesday, Monday, August 31



SUMMER FUN!

**FAMILY
TENNIS
TIME**

**SUMMER
YOUTH
TENNIS
LESSONS**
AGES 4-9

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

Game, set, match for the whole crew!

This summer, step onto the court and discover a sport the whole family can enjoy. Youth lessons use level-appropriate balls and age-appropriate instruction, taught by our Oshkosh Y Tennis & Pickleball certified professionals. It's a great way to get started with a lifelong sport!

Using this entry-level youth tennis format, participants play with modified equipment and courts tailored to their age and size—making it easier to play, rally, and succeed right from the start. Drills and games help develop core tennis skills in a fun, yet structured setting.

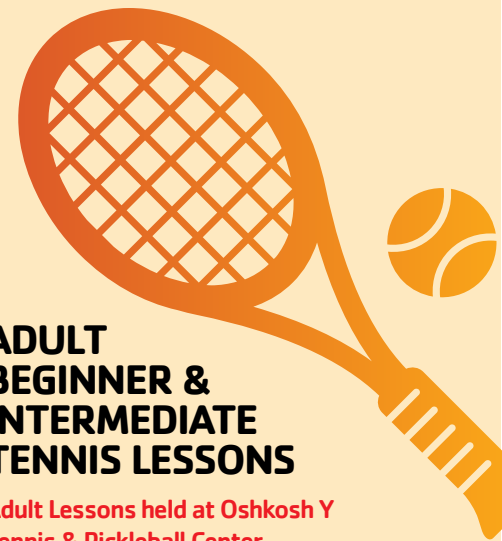
JUNE 9-JULY 14

TUESDAY Oshkosh Y Tennis & Pickleball Center
5:00 - 6:00 p.m. Ages 4-6 RED BALL
6:00-7:00 p.m. Ages 7-9 ORANGE BALL
FEE **M T** \$98 • **N** \$115

JUNE 11- JULY 16 (No class July 4)

WEDNESDAY Oshkosh Y Tennis & Pickleball Center
10:00-11:00 a.m. Ages 4-6 RED BALL
THURSDAY Oshkosh Y Tennis & Pickleball Center
3:30-4:30 p.m. Ages 4-6 RED BALL
3:30-4:30 p.m. Ages 7-9 ORANGE BALL
FEE Registration closes May 30 **M T** \$98 • **N** \$115

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



**ADULT
BEGINNER &
INTERMEDIATE
TENNIS LESSONS**

Adult Lessons held at Oshkosh Y Tennis & Pickleball Center

TUESDAY EVENINGS

JUNE 9-JULY 16

8 Maximum per lesson

BEGINNER-INTERMEDIATE
5:00-6:00 p.m.

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

FEE **M T** \$98 • **N** \$115

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

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

JUNE 8-JULY 17**MONDAY AND FRIDAY** 10:00-11:00 a.m.**FEES:** **M T** \$210 (includes Away Member) • **N** \$250**MIDDLE SCHOOL + ADVANCED ELEMENTARY****INDOOR CAMP @OSHKOSH Y TENNIS & PICKLEBALL CENTER**

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

TUESDAY & THURSDAY 10:00-11:30 a.m.**FEES: UNLIMITED - ALL SIX WEEKS:****M T** (Includes Away Members) \$286 • **N** \$334**FEES BY SESSION:****SESSION 1: June 9-25** (3-week session)**SESSION 2: June 30-July 16** (3-week session)**M T** \$184 • **N** \$208**HIGH SCHOOL****HIGH SCHOOL FRESHMAN & JV****TUESDAY, WEDNESDAY & THURSDAY** • 11:30 a.m.-1:00 p.m.

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

HIGH SCHOOL VARSITY**TUESDAY, WEDNESDAY & THURSDAY** • 1:30-3:00 p.m..

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

FEES: UNLIMITED - ALL SIX WEEKS:**M T** (Includes Away Members) \$430 • **N** \$502**FEES BY SESSION:****SESSION 1: June 9-25** (3-week session)**SESSION 2: June 30-July 16** (3-week session)**M T** \$255 • **N** \$296**ADULT****INDOOR CAMP @OSHKOSH Y TENNIS & PICKLEBALL CENTER**

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

Led by Brian Hornburg and Bob Downey**TUESDAY THROUGH THURSDAY** 8:30-10:00 a.m.

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

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

Thursday: MATCH PLAY**FEES:** **M T** (6-week session) \$430 • **N** \$502**FOR ALL****TAKE YOUR GAME UP A LEVEL!**

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

**OSHKOSH YMCA
SUMMER
TENNIS
CAMPS
2026**

FOR JUNIORS & ADULTS

**6 FUN WEEKS!
JUNE 8-JULY 17**

TO REGISTER OR FOR GENERAL TENNIS & PICKLEBALL CENTER QUESTIONS: please call Sheila Counts, Tennis Center Director.

FOR TENNIS OR LEVEL QUESTIONS please contact Tennis Professionals, Brian Hornburg and Bob Downey. Both can be reached at (920) 236-3400.

**NEW
JUNIOR
TENNIS
PROGRAM!**

BEGINNER HIGH SCHOOL TENNIS

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

MONDAYS June 8-July 13

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

Oshkosh Y Tennis & Pickleball Center

M T \$105 • **N** \$120

GIRLS HIGH SCHOOL PRE-SEASON TUNE-UP CAMP

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

LOCATION: Oshkosh Y Tennis & Pickleball Center

JULY 27-JULY 30

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

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

FEE **M** \$195 • **N** \$220

CARDIO ADULT TENNIS

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

Summer Cardio schedule begins June 2

LOCATION: Oshkosh Y Tennis & Pickleball Center

MONDAYS & FRIDAYS 9:00-10:00 a.m.

FEE 1-hour class **M T** \$14 • **N** \$21

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

FEE 1.5-hour class **M T** \$19 • **N** \$31

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

MEET THE PROS



BRIAN HORNBERG, USPTA CERTIFIED

Head Tennis Professional:

brianhornburg@oshkoshymca.org

Brian has been working at the Oshkosh Y Tennis & Pickleball Center since January 2023 as the Head Tennis Pro. Brian played 2 years of college tennis at Kalamazoo College, finished up his collegiate career at UW LaCrosse, and then became the Assistant Coach during his 5th year. After college, Brian took a position at Pleasant Valley Tennis & Fitness where he made his home for the next 18 years. He has worked with members of all ages and abilities. Brian has coached

numerous junior players to the WIAA State Tournament and has even produced college-level players.



ROBERT DOWNEY JR., USPTA CERTIFIED

Tennis Professional: robertdowney@oshkoshymca.org

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



Pickleball Beginner BOOT CAMPS

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

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

Bring a friend or family member and join the fun!

- JUNE 19 AND 26
- JULY 10 AND 17
- AUGUST 7 AND 14

3:00-5:00 p.m.

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

RENT A PRIVATE PICKLEBALL COURT



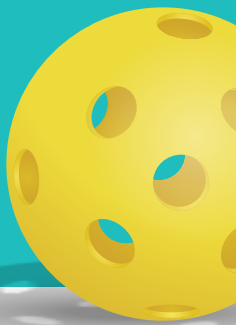
Raining this summer? Or you just want a retreat from the sun??

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

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

GATHER. PLAY. GROW. THRIVE!

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



Combining elements of badminton, tennis, and ping pong, pickleball is easy to learn, fun to play, and one of the fastest-growing sports in the United States. Beyond the game itself, it offers meaningful benefits for physical, mental, and social well-being.

At the Oshkosh Y Tennis & Pickleball Center, pickleball is more than just a sport—it's a community. Players of all ages and abilities come together to connect, build friendships, and share in the joy of the game. Whether it's casual conversation during open play or cheering one another on in leagues and tournaments, the camaraderie extends far beyond the court.

What makes pickleball here truly special is the sense of belonging. Players show up for each other with encouragement, laughter, and genuine support. Over time, teammates become friends—and for many, that connection grows into something that feels like family.

5 GREAT REASONS TO PLAY PICKLEBALL:

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

- 1 Easy to Learn, Fun to Play
- 2 Great for All Ages & Fitness Levels
- 3 Social & Community-Oriented
- 4 Improves Fitness & Coordination
- 5 It's Growing Fast—Join the Movement!

SHOW YOU CARE



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



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

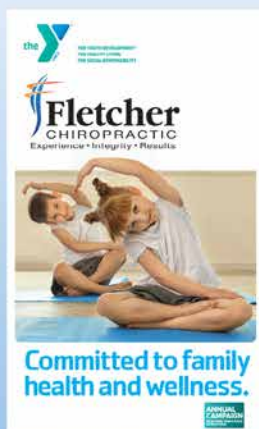
The Y. FOR A BETTER US.™

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

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

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

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



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!

CREATE A LIVING LEGACY

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

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


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

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

**Make a planned gift
TODAY. Help Oshkosh
generations TOMORROW.**

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



5TH ANNUAL OSHKOSH 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 • 62 Miles • 100 Miles

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

QUESTIONS?

Email oshkoshcentury@oshkoshymca.org.

OSHKOSH COMMUNITY YMCA

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

REGISTRATION	DATES	FEE
Early Bird <i>Online Only</i>	Jan. 1 – March 31	\$65
Regular <i>Online Only</i>	April 1 – June 26 <small>T-Shirt Size Guaranteed if Registered by June 5</small>	\$75
Day Of <i>Online & In Person</i>	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.

SCAN TO LEARN MORE!

