



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Tomasiewicz Family

Kevin & Jess, Addison (8),
Rylee (5), and McKenzie (9)

Building healthy habits
while making memories.

See their story on
page 3.

FALL 1 Sept 14-Oct 25 | **FALL 2** Nov 2-Dec 20

No Programs: 11/23-29

Please see page 62 for Tennis & Pickleball session dates.

PROGRAM FALL GUIDE 2026



At the Oshkosh Y,
everything we do
supports one of our
three Areas of Focus:

YOUTH DEVELOPMENT, HEALTHY LIVING, & SOCIAL RESPONSIBILITY.

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

TABLE OF CONTENTS

Y News

Facilities/Contact	5-7
Registration	8
Membership	9-12
Volunteer	13
Staff.....	15

Youth Development

Behavior Policy.....	16
Preschool Activities.....	17
Arts & Humanities ...	18-19
Family + Children.....	20-27
School Age	28

Healthy Living

FOREVERWELL.....	29-33
Aquatics.....	34-42
Health + Wellness....	43-56
Ice	56-58
Sports	59-60
Tennis & Pickleball ..	61-64

Social Responsibility

Give	4
Leave a Legacy.....	14, 65
Banners.....	66

WE ARE:

FOR YOUTH DEVELOPMENT

- Youth Sports:** Kids learn sportsmanship & teamwork in football, soccer, basketball, baseball, hockey, volleyball, & more.
- Before & After School Programs:** Quality care at 4 local elementary schools gives working parents peace of mind, and kids a place to learn & play.
- Teen Programs:** Teens build confidence and find belonging through sports, strength training, camp, and volunteer opportunities.
- Arts & Humanities:** Kids ignite their creativity through reading, painting, drawing, & music classes.
- Summer Day Camps:** Kids stay engaged all summer with games, field trips, arts & crafts, and time in the great outdoors.

FOR HEALTHY LIVING

- Group Exercise Classes:** From yoga & water fitness to dance and cycling, members can explore 100s of free classes every week.
- Personal Training:** Our nationally certified trainers provide personalized coaching to help you reach your goals.
- Nutrition Services:** Healthy eating starts here with cooking classes, free recipes, and a free consultation with a registered dietitian.
- Chronic Condition Programs:** Find support through LIVESTRONG® for cancer survivors, Rock Steady Boxing® and Pedaling for Parkinson's®.
- FOREVERWELL:** Stay active over age 55 with fitness classes, lifelong learning, field trips, and social events.

FOR SOCIAL RESPONSIBILITY

- Financial Assistance:** No one is turned away from the Y due to inability to pay. We offer financial assistance so that everyone has the opportunity to live a healthy life.
- Childcare:** Families find reliable care & affordable options at our 3 licensed childcare centers, giving every child a great start.
- Community Nights:** We make family fun accessible by opening our doors to everyone at no cost.
- Safety Around Water:** We partner with local schools to provide life-saving water safety education to 100s of kids each year.
- 175 Years of Service:** As a trusted charity, we've been strengthening communities through health & wellness for generations.



EVERYDAY MOMENTS. LASTING MEMORIES.

For more than 10 years, the Oshkosh Community YMCA has been part of the Tomasiewicz family's story. From daycare and Summer Fun Club to youth sports, family workouts, and lifelong friendships, the Y has been there through every stage of life.

When Jess and Kevin moved to Oshkosh in 2014, joining the YMCA was a natural choice. Soon after, they started their family, and the Y has grown alongside them ever since.

"We've always been a YMCA family," Jess shares. "It has everything we need to stay healthy, active, and connected. If I had to describe the Y in one word, it would be resourceful."

Today, daughters McKenzie (9), Addison (8), and Rylee (5) have grown up at the Y. All three attended YMCA childcare, formed friendships that continue today, and discovered confidence through sports, swimming, and new experiences.

"The YMCA has been with our family every step of the way. It's more than a place to work out. It's where we've grown together."

Whether it was learning to swim, trying basketball, soccer, flag football, gymnastics, tee-ball, or even ice skating, the girls found opportunities to explore, grow, and build a foundation that continues beyond the Y.

For Jess and Kevin, the Y has also been a place that supports their busy family life.

"It's our one-stop shop," Jess says. "While the girls are having fun in childcare or Summer Fun Club, I can take time for my workout without feeling rushed. Kevin loves having 24/7 access so he can fit in an early morning workout before the day begins."

Some of Jess's favorite memories aren't from a special event at all. They're the everyday moments.

"I'll never forget running on the treadmill after work and seeing my girls walking back from the gym or soccer arena with daycare. They'd wave so excitedly when they saw me. Those moments made my day."

Over the years, countless YMCA staff members have become part of their family's story, especially daycare teachers Ms. Mehin and Ms. Dawn.

"They made every early morning drop-off easier," Jess says. "When one of the girls didn't want me to leave for work, they'd find special jobs to help with breakfast or laundry. They truly cared for our girls like their own."

As their daughters continue to grow, the Tomasiewicz family is excited for the next chapter.

"We already work out together in our basement," Jess says. "I can't wait until the girls are old enough to work out with us at the YMCA. We always tell them we exercise to stay healthy, and I'm excited to keep building those habits together."

ON THE COVER Jess and Kevin Tomasiewicz Family
McKenzie (9) • Addison (8) • Rylee (5)



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!

Let's create a stronger,
healthier, and more
connected community.

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



When you give to the Y, you help make childcare more affordable for families, provide kids with life-saving swim lessons and water safety instruction, and support seniors in staying active, independent, and socially connected.

Your gift helps the Y meet essential needs in our community by empowering youth, individuals, families, and seniors through memberships and programs that build confidence, support financial stability, strengthen relationships, and improve health and well-being.

FOR MORE INFORMATION
on the Annual Campaign,
including the **FOR ALL** Financial
Assistance Program, please
contact Chelsea Huszar at 920-230-8952 or
chelseahuszar@oshkoshymca.org.



**SCAN, OR CLICK HERE TO MAKE
A DONATION** to the Oshkosh Y
Annual Campaign, or **FOR ALL**
Financial Assistance Program.

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.

Kindness matters, and your \$40 gift helps share it.
Donate and receive a **FREE** *Kindness matters* T-shirt.

**THE
Kindness
Matters
PLACE**
OSHKOSH COMMUNITY YMCA

LOCATIONS & HOURS

DT**DOWNTOWN 920-236-3380**

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

FACILITY HOURS*

September 8, 2026

MONDAY-FRIDAY 5 a.m.-9 p.m.**SATURDAY** 7 a.m.-5 p.m.**SUNDAY** Noon-5 p.m.**20****20TH AVENUE 920-230-8439**

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

FACILITY HOURS*

September 8, 2026

MONDAY-FRIDAY 5 a.m.-9 p.m.**SATURDAY-SUNDAY** 7 a.m.-7 p.m.**TP****TENNIS & PICKLEBALL CENTER 920-236-3400**

640 E. County Trunk Y
Oshkosh, WI 54901

FACILITY HOURS***7 DAYS A WEEK** Opens at 8 a.m.

Closing time is based on court reservations. Call ahead for exact times.



**FALL HOURS
BEGIN
SEPT 8
2026**

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

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



STAY CONNECTED WITH THE Y

**ONLINE**Visit our website for all you need to know.**PHONE**

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

**eNEWS**

Stay informed with eNews.

**MOBILE**Stay connected on the go with our mobile app.**SOCIAL**Get social! Like and Follow us...

THIS GUIDE IS INTERACTIVE!

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

FACILITIES

FACILITIES:

Y LOCATION

DT 20 TP

Aerobic Studios	● ●
Basketball Courts	● ●
Cardiovascular Equipment	● ● ●
Circuit Equipment	● ●
Child Watch	● ●
Elliptical Trainers	● ● ●
Free Weights	● ●
Group Cycling	● ●
Gymnasium	● ●
Incline Trainers	● ●
Indoor Ice Arena	●
Indoor Soccer Facility	●
Indoor Pickleball Courts	●
Indoor Tennis Courts	●
Intergenerational Room	●
Licensed Childcare Center	● ●
Locker Room	● ● ●
Multi-Purpose Room	● ●
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:
AQUATICS,
MEMBERSHIP,
WELLNESS,
BEFORE & AFTER
SCHOOL CARE,
CHILD CARE, & MORE!

3 GREAT REASONS TO APPLY AT THE Y

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

**GREAT PEOPLE
MAKE A GREAT Y**

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

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

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

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

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

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

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

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

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

INTERGENERATIONAL ROOM

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

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

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

INDOOR SOCCER FACILITY

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

OSHKOSH Y TENNIS & PICKLEBALL CENTER

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

YOUTH POLICIES

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

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

20

YOUTH LOUNGE

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

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



**TENNIS &
PICKLEBALL
CENTER**



VISIT THE Y
ON YOUR TIME:



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

24/7

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

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

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

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



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

REGISTRATION

MEMBERS GET PRIORITY REGISTRATION + REDUCED FEES FOR ALL Y

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

IT PAYS TO
BECOME A
MEMBER!

MEMBER REGISTRATION begins AUG 10



ONLINE at midnight.

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

Visa, Discover, and MasterCard are accepted.

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

FALL 1 | SEPT 14-OCT 25

M Y Member registration for Fall 1 & 2 begins Aug 10

N Non-Member registration for Fall 1 begins Aug 24

FALL 2 | NOV 2-DEC 20

No programs November 23-29

M Y Member registration for Fall 1 & 2 begins Aug 10

N Non-Member registration for Fall 2 begins Oct 19

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

THE OSHKOSH
Y TENNIS &
PICKLEBALL
CENTER HAS
DIFFERENT
SESSION DATES.

PLEASE SEE
PAGE 62.

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

FALL 1

FALL 2

FALL 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 throughout fall!

MEMBERSHIP BENEFITS

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

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

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



Your community is waiting for you!

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

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

NATIONWIDE MEMBERSHIP WORK OUT ALMOST EVERYWHERE!



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

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

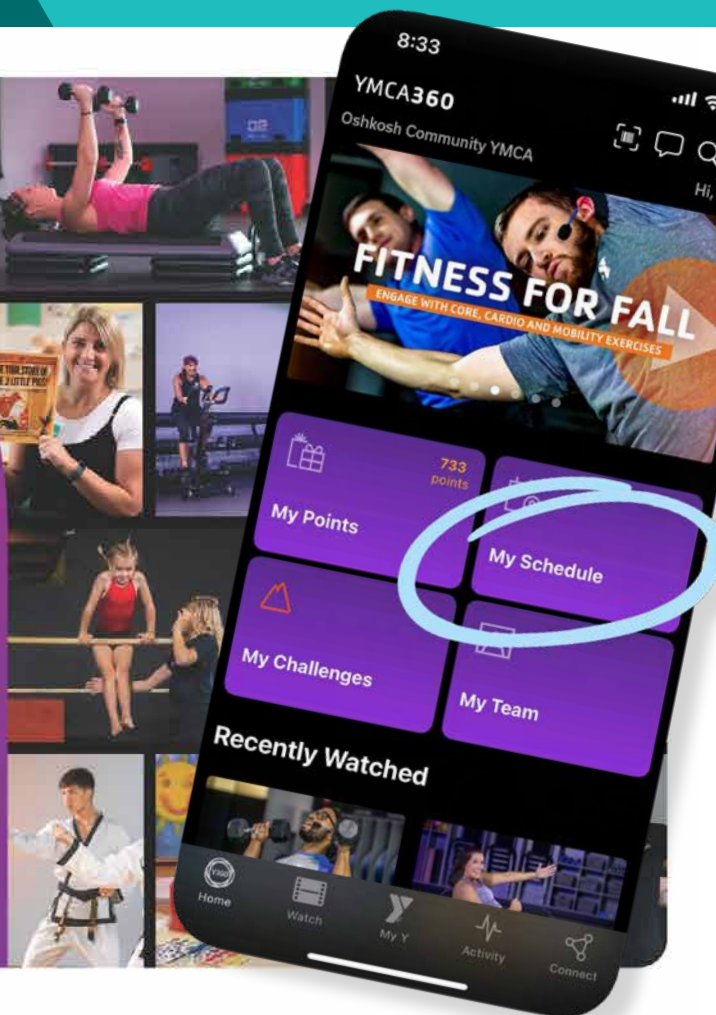
IT'S EASY TO TAKE ADVANTAGE OF THIS VALUABLE BENEFIT:

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

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

YMCATM 360

A 360-DEGREE
DIGITAL EXPERIENCE
FOR 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.

- Livestream and on-demand classes taught by instructors from around the country.
- A healthy living network for people of all ages and activity levels.
- 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!

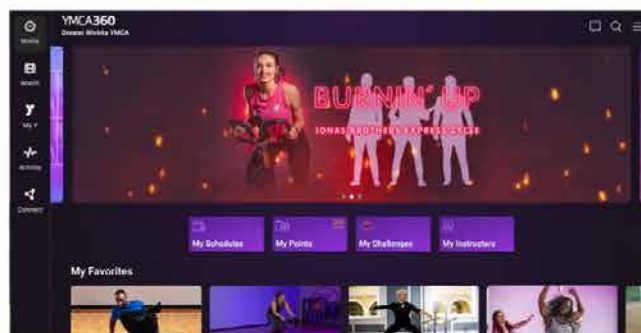
DOWNLOAD THE APP TODAY



Apple iOS



Google Play



YMCA360.org



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 support for those who need them most. From teaching children to swim and building confidence through youth sports to providing financial assistance for memberships and childcare, the Y ensures everyone has opportunities to learn, grow and thrive. When you give to the Y, you help open doors, inspire potential and build a more inclusive, compassionate community for all.



Visit page 13 to learn about Y volunteer opportunities.

OUR CORE VALUES

The YMCA's core values guide its mission and programs, strengthening communities and supporting individual growth through youth development, healthy living and social responsibility. These 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.

MEMBERSHIP



A PLACE TO BELONG

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

FINANCIAL ASSISTANCE PROGRAM

MEMBERSHIP + PROGRAMS FOR ALL

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

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

CHILDREN UNDER THE AGE OF 8

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

CHILDREN AGES 8+

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

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

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

GUEST POLICY: Depending on the type of membership you select; the primary member may share a guest pass with a nonmember or family. The Oshkosh Y member must be present and remain at the Y during their guest's visit. A PHOTO ID is required of a guest age 16+ and each guest household is limited to 3 visits per calendar year. Please register your guest at the Front Desk upon arrival. A full policy is available on our site.

FACILITY RENTAL: Rent either Y facility for birthday parties or special events. [Visit our website to complete an interest form](#) and for more information.

DRESS CODE: At the Y, we are committed to maintaining a family-friendly environment where everyone feels comfortable and respected. We ask all members and guests to wear appropriate clothing that is not sexually revealing, helping to ensure a welcoming space for individuals of all ages. Swimsuits are only to be worn in the pool areas.

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



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.

SCAN, OR CLICK HERE TO MAKE A

[DONATION to the Oshkosh Y Annual Campaign, or FOR ALL Financial Assistance Program.](#)



MAKE A DIFFERENCE. VOLUNTEER.

[Visit our website for
upcoming volunteer opportunities!](#)

**VOLUNTEER
TODAY!**

Volunteers make our mission possible. Each year, more than 1,000 people share their time and talents with the Oshkosh Y—mentoring kids, coaching sports, supporting special events, tending gardens and much more. Whether you can give a few hours, help for a season or serve on an ongoing basis, you'll build connections, strengthen our community and become part of something bigger.

ANNUAL EVENTS

- Brat Stand
- Kids Mud Run
- Oshkosh Century Bike Ride
- EAA AirVenture
- Charity Golf Outing
- Festival Foods Turkey Trot

YEAR-ROUND & SEASONAL

- Rock Steady Boxing Cornermen
- Youth Sports Coaches
- Middle School Mentors
- Grandparents Garden
- Hydroponic Gardens
- Swim Meets
- Facilities Maintenance
- Youth Fishing | Summer

HIGH SCHOOL VOLUNTEERS

Meet new people + make new friends

Volunteers are needed at the Y,
and at Y summer camps.

For information email

taylor@douglas@oshkoshymca.org.



Coach a Youth Sports team and make a lasting difference in a child's life. [Click here for information.](#)

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 Fhlug
Rachel Hansen

Salim Hawi
Cal Jirschele

Kathy Lett
Jamie Mielke

HERE FOR YOU: Y STAFF

Aquatics Director (DTC) **Daniel Anderson**

Cash & Accounts Payable **Kelli Baneck**

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

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**

Healthy Living Program Coordinator **Emily Eresh**

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**

Aquatics Coordinator (DTC) **Mel Karnatz**

School Age Director **Claire Kortbein**

YMCA at UWO Childcare Coordinator **Casey Kozak**

IT Director **Jason Krull**

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

Wellness & Healthy Living Program Director (DTC)
Lindsey McMullin

Branch Executive (DTC) **Lester Millette**

Sports Coordinator **Aymara Morales**

Youth Programs & Reservations 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**



Y STAFF MAKE A DIFFERENCE.

COMMUNITY
STARTS HERE.





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 (20th), and Interger 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. No cleats.

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

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



PRESCHOOL SOCCER AGES 3-6

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

FALL 1

20 TUESDAY AGES 3-4 4:45-5:15 p.m.
AGES 5-6 5:30-6:00 p.m.

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

FALL 2

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

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

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

FEE \$42 **M** • \$71 **N**

PRESCHOOL T-BALL AGES 3-5

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

20 SOCCER ARENA

FALL 1 TUESDAY 6:15-6:45 p.m.

FALL 2 WEDNESDAY 4:45-5:15 p.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL BASKETBALL AGES 3-6

Your preschool girl or boy will have fun learning the basics of basketball. This class will concentrate on skill development, fun, fitness, and teamwork. All 20th Ave Basketball classes will be located in the Gymnasium.

FALL 1

20 TUESDAY AGES 3-4 5:30-6:00 p.m.
AGES 5-6 6:15-6:45 p.m.

FALL 2

20 TUESDAY AGES 3-4 6:15-6:45 p.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL FOOTBALL AGES 3-5

Football is a great way for kids to meet new friends and stay active. Participants will learn through fun games and drills. Classes will be held at the 20th Ave Soccer Arena.

FALL 1

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

FALL 2

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

FEE \$42 **M** • \$671 **N**

PRESCHOOL SPORTS AGES 3-5

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

20 LOCATION WILL BE DETERMINED BY SPORT

FALL 1 TUESDAY 9:00-9:30 a.m.

FALL 2 TUESDAY 9:00-9:30 a.m.

4:45-5:15 p.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL TUMBLING AGES 3-5

A beginning level tumbling introductory class.

20 MULTI-PURPOSE ROOM

FALL 1 WEDNESDAY 4:00-4:30 p.m.

FALL 2 WEDNESDAY 4:45-5:15 p.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL DANCE AGES 4-6

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

20 MULTI-PURPOSE ROOM

FALL 1 WEDNESDAY 4:00-4:30 p.m.

FALL 2 WEDNESDAY 6:15-6:45 p.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL SKATE AGES 3-5

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

20 ICE ARENA

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

FEE \$55 **M** • \$84 **N**



TODDLERS

BABY BEATS AGES 6 MOS-1 ½ YEARS

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

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

FEE \$40 **M** • \$68 **N**

TODDLER TUNES AGES 1 ½-2 ½ YEARS

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

FALL 1 & 2

20 WEDNESDAY 9-9:30 a.m.
WEDNESDAY 3:30-4:00 p.m.
THURSDAY 4:30-5:00 p.m.

FEE \$40 **M** • \$68 **N**

AGES 3-5

PRESCHOOL INSTRUMENT EXPLORATION

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

FALL 1 & 2

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

FEE \$42 **M** • \$71 **N**

PRESCHOOL STORIES & ART

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

FALL 1 & 2

20 TUESDAY 4:15-4:45 p.m.
WEDNESDAY 3:30-4:00 p.m.
THURSDAY 4:30-5:00 p.m.

FEE \$42 **M** • \$71 **N**

PRESCHOOL MOVIN' & GROOVIN'

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

FALL 1 & 2

20 TUESDAY 9:30-10:00 a.m.
THURSDAY 3:30-4:00 p.m.

FEE \$42 **M** • \$71 **N**

AGES 8+

AFTER SCHOOL CRAFT CLUB AGES 8+

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

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

FEE \$40 **M** • \$68 **N**

PRIVATE DRUM LESSONS YOUTH 8+, TEENS, ADULTS

Find your rhythm! Private drum lessons offer personalized instruction for beginner to intermediate students on either snare drum or drum set. Through one-on-one guidance, students build skills, confidence and a lifelong love of music. Each lesson is 30 minutes, with scheduling arranged directly with the instructor. Lesson packages expire six months from the purchase date. Students should bring drumsticks and their assigned lesson book to every lesson. Don't have them yet? Both can be purchased together for a one-time fee of \$17.

FEE per class \$30 **M** • \$55 **N**

Interested in another instrument?

We want to know! [Visit our inquiry form to tell us what you or your kiddo is interested in!](#)



ADULT ART NIGHTS

Gather with friends and get crafty!

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

20 Spots are limited and pre-registration is required.

Projects will last numerous years if stored properly.

Thankful Pumpkin Fall Painted Wooden Sign
THURS, SEPTEMBER 25
 5:30-7:00 p.m.
 \$35 **M** • \$50 **N**

Halloween Deco Mesh Wreath
WED, SEPTEMBER 30
 • 10:00 a.m.-Noon **OR**
 • 5:30-7:00 p.m.
 \$45 **M** • \$60 **N**

Christmas Tree Wreath
WED, NOVEMBER 11
 • 10:00 a.m.-Noon **OR**
 • 5:30-7:00 p.m.
 \$45 **M** • \$60 **N**

HOMESCHOOL ENRICHMENT



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

AGES 6+

HOMESCHOOL FOUNDATIONS OF MUSIC 1

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

FALL 1 & FALL 2

20 WEDNESDAY • 1:00–1:30 p.m.

FEE \$40 **M** • \$68 **N**

HOMESCHOOL FOUNDATIONS OF MUSIC 2

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

FALL 1 & FALL 2

20 WEDNESDAY • 1:45–2:15 p.m.

FEE \$40 **M** • \$68 **N**

HOMESCHOOL ART EXPLORATION

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

FALL 1 & FALL 2

20 MONDAY • 1:00–1:45 p.m.

FEE \$40 **M** • \$68 **N**

HOMESCHOOL WORLD BEATS & RHYTHMS

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

FALL 1 & FALL 2

20 THURSDAY • 1:00–1:45 p.m.

FEE \$40 **M** • \$68 **N**

EXPLORE
MUSIC
+ ART
AT THE Y!

HOMESCHOOL ART HISTORY YOUTH 8+

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

FALL 1 & FALL 2

20 TUESDAY • 1:00–1:45 p.m.

FEE \$40 **M** • \$68 **N**

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

What if I'm not comfortable home alone?

What do I do if someone gets hurt?

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

How can I help if someone is choking?

What if the power goes out?

BUILD CONFIDENCE & LEARN NEW SKILLS

2 GREAT CLASSES!

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

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



Feel safe & secure!



The **SAFE@HOME®** and **SAFE SITTER®** classes are offered for kids entering grades 4-8. All participants that successfully finish either class will receive a certificate of completion.

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

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

FEE \$35 **M** • \$50 **N**

12:30-2:30 p.m.

SEPTEMBER 25 OR OCTOBER 23

SAFE SITTER BABYSITTING COURSE For kids entering Grades 6-8

Safety Skills:

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

Child Care Skills:

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

FEE \$60 **M** • \$80 **N**

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

OCTOBER 16 OR NOVEMBER 13



First Aid & Rescue Skills:

Learning skills such as choking rescue and first aid is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses.

Life & Business Skills:

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

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

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

FULL-TIME CHILDCARE

Our Child Development Centers, licensed by the State of Wisconsin's Department of Health and Family Services, nurtures the whole child. Our centers provide developmentally age-appropriate programs, which are committed to nurturing individual differences and encouraging the social, intellectual, physical,

mental and spiritual growth of the child. USDA approved meals, including breakfast, lunch and afternoon snacks are provided. Swimming lessons, gymnastics and other youth sports are offered throughout the year for children three to six years old.

AGE 6 weeks through pre-Kindergarten



MONDAY-FRIDAY

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

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

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

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

FOR MORE INFORMATION:

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

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

UWO CC Julie Hill at 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 out, do homework, charge devices, and unwind, while building relationships with their peers.



JOIN US!

**FREE
COMMUNITY
NIGHTS**

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

ACTIVITIES EVERY MONTH

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

20 September 26
TBD

20 October 17
Spooky Skate

DT November 21
Thanksgiving Arts & Crafts

20 December 19
Ice Skate with Santa

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



NEW YEAR'S EVE FAMILY NIGHT

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

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

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



MAKE TIME FOR YOU!

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

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

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

AGES
6 weeks
through
7 years

CHILD WATCH



DT

20

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

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

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

STRONG MOMS

**FREE
+ OPEN
TO ALL
MOMS!**

TUESDAYS

September 22 ²⁰

October 20 ^{DT}

November 17 ²⁰

PROGRAM TOPICS TBD

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

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

Includes free childcare +
free dinner for kids and moms!

5:30–6 p.m. Dinner

6–7 p.m. Program

Please contact Taylor Douglas:
taylordouglas@oshkoshymca.org
or visit us on Facebook or the web:
oshkoshymca.org for more information.



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



TO LEARN HOW YOU CAN MAKE A DIFFERENCE, please contact
Chelsea Huszar at 920-230-8952 or chelseahuszar@oshkoshymca.org.



SCAN, OR CLICK HERE TO MAKE A DONATION to the Oshkosh Y
Annual Campaign, or FOR ALL Financial Assistance Program.

12TH
ANNUAL

KIDS

MUD
RUNSAVE
THE
DATE!JUNE
6²⁰²⁷HAVE FUN ON OUR
WET & MUDDY 1-MILE COURSE
WITH OVER 20 OBSTACLES.Open to kids 4-16 with a
Mini Mud Run for ages 1-3.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, licensed care so
families with need are supported
in their goal toward financial
self-sufficiency.

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





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

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

SPLISH & SPLASH

FREE FOR MEMBERS ONLY
AGES 1-3

PARENTS: Both classes on this page are **FREE** for Oshkosh Y members and are offered on a drop-in basis. No need to sign up!

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

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

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

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

FREE FOR OSHKOSH MEMBERS **M**

\$6/family **N**

WIGGLES & GIGGLES

SUPER FUN
AGES 1-3



PUMPKIN PALOOZA

AT CAMP WINNI-Y-CO

**SATURDAY
OCTOBER 10**

Morning: 10:30 a.m.–Noon **OR**
Evening: 7–8:30p.m.

LOCATION: YMCA Camp Winni-Y-Co

\$5/person **M** or \$8/person **N** Includes a pumpkin with all paid registrations. Everyone over the age of 5 must register.

There's nothing quite like fall at camp! Join us for an unforgettable family outing featuring pumpkin carving (or painting), self-guided nature hikes, and s'mores around a crackling campfire. Select an afternoon or evening time slot and enjoy the activities at your own pace. Whether you're stopping by for a quick visit or spending the whole session, you'll leave with wonderful fall memories.



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



YOUTH LOCK-IN = PARENTS NIGHT OUT!



20 SATURDAY,
SEPTEMBER 26
7:15 p.m.–9 a.m. • AGES 8–12

Spend the night at the Y!

Activities include

- ice skating
- swimming
- soccer
- movies
- games and much more!

Dinner (pizza),
snack, and
breakfast are
provided.

Please bring a
swim suit, towel,
warm clothing
(for skating),
sleeping bag,
pillow and pajamas.

FEE \$30 **M** • \$40 **N**

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

See front desk to register or
[click here to register online.](#)

SPECIAL NEW YEAR'S FAMILY NIGHT

This special evening
includes something
for the whole family!
Swimming, soccer,
ice skating,
basketball,
Youth Lounge,
and more!

**FAMILY
TIME
TOGETHER**
Y FAMILY NIGHT

**THURSDAY
DECEMBER 31**
SPECIAL TIME
5:30–8:30 p.m.

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

**Pre-register
& skip the line!**

All children
will receive a
noisemaker!



2026-2027 SCHOOL YEAR

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, but a light breakfast and afternoon snack is provided. Activities include: group games, arts and crafts, science and nature, character development, and swimming. Have peace of mind knowing your children are cared for in a safe, supervised, and positive environment!

20 GRADES K-5 • 6:30 a.m.-6:00 p.m.

FEE \$45/Day **M** • \$52/Day **N**

2026-2027

KIDS DAY OUT DATES:

September 25
October 16
October 23
November 13
November 25
December 23
December 28
December 29
December 30
January 18-19
February 5
February 19
March 22-26
April 16
May 7

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



REGISTER NOW.
SPACE IS LIMITED!

KIDS 2026-2027 BEFORE AND AFTER SCHOOL PROGRAMS

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

BEFORE SCHOOL

6:00 a.m.-Start Time:

- Oakwood • Franklin
- Carl Traeger

AFTER SCHOOL

Dismissal Time-6:00 p.m.:

- Carl Traeger • Oakwood
- Franklin • Lourdes



See website for more information.



SUPERVISED, SUPER FUN CARE FOR KIDS



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



YMCA FOREVERWELL

FOREVERWELL is an ever-expanding set of Y programs and activities designed exclusively for members 55+!

FOREVERWELL provides programs and services to engage this community in wellbeing experiences. Our focus is helping adults age 55+ improve improve their overall health in a holistic manner. In addition to concentrating on physical health, we aim to deepen social engagement between the Y and older adults. The meaningful relationships formed through the social support of the Y will reduce social isolation and improve quality of life. We strive to achieve these goals with programming that engages the mind, body, spirit, and involves community and nature experiences.

Stay up-to-date with senior happenings!



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

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



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

ACTIVE AGING WEEK 2026

SEPT 28–OCT 2

SAVE
THE
DATES!

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

**DT TUESDAY, SEPT 29**

Lunch & Learn 12–1:30 p.m.
Diabetes Awareness

20 WEDNESDAY, SEPT 30

Community Resource Fair
9–11:30 a.m. • Ice Arena Lobby

20 THURSDAY, OCT 1

Hearing Aid Cleaning
offered by Hearing Life
9:30 a.m.–12 p.m. • Lobby

20 FRIDAY, OCT 2

Medicare Basics Breakfast
10:30 a.m. • MPR 1

ADDITIONAL ACTIVITIES:

20 ALL WEEK: I SPY scavenger hunt
WEDNESDAY • DT Pelvic Floor Health
1–2 p.m.

THURSDAY • Fraud School • 1–3 p.m.

DT FRIDAY • Bingo Downtown • 1–2 p.m.

**STEADY STRIDES**

Increase your cardiovascular fitness, walking posture, improve stability and balance with this chair and pole walking class!

9:15–10:00 a.m.

20 TUESDAY

September 8
October 13
November 10
December 1

DT TUESDAY

September 22
October 20
November 24
December 15



WALKING HELPS OLDER ADULTS STAY STRONG, IMPROVE BALANCE AND HEART HEALTH, AND MAINTAIN INDEPENDENCE.

More events & details coming soon!

LIFELONG LEARNING

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

SEPTEMBER 29 UNDERSTANDING DIABETES

Megan Gebhard, NP
Ascension

OCTOBER TBA

NOVEMBER OSMS FOOT HEALTH

DECEMBER 10 HOLIDAY PARTY

DECEMBER 15 HOLIDAY PARTY



THANK YOU TO OUR MONTHLY
LUNCH SPONSOR:

senior stride™
Home Care



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

PICKLEBALL

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

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

FEE   FREE TO Y MEMBERS

 TENNIS & PICKLEBALL CENTER FEES APPLY

AMERICA'S FASTEST GROWING SPORT IN 2026 FOR THE FOURTH YEAR IN A ROW!

SEE PAGES 61-64 FOR MORE OPPORTUNITIES TO PLAY PICKLEBALL (AND TENNIS!)



CHAIR VOLLEYBALL

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

 SMB ROOM

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

FREE TO MEMBERS

FOOT CARE CLINICS

A nurse from Valley VNA Senior Care will provide a foot soak, nail trimming and filing, a foot massage, and treatment of minor corns or calluses. The nurse will also check for any issues of concern.

 TEACHING KITCHEN

OCTOBER 1 • NOVEMBER 5 • DECEMBER 3

FEE \$40

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

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

OSHKOSH Y MEMORY CAFÉ

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

FREE TO MEMBERS & COMMUNITY

Open to all—Y membership is not required.

September 2 • October 7 • November 4

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

SPECIAL December 16

Festival of Trees at the Oshkosh Public Library in collaboration with Oshkosh Traveling Memory Cafe 1:30-3:00 p.m.

IN PARTNERSHIP WITH:



alzheimer's  association®



This program follows the Group Peer Support (GPS) model. GPS Groups incorporate evidence-based approaches of Cognitive Behavioral Therapy, Motivational Interviewing, Mindfulness-based Stress Reduction, Trauma-Informed Care, and Psychosocial Education in a warm and accessible group model. GPS groups are deliberately judgment and advice-free zones where people can share their experiences and be listened to with respect.

GRIEF SUPPORT

BRIGHTER DAYS SUPPORT PROGRAM

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

The goals of the Brighter Days Support Program are:

- To build community by bringing people of like experience together.
- To reduce 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 ongoing basis.

FREE



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

WANT TO HELP?

ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE



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



MONTHLY BOOK CLUB

Join a FOREVERWELL Book Club to meet new people, enjoy engaging discussions, and explore new perspectives through reading. The 20TH AVE Book Club meets on the first Tuesday of each month, DOWNTOWN Book Club meets on the third Thursday of each month. Books are provided through local libraries and can be picked up at the front desk of the corresponding branch. Please return books after each meeting. Each club reads a different book each month, offering a unique experience at each location.

Register at the front desk.

DT 1:00–2:00 p.m.

Sept 17 • Oct 15 • Nov 19

20 11:15 a.m. – 12:00 p.m.

Sept 1 • Oct 6 • Nov 3 • Dec 1

FOREVERWELL FITNESS CLASSES

AGE 55+ Free for members. A 15-visit punch card for \$80 is available for non-members to participate in FOREVERWELL programming, including 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 FOREVERWELL listing.

! Classes with this symbol require a reservation.

Reserve your spot up to 24 hours before class, online or on the YMCA360 app.

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

ARTHRITIS AQUATICS

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

DRUMS ALIVE GOLDEN BEATS®

This class uses drumsticks 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 reduces 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 on your joints.

FOREVERWELL YOGA

You will move your whole body through a series of seated and standing yoga poses. Chair support is offered to help participants 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 exercises are alternated with low-impact aerobic movements. 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.

All FOREVERWELL classes are run on a continuous basis. Schedules of class offerings are available at oshkoshymca.org, on the YMCA360™ app or at the Front Desk of any Oshkosh Y location.

FOREVERWELL CHAIR CARDIO DANCE

A high energy, low-impact dance workout that uses a chair as the main prop to improve cardiovascular endurance, muscle tone, and flexibility.

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 handheld 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. Participants will use the strap to push, pull, and lift their own bodyweight.

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and functional abilities for daily living. Handheld 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 who prefer a low-impact workout experience.

LAP SWIM AND OPEN SWIM TIMES FREE TO Y MEMBERS

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

**SLIDE TIMES FREE TO Y MEMBERS**

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

Y SWIM LESSONS (AGES 6 MOS.+)**DT 20****Downtown & 20th Avenue****FALL 1 September 14–October 25****M** Members register beginning Monday, August 10**N** Non-Members register beginning Monday, August 24**FALL 2 November 2–December 20 No programs 11/23–29****M** Members register beginning Monday, August 10**N** Non-Members register beginning Monday, October 19

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

Fee \$39 **M** • \$72 **N**



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

20 **FALL 2 5 Saturdays \$33 M • 60 N No Class Nov 21**

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

LESSON TIMES FILL QUICKLY. REGISTER NOW! Y members register anytime!

PARENT/CHILD SWIM LESSONS (AGES 6 MOS.–3.5 YEARS)

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

PRESCHOOL SWIM LESSONS (AGES 3–5)

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.

20

Fee \$62 **M** • \$116 **N**

NEW: TEEN SWIM BASICS (AGES 12–17)**ADULT SWIM BASICS (AGES 18+)**

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

20TH AVENUE SWIM MEETS:

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

The entire Aquatics Center, including Lap/Family Pools, Sauna, Steam Room, and Whirlpool will close early on these dates:

OSHY SWIM MEETS 2026

Friday, October 2

Aquatics Center closes at 4:00 p.m.

CHAMPION MEET 2026

Friday, Nov 20–Monday, Nov 23

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

**20TH AVE POOL SHUTDOWN**

August 31–September 13

Re-opening: September 14



SWIM LESSON STAGES

SWIM STARTERS

STAGES A • B

PARENT-CHILD STAGES

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

A Water Discovery



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

B Water Exploration



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

QUESTIONS ABOUT SWIM LESSONS?

20th Ave: Trenton Davis
trentondavis@oshkoshymca.org

DT: Daniel Anderson
danielanderson@oshkoshymca.org

SWIM BASICS

STAGES 1 • 2 • 3

PRESCHOOL, YOUTH, TEEN & ADULT STAGES

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

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

1 Water Acclimation



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

2 Water Movement



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

3 Water Stamina



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

SWIM STROKES

STAGES 4 • 5 • 6

YOUTH ONLY

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

4 Stroke Introduction



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

5 Stroke Development



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

6 Stroke Mechanics



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

SWIM LESSONS

20 FALL

**MEMBER
REGISTRATION
BEGINS AUG 10**

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

1+2

AGES 6 MOS.+

FALL 1

September 14 - October 25

M Members register beginning
Monday, August 10

N Non-Member registration
begins August 24

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

November 2- December 20

No lessons 11/23-29

M Members register beginning
Monday, August 10

N Non-Member registration
begins October 19

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

FALL 2: SATURDAY lessons are
once per week for *five weeks*
No lessons 11/21

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

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

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

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

Preschool and Youth stages meet for 40 minutes each lesson.

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


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

AQUATICS

H = Homeschool
PS = Preschool
Y = Youth

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

CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.

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

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

Preschool and Youth stages meet for 40 minutes each lesson.

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

SEE DOWNTOWN
FALL 2 SCHEDULE
ON NEXT PAGE



MEMBER
REGISTRATION
BEGINS AUG 10

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

N Non-Member registration
begins 8/24/26

SEPT 14-OCT 25
AGES 6 MOS.+

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

Choose
Downtown
lessons for
warmer
pools!

QUESTIONS ABOUT
DOWNTOWN LESSONS?



Daniel Anderson

danielanderson@oshkoshymca.org



AQUATICS

H = Homeschool
PS = Preschool
Y = Youth

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

CLASSES ARE HELD ONCE PER WEEK FOR SIX WEEKS.

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

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

Preschool and Youth stages meet for 40 minutes each lesson.

QUESTIONS ABOUT DOWNTOWN LESSONS?

DT Daniel Anderson

danielanderson@oshkoshymca.org

SWIM LESSONS



SEE DOWNTOWN
FALL 1 SCHEDULE
ON PREVIOUS PAGE

FALL



MEMBER
REGISTRATION
BEGINS AUG 10

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

N Non-Member registration
begins 10/19/26

NOV 2-DEC 20 *No lessons 11/23-29*

AGES 6 MOS.+

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

Choose
Downtown
lessons for
warmer
pools!

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

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

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

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

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

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

20 LG FULL COURSE: September 18-20 (Friday-Sunday)
Friday: 5-9 p.m. and Saturday-Sunday: 8:30 a.m.-5:30 p.m.

LG FULL COURSE: October 9-11 (Friday-Sunday)
Friday: 5-9 p.m. and Saturday-Sunday: 8:30 a.m.-5:30 p.m.

LG FULL COURSE: December 11-13 (Friday-Sunday)
Friday: 5-9 p.m. and Saturday-Sunday: 8:30 a.m.-5:30 p.m.

FEE \$200 **M** \$240 **N**

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

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

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



HELP WANTED

Now hiring for lifeguard + swim instructor positions.

LIFEGUARDS: must be certified in LG, CPR, AED, & First Aid. Certification will be provided for FREE once hired!
SWIM INSTRUCTORS: Water Safety Instructor Certification preferred.

Apply in person at either Y location or online.

WE ARE HIRING

Join the Oshkosh Y team, where work is play! We are seeking outgoing, responsible, caring, and dedicated staff for multiple positions in multiple departments including Child Care, Membership, Aquatics, Group Exercise, and more! Learn more about the available positions [HERE!](#)



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

OSHKOSH YMCA AQUATICS PRIVATE SWIM LESSON POLICIES

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

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

FOR INFORMATION & SCHEDULING of Private Swim Lessons:

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

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

INDIVIDUAL PRIVATE LESSONS

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

FEE Per person per lesson \$30 **M** • \$55 **N**

SEMI-PRIVATE LESSONS

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

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

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

SCOUTS SWIMMING WORKSHOPS

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

SCOUT SWIM TEST

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

FEE \$2 per participant

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



ANNUAL CAMPAIGN
 FINANCIAL ASSISTANCE



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

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

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

AQUATICS

LAP SWIM & OPEN SWIM TIMES

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

SLIDE TIMES

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

Water Fitness classes are FREE FOR MEMBERS.
Non-Members may purchase a 15-visit punch card to use for any classes before 12 p.m. | \$80

WATER FITNESS

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

20 DT FREE TO MEMBERS M

FOREVERWELL ARTHRITIS AQUATICS

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

20 DT FREE TO MEMBERS M

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

FOREVERWELL WATER FITNESS

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

DT FREE TO MEMBERS M

STRENGTH & STRETCH GREAT CLASS FOR BEGINNERS!

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

DT FREE TO MEMBERS M

SENIORS!

See page 33 for other great classes just for you.

**ADAPTED AQUATICS (AGES 3+)**

LED BY UW-OSHKOSH STUDENTS

Adapted Aquatics with UW-Oshkosh students is back!

This program is for individuals with physical and cognitive disabilities. The goal of the program is to provide persons with all levels of abilities an opportunity to learn new things or improve existing aquatic skills.

Depending on the nature and severity of the disability, the instructor ratio will be 1:1 or 1:3. For more information, please contact the Downtown Y Aquatic Director at 920-236-3380.

DT CLASS DATES:

September 23, 30

October 7, 14, 21

November 4, 11, 18

December 2, 9

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

FEE \$40/participant

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



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**. Experienced swimmers can use the same button to contact the team.



NOT SURE WHERE TO START??

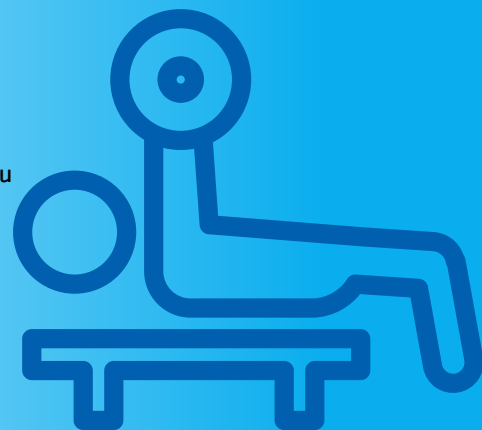


HEALTHY LIVING ORIENTATION

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

This orientation is designed to help you feel comfortable with our equipment and to get off to a good start. In order to maximize the benefits from this program, we recommend completing the program within 60 days of your joining date. Contact the Health & Wellness Center to schedule your appointment.

FEE FREE TO OSHKOSH Y MEMBERS **M**



LET US HELP GET YOU GOING!

Our Health + Wellness staff are passionate about your health and wellness!



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



FOR ALL



YOU CAN HELP CHANGE LIVES RIGHT HERE IN OUR COMMUNITY!

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

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



OSHKOSH COMMUNITY YMCA

YOGA TEACHER TRAINING

200-hour Yoga Alliance Certification Program

October 2, 2026–May 1, 2027

Program led by Kat Bettger.
Course meets & exceeds the standards
set forth by Yoga Alliance.



YOUR JOURNEY BEGINS HERE

INVESTMENT:

EARLY REGISTRATION | \$2,000

Register and pay in full before September 14 and save!

PROGRAM COST | \$2,200

Registering after September 14

FINANCING AVAILABLE | \$2,200

8 Monthly Payments of \$275 September–April



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

BECOME A CERTIFIED YOGA TEACHER:

Turn your passion into purpose and take your
practice to the next level. Join our supportive
community and learn to lead with confidence.

WHO IT'S FOR:

Individuals ready to deepen their practice.
Aspiring yoga instructors.
Wellness enthusiasts of all experience levels.

WHAT TO EXPECT:

This intensive and immersive program is designed to support
your growth as both a practitioner and a future teacher.
Through a blend of in-person learning, guided coursework,
and consistent personal practice, you will deepen your
knowledge while building meaningful connections within a
supportive community.

Participants should plan to dedicate approximately 10–15
hours per week.

The program includes weekly in-person classes,
bi-weekly group calls for connection and support, ongoing
independent coursework, and a daily practice log with
reflection to enhance learning and embodiment.

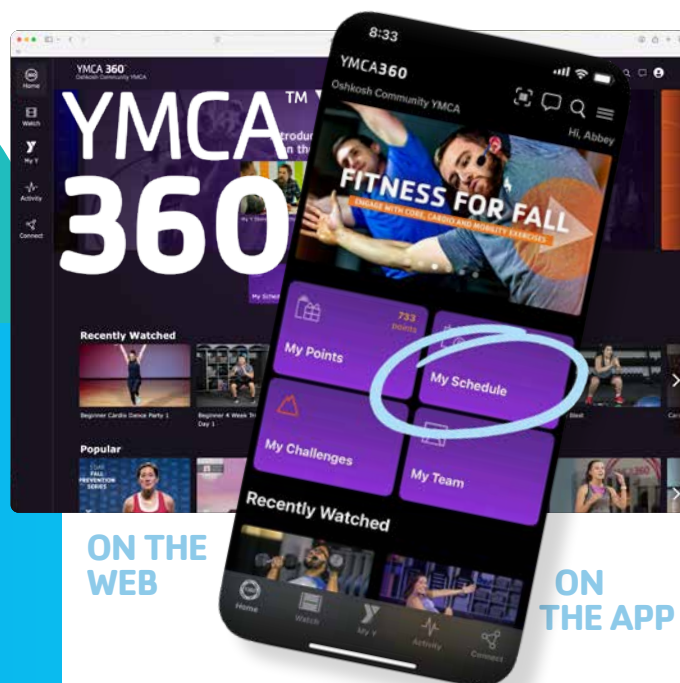
YOUR JOURNEY:

This training is more than a certification—it is an
opportunity to build a strong foundation in yoga
philosophy, movement, and teaching. You will develop
confidence in leading others, cultivate greater self-
awareness, and experience meaningful personal
growth, all while becoming part of a committed and
inspiring community.

Dates subject to change and participants will be notified appropriately.

NEW APP! MEET YMCA360™

The Oshkosh YMCA is moving to YMCA360—your new all-in-one YMCA app. Use YMCA360 to view class schedules, register for programs, earn points & rewards, receive important updates, and stream workouts from Ys across the country. Access more than 1,000 on-demand videos through the app or at ymca360.org. Download YMCA360 today and take the Y wherever you go!

ON THE
WEBON
THE APP

NEED HELP?

Stop by the Front Desk or call the Y for assistance.

HOW TO RESERVE A CLASS ON THE WEB OR IN THE APP

1 SIGN IN

Open the YMCA360 app (or visit ymca360.org) and sign in using the same email address associated with your YMCA membership. This connects your membership and gives you access to schedules and reservations.

2 BROWSE THE SCHEDULE

Tap **My Schedule**, then select All to explore available classes and activities. Use the filters to find classes by category, location, or instructor.

3 CHOOSE A CLASS

Select a class to view the description, location, instructor, and other details. Want to come back to it later? Tap the three-dot menu and choose Add to **My Schedule** to save it for easy access.

4 RESERVE YOUR SPOT

Tap Reserve at the bottom of the class page to secure your spot. Reservations open 24 hours before each class begins. Once your reservation is confirmed, you'll find it in **My Schedule**.

GOOD TO KNOW

- Most group exercise classes do not require reservations. If a class requires one, you'll see the **Reserve** button in YMCA360.
- Adding a class to **My Schedule** does not reserve your spot. You'll still need to tap Reserve once the 24-hour reservation window opens.
- If a class is full, you can join the waitlist and you'll be notified if a spot becomes available.
- If your plans change, please cancel your reservation so another member can participate.

CHECK OUT OUR VIDEO APP TUTORIALS:



MEMBER APP TUTORIAL:
NAVIGATING SCHEDULES



MEMBER APP TUTORIAL:
MAKING RESERVATIONS

Click here to see page 10 & learn more about YMCA360.

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 YMCA360™ app, or on the web at oshkoshymca.org.**

! **Classes with this symbol require a reservation. Reserve your spot up to 24 hours before class, online or on the YMCA360 app.** (See previous page for more information.)

👤 **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, small movements, and isometric movements.. No ballet experience required.

! **BodyPump®** This barbell workout is for anyone looking to build muscle strength and endurance. Using light to moderate weights and high repetitions set to motivating music.

! **Contact Kickboxing** Cardio Kickboxing that incorporates a freestanding kick bag 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-related 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, push-ups, 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 track progress and achieve their goals.

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.

Muscle Conditioning This strength training class is a great complement 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 Stretching™** 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 people of 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!



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.



Build strength, confidence and healthy habits in a supportive environment designed for women of all ages and fitness levels.

PERSONAL TRAINING AT THE Y

Oshkosh Y Certified Personal Trainers and Exercise Physiologists bring years of education, training, and hands-on experience in the health and fitness field. Our trainers are certified by nationally recognized organizations accredited by the National Commission for Certifying Agencies (NCCA) and follow the Gold Standard of procedures set by the American College of Sports Medicine.



With extensive knowledge of human anatomy, body mechanics, behavior change, exercise science, and proper equipment use, our trainers create safe, effective exercise prescriptions based on your goals, fitness level, and health history. They can help you learn proper form, identify the exercises that will be most effective for you, and build the knowledge and confidence needed to maintain a healthy lifestyle.

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

Ask about Virtual Options!



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

New Easy-to-Use Pricing!

30 mins of training: \$34
90 mins of training: \$99
4 hours of training: \$240
6 hours of training: \$348
8 hours of training: \$448
12 hours of training: \$648
15 hours of training: \$795
18 hours of training: \$936

FREE PERSONAL TRAINING CONSULTATIONS

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

FREE TO OSHKOSH Y MEMBERS **M**

CLINICAL PERSONAL TRAINING (AGES 13+)

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

FREE Contact Ben Clewien for information and pricing:

benclewien@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:

benclewien@oshkoshymca.org
for more information.

PRIVATE SMALL GROUP TRAINING (AGES 13+) **Y Members Only** Groups of up to 3

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

NEW FLEXIBLE SCHEDULING M							
30 Minutes	90 Minutes	4 Hours	6 Hours	8 Hours	12 Hours	15 Hours	18 Hours
\$26/person	\$75/person	\$172/ person	\$252/ person	\$328/ person	\$468/ person	\$570/ person	\$666/ person



One Community. One Fight!

BEYOND LIMITS

SPECIAL MEMBERSHIP & PROGRAM BENEFITS FOR VETERANS AND ARMED FORCES MEMBERS

BEYOND LIMITS provides veterans and active-duty service members with opportunities to connect, build strength, and improve 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 or 920-230-8919.

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

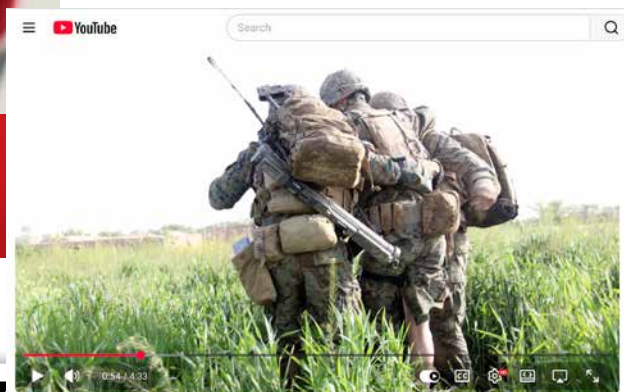
Support BEYOND LIMITS

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

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



**DAVE & ANN
RISGAARD**



Oshkosh Community YMCA Beyond Limits Vet

Oshkosh YMCA
1,154 subscribers

Subscribe



WATCH VIDEO

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

TEACHING KITCHEN

THE HEART OF YOUR HOME – AND THE HEART OF OUR Y!



JOIN US!

There's a place for everyone at our table.

[Click here to find upcoming Teaching Kitchen events.](#)



DT The Y's Teaching Kitchen brings healthy living beyond the gym and into the heart of the home. This welcoming, accessible space gives community members of all ages and abilities the opportunity to expand their culinary skills through cooking classes, demonstrations, and hands-on programs. Led by local culinary and nutrition professionals, along with our Wellness Staff, programs inspire participants to prepare healthy, cost-effective meals that taste great, celebrate locally available foods, and help bring families back to the table.

CALLING ALL FOODIES!



We are looking for presenters to share their knowledge and expertise through leading informational or instructional classes for the members and guests. Please email Lindsey McMullin at LindseyMcMullin@oshkoshymca.org for more information.



Schedule an
appointment
with Ben or
Chris today!

MEET THE TEAM



**Ben Benesh | PT, DPT, SCS
DOWNTOWN Y**

A Board-Certified Clinical Specialist in Sports Physical Therapy, Ben has treated orthopedic and sports injuries since 2003. His areas of focus include shoulder injuries, concussion management and running analysis.



**Chris Hupf | PT, DPT
20TH AVE Y**

Chris treats a wide range of orthopedic and sports injuries, as well as balance, vertigo and neurological conditions. He also has advanced training in trigger-point dry needling.

Advanced Physical Therapy & Sports Medicine provides personalized, one-on-one care conveniently located inside both Oshkosh Community YMCA locations. Their experienced physical therapists help patients reduce pain, restore movement and return to the activities they enjoy.

PHYSICAL THERAPY CAN HELP WITH:

- Back, neck and joint pain
- Sports and running injuries
- Shoulder, knee, hip, foot and ankle conditions
- Recovery before and after surgery
- Balance concerns, dizziness and vertigo
- Concussion care
- Strength, mobility and fall prevention

Whether you're recovering from an injury, managing an ongoing condition or simply want to move with greater confidence, the APT&SM team will create a treatment plan centered on your needs and goals.

NO REFERRAL NEEDED

Wisconsin allows direct access to physical therapy, so you may schedule an initial appointment without a physician's referral. Some insurance plans may require additional authorization for continued treatment.

SCHEDULE AN APPOINTMENT

920-305-7910 | advancedptsm.com

CORPORATE MEMBERSHIPS

EMPLOYEES THRIVE AT THE Y

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

PARTNERSHIP OVERVIEW

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

ON-SITE OPPORTUNITIES

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



To setup a Corporate Partnership Program for your organization, or for additional information, contact Alex Marrison at 920-230-8439 or alexmarrison@oshkoshymca.org and get started with all this and more, today!

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

**GET
STARTED
TODAY!**



PARKINSON'S DISEASE MANAGEMENT PROGRAMS



PEDALING FOR PARKINSON'S

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



ROCK STEADY BOXING (RSB)

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

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

Registration and pre-class meeting required.

DT MONDAY & FRIDAY

RSB All Levels | 9:30–10:45 a.m.

DT TUESDAY & THURSDAY

RSB Level 3 | 1:15–1:45 p.m.

Pedaling | 1:45–2:30 p.m.

20 TUESDAY & THURSDAY

RSB Levels 1 & 2 | 9:30–10:45 a.m.

BROUGHT TO YOU
WITH HELP FROM:



Aurora Health Care®

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

WANT TO HELP?

**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

L I V E S T R O N G[®] AT THE YMCA

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

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

NEW SESSION STARTS MARCH 2027
FALL SESSION IS FULL AT THIS TIME.

STRONGER TOGETHER

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.

STAY STRONG PROGRAM

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

Members and LIVESTRONG Alumni Only

20 WEDNESDAY • 11:00 a.m.–Noon

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

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

WANT TO HELP?



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

TEENS:

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



@ BOTH LOCATIONS

STRONG TEENS

AGES
11-16

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

Full attendance is required for maximum program benefit.

DT 20 3-WEEK SESSIONS:
FALL 1 & 2

FREE
FOR MEMBERS
ONLY.

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

LEARN 2 LIFT FOR TEENS

AGES 14+
OR HAVE
COMPLETED
STRONG TEENS 1

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

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

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





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.

FALL 1 & 2**MONDAY** 5:45-6:15 p.m.**FEE** \$55 **M** • \$84 **N****LEARN TO POWER SKATE (ALL AGES)**

A 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, cross-overs 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.

SEPTEMBER 8-24**TUESDAYS AND THURSDAYS** 5:30-6:15 p.m.**FEE** \$72 **M** • \$105 **N****SKATE WITH US Basic 3-6, Pre-Free Skate & Adult 1-6**

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

FALL 1 & 2**MONDAY** 6:15-7:00 p.m.**FEE** \$72 **M** • \$105 **N****FREESTYLE WITH US Free Skate 1-6**

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

FALL 1 & 2**MONDAY** 7:00-7:45 p.m.**FEE** \$72 **M** • \$105 **N****PRIVATE SKATE LESSONS**

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

FEE 1 Session \$35 **M** • \$55 **N**5 Sessions \$135 **M** • \$165 **N**10 Sessions \$230 **M** • \$260 **N**

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

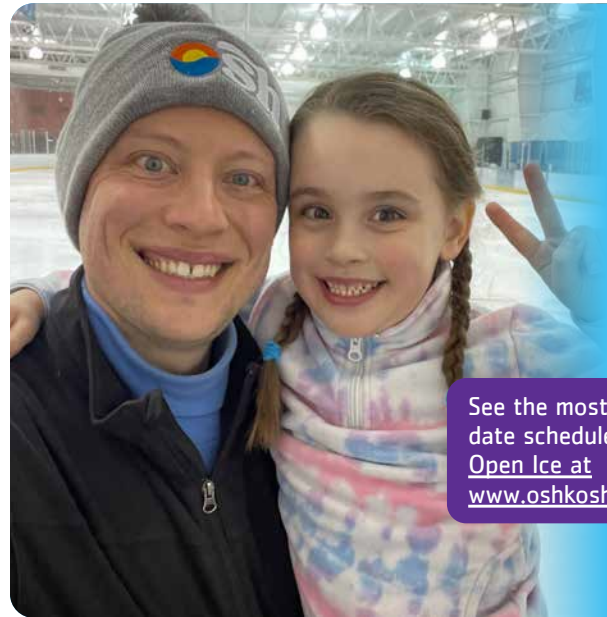
SEMI-PRIVATE SKATE LESSONS

Semi-private lessons are available to children and adults who are looking for a more individualized program in a small group setting. Instructors will work with small groups (2-3 students) to advance skating ability and technique. Call the Y at 230-8928 for details.

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

FEE 1 Session \$25 **M** • \$35 **N**5 Sessions \$95 **M** • \$120 **N**10 Sessions \$160 **M** • \$185 **N****PRESCHOOL SKATE (AGES 3-5)**

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

FALL 1 & 2**MONDAY** 3:30-4:00 p.m.**FEE** \$55 **M** • \$84 **N**

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

FIGURE SKATE COMPETITION CLASS

Prepare for the upcoming figure skating competition season by developing skating skills and learning choreography. Email Anne at anneknoll@oshkoshymca.org for more information.

October 3 - November 7**SATURDAY** 10:00 a.m.-12:00 p.m.**FEE** \$72 **M** • \$105 **N**

Skate rentals are FREE for ALL programs.



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 ADULTS 18+

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

FEE **M** \$1.50 • **N** \$3

STICK AND PUCK YOUTH

For Bantam/HS levels and lower as indicated on the schedule. Bantam 14-HS is for players 14 years of age and older. Pee wee and under is for players 13 years of age and under. Adults can be on ice but should be providing instruction and supervision only. Adults are not required to wear full gear, but they are required to wear a helmet. This program is for skill development, not pick up games. Full equipment required.

FEE **M** \$1.50 • **N** \$3

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

OPEN ICE

LEARN TO HOCKEY SKATE (AGES 4+)

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

FALL 1 & 2 • MONDAY

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

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

FREE HOCKEY INTRODUCTION PROGRAM (INTRO TO TERMITES) (AGES 4-8+)

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



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

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

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

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

Visit oshkoshyouthhockey.org for registration details.

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

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

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

Registration for all Adult Hockey Leagues opens on August 3 **M August 10 **N****

FALL September 16-December 9 No league Nov. 23-29
Reg deadline 9/10/2026

WEDNESDAY NIGHTS

FEE (includes tax) \$175 **M** • \$235 **N** • Goalies play FREE!
Goalies can register over the phone or use code HOCKEYGOALIE to register online.

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

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

FALL September 20-December 13 No league Nov. 23-29
Reg deadline 9/10/2026

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

FEE (includes tax) \$175 **M** • \$235 **N** • Goalies play FREE!
Goalies can register over the phone or use code HOCKEYGOALIE to register online.

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

A recreational league for intermediate/advanced level hockey players. This session will focus on game play and hockey skills. This is a social league for adults who enjoy hockey and want to play at a more advanced level.

FALL September 20-December 13 No league Nov. 23-29
Reg deadline 9/10/2026

SUNDAY 7:15-8:15 p.m.

FEE (includes tax) \$175 **M** • \$235 **N** • Goalies play FREE!
Goalies can register over the phone or use code HOCKEYGOALIE to register online.



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

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



WARM FRIENDSHIPS CAN BE MADE ON THE COOL ICE.

SPORTS



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

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

January 9-February 21 Registration deadline 11/16/26
Practices start early December (*no games 2/6*)

20 SATURDAYS

FEE \$65 M • \$86 N

(Includes reversible jersey)

SKILLS AND DRILLS BASKETBALL (GRADES 1-8)

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

20 FALL 1

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

FEE \$49 M • \$75 N

YOUTH INDOOR SOCCER LEAGUE (4K-GRADE 8)

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

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

October 24-December 19

Registration deadline 9/21/26
(*No league on 11/21 & 11/28*)

20 SATURDAY

FEE \$57 M • \$83 N

[Learn more about
Sports at the Y!](#)

SKILLS AND DRILLS VOLLEYBALL (GRADES 1-6)

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.

20 FALL 1

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

FEE \$49 M • \$75 N



[Sponsor a Y Youth Sports team!](#)

GIRL'S HIGH SCHOOL INDOOR SOCCER LEAGUE

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

October 19–December 7

Reg. deadline 10/12/26

No games week of November 23

Requirements: Soccer shin guards (no cleats)

AGE Grades 9–12

20 MONDAY (OR WEDNESDAY if needed)

5:00–10:00 p.m.

FEE \$406 per team (plus tax)
(team registrations only)

INDOOR FLAG FOOTBALL (AGE 18+)

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

NO CLEATS.

FALL October 16–December 11

Reg. deadline 10/05/26

No games 11/20 & 11/27

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

FEE \$435 per team (plus tax)

ADULT CO-ED SOCCER LEAGUE (AGE 18+)

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

FALL October 18–December 13

Registration deadline 10/12/26

No games 11/22 and 11/29

WINTER December 20–February 7

Registration deadline 12/14/26

No games 12/27

20 SUNDAYS

Game time dependent on number of teams.

FEE \$435 per team (plus tax)

KARATE (AGES 4–ADULT)

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

20 TUESDAY & THURSDAY

5:30–5:55 p.m. Ages 4–7 | Beginner

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

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

7:00–8:00 p.m. Ages 13+ | All Ranks

SATURDAY

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



FALL 1 SEPTEMBER 7–OCTOBER 25

FALL 2 OCTOBER 26–DECEMBER 20

No programs November 21–29

FEE **M** \$113 • **N** \$163



THANK YOU FOR MAKING US THE BEST!

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

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

2 AFFORDABLE FOR ALL

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

3 PROGRAMS THAT INSPIRE

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

4 ROOTED IN SERVICE

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

5 FRIENDLY FACES, REAL CONNECTIONS

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



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

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

- Tennis Center membership
- Free use of Ball machine with purchased court time
- Y Member rates on lessons
- Junior court rates for all Junior Members
- Punch card savings available for Open Pickleball, daily league fee and Cardio Tennis
- Free tennis league subbing when enrolled in lessons or other league.

MEMBERSHIP

Members of the Oshkosh, Fox Cities, Fond du Lac, or other full-facility YMCAs: the Tennis & Pickleball 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.

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

OSHKOSH Y TENNIS/PICKLEBALL ONLY MEMBERSHIP

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

MEMBERSHIP FOR THOSE THAT HAVE TENNIS OR PICKLEBALL ONLY AT OGDEN

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

DAILY COURT RATES Y MEMBERS & TENNIS CENTER MEMBERS

24 hour cancellation needed for court reservations.

- **Junior Rate** | for all Oshkosh Y Member and Tennis Center Members 18 and under | \$21/hour (+tax)
- **Daily Court Rate** | for Non-Members | \$26/hour (+tax), plus applicable guest fees per person/family
- **Non-Member Guest Fee** \$10/guest • \$15/family

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

CONTACT INFORMATION Y TENNIS CENTER:

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

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

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

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



[Click here to visit our website for more information about Y Tennis!](https://www.oshkoshymca.org)



WATCH FOR THESE FUN SPECIAL EVENTS COMING THIS FALL/WINTER

TENNIS

Youth Tennis Tournaments
 Middle School Mixers

PICKLEBALL

Tournaments

Watch for October/November Dates
Halloween Pickleball Tournament

Kaleidoscope Team
 Pickleball Challenge
 November

A fun Team Challenge for all levels!

NEW YEAR'S OPEN HOUSE

Friday, January 1, 2027
 10:00 a.m.-3:00 p.m.





TENNIS LESSONS

AGES 4-7

RED BALL

Introduce little ones to the game of tennis! Classes focus on developing agility, coordination and balance using slower-moving balls. This fun, active class provides a perfect first tennis experience. Participants will be grouped by age based on registration.

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

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

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

FEE FOR 1-HOUR CLASS:

M \$134 8 wks • \$118 7 wks • \$102 6 wks

N \$158 8 wks • \$139 7 wks • \$120 6 wks

AGES 7-9

ORANGE BALL

Lower-compression orange balls help players make successful contact with the ball. Kids will learn proper stroke technique, build confidence while rallying and explore the basics of the game.

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

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

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

FEE FOR 1-HOUR CLASS:

M \$134 8 wks • \$118 7 wks • \$102 6 wks

N \$158 8 wks • \$139 7 wks • \$120 6 wks

AGES 9-11

GREEN BALL

This class is for new players as well as those preparing to progress to yellow-ball match play. Players will learn proper stroke development and key elements of the game.

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

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

FEE FOR 1-HOUR CLASS:

M \$134 8 wks • \$118 7 wks

N \$158 8 wks • \$139 7 wks

AGES 11+

YELLOW BALL

This class is for players who want to learn the fundamentals of the game and prepare for match play, tournaments and/or high school tennis.

MIDDLE SCHOOL YELLOW Ages 11-14
Regular Middle School (Thurs + Sat) and Beginner Middle School (Saturday)

THURSDAY 5:00-6:00 p.m.

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

FEE FOR 1-HOUR CLASS:

M \$134 8 wks • \$118 7 wks

N \$158 8 wks • \$139 7 wks

HIGH SCHOOL YELLOW

Ages 13+ High school classes are geared toward improving match play and overall game basics. Coaches will decide which level is appropriate for each player.

JV level & entry-level freshmen:

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

SATURDAY 12:00 - 1:30 p.m.

Varsity (co-ed):

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

FEE FOR 1.5-HOUR CLASSES:

M \$202 8 wks • \$177 7 wks

N \$237 8 wks • \$208 7 wks

ADULT

ADULT LESSONS

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

FEE FOR 1-HOUR CLASS:

M \$134 8 wks • **N** \$158 8 wks

\$118 7 wks • \$139 7 wks

\$102 6 wks • \$120 6 wks

YOUTH + ADULT LESSON POLICY

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



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

PRIVATE LESSONS

PRIVATE INSTRUCTION RATES

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

24-hour cancellation policy on all lessons.

ADULT TENNIS

ADULT LEAGUE PLAY

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

SESSION 1 September 8–December 21

SESSION 2 January 5–May 22

No league make-up dates will be allowed.

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

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

N \$10 guest fee for Non-Members

CARDIO TENNIS

An hour or longer class that will get your heart pumping and improve your tennis with fun drills, play and games. Participants in Cardios and Drills must cancel a full 24 hours in advance to avoid being charged

MONDAY 6:00–7:00 p.m.

WEDNESDAY 10:30–11:30 a.m.

THURSDAY 6:00–7:00 p.m.

FRIDAY 10:30–11:30 a.m.

SATURDAY 8:30–10:00 a.m.

Intensity Level: High

FEE 1 hour cardio: \$14 **M** • \$21 **N**
1.5 hour cardio: \$19 **M** • \$31 **N**

DOUBLES DRILL & PLAY

Learn strategies of doubles play along with instruction on the technical aspect of different shots. This drill is for intermediate and above players. Sign up via YMCA360 or call 920-236-3400

THURSDAY 10:00–11:30 a.m.

FEE \$22 **M** • \$30 **N**

IMPROVE YOUR GAME WITH OUR BALL MACHINES! TENNIS OR PICKLEBALL!



Did you know we have two top-of-the-line ball machines available for tennis or pickleball? Simply rent a court and let us know you'd like to use a ball machine.

If it's your first time using one, please let us know so a staff member can assist you with setup and operation.

Ball machines are a great way to improve your shots through custom drills, repetition, and focused practice.

Questions? Email sheilacounts@oshkoshymca.org.



FRIDAY NIGHT OPEN PICKLEBALL

Come enjoy Friday night Pickleball fun. All levels welcome. We would like anyone attending Open Play to have gone through a beginner class and be able to play a full game without instruction.

FRIDAY 6:00–8:00 p.m.

\$7 **M** **T** • \$12 **N**

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

**STARTS
FRIDAY
OCTOBER 16**

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

LEVELS

ADVANCED BEGINNER 2.5-3.3

INTERMEDIATE 3.4-3.6

ADVANCED INTERMEDIATE 3.7-3.9

ADVANCED 4.0 and up

Descriptions of levels will be available at front desk.

PICKLEBALL LEAGUES

AT THE Y TENNIS & PICKLEBALL CENTER

A great way to meet new people and play competitively!

There is a one-time session fee when you register, plus a daily fee each time you play. Savings Punch cards will also be available for members. **In order to participate in league play you must register first.**

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

SEPTEMBER-DECEMBER

Registration begins Monday, Aug 17 and play begins the week of Sept 7.

All players must play in appropriate level league.

Email sheilacounts@oshkoshymca.org for more information.

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

DAILY FEES: \$7 **M T** • \$17 **N**

Punch cards for members: \$58

Advanced Beginner Pickleball League (2.5-3.3)

TUESDAY 1:00-3:00 p.m.

Intermediate Pickleball League (3.4-3.6)

TUESDAY 10:45 a.m.-12:45 p.m.

THURSDAY 8:00-10:00 a.m.

Advanced Intermediate (3.7-3.9)

WEDNESDAY 1:30-3:30 p.m.

Advanced Pickleball League (4.0 and up)

THURSDAY START TIME 12:00 p.m.

OPEN PICKLEBALL HOURS

DAILY FEES: \$7 **M T** • \$17 **N**

Register for Open Plays via the YMCA360 app or all 920-236-3400.

Punch Cards may be used for Members

Advanced

SUNDAY MORNING 8:00-10:00 a.m.

Contact Sheila Counts for information.

Advanced Beginner

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

MONDAY & WEDNESDAY 7:00-9:00 a.m.

FRIDAY 11:00 a.m.-1:00 p.m.

SUNDAY 8:00 a.m.-10:00 a.m.

Intermediate

SUNDAY 10:00 a.m.-Noon

FRIDAY 1:00-3:00 p.m.

sheilacounts@oshkoshymca.org for additional information.

DID YOU KNOW?

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

YOUTH PICKLEBALL LESSONS

Ages 9-12

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

September 18-October 9

FEE \$65 **M T** • \$85 **N**



BEGINNER PICKLEBALL CLINICS

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

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

SESSION 1 September 14-October 6

SESSION 2 October 19-November 9

SESSION 3 November 23-December 14

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

TUESDAY 5:30-6:30 p.m. Session 1 only

FEE \$68 **M / T** • \$78 **N**

Participants signed up for daily play in Open Play or League must cancel a full 24 hours in advanced in order to avoid being charged.



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.



SHOW YOU CARE



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



**ANNUAL
CAMPAIGN**
FINANCIAL ASSISTANCE



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

COME & HANG WITH 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.

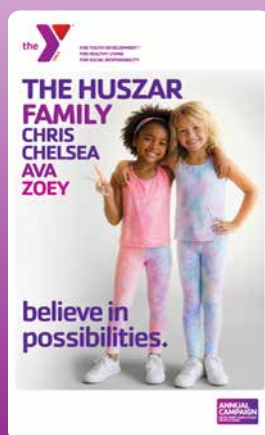
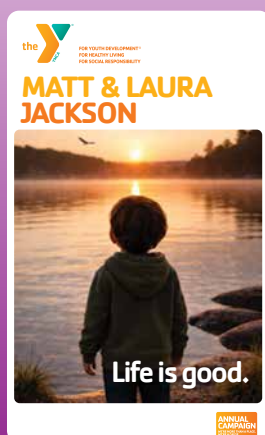
\$1,500 = Banner at 2 locations

\$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.

SHOW YOUR SUPPORT OF OUR Y



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

THE

Chipping in
for a Cause

PLACE

**WIN A NEW
2027 KIA
SELTO** *

*Make/Model of vehicle
subject to change
without notice.



Thank you to our
Hole-In-One Sponsor

OSHKOSH COMMUNITY YMCA

CHARITY GOLF OUTING

MONDAY
SEPT 14

4 Person Scramble • Westhaven Golf Club
\$175 per golfer • \$700 per foursome

8:30 a.m. • Registration

10:30 a.m. • Shotgun Start

4:00p.m. • 19th Hole Social + Awards

Event held rain or shine.

ENTRY INCLUDES:

- 18 holes of golf + cart
- "Early bird" happy hour drink before tee off
- Games + snacks on the course
- Tailgate lunch
- Water, soda + two drink tickets on the course

NEW!

19th HOLE SOCIAL

Enjoy appetizers,
a cash bar, and great
company as you unwind
after the course.

Not Golfing?

Join the 19th Hole
Social for just \$20.



**SWING + MAKE
A DIFFERENCE!**

As a leading charity in our community, the Oshkosh Y relies on support from friends and community partners like you to fulfill our mission. Every swing, team, and sponsorship helps open the door to opportunity. By participating in this outing, you are fueling our FOR ALL Financial Assistance Program, making it possible for kids to learn lifesaving swim skills, families to access quality childcare, and seniors to stay active and connected. Your support removes financial barriers and replaces them with confidence, belonging, and brighter futures. This is more than a day on the course, it is an investment in your neighbors and the lives changed every day at the Y.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

Downtown 920-236-3380 • 324 Washington Avenue

20th Avenue 920-230-8439 • 3303 W. 20th Avenue

SPONSORSHIPS AVAILABLE!

For more information on the outing or to become
a sponsor, please email angieflanigan@oshkoshymca.org.