

the YMCA

175 YEAR ANNIVERSARY

OSHKOSH COMMUNITY YMCA

THE Connection Starts *Here* PLACE

WINTER: January 4–February 14

SPRING 1: February 22–April 11
**No programs March 22-28*

SPRING 2: April 19–May 30

MEMBER REGISTRATION Begins 11/30/26:
ONLINE at midnight
IN-PERSON when Front Desk opens

TENNIS + PICKLEBALL CENTER session dates differ.
See page 67 for details.

WINTER + SPRING 2027 PROGRAM GUIDE





NEW!

YOUR PROGRAM GUIDE JUST GOT MORE INTERACTIVE!

Click the links throughout the guide to explore programs, find the details you need and register for your next favorite activity.

NEW!

FRESH LOOK FOR YOUR PROGRAM GUIDE



Explore the Y's programs and activities with expanded descriptions to help you find what interests you.

Program dates, times and fees have moved online, where you can view the details and register in the same place.



LOOK FOR THIS ICON
Click or tap this icon throughout the digital guide to find program dates, times, fees and registration options.

MAKE PLANS NOW!

FACILITIES

LOCATIONS & HOURS

DT DOWNTOWN

920-236-3380

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

FACILITY HOURS
MONDAY–FRIDAY 5 a.m.–9 p.m.
SATURDAY 7 a.m.–5 p.m.
SUNDAY Noon–5 p.m.

20 20TH AVE

920-230-8439

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

FACILITY HOURS
MONDAY–FRIDAY 5 a.m.–9 p.m.
SATURDAY–SUNDAY 7 a.m.–7 p.m.

TP TENNIS & PICKLEBALL CENTER

920-236-3400

640 E. County Trunk Y
Oshkosh, WI 54901

FACILITY HOURS
7 DAYS A WEEK Opens at 8 a.m.
Closing time is based on court reservations. Call ahead for exact times.

SPECIAL! NEW YEAR'S DAY OPEN HOUSE CELEBRATIONS DT 20 **11 a.m.–4 p.m.**
TP **10 a.m.–3 p.m.** See page 69 to learn more.

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

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

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ONLINE Visit our website for all you need to know.

PHONE Downtown 920-236-3380
20th Ave 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...

FACILITIES

FACILITIES:

Y LOCATION	DT	20	TP
Aerobic Studios	●	●	
Basketball Courts	●	●	
Cardiovascular Equipment	●	●	●
Circuit Equipment	●	●	
Child Watch	●	●	
Creative Studio		●	
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

FACILITIES

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.

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.

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

AQUATIC CENTERS DT 20 The 20th Ave 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.

GYMNASIUM DT 20 20th Ave offers a 15,500 square-foot gymnasium, home to 2 full WIAA courts, 4 cross-courts, or 3 pickleball courts. Downtown's 7,500 square-foot gymnasium is home to 1 full WIAA court or 2 cross-courts or 3 pickleball courts. Basketball play has priority, while other activities and groups are welcome to use any open space that remains available. Thanks for sharing the space and helping us keep the gym fun for everyone!

TRACK DT 20 11 laps around the Downtown track equal 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.

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

INDOOR SOCCER FACILITY 20
Artificial turf with an area of play confined by a dasher board system. Programs for all ages and skill levels. Open soccer times are available.

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

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

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

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

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

YOUTH LOUNGE 20
The Youth Lounge is a unique space for youth (age 8+) to meet and socialize with each other in a safe, supportive environment. With space to hang, do homework, charge devices, and to unwind while building relationships with their peers. The Y provides opportunities for youth to realize who they are and what they can achieve, while making friends, and memories along their journey.

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

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

NEW! CREATIVE STUDIO 20
Discover a space where creativity, learning, and community come together! Our NEW Creative Studio welcomes all ages, from infants to older adults, to explore new interests, learn exciting skills, and connect with others. Whether you're bonding with your little one in a parent-child class, exploring art and music, or trying something new in a hands-on workshop, there's something for everyone. Come create, connect, and be inspired!

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
FOR ALL

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.

Show your support of our community. Donate $45 or more and receive a free Y Annual Campaign T-shirt.

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



Connection Starts Here, and your gift helps show you care about that. Donate $45 or more and receive a FREE THE PLACE T-shirt.



The YMCA is more than a gym or a place to swim—it's a charity dedicated to strengthening our community. Guided by our core values of Caring, Honesty, Respect and Responsibility, we provide life-changing programs and 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.

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

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.

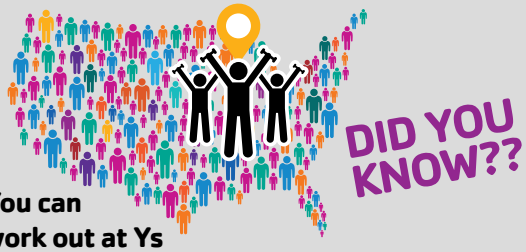
- **Three great locations** to serve you in Oshkosh
- **Nationwide Membership**: Members can visit any participating Y in the United States and Puerto Rico at no additional cost
- **Priority registration** for all Y programming
- **Complete Wellness Centers** featuring cardio, circuit and free weight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



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

NATIONWIDE MEMBERSHIP

WORK OUT ALMOST EVERYWHERE!



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

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

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

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

- Visit ymca.org 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.



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.

MEMBERSHIP + PROGRAMS FOR ALL

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

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

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

YOUTH & FAMILIES AT THE Y

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

CHILDREN UNDER THE AGE OF 8

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

CHILDREN AGES 8+

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

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

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

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

FACILITY RENTAL: Rent either Y facility for birthday parties or special events. Visit our website to complete an interest form and for more information. Contact: reservations@oshkoshymca.org.

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

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

REGISTRATION

VISIT THE Y ON YOUR TIME:



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.



REGISTRATION

MEMBERS GET PRIORITY REGISTRATION + REDUCED FEES FOR ALL Y PROGRAMMING

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

MEMBER REGISTRATION BEGINS 11/30/26 ONLINE at midnight.
IN-PERSON when the Front Desk opens.

ACTIVITY REGISTRATION

Activity and class information is published in this guide. Many adult and youth activities are held on a session basis and have specific start and end dates, unless otherwise noted. **Registration can be completed online, in person at the front desk, or over the phone through any location.** Visa, Discover, and MasterCard are accepted.

JANUARY 2027

S	M	T	W	T	F	S
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17	18	19	20	21	22	23
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31						

FEBRUARY

	1	2	3	4	5	6
7	8	9	10	11	12	13
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28						

MARCH

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APRIL

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MAY

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30	31					

WINTER

SPRING 1

SPRING 2

Session dates:

WINTER

January 4–February 14
- Non-Member registration begins December 14

SPRING 1

February 22–April 11
- Non-Member registration begins February 8

No programs March 22–28

SPRING 2

April 19–May 30
- Non-Member registration begins April 5

Y MEMBERS enjoy priority registration on all Y programs! REGISTER ONLINE HERE!

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

YMCA 360™

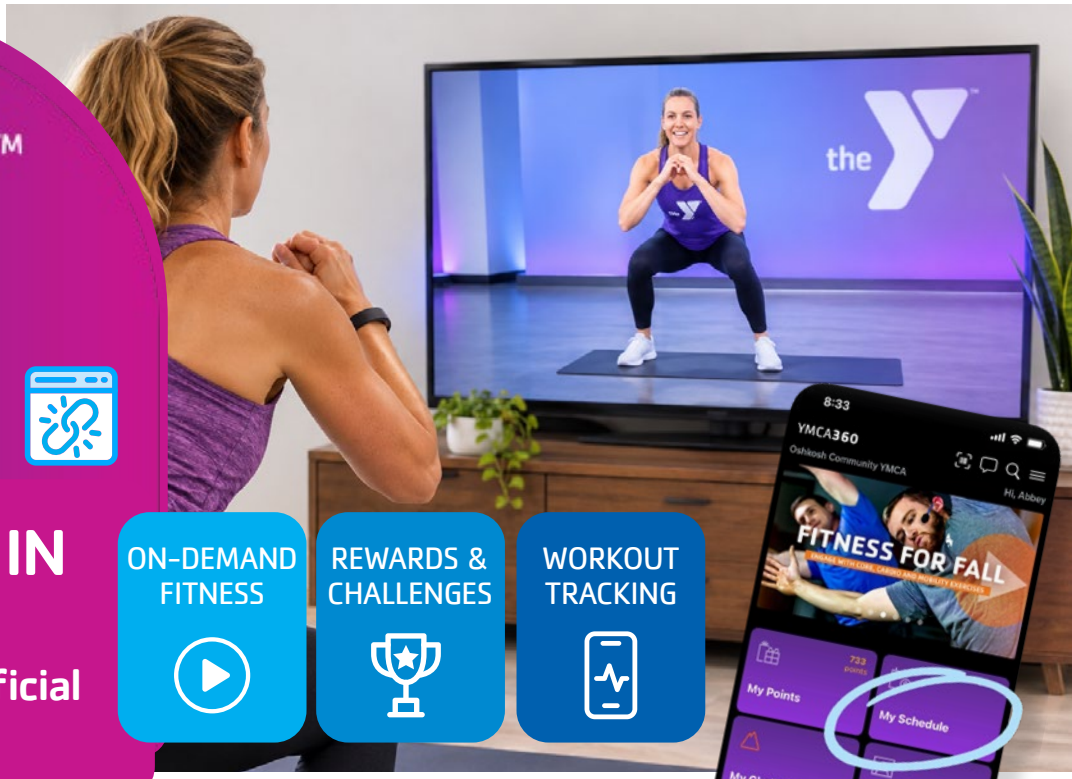
YOUR Y, ALL IN ONE PLACE!

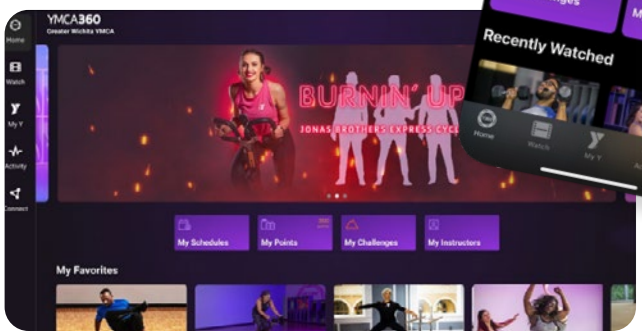
YMCA360 is the official Oshkosh YMCA app

ON-DEMAND FITNESS

REWARDS & CHALLENGES

WORKOUT TRACKING





WHAT IS YMCA360?

YMCA**360** is the official Oshkosh YMCA app, making it easier than ever to stay connected, keep moving and make the most of your Y membership.

Enjoy YMCA360 wherever you are! Access content through the app, online at ymca360.org or stream it right to your smart TV.

FREE for current Oshkosh Y members!

- Access schedules
- Reserve group exercise classes
- Check facility updates
- Use your digital membership card
- Enjoy thousands of live and on-demand workouts
- Make your workouts even more rewarding with points, challenges, rewards and automatic activity tracking through compatible fitness wearables.

DOWNLOAD THE APP TODAY

Apple iOS

Google Play

YMCA360.org ymca360 ymca.360

YMCA**360** InStudio is also available in Studio 3 Downtown. Just select the class on the tablet in the wall and the video will play on the TV!

SHOW YOU CARE

CREATE A LIVING LEGACY

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

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

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

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



SHARE THE JOY!

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

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

VOLUNTEER

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

DID YOU KNOW?
VOLUNTEERS EXPERIENCE IMPROVEMENTS IN:



Ask about High School, Boy Scout, & Master Naturalist volunteer opportunities! Contact Taylor Douglas: taylordouglas@oshkoshymca.org







To be added to the volunteer list, please complete our volunteer application at this link.

Visit oshkoshymca.org/volunteer for upcoming volunteer opportunities!

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

OUR PEOPLE

YOUR YMCA BOARD OF DIRECTORS

HERE FOR YOU

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.

THE BOARD

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
Jamie Mielke
Jenna Walker



YOUR Y STAFF

Y STAFF: HERE FOR YOU

Aquatics Director (DT) **Daniel Anderson**
Cash and Accounts Payable **Kelli Baneck**
Director of Children and Family Services **Erin Baranek**
24/7 Access Manager **Amanda Bruesewitz**
Group Exercise & ForeverWell Coordinator (DTC) **Maurie Christensen**
Wellness & Personal Training Director (20th) **Ben Clewien**
Head Swim Team Coach **Jay Coleman**
Childcare Director (DTC) **Jennifer Colvin**
Tennis & Pickleball Center Director **Sheila Counts**
Recruiting and Onboarding Specialist **Steph Daniel**
Childcare Accounts Receivable **Eric Davis**
Aquatics Director (20th) **Trenton Davis**
Property Director (DTC) **Paul Donahue**
Youth & 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**
Mission & Brand Enhancement Director **Abbey Haug**
Childcare Director (UWO) **Julie Hill**
Chief Development Officer **Chelsea Huszar**
Membership Coordinator (DTC) **Kali Jenneman**
Aquatics Coordinator (DTC) **Mel Karnatz**
School Age Director **Claire Kortbein**
Childcare Coordinator (UWO) **Casey Kozak**
Director of Information Technology **Jason Krull**
Membership Coordinator (20th) **Alex Marrison**
Wellness & Healthy Living Program Director (DTC) **Lindsey McMullin**
Branch Executive (DTC) **Lester Millette**
Sports Coordinator **Aymara Morales**
Childcare Director (20th Ave) **Haley Polakowski**
Childcare Coordinator (20th) **Jazmin Ramos**
Chief Financial Officer **Judy Rehm**
Sports Director **Byron Sabel**
Payroll/HR **Amanda Sattler**
President/CEO **Jeff Schneider**
School Age Coordinator **Christina Seefeld**
Vice President Membership & Engagement **Julie Smith**
Property Director (20th) **Jeff Sundquist**
Aquatics Coordinator (20th Ave) **Sarah Tomlinson**
Director of Group Exercise and Engagement **Errah Wheel**

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

RENTALS

CELEBRATE YOUR BIRTHDAY AT THE OSHKOSH Y!



Fill out the Birthday Party Interest Form to get the fun started and see if your date is available!

Parties must be reserved at least 14 days in advance and are subject to availability.

Make your child's special day unforgettable with a birthday party at the Y! From swimming and sports to laughter and time with friends, a YMCA birthday party is packed with fun, excitement, and memories that will last long after the candles are blown out. Parents love the convenience, and kids love having room to run, play, and celebrate in a safe, welcoming environment designed for active fun.

20th Ave YMCA Birthday Party

Get ready for an action-packed celebration! The 20th Ave YMCA offers the perfect mix of adventure and play, giving guests plenty of opportunities to stay active and have fun together.

Your party includes:

- 3 hours of celebration time
- Reserved tables and chairs in a private section of the Youth Lounge
- Access to the Basketball Gym during open times
- Access to the Soccer Arena during open times
- Access to the Swimming Area during open swim times

Whether guests are scoring goals in the soccer arena, shooting hoops with friends, or making a splash in the pool, there is something for everyone to enjoy. It's the perfect place for kids to burn energy, celebrate friendships, and create lasting birthday memories.

Downtown YMCA Birthday Party

Bring friends and family together for a birthday celebration filled with fun, movement, and connection. The Downtown YMCA provides the ideal combination of dedicated party space and exciting activities for all ages.

Your party includes:

- 3 hours of celebration time
- Use of a Multi-Purpose Room for food, cake, presents, and gathering with family and friends
- Access to the Basketball Gym during open gym times
- Access to the Swimming Area during open swim times

From swimming and games to birthday treats and gift opening, your child and their guests will enjoy a celebration filled with smiles, laughter, and unforgettable moments.

Why Celebrate at the Y?

A YMCA birthday party offers more than just a place to celebrate. It provides a fun, active experience where kids can play, explore, and spend quality time with friends in a welcoming community environment. With exciting activities, plenty of room to move, and spaces designed for gathering and celebrating, the Y takes the stress out of party planning and puts the focus on what matters most: having fun and making memories.

Y Field Trips: Where Learning Meets Adventure!



Looking for a field trip that gets students moving, laughing, and making memories? Bring your group to the Oshkosh YMCA for an action-packed experience they'll be talking about long after the day is over! Perfect for class trips, incentive days, reward days, youth programs, and community groups, the Y offers exciting activities that keep kids engaged, active, and having fun.

Whether they're gliding across the ice, making a splash in the pool, scoring goals in the soccer arena, or hitting the court for a game of basketball, students will enjoy a day filled with energy, teamwork, and adventure. Our flexible programming can accommodate groups of all ages and grade levels, making the Y the perfect destination for your next outing.

Field Trip Activities May Include:

- Soccer Arena
- Ice Skating
- Swimming
- Basketball

Give your group a break from the classroom and create an unforgettable experience at the Y, where fun, friendship, and active play come together!

For more information, please complete a Field Trip Interest Form: reservations@oshkoshymca.org.

FAMILY + CHILDREN

YOUTH + FAMILY



Activities for all ages, from sports + play to art + music.

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

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

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

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

SUMMER DAY CAMPS Day camp opportunities for participants ages 5–14 years. Kids will have a fun and engaging summer participating in a variety of enriching age-appropriate activities each day, weekly field trips, STEM activities, Swimming, Ice Skating and more!

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

NEW! YOUTH FIELD TRIPS We offer occasional field trips for kids ages 11-14 years old on *No School Days* (based on the Oshkosh area school calendar).

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

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

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

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

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

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

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

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

BASKETBALL | OPEN GYM Our 20th Ave Y offers a 15,500 square foot gym, including 2 full WIAA courts or 4 cross-courts. Our Downtown Y offers a 7,500 square foot gym including 1 full WIAA court or 2 cross-courts. Our gymnasiums are used for youth and adult basketball programs, open pickleball, open gym and pick-up games, and more. Basketball play has priority, while other activities and groups are welcome to use any open space that remains available. Thanks for sharing the space and helping us keep the gym fun for everyone!

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

FAMILY + CHILDREN



OSHKOSH COMMUNITY YMCA
YOUTH BEHAVIOR POLICIES

GENERAL EXPECTATIONS

- Check in at Front Desk by presenting your membership key tag or with your smartphone.
- 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 pickup.
- While Youth are on our property, they need to remain indoors unless they are in a staff-led program outside.
- Appropriate and positive language is to be used in all areas of the building.
- Cell phones can be used in Café (20th), Lobby, Youth Lounge, and Intergen room (DT).
- Listen to appropriate music and wear headphones/earbuds.
- Displays of affection are not permitted.

GYMS

NO FOOD OR DRINK ALLOWED

- Equipment should be used for intended purposes only.
- Request staff assistance to raise or lower hoops.
- No dunking or hanging on rims or nets.
- Basketball play has priority, while other activities and groups are welcome to use any open space that remains available.

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.
- 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.
- Play safely and gently. No roughhousing.

POOLS

NO FOOD OR DRINK ALLOWED

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

HALLWAYS | BATHROOMS

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

RESTRICTED (unless 13 & older)

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

HAVE FUN & BE SAFE

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

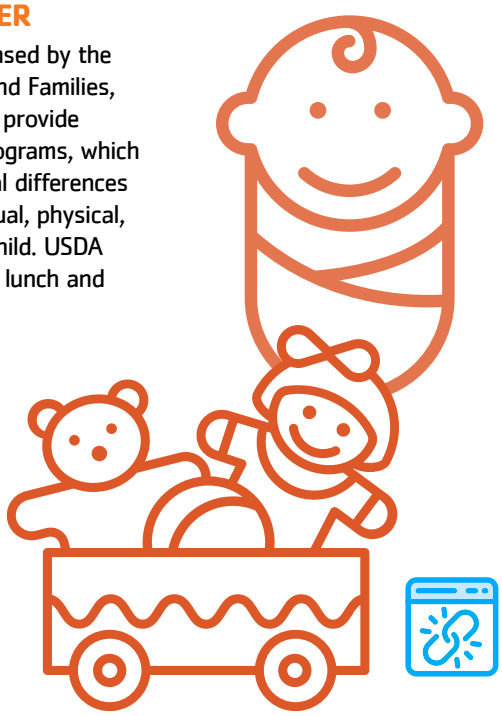
Children ages 8 and older are allowed to be at the Y without adult supervision. The YMCA does not provide supervision to youth.

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.

FAMILY + CHILDREN

CHILD DEVELOPMENT CENTER



Our Child Development Centers, licensed by the Wisconsin Department of Children and Families, nurture the whole child. Our centers provide developmentally age-appropriate programs, which are committed to nurturing individual differences and encouraging the social, intellectual, physical, mental and spiritual growth of the child. USDA approved meals, including breakfast, lunch and afternoon snacks are provided. Weekly swimming lessons are included for children 3 and older. Additional optional preschool programming is also offered throughout the year.

AGE 6 weeks through pre-Kindergarten

MONDAY-FRIDAY

DT 6:30 a.m.-5:30 p.m.
20 6:00 a.m.-6:00 p.m.
UWO CC 6:00 a.m.-6:00 p.m.

FOR MORE INFORMATION:

DT Jennifer Colvin: (920) 230-8954 or jennifercolvin@oshkoshymca.org
20 Haley Polakowski (920) 230-8918 or haleypolakowski@oshkoshymca.org
UWO CC Julie Hill: (920) 424-0260 or juliehill@oshkoshymca.org

INTERGENERATIONAL ROOM

DT Gathering space for members of all ages. The space features a teaching kitchen, TV lounge, vending machines, board games, and activities.
FEE Ⓜ **FREE TO MEMBERS**

YOUTH LOUNGE

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

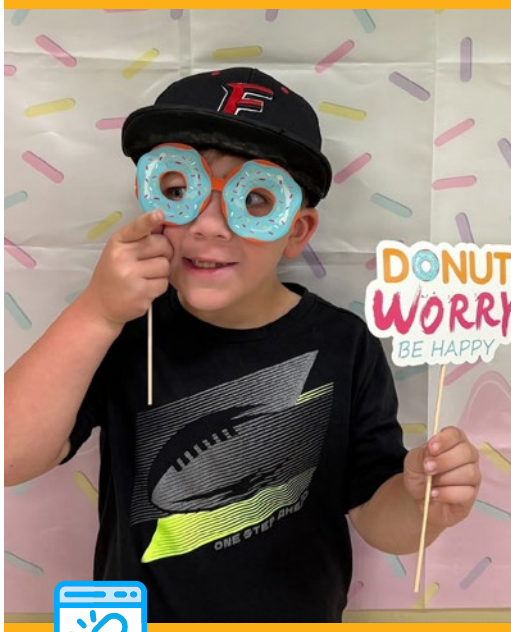
CHILD WATCH

DT 20 Our Child Watch program provides short-term care for children while parents or guardians participate in other Y activities. Experienced staff create a safe, nurturing environment where children can learn, play and make friends.

Key points about our Child Watch service:

- On-site Parent/Guardian Requirement: For your child's safety, parents or guardians must remain in the building at all times while using Child Watch.
- Experienced and Caring Staff: Our team is trained to supervise, engage and support children of various ages, ensuring each child feels welcome and secure.
- Flexible, Short-Term Care: Whether you're attending a fitness class, swimming or participating in another Y program, Child Watch allows you to focus on your activities while your child has fun nearby.
- Age-Appropriate Activities: Children enjoy crafts, games and interactive play designed to promote social, emotional and cognitive development.

Child Watch is here to give families peace of mind and help everyone make the most of their time at the YMCA.



ANNUAL CAMPAIGN
FINANCIAL ASSISTANCE
FOR ALL

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

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

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

FAMILY + CHILDREN

MOTHER-SON

Superhero Date Night AGES 3-11

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



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

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

20 **FRIDAY, MARCH 19**



Join us at our Royal Ball!

ANNUAL DADDY-DAUGHTER DANCE

AGES 3-11

Step into an unforgettable evening where sparkling lights, elegant décor, and a touch of magic bring the Royal Ball to life!

Dads and daughters will share a night to remember filled with laughter, music, and dancing fit for royalty. Enjoy a delicious sit-down dinner (included), capture the moment with a professional photo, and let every girl feel like a princess as she receives a beautiful crown and a rose to keep as special keepsakes of this unforgettable night together. Don't miss this enchanting celebration of love, family, and lifelong memories!

Pre registration is required.

We can't wait to see you at the ball!

DT **SATURDAY, FEBRUARY 27**

MOM'S NIGHT OFF AGES 8-14

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



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

20 **FRIDAY, APRIL 30**



Y-DYE *TIE-DYE WORKSHOP*

FAMILY EVENT FOR ALL AGES

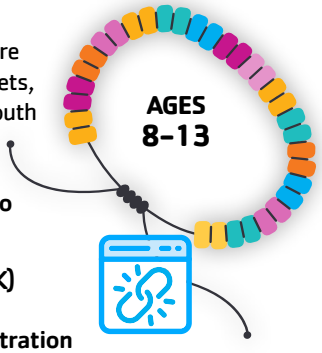
Get groovy with your family and get set for summer with snacks, sweets, and some tie-dye fun. We'll provide the t-shirt, tie-dye, and help create different patterns for your shirt. Quality dye will be used so your custom masterpiece should not fade.

Extra shirts can be dyed for a small additional fee. (You must provide the extra shirt, we'll provide the dye.) If you want to dye an additional item other than a shirt, please contact Taylor Douglas at taylordouglas@oshkoshymca.org.

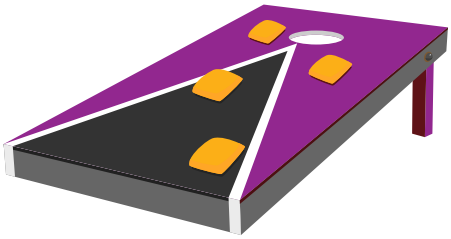
20 **SATURDAY, MAY 15**

TAYLOR SWIFT & TAILGATING YOUTH NIGHT!

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



20 **FRIDAY, MARCH 26 (SPRING BREAK)**



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

FAMILY + CHILDREN



12TH ANNUAL KIDS MUD RUN

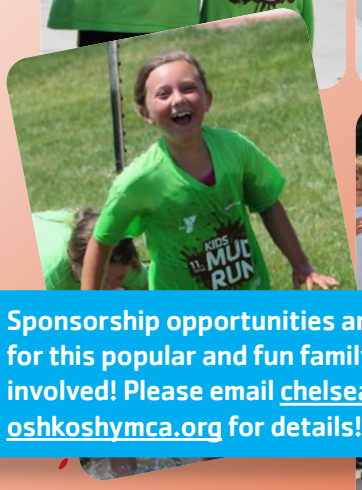
SAVE THE DATE! JUNE 6 2027

HAVE FUN ON OUR WET & MUDDY 1-MILE COURSE WITH UP TO 20 OBSTACLES.
Open to kids 4-16 with a Mini Mud Run for ages 1-3.











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

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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 email Chelsea Huszar at chelseahuszar@oshkoshymca.org.

FAMILY + CHILDREN

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.



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.

WATCH FOR CLASSES HELD DURING SPRING BREAK!

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.

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 cold lunch.

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

FAMILY + CHILDREN

FRIDAY FEB 5



KIDS! SPEND THE NIGHT @ THE Y!

PLAN AHEAD! REGISTER! NOW!

YOUTH LOCK-INS = PARENTS NIGHT OUT!

FOR ALL

20 **AGES** 8–12
Pre-registration is required.
Minimum of 22 kids
required to run program.

Please register online or at the front desk.

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

A late-night snack and breakfast are provided.

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

FAMILY + CHILDREN

NEW YEAR'S EVE FAMILY NIGHT

RING IN THE NEW YEAR TOGETHER AT THIS SPECIAL FAMILY EVENT

THURSDAY DEC 31, 2026

Skip the line and pre-register ahead of time!

20 20TH AVE

FREE FOR OSHKOSH Y MEMBERS



Large Bounce House with slide, Toddler Bounce Area, Swimming & waterslide, Youth Lounge, Soccer, Ice Skating & Basketball

OVER 700 BALLOONS ARE DROPPED!

BALLOON DROP: 8 P.M.

HATS OR NOISEMAKERS PROVIDED TO ALL CHILDREN THAT ATTEND

FAMILY + CHILDREN

FUN NEW THEMED ACTIVITIES EVERY MONTH

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

FREE COMMUNITY NIGHTS

FREE + OPEN FOR THE ENTIRE COMMUNITY

JOIN US! 5-7 p.m.

DT January 16 20 February 6 20 March 13 20 April 17

FAMILY + CHILDREN • FOR ALL

THE Y IS FOR ALL

Financial assistance is available so cost is never a barrier to belonging.

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

QUESTIONS?

20TH AVE
Contact: Angel Shackelfordz
Member Engagement Specialist Lead
Phone: 920-230-8439
Email: angelshackelford@oshkoshymca.org

DOWNTOWN
Contact: Emily Crook
Member Engagement Specialist Lead
Phone: 920-236-3380
Email: emilyschmidt@oshkoshymca.org

The YMCA is a charity—for all. We believe everyone deserves access to health, connection, and community, regardless of their ability to pay.

All YMCA programs are subsidized to help keep costs as affordable as possible. And when the cost of membership or programs doesn't fit into your monthly budget, FOR ALL Financial Assistance is here to help. Our goal is simple: to remove financial barriers so everyone has the opportunity to belong and thrive at the Y.



WHAT FOR ALL FINANCIAL ASSISTANCE COVERS

Assistance may be applied to:

- YMCA memberships
- Childcare
- Camp
- Swim lessons
- Youth sports
- Adult programs ...and more.

SUPPORT THAT RESPECTS YOU

You don't need to be in crisis to apply. Whether you're facing a temporary challenge or a longer-term hardship, FOR ALL is designed to meet people where they are.

We consider your individual circumstances—not just numbers on paper—using a sliding scale model to find a rate that works for you. All members contribute something, and financial assistance helps ensure the Y remains welcoming and accessible to all.

HOW TO GET STARTED

Applying is simple and confidential.

Apply online using the QR code to the right.

Prefer paper? Ask at the front desk or download a copy.

Your information is reviewed only by trusted Y staff.

The Y is FOR ALL.
SCAN HERE TO APPLY.

If you have questions, our team is happy to help.

PARENT + CHILD MUSIC CLASSES

FOR ALL

BABY BEATS | AGES 6 MOS–1½ YEARS 20

Make music, memories, and meaningful connections with your little one! Baby Beats is a playful parent-child music class designed for babies ages 6–18 months. Together, guardians and little ones will bounce, wiggle, clap, sing, and explore age-appropriate instruments while discovering the joy of rhythm and music. These shared musical experiences support early communication, listening skills, coordination, sensory development, and emerging motor skills while strengthening the special bond between you and your child. Each class provides a fun, welcoming environment where babies can explore at their own pace and build confidence through music and movement.

TODDLER TUNES | AGES 1½–3 YEARS 20

Make music, move, and grow together! This playful parent-child music class is designed for toddlers ages 1.5–3 years and their guardians. Through singing, dancing, movement games, rhythm activities, and age-appropriate instruments, toddlers will explore music while building early communication, listening, coordination, and gross-motor skills. Interactive activities encourage toddlers to follow directions, express themselves, practice taking turns, and gain confidence as they participate alongside their grown-up and peers. Most importantly, families will share joyful experiences that strengthen connection and create a positive foundation for a lifelong love of music.



**LITTLE LEARNERS.
BIG IMAGINATIONS.**

MUSIC + ART FOR AGES 3–5

PRESCHOOL STORIES & ART 20

Bring favorite stories to life through reading and creativity! Each week, preschoolers will enjoy an age-appropriate story before exploring a hands-on art project inspired by the characters, setting, or ideas from the book. Connecting stories with art helps children build early literacy and comprehension skills while encouraging creativity, imagination, self-expression, and fine-motor development. As children talk about what they hear and create their own interpretations of each story, they'll build confidence in sharing ideas and discovering that there are many ways to express themselves.

PRESCHOOL MOVIN' & GROOVIN' 20

Get ready to move, groove, and discover the joy of music! In this energetic, interactive class, preschoolers will explore a variety of musical sounds, rhythms, and styles through dancing, movement games, singing, and playful activities. Music and movement help children develop gross-motor skills, coordination, balance, listening skills, and body awareness while encouraging creativity, self-expression, and confidence. Each class gives young children the freedom to move, explore, and connect with music in a fun and supportive environment.

PRESCHOOL INSTRUMENT EXPLORATION

Discover the sounds of music through listening, creating, and hands-on fun! In this interactive class, preschoolers will explore different musical instruments, with a special focus on percussion instruments like drums, shakers, and tambourines. Kids will discover how instruments make sound and what makes each one unique, then bring music to life through simple craft projects inspired by the instruments they explore. These playful experiences encourage curiosity, listening skills, sensory exploration, creativity, and fine-motor development while helping children build confidence as they experiment with new sounds and materials.

A story becomes an art project. A song becomes a dance. A shaker makes a sound all its own. Our preschool classes give kids ages 3–5 room to create, move and discover through play.



ART FOR KIDS AGES 7+

AFTER SCHOOL CRAFT CLUB AGES 7+ 20

Unwind after school, get creative, and discover a new favorite hobby! In this hands-on class, kids will explore a variety of crafting techniques and materials, including string, painting, drawing, and more. Each project offers opportunities to experiment with new ideas, develop fine-motor skills, practice problem-solving, and express their unique personalities through art. As children learn new techniques and bring their ideas to life, they'll build creative confidence, discover new interests, and enjoy the satisfaction of making something all their own.

POP-UP ART CLASSES / NO SCHOOL DAYS AGES 8+ 20

No school? No problem! Join us for pop-up art days filled with color, creativity, and discovery. Each session features a new project and plenty of hands-on fun! Great for any skill level!

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

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

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

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

FAMILY + CHILDREN • ARTS + HUMANITIES

ADULT ART CLASSES



UNWIND. CREATE. CONNECT.

Make time for YOU and let your creativity shine! Adult Art Classes at the Oshkosh Y are a fun way to try something new, explore your artistic side, and enjoy a little creative downtime. Gather your friends, get inspired, and discover the joy of making something uniquely yours. No matter your experience, there's always room to get creative!

Gather with friends + get crafty!

Classes will be held:

January 6
February 3
March 3
April 7
May 5

Times & projects will vary. Please check our website for details on upcoming classes.

Classes will be held on the First WEDNESDAY of each month through Spring 2.

FAMILY + CHILDREN

STRONG MOMS



This program is supported by our Annual Campaign. Your gift helps keep Strong Moms free and provides child care and dinner.

SERVICE LEAGUE of OSHKOSH
SPONSOR

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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

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

TODDLER ACTIVITIES



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

FREE FOR MEMBERS ONLY

AGES 1–3

SPLISH & SPLASH

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 of hours of fun playing with balls, blocks, dancing to music, and enjoying push toys 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 DT **FREE FOR OSHKOSH MEMBERS**



WIGGLES & GIGGLES

SUPER FUN

AGES 1–3

PRESCHOOL ACTIVITIES

LISTEN. LOOK. LAUGH. LEARN.

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

More Preschool Art & Humanities programs are available!
See info on page 26.

FOR ALL

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



PRESCHOOL SPORTS AGES 3-5 20

Give your child the opportunity to explore a variety of sports in a fun and encouraging environment! Preschool Sports introduces children ages 3–5 to the basic skills of soccer, T-ball, football, and basketball while helping them discover which sports they enjoy and may want to continue learning.

Each week focuses on a different sport, with two weeks dedicated to both soccer and T-ball and one week each for football and basketball. Through age-appropriate activities and games, participants will practice fundamental skills while building confidence, coordination, and comfort participating in sports.

PRESCHOOL TUMBLING AGES 3-5 20

Let your child jump, roll, balance, and explore the basics of tumbling in a fun and encouraging environment! Preschool Tumbling introduces children ages 3–5 to beginner tumbling skills while helping them build confidence and become more comfortable with movement.

Throughout the session, participants will practice age-appropriate skills including balance on the balance beam, jumps, rolls, and other basic movements. Activities are designed to help children develop balance, coordination, body control, and confidence while having fun and staying active.

PRESCHOOL DANCE AGES 4-6 20

Let your child move, groove, and build confidence through dance! Preschool Dance introduces children ages 4–6 to the basics of dance in a fun and encouraging environment where they can explore movement and express themselves through music.

Throughout the session, participants will practice basic dance movements, rhythm, coordination, and moving to the beat. Children will also be introduced to simple choreography and learn how to put movements together while building confidence, body awareness, and comfort expressing themselves through dance.

PRESCHOOL SKATE AGES 3-5 20

Help your child take their first steps on the ice! Preschool Skate introduces children ages 3–5 to the basics of ice skating in a fun and encouraging environment designed to help young skaters feel comfortable and confident on the ice.

Throughout the session, participants will focus on getting comfortable on skates, developing balance, and learning how to move across the ice. Age-appropriate activities and instruction help children build coordination, body control, and confidence while becoming more independent on the ice.

ICE ARENA

PRESCHOOL ACTIVITIES

PRESCHOOL SOCCER AGES 3-6 20

AGES 3-4 SOCCER Kick off your child's soccer experience in a fun and encouraging environment! Preschool Soccer introduces children ages 3–4 to the basic skills of soccer while helping them build confidence and become comfortable playing with a soccer ball.

Throughout the session, participants will practice age-appropriate skills including dribbling, passing, kicking, shooting, and stopping the ball. Fun activities and games help children build coordination, balance, and body control while learning soccer fundamentals and staying active.

AGES 5-6 SOCCER Build your child's soccer skills in a fun and encouraging environment! This class gives children ages 5–6 the opportunity to develop the fundamentals of soccer while building confidence and becoming more comfortable using their skills during play.

Throughout the session, participants will practice dribbling, passing, kicking, shooting, and controlling the ball through age-appropriate drills, activities, and games. Children will begin learning how to use these skills together while developing coordination, teamwork, and a better understanding of the game.

PRESCHOOL T-BALL AGES 3-5 20



Step up to the plate and introduce your child to the basics of T-ball! Preschool T-Ball gives children ages 3–5 the opportunity to learn fundamental baseball skills in a fun and encouraging environment.

Throughout the session, participants will practice age-appropriate skills including throwing, catching, hitting off a tee, fielding, and running the bases. Fun activities and games help children develop hand-eye coordination, body control, and confidence while introducing them to the basic concepts of the game.

PRESCHOOL BASKETBALL AGES 3-6 20

AGES 3-4 BASKETBALL Bounce into basketball and introduce your child to the basics of the game! Preschool Basketball gives children ages 3–4 the opportunity to learn fundamental basketball skills in a fun and encouraging environment.

Throughout the session, participants will practice age-appropriate skills including dribbling, passing, catching, and shooting. Fun activities and games help children develop hand-eye coordination, balance, and body control while building confidence and becoming more comfortable with a basketball.

AGES 5-6 BASKETBALL Build your child's basketball skills in a fun and encouraging environment! This class gives children ages 5–6 the opportunity to develop the fundamentals of basketball while building confidence and becoming more comfortable using their skills during play.

Throughout the session, participants will practice dribbling, passing, catching, shooting, and ball control through age-appropriate drills, activities, and games. Children will begin learning how to use these skills while moving on the court and will be introduced to basic basketball concepts such as teamwork, spacing, and offense and defense.

PRESCHOOL FOOTBALL AGES 3-5 20

Get your child moving and introduce them to the basics of football! Preschool Football gives children ages 3–5 the opportunity to learn fundamental football skills in a fun and encouraging environment.

Throughout the session, participants will practice age-appropriate skills including throwing, catching, carrying the football, and basic footwork and movement. Fun activities and games will also introduce children to simple flag football concepts while helping them develop hand-eye coordination, body control, teamwork, and confidence.

FOR ALL

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

SCHOOL AGE ACTIVITIES

2026-2027 SCHOOL YEAR

KID'S DAY OUT | 2026-2027 20 AGES K-5

No school? No problem! Kid's Day Out gives children in Kindergarten through 5th grade a safe, fun, and engaging place to spend the day when school is not in session. Offered on select no-school days and during winter & spring break, this full-day program features games, creative activities, active play, and plenty of opportunities to make friends and have fun. Following the Oshkosh Area School District calendar, Kid's Day Out provides dependable care and peace of mind for working families. Held at the 20th Ave Y from 6:30 a.m. to 6:00 p.m.

FOR ALL

Registration is ONLINE ONLY.

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

KIDS CLUB BEFORE & AFTER SCHOOL CARE

At the YMCA, we believe every child deserves a safe place to belong before and after the school day. Our licensed Kids Club program provides a caring, structured environment where children can learn, grow, build friendships, and stay active while families have peace of mind.

More than just child care, Kids Club helps children develop confidence, social skills, independence, and healthy habits through engaging activities, creative play, homework support, and opportunities to connect with trusted role models and peers. Research shows that children who participate in quality out-of-school programs benefit from greater academic success, stronger social-emotional development, and increased feelings of belonging within their community.

Conveniently located within participating elementary schools, YMCA Kids Club creates a seamless extension of the school day, providing families with reliable care in a safe, supportive environment where every child is welcomed, encouraged, and valued.

Participating Schools

Before School Care
6:00 a.m. until the start of the school day
Available at:
Oakwood Elementary
Franklin Elementary
Carl Traeger Elementary

After School Care
School dismissal until 6:00 p.m.
Available at:
Carl Traeger Elementary
Oakwood Elementary
Franklin Elementary
Lourdes Academy

Registration Information

Enrollment is currently open for the current school year, with limited openings available at select locations.

Registration for the 2027-2028 school year begins in April 2027.

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

Building Strong Kids, Strong Families, and a Strong Community

When children have access to safe, enriching programs outside of school hours, families are better supported, children are more connected, and communities grow stronger. Through Kids Club, the YMCA helps working families thrive while giving children opportunities to discover their potential, develop meaningful relationships, and create a foundation for lifelong success.



FOR ALL

SUMMER CAMP

Y CAMPS: A SUMMER OF GROWTH, ADVENTURE & BELONGING

FOR ALL

Give your child a summer filled with new friendships, exciting adventures, and opportunities to learn, grow, and thrive. YMCA summer programs provide safe, structured, and supervised care led by caring staff dedicated to creating meaningful experiences every day. Whether your family needs care for one week, a few weeks, or the entire summer, our flexible weekly enrollment options make it easy to create a schedule that works for you.

SUMMER FUN CLUB • AGES 5-12 20

Summer Fun Club provides children with a safe and engaging place to spend their summer break while giving families peace of mind. In this Wisconsin-licensed school-age program, children enjoy a balance of fun, learning, physical activity, and social connection in a structured environment designed to keep them active and engaged all summer long.

Each week features exciting themed activities, swimming, games, enrichment opportunities, and field trips that spark curiosity and create lasting memories. Children build confidence, strengthen friendships, stay physically active, and continue developing important social and life skills throughout the summer.

Why families love Summer Fun Club:

- Safe, supervised care all day long
- Weekly themes that keep every week fresh and exciting
- Swimming and active play opportunities
- Field trips and hands-on enrichment experiences
- Positive adult role models and supportive staff
- Opportunities to build friendships, confidence, and independence

Register for one week or spend the entire summer with us.

CAMP WINNI-Y-CO • AGES 5-12 • YMCA DAY CAMP EXPERIENCE

Give your child the gift of an unforgettable summer adventure. Camp Winni-Y-Co offers a traditional outdoor camp experience where children disconnect from screens, connect with nature, and discover new strengths in themselves.

Every day at camp is filled with opportunities for exploration, personal growth, teamwork, and adventure. Campers challenge themselves through activities like archery, mountain biking, environmental education, arts and crafts, outdoor games, camp songs, skits, field trips, and more. Along the way, they build resilience, confidence, leadership skills, and friendships that often last long after summer ends.

More than just a camp, Winni-Y-Co creates experiences that help young people develop independence, problem-solving skills, and a deeper appreciation for the outdoors in a safe, supportive environment.

Why families choose Camp Winni-Y-Co:

- Safe, supervised outdoor adventure
- Screen-free experiences that inspire creativity and exploration
- Activities that build confidence, leadership, and independence
- Opportunities to connect with nature and make lifelong memories
- Strong focus on friendship, teamwork, and personal growth
- Convenient transportation from the 20th Ave YMCA

Families enjoy the convenience of drop-off and pick-up at the 20th Ave YMCA, with daily transportation provided to and from camp.

Register for one week, several weeks, or the entire summer. Every week is a new adventure!

fun + friends summer 2027

Member Registration begins 2/8/27 • Non-Member Registration begins 2/15/27

WHY CHOOSE YMCA SUMMER PROGRAMS?

Summer is more than a break from school. It's an opportunity for children to discover their potential, stay active, maintain social connections, and continue learning through hands-on experiences. YMCA summer programs provide families with trusted care while helping children develop the confidence, skills, and relationships that help them succeed in school and in life.

Safe. Structured. Fun. Flexible. Join us for a summer filled with adventure, friendship, and memories that will last a lifetime.

SUMMER CAMP



FOR ALL

YOUTH ADVENTURE PROGRAM

AGES 11-14

THIS IS A MEMBER-ONLY SUMMER PROGRAM

MORE THAN SUMMER FUN

The Youth Adventure Program is more than a place to spend the summer. It's a place where young people discover who they are, develop skills that last a lifetime, and gain the confidence to take on new challenges. By combining adventure, service, friendship, and personal growth, the YMCA helps teens build the foundation they need to become caring, capable, and connected members of our community.

Designed specifically for middle school youth, the YMCA Youth Adventure Program goes beyond traditional summer care by providing teens with opportunities to explore, lead, serve, and grow. This unique program empowers young people during a critical stage of development, helping them build confidence, independence, and real-world life skills in a safe, structured, and supportive environment.

Through exciting field trips, outdoor adventures, swimming, recreational activities, arts and crafts, community service projects, and hands-on experiences, participants are encouraged to step outside their comfort zones, try new things, and discover their potential. Every day offers a new opportunity to build friendships, strengthen decision-making skills, and develop the leadership qualities that will help them succeed in school, at home, and in their future careers.

Unlike programs designed for younger children, Youth Adventure gives teens appropriate levels of independence while still providing the guidance, supervision, and support they need to thrive. Participants learn responsibility, teamwork, problem-solving, communication, and the value of giving back to the community, all while having an unforgettable summer filled with fun and adventure.

Why Families Choose the Youth Adventure Program

- Safe and supervised summer programming designed specifically for middle school youth
- Builds confidence, responsibility, and independence through real-life experiences
- Encourages leadership development and positive decision-making
- Creates opportunities for meaningful friendships and social connection
- Includes exciting field trips, local excursions, swimming, games, and enrichment activities
- Engages participants in community service projects that foster empathy and civic responsibility
- Keeps teens active, engaged, and connected throughout the summer
- Provides a positive environment with caring YMCA staff and mentors

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

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

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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

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

FOREVERWELL • AGES 55+



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 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!

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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.

FOREVERWELL • AGES 55+

FOREVERWELL LUNCH + LEARN SERIES

Stay informed, inspired, and connected through our FOREVERWELL Lunch & Learn Series. These engaging monthly presentations are designed for active older adults who want to enhance their health, wellness, and quality of life. Participants enjoy a complimentary lunch while local experts, healthcare professionals, and community partners share practical information on a variety of topics, including healthy aging, chronic disease management, nutrition, fitness, financial wellness, safety, community resources, and more.

FREE for Y Members and a small fee for guests. Advance registration required.

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

THANK YOU TO OUR MONTHLY LUNCH CO-SPONSORS:

senior stride™ Home Care

MIRAVIDA LIVING

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 ABILITIES ARE WELCOME!

For current open pickleball times, view schedules on our website or the YMCA**360** app

DT 20 **FREE TO Y MEMBERS**
TP **TENNIS & PICKLEBALL CENTER FEES APPLY**

Learn more on pages 66.

CHAIR VOLLEYBALL

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

20

FOREVERWELL SMART LIVING

Stay informed, prepared, and empowered through FOREVERWELL Smart Living programs. These educational workshops and presentations cover a variety of topics that support healthy aging, personal well-being, financial and personal security, planning for the future, and everyday life. Topics vary throughout the year and are offered as opportunities arise.

FOOT CARE CLINICS

Proper foot care is an important component of a person's overall health.

Experts recommend that seniors pay special attention to their feet! A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or calluses. The nurse will also look for any concerning issues and refer you to a podiatrist if necessary. Nurses have appointments available on the first Thursday of the month.

DT **TEACHING KITCHEN**

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

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

OSHKOSH Y MEMORY CAFÉ

The Oshkosh Y Memory Café provides a safe and welcoming space that allows individuals experiencing memory loss, along with their care partner, to connect, socialize, and build a support network. Cafés feature a variety of activities including music, guest speakers, crafts, and more! There is no charge to participate and you do not need to be a Y member to attend.

1st Wednesday of the month from 1:30-3 p.m.

FOX VALLEY MEMORY PROJECT

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

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

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

FOREVERWELL • AGES 55+

FOREVERWELL BOOK CLUB

Discover the joy of reading and meaningful conversation through the FOREVERWELL Book Club. Designed for adults ages 55+, this welcoming monthly gathering brings together book lovers to explore engaging stories, share perspectives, and connect with others who enjoy a good read. Each YMCA branch hosts its own club and reads different selections, offering unique opportunities for discussion and discovery.

Whether you're an avid reader or looking to rekindle your love of books, you'll enjoy thoughtful conversations, new friendships, and the chance to experience a variety of authors and genres. Join us as we learn, laugh, reflect, and build community, one book at a time.

DT 20 **Held monthly for Members only. Please register and sign out your book at the front desk of the location of the club of choice.**

FOREVERWELL ANNUAL BREWERS BUS TRIP

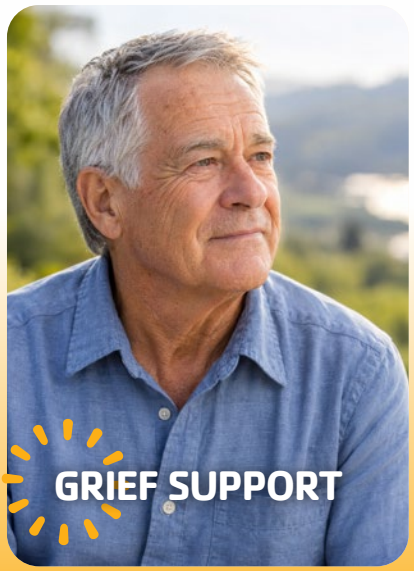
Join fellow FOREVERWELL members for one of our most popular traditions of the year, the Annual Brewers Bus Trip! Each June, we travel together by coach bus to enjoy an exciting day of baseball, camaraderie, and summer fun cheering on the Milwaukee Brewers.

Your registration includes game admission, round-trip coach bus transportation, and a bag lunch, making it an easy and enjoyable way to experience America's favorite pastime without the hassle of driving or parking.

This event sells out quickly each year. Tickets go on sale in late February, so watch for registration details and reserve your seat early!

ROAD TRIP!!

HOTTEST TICKET AROUND!



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

The goals of the Brighter Days Support Program are:

- To build community by bringing people of like experience together.
- To 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 FREE program rotates Y locations on an ongoing basis.**

FOR ALL

For more information, contact Brandy Hankey at (920) 230-8439 or brandyhankey@oshkoshymca.org OR Errah Wheel at (920) 236-3380 or errahwheel@oshkoshymca.org.

GPS GROUP PEER SUPPORT Certified GPS Facilitator

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

COFFEE + COMMUNITY!

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

CARE Patrol™ Your Partner In Senior Care Solutions | 38 YEARS

Sponsor at both locations!

FOREVERWELL • AGES 55+

FOREVERWELL FITNESS CLASSES

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

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

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

FOREVERWELL ARTHRITIS AQUATICS
This activity offers water exercises that are recommended by the Wisconsin Chapter Arthritis Foundation. For more information on this program, please see Aquatics (page 45).

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

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

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

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

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

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

FOREVERWELL STRENGTH
This strength training class will use 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 PILATES
Pilates offers unique opportunities for participants to work on core muscles and toning. This version is less strenuous than a 'regular' Pilates class.

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

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

FOREVERWELL CHAIR CARDIO DANCE
A high-energy, low-impact workout that uses a chair as the main prop to improve cardiovascular endurance, muscle tone, and flexibility. You'll groove to upbeat music that emphasizes continuous movement while minimizing joint impact.

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

AQUATICS

Y SWIM LESSONS (AGES 6 MOS.+)

DT 20 Downtown & 20th Ave

WINTER **January 4–February 14**
Non-Member registration begins Dec 14

SPRING 1 **February 22–April 11**
No programs 3/22–28
Non-Member registration begins Feb 8

SPRING 2 **April 19– May 30**
Non-Member registration begins April 5

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

20 **Saturday Winter classes meet once a week for 5 weeks, 40 minutes/lesson.**

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

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

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

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

PRESCHOOL SWIM LESSONS (AGES 3–5)

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 6–12)

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

SMALL GROUP SWIM LESSONS 20

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

TEEN SWIM LESSONS (AGES 13–17) 20

ADULT SWIM LESSONS (AGES 18+) 20

Whether you're learning to swim for the first time or ready to refine your technique, our Teen and Adult lessons offer a welcoming place to learn and grow. **SWIM BASICS** helps you become comfortable in the water while developing essential swimming and water safety skills. **SWIM STROKES** builds on that foundation with a focus on developing strokes and improving technique. With guidance from our instructors and encouragement from fellow swimmers, you'll work toward your goals, celebrate your progress, and build confidence to enjoy the water for years to come.

HOMESCHOOL SWIM LESSONS

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



ADAPTED AQUATICS
(AGES 3–ADULT)
WITH COLLEGE STUDENTS

Class will run for 10 weeks.

DT **DATES TO BE DETERMINED**
Please contact Daniel Anderson at (920) 236-3380 or danielanderson@oshkoshymca.org for class information.

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

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

SWIM LESSON STAGES

SWIM STARTERS

STAGES A • B

PARENT-CHILD STAGES

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

A Water Discovery



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

B Water Exploration



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

QUESTIONS ABOUT SWIM LESSONS?

20th Ave: Trenton Davis
trentondavis@oshkoshymca.org

DT: Daniel Anderson
danielanderson@oshkoshymca.org

SWIM BASICS

STAGES 1 • 2 • 3

PRESCHOOL, YOUTH, TEEN & ADULT STAGES

Participants learn personal water safety and basic swimming competency with two benchmark skills:
• Swim, float, swim: sequencing front glide, roll, back float, roll, front glide, & exit • Jump, push, turn, grab

1 Water Acclimation



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

2 Water Movement



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

3 Water Stamina



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

SWIM STROKES

STAGES 4 • 5 • 6

YOUTH, TEEN & ADULT STAGES

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

4 Stroke Introduction



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

5 Stroke Development



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

6 Stroke Mechanics



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

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

AQUATICS

SWIM LESSONS

20 DT

Full details including dates, times, and registration info is available online.

WINTER, SPRING 1&2

MEMBER REGISTRATION BEGINS NOV 30, 2026
ONLINE at midnight. IN-PERSON when the Front Desk opens.

FOR ALL

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.

WINTER: JANUARY–FEBRUARY
Ⓝ Non-Member registration begins 12/14/26

Note: Winter weekday lessons are once per week for *six* weeks.

SPRING 1: FEBRUARY–APRIL
All classes are held once per week for six weeks.
No Programs March 22–28
Ⓝ Non-Member registration begins 2/8/27

SPRING 2: APRIL–MAY
All classes are held once per week for six weeks.
Ⓝ Non-Member registration begins 4/5/27

Try Downtown lessons for warmer pools!

QUESTIONS ABOUT LESSONS?

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

DOWNTOWN POOL Annual Shutdown & Maintenance MAY 31–JUNE 13 Save the dates!

OSHY SWIM TEAM

SWIM MEETS @ 20TH PLAN AHEAD:

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

JANUARY 8–9
OSHY NEW YEAR'S KICK-OFF
Aquatics center closes:
- 4 p.m. on Friday
- 12:15 p.m. on Saturday

FEBRUARY 21
WINTER DUAL MEET
Aquatics center closes:
- 3:00 p.m.

FEBRUARY 5–7
OSHY WINTER OPEN
Aquatics center closes:
- 4:00 p.m. Friday
- Closed all day on Saturday and Sunday

FEBRUARY 25
NKB SWIM
Lap Pool closes at 6:30 p.m.

COME WATCH THE MEET & SUPPORT OUR TEAM!

AQUATICS

PRIVATE LESSONS

INDIVIDUAL PRIVATE LESSONS

Build confidence, one stroke at a time!

Every swimmer's journey is unique, and our instructors are here to support yours. With one-on-one attention and lessons tailored to your needs, you can work toward your goals at your own pace. Whether you're getting comfortable in the water, learning to swim, or refining your strokes, we'll provide personalized guidance and encouragement along the way. Together, we'll build on your strengths, celebrate your progress, and help you discover what you can achieve in the water.

SEMI-PRIVATE LESSONS

Reach your goals together!

Share your swimming journey with friends or family! Designed for groups of 2–3 swimmers, our semi-private lessons combine personalized instruction with the encouragement of learning alongside others. Our instructors will help each swimmer work toward their goals together in a supportive setting. Cheer each other on, celebrate milestones together, and build skills for a lifetime of enjoying the water.

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. Some camps may require swimmers to retake the test. Check with your camp before scheduling.

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**



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

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



ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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

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

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

AQUATICS

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARD TRAINING AGES 15+

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

20 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).

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

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

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

Classes need 5 participants in order to be held. If there are not enough participants a refund will be given.

NOTE **CPR/AED and First-Aid classes are open to the public. Dates can be found online here or by calling the Front Desk.**



HELP WANTED

Now hiring for lifeguard + swim instructor positions.

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

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

Apply online at oshkoshymca.org.

Learn how to receive a lifeguard certification for FREE!

DT **Daniel Anderson:** danielanderson@oshkoshymca.org

20 **Trenton Davis:** trentondavis@oshkoshymca.org

- **TEENS**
  Ages 15+ Lifeguards
  Ages 16+ Swim Instructors
- **YOUNG ADULTS**
- **ADULTS**
- **RETIREES**

AQUATICS

WATER FITNESS FREE TO MEMBERS

Build strength, flexibility and cardiovascular endurance with an invigorating water workout. These classes use water's natural resistance to challenge your muscles while its buoyancy supports your body, providing an enjoyable, low-impact way to improve overall fitness.

Water Fitness classes are **FREE FOR MEMBERS.** Non-Members may purchase a 15-visit punch card to use for any classes before 1 p.m.

FOREVERWELL ARTHRITIS AQUATICS 20 DT

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.

AQUA ZUMBA 20 DT

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.

POWER CURRENT DT

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

SENIOR WATER FITNESS DT

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.

WATER DYNAMICS 20

Water exercise that uses the dynamics of the water to push participants to use the resistance of the water. All skill levels are welcome. Exercises can be adapted for shallow water as well. Awesome class for joints—no impact, but a great workout.

HIGH INTENSITY WATER FITNESS 20

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

BALANCING BASICS 20 DT

Use the gentle resistance and current of the Lazy River to improve balance, strength and confidence in the water. Designed for those working to regain balance or build stability through movement.

LAP SWIM + OPEN SWIM TIMES

FREE TO Y MEMBERS

Times vary throughout each day. Please, no open swim during lessons. Lap swim times may require you to share lanes by circle swimming.

SLIDE TIMES FREE TO Y MEMBERS

Times vary throughout the day.

Look for more information on our website and on the YMCA360 app.



AQUATICS

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 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 and click on the blue button for **Schedule Evaluation**. Experienced swimmers can use the same button to contact the team.

FOR ALL

HEALTH + WELLNESS

WELLNESS CENTER ORIENTATION

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

Stop by the Health & Wellness Center at either location to set up your orientation, or email us to schedule ahead of time.
20 Ben Clewien: benclewien@oshkoshymca.org
DT Lindsey McMullin: lindseymcmullin@oshkoshymca.org

FEE **FREE TO OSHKOSH Y MEMBERS**





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.

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

Learn more about giving and the Y's charitable impact.

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.

FREE TO OSHKOSH Y MEMBERS

GROUP EXERCISE CLASSES AGE High School+

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 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.

FAMILY FRIENDLY CLASS These classes welcome children ages 10 and older under the direct supervision of a parent or 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. Participants use light to moderate weights and perform high repetitions set to motivating music.

Contact Kickboxing A high-energy workout that combines kickboxing punches and kicks on free-standing bags with bodyweight strength exercises. Improve cardiovascular fitness, build strength, increase coordination, and relieve stress in a fun, full-body workout. No experience necessary. All fitness levels welcome. Gloves recommended; limited gloves available.

Core Focus Together® A 30-minute class that strengthens everything from your shoulders to your hips, helping you become stronger and more stable in all you do. In addition, strengthening your core can reduce back pain and help improve core definition. 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.

HEALTH + WELLNESS

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 Training 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 before class begins.

Download the *MOWL Intelligent Cycling* app for Apple or Android 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 for both beginners and advanced participants.

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.



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

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.

GROUP EXERCISE CLASSES

(Continued from previous pages.)

Cardio Strength Fusion Movement, strength, and energy come together in this fun, full-body workout. Enjoy cardio combinations paired with strength and toning exercises designed to improve cardiovascular fitness, muscular endurance, balance, and coordination. Set to motivating music, this class offers options for all fitness levels and will leave you feeling stronger and energized.

Core Class Discover a stronger, more balanced you through this Pilates-inspired mat class. Using a variety of equipment including yoga blocks, and Pilates balls, you'll focus on core strength, posture, flexibility, and functional movement. Exercises designed to support everyday activities and overall wellness. Perfect for all experience levels.

Country Line Dancing Basics This beginner-friendly class teaches the basic steps, rhythms, and popular dance patterns used in country line dancing. Dances are broken down step-by-step in a supportive and welcoming environment, helping participants build confidence, improve coordination, and develop the skills needed for more advanced line dancing classes. For all fitness levels.

Country Line Dancing Enjoy an evening of fun, movement, and great music in this energetic country line dancing class. Each session begins with a brief review and instruction of the dances being featured, allowing participants to learn or refresh key steps and patterns. Participants will dance a variety of country line dances with the instructor providing cues and occasional guidance as needed. Whether you've completed Country Line Dancing Basics or already have some line dancing experience, you're welcome to join. Enjoy great music, social interaction, and a fun way to stay active while building confidence on the dance floor. For all fitness levels.

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 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.



FOR AGES 18+
8-WEEK SESSION
Two 60-minute classes per week

FOREVERWELL AGES 55+
6-WEEK SESSION
Two 60-minute classes per week

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

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

HEALTH + WELLNESS

WHY TRAIN AT THE Y? THE Y DIFFERENCE.

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

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

FREE PERSONAL TRAINING CONSULTATIONS

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

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

ONE-ON-ONE PRIVATE PERSONAL TRAINING Members Only

Ask about Virtual Options!

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

Visit our website for pricing and request a consultation to get started.

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, people who use wheelchairs., wounded warriors, individuals dealing with pre-diabetes and diabetes (type I and type II).

READY TO START YOUR JOURNEY?

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

PRIVATE GROUP TRAINING (AGES 13+) Y Members Only

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

Together everyone achieves more!



PERSONALIZED TRAINING PLANS

Personal Training that can fit your schedule!

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

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

HEALTH + WELLNESS

TEENS:

GET STRONGER and help adopt a healthy lifestyle

FREE FOR MEMBERS ONLY.

STRONG TEENS

AGES 11-16

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

DT 20 **3-WEEK SESSIONS**
For program days, times and locations contact Lindsey:
lindseymcmullin@oshkoshymca.org
or call 920- 236-3380.



CLASSES @BOTH LOCATIONS

LEARN 2 LIFT FOR TEENS

AGES 14+ OR HAVE COMPLETED STRONG TEENS 1

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

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

DT 20

FOR ALL

HEALTH + WELLNESS

Military Well-Being Initiative

Our time to serve you

Helping our Heroes achieve more.

Beyond Limits Personal Training

Beyond Limits Personal Training is aimed to help our Veterans go beyond their perceived limits. Our certified personal trainers will work with you on your individual goals. We are dedicated to your success.

Start your journey by visiting our website to fill out our personal training interest form.

CHECK OUT OUR MISSION VIDEO!

Supporting our Heroes. Operation Salute

You do so much to keep our country safe. Let us give back to you! Operation Salute is to honor active-duty military, veterans, and their families. All military families, past and present, can now take advantage of exclusive military-friendly rates.

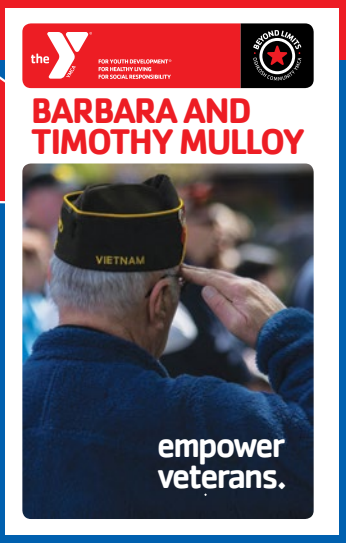
Click here to learn more.

SUPPORT OUR MILITARY WELL-BEING INITIATIVE

Join our community in honoring and empowering veterans. Sponsorship and donation opportunities include:
$30: T-Shirt Sponsor
$250: Patriotic Sponsor
$1,000: Veteran Sponsor
$2,500: Program Sponsor



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



ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

Your gift to the Y's Annual Campaign helps make the Military Well-Being Initiative possible.

Learn more at oshkoshymca.org.

TEACHING KITCHEN

THE HEART OF YOUR HOME & 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.



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.

HEALTH + WELLNESS

Advanced Physical Therapy & Sports Medicine

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 employees a membership subsidy of at least $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!

GET STARTED 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

HEALTH + WELLNESS

PARKINSON'S DISEASE MANAGEMENT PROGRAMS



ROCK STEADY BOXING
OSHKOSH COMMUNITY YMCA

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.



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.

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

Contact Emily Eresh at emilyeresh@oshkoshymca.org with questions or to get started!

BROUGHT TO YOU WITH HELP FROM:

Aurora Health Care®

WANT TO HELP?

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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.

HEALTH + WELLNESS

LIVESTRONG® AT THE YMCA



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

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

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

FOR MORE INFORMATION on this FREE program, contact Lindsey McMullin at 920-230-8963 or lindseymcmullin@oshkoshymca.org.



LIVESTRONG® at the Y

DT 20 LIVE**STRONG** 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.

SPRING SESSION STARTS IN MARCH 2027

Reserve your spot today!

For more information for this FREE program, contact Lindsey McMullin at 920-230-8963 or lindseymcmullin@oshkoshymca.org.

STAY STRONG PROGRAM

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

For meeting times, please contact Lindsey McMullin at lindseymcmullin@oshkoshymca.org.

Members and LIVE**STRONG** Alumni Only

WANT TO HELP? ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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

FOR ALL

ALL ICE PROGRAMS ARE HELD IN THE ICE ARENA @ 20

PRESCHOOL SKATE AGES 3-5

Introduce your little one to the excitement of ice skating! This fun and supportive beginner program helps preschoolers build confidence on the ice while developing balance, coordination, and basic skating skills through age-appropriate games and activities. Our instructors create a positive learning environment that makes every lesson an adventure on the ice.

LEARN TO SKATE AGES 4+

Whether you're stepping onto the ice for the first time or building on existing skills, Learn to Skate USA is the perfect place to start! Classes include Snowplow Sam 1-4 and Basic Skills 1-2, teaching fundamental skating techniques through a progressive, nationally recognized curriculum. Skaters will develop balance, coordination, confidence, and a lifelong love of skating in a fun and encouraging atmosphere.

Each session includes one 30-minute lesson per week.
Skate rentals included at no additional cost.

LEARN TO SKATE USA

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

Ready to take your skating to the next level? This exciting program is designed for skaters who have mastered the basics and are eager to continue progressing. Participants will build stronger skating skills while learning forward and backward skating, edges, turns, stops, crossovers, and introductory freestyle elements. Adult beginners and returning skaters are welcome to join and advance at their own pace in a supportive and encouraging environment.

Each session includes one 45-minute on-ice lesson per week. Skill evaluations are conducted throughout the season to celebrate each skater's progress.

FREESTYLE WITH US Free Skate 1-6

Designed for skaters who are ready to explore the artistic and athletic side of figure skating, this program focuses on advancing freestyle skills through the Learn to Skate USA curriculum. Participants will continue developing jumps, spins, footwork, and overall skating technique while working toward personal goals in a positive and challenging environment.

Each session includes one 45-minute on-ice lesson per week. Skill evaluations are conducted as skaters progress through the curriculum.

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.

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.

Fill out an interest form here to get started.

Private Skate Lesson Interest Form | Oshkosh Community YMCA

SEMI-PRIVATE SKATE LESSONS

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



OPEN SKATE

Looking for a fun way to spend time together? Open Skate is a great activity for the whole family! Whether you're gliding across the ice, practicing your skills, or just enjoying time with friends and family, Open Skate offers fun for all ages and abilities.

YMCA Members skate FREE, including skate rental!

You can find Open Skate times on the YMCA**360** app or on our website. We look forward to seeing you on the 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.

LEARN TO POWER SKATE

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

FREE HOCKEY INTRODUCTION PROGRAM

(INTRO TO TERMITES) (AGES 4-8)

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

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

GOALS & OBJECTIVES: Children will learn by taking part in a hockey playground where they can explore skating, puck control, shooting and passing. Our goal is to get them comfortable enough on the ice to join one of our more structured programs.

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

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

Visit oshkoshyouthhockey.org for registration details.

OPEN HOCKEY

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

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

ADULT HOCKEY LEAGUES

WINTER: January – April
SUMMER: June – August
FALL: September – December

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

ADULT CO-ED HOCKEY LEAGUE (AGES 18+)

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

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

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

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

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

ADULT SPORTS

Looking to stay active, get into team sports, or just miss your playing days? Adult leagues are open to males and females ages 18+.

ADULT SUNDAY NIGHT SLAM BASKETBALL LEAGUE

Get on the court with your team for seven weeks of friendly competition, camaraderie, and fun! Players of all skill levels are welcome. Competitive and non-competitive divisions will be offered based on registration.

Teams play one game per week. Each game consists of two 20-minute halves, with two officials provided.

Team registration only. Initial rosters must include at least seven players, with no maximum roster size. Teams must provide their own color-coordinated shirts with numbers.

20 **FALL September–October**
SPRING March–April

ADULT INDOOR FLAG FOOTBALL

Get on the field with your team for friendly competition, camaraderie, and fun! Players of all skill levels are welcome. Competitive and non-competitive divisions will be offered based on registration.

Teams play one game per week in this seven-week league, which includes a season-ending tournament. Games are played 5v5 in the Soccer Arena.

Team registration only. Initial rosters must include at least seven players, with no maximum roster size.

Teams must provide their own color-coordinated shirts. The Y will provide flags on game day. Outdoor cleats are not permitted.

20 **WINTER January–February**
SPRING February–April



ADULT CO-ED INDOOR SOCCER LEAGUE

Ready to get back on the field, stay active, and enjoy the game with friends? This co-ed league provides a fun, active experience in a relaxed league setting. Teams will play one game per week, making it a great way to stay in shape, enjoy friendly competition, and connect with others who love the game.

The league is limited to 24 teams and is team registrations only. Teams must have at least seven players on their initial roster, with no maximum roster size. Games are 6v6 and consist of two 22-minute halves played in the Soccer Arena. As a co-ed league, at least two female players must be on the field at all times. Shin guards are strongly encouraged, and outdoor cleats are not permitted.

Teams must provide their own color-coordinated shirts. A minimum of seven players must be submitted in your initial roster, with no caps on maximum players. To ensure a smooth and fair league experience, all players must use the Y-provided player IDs to participate. Team captains are responsible for submitting their team roster and player photos before the league begins. The Sports Department will provide captains with additional information and instructions regarding this process.

FALL: October–December
WINTER: December–February
SPRING: February–April

20 Teams must provide their own t-shirts.

YOUTH FLAG FOOTBALL 4K–GRADE 8 20

Get ready for a fun and exciting season of flag football! Youth Flag Football gives players in 4K–Grade 8 the opportunity to learn the game, develop their skills, and experience being part of a team in a positive and encouraging environment.

This recreational 5v5 league focuses on skill development, teamwork, sportsmanship, and having fun. Throughout the season, players will practice fundamental football skills including passing, catching, running routes, carrying the football, and covering receivers while learning basic offensive and defensive concepts.



Whether your child is trying football for the first time or has played before, this non-contact league welcomes players of all experience levels. Players will have the opportunity to build confidence, stay active, make connections with teammates, and enjoy the game of football in a supportive environment.

Players are placed on teams primarily according to their school location. Volunteer coaches lead practices and games while creating a positive environment for players to learn, participate, and have fun.

This seven-week league has one game per week. Weekly practice schedules are determined by each team's volunteer coach. All practices and games are held at the 20th Ave YMCA. All participants receive a YMCA team shirt, and flags are provided for practices and games.

FALL: September–October
SPRING: April–June



When kids play, they find out what they can do, who they can count on, and how good it feels to try again.

YOUTH HEALTH + WELLNESS ORIENTATIONS

FREE!

Stop by the Health & Wellness Center at either location to set up your orientation, or email us to schedule ahead of time.

20 Ben Clewien: benclewien@oshkoshymca.org
DT Lindsey McMullin: lindseymcmullin@oshkoshymca.org

FEE FREE TO OSHKOSH Y MEMBERS



Some days, the best thing is hearing someone say, "Try again. You've got this."

HEALTH + WELLNESS • YOUTH SPORTS



OSHKOSH YMCA YOUTH BASEBALL (AGES 4-8)

Step up to the plate for a fun and exciting season of baseball! Youth Baseball gives children ages 4–8 the opportunity to learn the game, develop their skills, and experience being part of a team in a positive and encouraging environment.

This recreational instructional league focuses on skill development, teamwork, sportsmanship, and having fun. Throughout the season, players will work on fundamental baseball skills including throwing, catching, hitting, fielding, and base running while learning the basic concepts of the game.

The league is divided into three age-appropriate divisions: T-Ball for ages 4–5, Machine Pitch for ages 5–6, and Machine Pitch for ages 7–8. Whether your child is playing baseball for the first time or has played before, all divisions welcome players of all experience levels.

Players are placed on teams primarily according to their school or neighborhood location. Volunteer coaches help players build confidence, develop their skills, learn teamwork and sportsmanship, and have a positive experience throughout the season.

This is a seven-game league with teams playing one game per week at Red Arrow Park. T-Ball teams practice for 30 minutes immediately before their game. Machine Pitch teams have one additional practice each week at a field location determined by their volunteer coach.

League placement is determined by the child's age prior to April 30. All participants receive a YMCA team shirt and YMCA baseball hat.

May-June Practices begin at the end of April. Start times are weather/field dependent.

Registration is open!

YMCA YOUTH BASKETBALL LEAGUE (4K-GRADE 8)

Hit the court for a fun and exciting season of basketball! Co-Ed Youth Basketball gives players in 4K–Grade 8 the opportunity to learn the game, develop their skills, and experience being part of a team in a positive and encouraging environment.

This recreational instructional league focuses on skill development, teamwork, sportsmanship, and having fun. Throughout the season, players will work on fundamental basketball skills including dribbling, passing, shooting, and defense while learning basic offensive and defensive concepts.

Whether your child is trying basketball for the first time or has played before, this league welcomes players of all experience levels. Players will have the opportunity to build confidence, stay active, develop their skills, and have fun with their teammates.

Players are placed on teams primarily according to their school or location of residence. Volunteer coaches lead practices and teams during games while creating a positive environment for players to learn, participate, and grow.

The league is structured to provide age-appropriate opportunities for practice and development. Players in 4K–Kindergarten practice before their games and receive one additional team practice before the season begins. Grades 1–8 have one team practice each week in addition to their weekly game. Grades may be combined depending on registration numbers.

This seven-week league takes place from January–February, with all practices and games held at the 20th Ave YMCA.

Through our partnership with the Wisconsin Herd and Milwaukee Bucks, each participant receives a reversible Wisconsin Herd/Milwaukee Bucks branded jersey and a ticket voucher to a regular-season Wisconsin Herd game.



20 **January-February**

Help kids experience the life-changing benefits of Youth Sports. Become a coach for Youth Sports. Click here to learn more.

FINANCIAL ASSISTANCE IS AVAILABLE
Learn more & apply online.
These programs are supported by the generosity of our donors.

YOUTH INDOOR SOCCER LEAGUE (4K-GRADE 8) 20

Get ready for a fun and active season of indoor soccer! Indoor Soccer gives players in 4K–Grade 8 the opportunity to learn the game, develop their skills, and experience being part of a team in a positive and encouraging environment.

This recreational instructional league combines practice and game play on the same day, giving players the opportunity to learn new skills and put them into action right away. Each week begins with a 10-minute team practice followed by a game consisting of two 20-minute halves.

Throughout the season, players will work on fundamental soccer skills including dribbling, passing, shooting, defending, and ball control while developing teamwork and learning basic offensive and defensive concepts.

Whether your child is trying soccer for the first time or has played before, this league welcomes players of all experience levels. Players will have the opportunity to build confidence, stay active, develop their skills, and have fun with their teammates.

Players are placed on teams primarily according to their school location or location of residence. Volunteer coaches lead their teams during practices and games while creating a positive environment for players to learn, participate, and have fun.

All practices and games are held in the indoor soccer arena at the 20th Ave YMCA. The first week will feature additional practice time followed by a shorter game to help players and teams get comfortable before regular league play begins. All participants receive a YMCA team T-shirt.

Requirements Soccer shin guards. No cleats.

FALL: October–December

WINTER: February–April

Registration is open!



TOPSoccer

KINDERGARTEN–GRADE 12

Players will be grouped by ability, not age.

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

FOR DATES AND TIMES, PLEASE CONTACT OSHKOSH UNITED SOCCER CLUB

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



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

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

HEALTH + WELLNESS • SPORTS

BOYS' HIGH SCHOOL INDOOR SOCCER LEAGUE GRADES 9-12 20

Looking for an opportunity to keep playing when your school season is over? This league gives high school soccer players the chance to stay active, sharpen their skills, and continue playing with their teammates during the school year. Whether you're looking to prepare for the upcoming season or keep your momentum going after the season ends, the league provides additional time on the field in a fun, competitive environment. The 7-week league features one game per week with 6v6 play. Team registrations only with a minimum of seven players on their initial roster, with no cap on maximum players. The league is open to students in grades 9–12 who are 18 years old or younger.

Requirements Soccer shin guards (no outdoor cleats)



GIRLS' HIGH SCHOOL INDOOR SOCCER LEAGUE GRADES 9-12 20

Looking for an opportunity to prepare ahead of your school season? This league gives high school soccer girls the chance to stay active, sharpen their skills, and continue playing with their teammates during the school year. If you're looking to prepare for the upcoming season, the league provides additional time on the field in a fun, competitive environment.

The 7-week league features one game per week with 6v6 play in the Soccer Arena. Team registrations only with a minimum of seven players on their initial roster, with no cap on maximum players. The league is open to students in grades 9–12 who are 18 years old or younger.

Teams must provide their own color coordinated shirts. **Shin guards are strongly encouraged, and outdoor cleats are not permitted.**

FALL: OCTOBER-DECEMBER
WINTER: JANUARY-FEBRUARY

OPEN PICKLEBALL

Looking for a fun, social way to stay active? Join our Open Pickleball program for drop-in doubles play! Pickleball is a fast-growing sport that combines elements of tennis, badminton, and ping pong, making it easy to learn and enjoyable for all ages and skill levels.

Players of all experience levels are welcome. Nets and balls are provided. Please bring your own paddle.

Be sure to check the YMCA app for available dates and times. Come when it fits your schedule and enjoy friendly competition, exercise, and community!

DT 20 Check the YMCA**360** app or our website for Open Pickleball times.

FEE FREE TO Y MEMBERS

BEGINNER/REC PICKLEBALL

DT Learn the rules of the game and open play for beginners

FEE FREE TO Y MEMBERS



DID YOU KNOW?

Pickleball started with bored kids. It was invented in 1965 to entertain families.

The first paddles were homemade. Early players used table tennis paddles before making larger ones from plywood.

There's a kitchen on the court! That's the nickname for the no-volley zone on each side of the net.

Doubles doesn't mean a bigger court. Singles and doubles use the same playing area.

A "dink" is a real shot. It's a soft shot that clears the net and lands in your opponent's kitchen.

See pages 70-71 for more pickleball fun at the Y!

HEALTH + WELLNESS • SPORTS

FOR ALL

FINANCIAL ASSISTANCE IS AVAILABLE

Learn more & apply online. These programs are supported by the generosity of our donors.

VOLLEYBALL SKILLS AND DRILLS (GRADES 1-8) 20

Introduce your child to the game of volleyball in a fun and encouraging environment! Volleyball Skills & Drills gives participants the opportunity to learn and practice the fundamentals of volleyball while building confidence, coordination, and a better understanding of the game.

Throughout the session, participants will work on fundamental skills including passing, setting, hitting, blocking, and serving through age-appropriate drills, activities, and games. Classes are designed to introduce players to the sport while helping them become more comfortable using their skills on the court.

Classes are divided into Grades 1–3, Grades 4–6, and Grades 7–8, allowing instruction and activities to be adjusted slightly for each age group while keeping the focus on introducing and developing fundamental volleyball skills. No previous volleyball experience is required.

This six-week program meets once per week for 45 minutes at the 20th Ave YMCA. Players of all experience levels are welcome.

INTERMEDIATE VOLLEYBALL SKILLS AND DRILLS (GRADES 5-8) 20

Take your volleyball skills to the next level! Intermediate Volleyball Skills & Drills allows players to build on their existing volleyball experience while continuing to develop their skills, confidence, and overall understanding of the game.

Throughout the session, participants will focus on improving fundamental skills including passing, setting, hitting, blocking, and serving through more challenging drills, activities, and game-like situations. Instruction is designed to help players become more consistent and confident while continuing to develop their overall volleyball abilities.

Classes are divided into Grades 5–6 and Grades 7–8, allowing instruction and activities to be adjusted for each age group. This class is designed for players who have previous volleyball experience and a basic understanding of fundamental volleyball skills.

This six-week program meets once per week for 1 hour and 15 minutes at the 20th Ave YMCA.



YOUTH SPORTS BUILD STRONG KIDS

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

KARATE (AGES 4-ADULT) 20

Karate builds confidence and patience while teaching self-defense and providing a good workout. This program is an 8-week session, and classes run year-round. Uniform is not required for first session. Uniform is available to purchase for $35. Testing is $40 for all lower levels. More information will be given the first night of class. Class sizes will be limited.

YOUTH SPORTS HELP KIDS:

1
GET MOVING
Build strength, coordination, and healthy habits.

2
BUILD CONFIDENCE
Learn new skills and discover what practice can do.

3
FIND THEIR TEAM
Make friends, work together, and learn to support others.

HEALTH + WELLNESS • TENNIS + PICKLEBALL



OSHKOSH Y MEMBERSHIP INCLUDES A TENNIS & PICKLEBALL CENTER MEMBERSHIP

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

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

MEMBERSHIP

Members of the Oshkosh Y, Fox Cities Y, Fond du Lac Y, or another full-facility YMCA may use the YMCA Tennis & Pickleball Center at applicable member program and court rates. Visiting Y members must reside in the same community as the YMCA where they hold their facility membership.

Medicare Advantage Insurance Participants must register as an Oshkosh Y member and receive a key tag to qualify for the Tennis & Pickleball Center benefit. Must scan your card at the front desk each time you visit.

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

TENNIS/PICKLEBALL-ONLY MEMBERSHIPS

The Oshkosh Y Tennis & Pickleball Center offers memberships for those who do not have a full Y membership.

OSHKOSH Y TENNIS/PICKLEBALL-ONLY MEMBERSHIP RATES

ADULT (19 & UP) $22/month or $252 for entire year
FAMILY $32/month or $371 for entire year
YOUTH (18 & UNDER) $12/month or $134 for entire year

COURT RATES & RESERVATIONS

Reserve your court and enjoy time on the court with family and friends! Court reservations are available to Oshkosh Y members and Tennis & Pickleball Center members.

RESERVATIONS: To reserve a court, call the Oshkosh Y Tennis & Pickleball Center at 920-236-3400.

CANCELLATIONS: Court cancellations require at least 24 hours' notice.

Guest fees apply to non-members. See rates at right.

JUNIOR RATE For all Oshkosh Y Members and Tennis Center Members 18 and under $21/hour (+tax)

HOURLY COURT RATE $26/hour (+tax), plus applicable guest fees per person/family

NON-MEMBER GUEST FEE $10/guest • $15/family

CONTACT INFORMATION Y TENNIS & PICKLEBALL CENTER:

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

Sheila Counts Tennis Center Director, IPTPA Level 1 Pickleball Instructor and *Teach the Teacher* trained • sheilacounts@oshkoshymca.org
Brian Hornburg Head Tennis Professional • brianhornburg@oshkoshymca.org
Robert Downey, Jr. Tennis Professional • robertdowney@oshkoshymca.org

CHECK IT OUT!!

NEW YEAR'S DAY OPEN HOUSE
Friday January 1, 2027
10:00 a.m.-3:00 p.m.

WATCH FOR THESE EVENTS:

Middle School St. Patty's Day Jr. Mixer

YOUTH USTA TOURNAMENTS
January 16 & 17
Girls' Singles
12s, 14s, 16s & 18s

February 13 & 14
Boys' Doubles
14s, 16s & 18s

March 13 & 14
Boys' & Girls' Singles
16s & 18s

SUMMER TENNIS CAMPS FOR YOUTH & ADULTS JUNE 2027

New Year's Pickleball KING AND QUEEN OF THE COURT! JANUARY 3

Watch for Details!

TENNIS LESSONS

SESSION 1 January 4–February 20 (7-week sessions)
SESSION 2 February 22– April 10 (7-week sessions)
SESSION 3 April 12–May 2 (7-week session, except Saturday 6-week session)

RED BALL • AGES 4–7
Introduce little ones to the game of tennis! We will work on the development of agility, coordination and balance with slower moving balls. A perfect first experience that is fun and moving. Participants will be grouped by age based on registration.

MONDAY 4:00–5:00 p.m. • **WEDNESDAY** 4:30–5:30 p.m. • **SATURDAY** 10:00–11:00 a.m.
FEE (M) $118 for 7 weeks • $102 for 6 weeks • (N) $139 for 7 weeks • $120 for 6 weeks

ORANGE BALL • AGES 7–9
Lower compression orange balls are used to encourage successful contact with the ball. Kids will learn proper stroke technique while building the confidence to rally, plus learn the basics of games. Participants will be grouped by age based on registration.

MONDAY 4:00–5:00 p.m. • **WEDNESDAY** 4:30–5:30 p.m. • **SATURDAY** 10:00–11:00 a.m.
FEE (M) $118 for 7 weeks • $102 for 6 weeks • (N) $139 for 7 weeks • $120 for 6 weeks

GREEN BALL • AGES 9–11
For the new player as well as the player who is looking to progress into the level of yellow ball match play. Learn proper stroke development and key elements to play games.

TUESDAY 4:30–5:30 p.m. • **SATURDAY** 10:00–11:00 a.m.
FEE (M) $118 for 7 weeks • $102 for 6 weeks • (N) $139 for 7 weeks • $120 for 6 weeks

YELLOW BALL • AGES 11+
For progressing players who want to learn the fundamentals of the game and get ready for match play, tournaments and/or High School tennis. Beginner through advanced groups.

MIDDLE SCHOOL YELLOW Ages 11–14 Courts will be set up according to levels
THURSDAY 5:00–6:00 p.m. • **SATURDAY** 11:00 a.m.–noon

MIDDLE SCHOOL BEGINNER Ages 11–14
SATURDAY 11:00–12:00 p.m.
FEE (M) $118 for 7 weeks • $102 for 6 weeks • (N) $177 for 7 weeks • $120 for 6 weeks
Fees are for 1-hour sessions

HIGH SCHOOL YELLOW Ages 13+
High School classes are geared towards improving match play and overall game basics. Coaches will decide which level is appropriate for your player.
JR VARSITY
TUESDAY 5:30–7:00 p.m. • **SATURDAY** 12:00–1:30 p.m.

VARSITY (CO-ED)
TUESDAY 7:00–8:30 p.m.
FEE (M) $164 for 7 weeks • $140 for 6 weeks • (N) $208 for 7 weeks • $178 for 6 weeks
Fees are for 1.5-hour sessions

HIGH PERFORMANCE HIGH SCHOOL DRILL (must be pro approved)
SATURDAY 1:30–3:30 p.m.
FEE (M) $35 • (N) $40

ADULT LESSONS Advanced-Beginner through Intermediate
MONDAY 6:00–7:00 p.m. • **THURSDAY** 2:00–3:00 p.m.
FEE (M) $118 for 7 weeks • $102 for 6 weeks • (N) $139 for 7 weeks • $120 for 6 weeks

YOUTH + ADULT LESSON POLICY

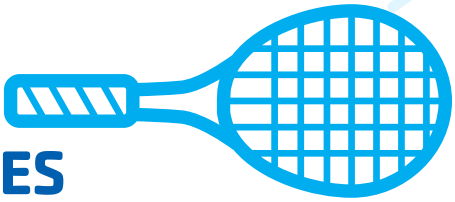
- No credit can be given for missed lessons.
- Enrollment in group lesson is for entire session.
- All lessons must be paid for at the time of registration.
- There will be no make-ups for weather cancellations.
- There must be a minimum of 3 enrolled to hold class.
- Substitutes will not be allowed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



PRIVATE LESSONS

Professional instruction is available at any time, subject to court availability. Private, semi-private, and group lessons must be arranged through our professional staff.
A 24-hour cancellation policy applies to all lessons.

Rate per hour per person	WITH HEAD TENNIS PROFESSIONAL AND OTHER CERTIFIED PROFESSIONALS	
	M or T	N
1 person	$75	$80
2 people	$46	$56
3 people	$37	$47
4+ people	$30	$40



CLASSES

CARDIO TENNIS

An hour or longer class that will get your heart pumping and improve your tennis with fun drills, play and games. Should be rally ready to participate. Sign up via the YMCA 360 app up to one week before class or call 920-236-3400.

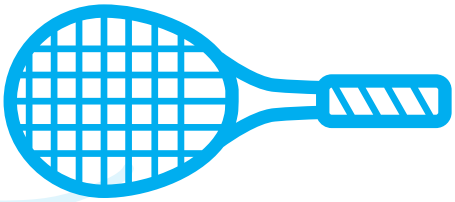
MONDAY 6:00-7:00 p.m. • **WEDNESDAY** 10:30-11:30 a.m. • **THURSDAY** 6:00-7:00 p.m. • **FRIDAY** 10:30-11:30 a.m. • **SATURDAY** 8:30-10:00 a.m.
Intensity Level: High
FEE 1-hour Cardio $14 M • $21 N | **1.5-hour Cardio** $19 M • $31 N

DOUBLES DRILL AND PLAY

Learn strategies of doubles play along with instruction on the technical aspect of different shots. This drill is for intermediate and above players.

Sign up via YMCA**360** or call 920-236-3400

THURSDAY 10:00-11:30 a.m.
Intensity Level: High
FEE $22 M • $30 N



TENNIS LEAGUE PLAY

HIGH SCHOOL & ADULT SINGLES FLEX LEAGUE

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

JANUARY-APRIL ***Join any time!***

For more information email Brian Hornburg: brianhornburg@oshkoshymca.org

ADULT TENNIS LEAGUE PLAY

Tennis & Pickleball Center Member 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.

- No league make-up dates will be allowed.
- Subbing is 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
- $10 guest fee for Non-Members

SESSION January 4-May 26

**NEW!!! Sign up for your Tennis Cardio Class, and Pickleball Open Play and League, via the YMCA 360 App available at the App Store and Google Play.
Ask Y Staff if you need more information.**

HEALTH + WELLNESS • TENNIS + PICKLEBALL

Join us at all 3 locations for a day filled with fitness, fun, and a chance to explore all we have to offer. From group exercise classes to open swim and pickleball, there's something for everyone to kick off 2027 with energy, wellness, and community.

DT 20
DOWNTOWN & 20TH AVE
11 a.m.–4 p.m.

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

FRIDAY, JANUARY 1
NEW YEAR'S DAY OPEN HOUSE
$0

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

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

CHECK OUT THE TENNIS & PICKLEBALL CENTER!

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

2027

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

PICKLEBALL

*Courts must be reserved by calling the Tennis & Pickleball Center. Reservations can be made beginning Monday, December 14. Courts may only be reserved for one hour per group.

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

LEVELS If you are not sure of your level please contact Sheila Counts at sheilacounts@oshkoshymca.org

2.8–3.3 | Advanced Beginner Players should have a basic understanding of the game and have completed some form of beginner instruction. They should know how to serve, return, and volley, and understand the basic rules of play.

3.4–3.6 | Intermediate Players should demonstrate consistent serves, returns, and volleys. They are beginning to incorporate strategy into gameplay, consistently moving toward the kitchen line and understanding how to develop points.

3.7–3.9 | Advanced Intermediate Players should consistently hit deep serves and returns and demonstrate a wide range of shots. They actively work with their partners, use strategic shot placement, and incorporate the third-shot drop into their game.

4.0 | Advanced Players demonstrate the ability to anticipate opponents' shots and consistently execute drop shots and dinks. They understand court positioning and look to establish and maintain their position at the non-volley zone (kitchen) line.

PICKLEBALL LEAGUES AT THE Y TENNIS & PICKLEBALL CENTER

A great way to meet new people and play competitively! Call (920) 236-3400 to register for league. Weekly sign up is via the YMCA**360** app or you can call the Service Desk to register.

JANUARY– MAY Registration begins Monday, December 14. Play begins Tuesday, January 5.

All players must play in appropriate level league. Contact Sheila Counts for information on signing up.

Advanced Beginner Pickleball League TUESDAY 1:00–3:00 p.m.
Intermediate Pickleball League TUESDAY 10:45 a.m.–12:45 p.m. • **THURSDAY** 8:00–10:00 a.m.
Advanced Intermediate (3.7 and up) WEDNESDAY 1:00–3:00 p.m.

FEE ONE-TIME LEAGUE REGISTRATION FEE $20 (M) (T) $25 (N) • **DAILY FEES** $7 (M) (T) $17 (N)

OPEN PICKLEBALL HOURS

DAILY FEES $7 (M) $17 (N) Punch Cards can be used for Members

Advanced Pickleball Open (4.0 plus)
MONDAY & WEDNESDAY 7:00–9:00 a.m. • **THURSDAY** Start time 12:00 p.m. • **SATURDAY** 7:30–10:00 a.m.

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.
FRIDAY 11:00 a.m.–1:00 p.m. • **SUNDAY** 8:00–10:00 a.m.

Intermediate 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.
FRIDAY 1:00–3:00 p.m. • **SUNDAY** 10:00a.m.–12:00 p.m.

PICKLEBALL CLASSES

Pickleball 102 A NEW weekly class that will work on shot consistency and setting up points!
SESSION 1 January 14–February 4
SESSION 2 February 18– March 11

FEE $68 (M) $72 (N)
Minimum 4 players/max 8 players

PRIVATE PICKLEBALL COURTS CAN BE RENTED. Normal hourly full court rates and guest fees apply. Call the Tennis Center for additional information and reservations, 920-236-3400.

BEGINNER PICKLEBALL CLINICS

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

SESSION 1 January 11–February 1
SESSION 2 February 15– March 8

FEE $68 (M) $72 (N)

FRIDAY NIGHT OPEN PICKLEBALL

Come enjoy Friday night Pickleball fun. All levels welcome. We would like anyone attending Open Play to have gone through a beginner class and be able to play a full game without instruction. **Sign up via the YMCA 360 App** or call the front desk at (920) 236-3400.

FEE $7 (M) $12 (N) • Savings punch cards will be available for Y Members/Tennis Center Members

HEALTH + WELLNESS • TENNIS + PICKLEBALL

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PICKLEBALL AT THE Y

3 GREAT LOCATIONS



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

Paddles are available for both demonstration & purchase.

Note: fees apply to all programming.

20 DT OPEN PICKLEBALL TIMES

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

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

- Check gym schedules in the YMCA360 app or on our website.
- No sign-up needed! Just show up and play!

FREE FOR MEMBERS!

TP BEGINNER & NEXT-LEVEL PICKLEBALL CLASSES

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

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

TP PROGRAMS FOR ALL SKILL LEVELS

We offer a range of programs for all abilities, including:

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

State-of-the-Art Pickleball Ball Machine. Rent a court and you can use the ball machine to hone in on your skills! One half-hour ball machine lesson is required before using. Contact sheilacounts@oshkoshymca.org for scheduling.

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

20 20TH AVE 920-230-8439
3303 W. 20th Ave.

DT DOWNTOWN 920-236-3380
324 Washington Ave.

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

SHOW YOU CARE



CREATE A LIVING LEGACY

Make a planned gift TODAY. Help Oshkosh generations TOMORROW.

Our hope is to build a strong, healthy and happy community for generations to come – but we can't do it without your help!
As a charity, our success is dependent on donations and contributions from our generous community.

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

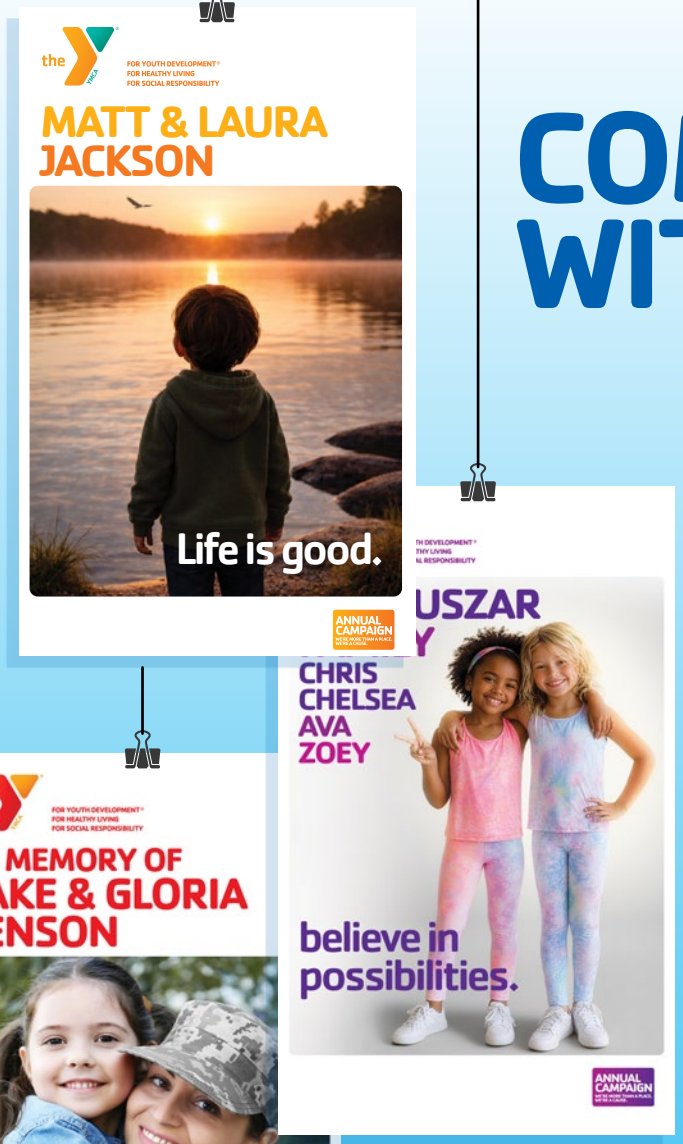
The Oshkosh Community YMCA is classified by the Internal Revenue Service as a 501(c)3 nonprofit organization. As such, all charitable gifts received are tax-deductible to the extent of the tax code.

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

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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.

SHOW YOU CARE



COME & HANG WITH US!

Each year, our community makes nearly a million visits to the Y—more than 2,700 a day. Your gift to the Y's Annual Campaign supports programs like **FOR ALL** Financial Assistance, helping ensure everyone has the opportunity to belong, grow, and thrive.

Give today to make a lasting impact in your neighborhood. Together, we can build a BETTER US.

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

SHOW YOUR SUPPORT OF OUR Y

I'M INTERESTED...

- ☐ 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 _____

ANNUAL CAMPAIGN FINANCIAL ASSISTANCE FOR ALL

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

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

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



6TH ANNUAL OSHKOSH CENTURY

SUNDAY, JUNE 27 | 20TH AVE Y

Join us for the 6th annual **Oshkosh Century Bike Ride.** All fully supported routes start and finish at the 20th Ave Oshkosh Y. The ride offers four routes to choose from:

30 Miles • 50 Miles • 62 Miles • 100 Miles

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

REGISTRATION	DATES	FEE
Early Bird Online Only	Jan. 1 – March 31	$65
Regular Online Only	April 1 – June 19 T-Shirt Size Guaranteed if Registered by June 5	$75
Last Week/Day Of June20-26: Online Day Of: In Person Only	June 20 – 27 T-Shirt NOT Guaranteed	$85

LEARN MORE!

View full event details at www.oshkoshcentury.com.

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

QUESTIONS?

Email oshkoshcentury@oshkoshymca.org.

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