



# SUMMER

## SPORTS

### SUMMER PROGRAM SESSION: UNLESS OTHERWISE SPECIFIED IN THE DESCRIPTION

**June 10 – July 19, 2024**

**July 22 - August 25, 2024**

**No Class July 1-7, 2024**

### STAFF CONTACTS

APY – David Herrmann Sports & Recreation Director P 920.560.3407 E [dherrmann@ymcafoxcities.org](mailto:dherrmann@ymcafoxcities.org)

FWY – Kevin Jakubek Sports & Recreation Director P 920.560.3414 E [kjakubek@ymcafoxcities.org](mailto:kjakubek@ymcafoxcities.org)

HVY – Emily Poh Sports & Recreation Director P 920.830.5703 E [epoh@ymcafoxcities.org](mailto:epoh@ymcafoxcities.org)

NMY – Jensen Hinton Sports & Recreation Director P 920.886.2103 E [jhinton@ymcafoxcities.org](mailto:jhinton@ymcafoxcities.org)

### PRESCHOOL

#### PARENT-CHILD ALL-SPORTS (AGES 3-4 YEARS WITH PARENT) (APY, FWY, HVY)

Perfect class for first-time participants! Parents join your child while learning fundamental skills of a new sport each week. Classes will consist of skill development, participation, development of teamwork, fun and quality time with child. Sports include: Soccer, Basketball, T-Ball, Floor Hockey, Flag Football and Playground games.

#### MINI MOVERS (AGES 2-3 WITH PARENT) (HVY)

This class will focus on the development of gross motor skills, balance, and coordination while encouraging social interaction in a group setting. We will combine movement, play, exploration, and creativity for a fun and enjoyable parent-child experience. The focus will be on activities that are important to mental and physical growth.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent-Child All Sports	APY	3-4 year	TH	4:30 PM	5:15 PM	\$25	\$39
Parent-Child All Sports	FWY	3-4 years	W	5:30 PM	6:15 PM	\$25	\$39
Parent-Child All Sports	HVY	3-4 years	M	5:30 PM	6:15 PM	\$25	\$39
Mini Movers	HVY	2-3 years	T	5:30 PM	6:15 PM	\$25	\$39

## YOUTH AND TEEN

### SPORTS SAMPLER (AGES 4-6 YEARS) (FWY)

Each week participants will learn the fundamental skills of a new sport while playing fun games. Sports include: Football, Soccer, Basketball, Floor Hockey, Kickball, T-Ball and more. Class will concentrate on skill development, participation, fun, fitness and teamwork. \*A minimum of 5 children are needed to run the class. \*

### INTRO TO GOLF (AGES 7-14 YEARS) (NMY) JUNE 10 – JULY 29

This class will take place at Winagamie Golf Course. Participants will be taught the basic skills of golf, how and when to use all the different clubs in their golf bag and learn course etiquette. The first 3 weeks of class will be skill work on the driving range, chipping green, and putting green. The last 4 weeks will be playing on the Highlands 9-hole course. Bringing your own clubs is recommended. We have limited clubs available for use. Please reach out to [bthielen@ymcafoxcities.org](mailto:bthielen@ymcafoxcities.org) if you are in need of clubs.

### JR. G.A.T.O.R.S. (AGES 4-6 YEARS) (NMY) JUNE 12 – JULY 31

(Games, Activities, Tag, Obstacles, Relays & Sports)

Participants will actively participate in the above activities, learn rules and skills, and have fun!

### SUMMER VOLLEYBALL BASICS (FWY)

Players will focus on the basic skills of volleyball of passing and setting through fun drills and games! This class is for players with little to no volleyball experience.

### SUMMER VOLLEYBALL 2 (FWY)

Players will advance their skills and knowledge of volleyball through challenging drills and games! This class is for players that can consistently pass, set and serve the ball and has 1 or more years of playing experience. We will practice for the first fifteen minutes of the class and then play games the remainder of the time.

### Archery 101 (AGES 8-14) (ACY) JUNE 10–AUGUST 25

Learn the basics of archery including the "11 steps to becoming a successful archer." Class follows National Archery in Schools Program (NASP) guidelines. All equipment is provided, but experienced students may bring their own equipment if it meets the instructor's standards. Class will be held outdoors. No class July 1<sup>st</sup>.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$24	\$33
Intro to Golf	NMY	7-14 years	TH	4:30 PM	6:30 PM	\$84	\$126
Jr GATORS	NMY	Ages 4-6	W	4:30 PM	5:15 PM	\$35	\$53
Summer Volleyball Basics – SUM1 Only	FWY	Grades 2-4	TH	6:00 PM	6:45 PM	\$24	\$33
Summer Volleyball Basics – SUM1 Only	FWY	Grades 5-6	TH	6:45 PM	7:30 PM	\$24	\$33
Summer Volleyball 2 – SUM2 Only	FWY	Grades 2-4	TH	6:00 PM	6:45 PM	\$24	\$33
Summer Volleyball 2 – SUM2 Only	FWY	Grades 5-6	TH	6:45 PM	7:30 PM	\$24	\$33
Archery 101 (June 10-Aug 25)	ACY	8-14 years	M	4:30 PM	5:15 PM	\$45	\$65

## **ESPORTS (AGES 8-18) (NEENAH-MENASHA YMCA)**

Immerse yourself in the world of gaming with our cutting-edge facility featuring 20 stations with top-of-the-line gaming computers! Whether you're a seasoned pro or just starting your gaming journey, our Tech Lab has something for everyone. See more at [ymcafoxcities.org/esports](http://ymcafoxcities.org/esports).

Electronic Sports, or Esports, takes on the form of organized, multiplayer online video game competitions and is one of the fastest growing trends for youth engagement. Through the Y's Esports program, youth are welcome to be who they are, excel at what they love, and develop the social, strategic and problem-solving skills necessary to grow into thriving adults all in a safe, moderated and inclusive environment.

### **ESPORTS OPEN PLAY**

Come experience gaming on another level at the Neenah-Menasha YMCA Tech Lab powered by Plexus! Open Play grants you access to the Tech Lab during all open hours. Come choose from our full library of games, hang out with friends and play on our gaming stations. Game on! Additional games/applications are available by request. Prices are **per month** for members and grant unlimited access based on availability.

### **FORTNITE LEAGUE**

Come join us for our Fortnite League hosted in the Neenah-Menasha YMCA Tech Lab. This league will allow participants to put their skills to the test in a session long competition against other players in our program. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

### **ROCKET LEAGUE SERIES**

NEW THIS YEAR! The Neenah-Menasha YMCA will be hosting our first ever Rocket League Series. This league will allow participants to put their skills to the test in a session long competition against other players in our program. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

### **LET'S PLAY! – ESPORTS**

Come join us in the Neenah-Menasha YMCA Tech Lab for a fun evening of gaming with friends! Each night participants will have the option to play any game from the full library that we offer in the lab. We will also host mini-tournaments and other small challenges throughout the session. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

### **SUPER SMASH BROS ULTIMATE LEAGUE**

The Super Smash Bros league is hosted in the Neenah-Menasha YMCA Tech Lab. This league will allow participants to put their skills to the test in a session-long competition against other players in our program. Participants must bring their own Nintendo Switch, a copy of Super Smash Bros. Ultimate, their charger, and joy-cons/controller. We also recommend bringing your docking station to hook up to the monitors!

### **DUOS FORTNITE TOURNAMENT**

Grab a friend and come compete in our first Fortnite tournament! Participants will be scored based on eliminations and placement. When registering, each player must register individually. In the registration, put your partner's name. Participants can sign up alone and be paired with a partner upon arrival. Prizes will be awarded to the top team. All equipment is provided by the YMCA.

### **FALL GUYS TOURNAMENT**

Come join us for the first-ever Fall Guys Tournament at the Neenah-Menasha YMCA. When registering, each player must register individually. Prizes will be awarded to the top team. All equipment is provided by the YMCA.

## SUPER SMASH BROS ULTIMATE TOURNAMENT

The Super Smash Bros tournament is hosted in the Neenah-Menasha YMCA Tech Lab. This tournament will allow participants to put their skills to the test in a competition against other players. Participants must bring their own Nintendo Switch, a copy of Super Smash Bros. Ultimate, their charger, and joy-cons/controller.

## APEX TOURNAMENT

Come put your skills to the test in our first Apex tournament at the Neenah-Menasha YMCA! Prizes will be awarded to the top player. All equipment is provided by the YMCA.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Esports Open Play	NMY	All Ages	MTWTHFS	See Website	See Website	\$15/family or \$8/person (per month)	\$10/day
Fortnite League (Youth)	NMY	Ages 8-12	M	5:00 PM	7:00 PM	\$56	\$78
Rocket League Series	NMY	Ages 8-18	T	5:00 PM	7:00 PM	\$56	\$78
Let's Play! - Esports	NMY	Ages 8-18	W	5:00 PM	7:00 PM	\$35	\$55
Fortnite League	NMY	Ages 8-18	TH	5:00 PM	7:00 PM	\$56	\$78
Super Smash Bros Ultimate League	NMY	Ages 8-18	F	5:00 PM	7:00 PM	\$35	\$55
Duos Fortnite Tournament	NMY	Ages 8-18	May 4	12:00 PM	3:00 PM	\$10	\$15
Duos Fortnite Tournament	NMY	Ages 8-18	June 1	12:00 PM	3:00 PM	\$10	\$15
Fall Guys Tournament	NMY	Ages 8-18	June 29	12:00 PM	3:00 PM	\$10	\$15
Duos Fortnite Tournament	NMY	Ages 8-18	July 6	12:00 PM	3:00 PM	\$10	\$15
Super Smash Bros Ultimate Tournament	NMY	Ages 8-18	July 20	12:00 PM	3:00 PM	\$10	\$15
Duos Fortnite Tournament	NMY	Ages 8-18	August 10	12:00 PM	3:00 PM	\$10	\$15
Apex Tournament	NMY	Ages 8-18	August 24	12:00 PM	3:00 PM	\$10	\$15

## CO-ED Intro to Lacrosse Clinic (HVY)

July 15-16

**REGISTRATION: April 8- July 11**

Come learn the basics of the sport of lacrosse! Boys and girls are welcome to join- no equipment needed, but if you have your own lacrosse stick, we invite you to bring it! Participants will meet at the Heart of the Valley YMCA in the green space off of Kennedy Ave. In the event of rain, a make-up date will be held on Wednesday, July 17.

Class Name	YMCA	Age	Date	Start	End	Y Member	General Public
Co-Ed Intro to Lacrosse Clinic	HVY	4-6 years	June 15-16	3:00 PM	4:00 PM	\$15	\$23

## WEDNESDAY WARRIOR RUNNING CLUB

This club will utilize various outdoor running trails to strengthen your child's love for running. Form, endurance and character development will be the focus each Wednesday.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Warrior Running Club	APY	7-14 years	W	6:30 PM	7:30 PM	\$28	\$39

## CO-ED VOLLEYBALL CLINIC (HVY)

June 4-5

**REGISTRATION: April 8- May 30**

Players will learn and advance their volleyball skills like passing, setting, serving, and attacking the ball through both basic and challenging drills & games! This clinic is for boys of all skill levels. Each Participant will receive a volleyball to keep at the end of camp. Boys are welcome and encouraged to register!

Class Name	YMCA	Age	Date	Start	End	Y Member	General Public
Co-Ed Volleyball Clinic	HVY	8-11 Years	June 4	6:00 PM	8:00 PM	\$44	\$66
Co-Ed Volleyball Clinic	HVY	12-14 Years	June 5	6:00 PM	8:00 PM	\$44	\$66

## ESPORTS CAMPS (AGES 8-18) (NEENAH-MENASHA YMCA)

### ESPORTS/EDGE VR CAMP

Participants will be dropped off at the Neenah-Menasha YMCA. We will be having a morning full of gaming, competitions, and fun in the Neenah-Menasha YMCA Tech Lab. In the afternoon, we will hop on a bus and go over to Edge VR in Green Bay. If you aren't familiar with Edge VR, they have top of the line virtual reality stations for the kids to use as well as a gaming arcade, Xbox room, and lounge area. Afterwards, we will bus back to the Y where kids will be picked up by 4:30PM. Participants should bring their own lunch.

### ESPORTS/CRUNCH LABS EXPERIENCE

Participants in this camp will enjoy a morning full of gaming in the Tech Lab at the Neenah-Menasha YMCA. We will introduce participants to all that the Tech Lab has to offer and run tournament for different games as requested. In the afternoon, participants will have the opportunity to learn about an engineering topic of the day through a program called Crunch Labs. They will work in small groups to build one of their toys that could include things like a boomerang car, disc launcher, rocket revolver and more! Participants should bring their own lunch.

### ESPORTS, GYM, & SWIM CAMP

Join us for an exciting week packed with games, Esports, swimming, and pure fun at Neenah-Menasha YMCA Sports Day Camp! Campers will have a week filled with a diverse range of activities, from engaging in gym games to immersing themselves in both leisurely and competitive gaming experiences in our state-of-the-art Tech Lab. They'll also have the opportunity to cool off and make a splash in our refreshing pools while enjoying quality time with their friends and some fun games and activities in our gyms! Come join us for an unforgettable week of camaraderie, and excitement! Participants should bring their own lunch.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Esports/Edge VR Camp	NMY	Ages 8-18	June 5	8:30am	4:30pm	\$56	\$71
Esports/Edge VR Camp	NMY	Ages 8-18	July 24	8:30am	4:30pm	\$56	\$71
Esports/Edge VR Camp	NMY	Ages 8-18	August 28	8:30am	4:30pm	\$56	\$71
Esports/Crunch Labs Experience	NMY	Ages 8-18	June 19	8:30am	4:30pm	\$41	\$52
Esports/Crunch Labs Experience	NMY	Ages 8-18	July 10	8:30am	4:30pm	\$41	\$52
Esports/Crunch Labs Experience	NMY	Ages 8-18	August 14	8:30am	4:30pm	\$41	\$52
Esports, Gym, & Swim Camp	NMY	Ages 8-18	July 29-August 2	8:30am	4:30pm	\$145	\$166
Esports, Gym, & Swim Camp	NMY	Ages 8-18	August 5-August 9	8:30am	4:30pm	\$145	\$166

## SUMMER SPORTS CAMPS ( APY, HVY)

**Junior** (ages 5-8 / 2- hour/ M-F)

**Youth** (ages 9-12 / 3-hour/ M-F)

**Full Day- APY Only** (ages 8-13 / 8:00 AM – 4:30 PM / M-F)

Sports camps are perfect for the camper who enjoys it all! Wide variety of offering including: soccer, basketball, football, golf, volleyball and extreme sports. Please see 2023 summer camp guide for offerings and dates. <https://www.ymcafoxcities.org/summer-camp/specialty-camps>

## TEEN DISCOVERY CAMP (AGES 10-13)

**Ogden YMCA**

**Tuesdays and Thursdays from 12:30-2:00**

**Session 1: June 13-29**

**Session 2: July 11-27**

**Session 3: August 8-24**

An exciting and fun filled program for children ages 10-13 years old! Program participants will explore a variety of activities. It is a great way to stay active, try new things, and socialize! Explorations will include gym/turf games, tennis, pickleball, yoga, strength training, board/card games, open play and more! Can sign up for as many summer sessions as fits in your schedule! A minimum of 6 children are needed to run each session.

**Y Members: \$53 per session, General Public, \$68 per session**

## YOUTH SPORTS LEAGUES

***PLAY MORE, PAY LESS - Value Added Leagues are FREE with YMCA family membership. This includes our primary leagues in each season throughout the school year.***

- Fall Volleyball (Volleyball 1)
- Fall Flag Football
- Youth Basketball
- Indoor Soccer
- Track & Field

### **League Registration/Cancelation Policy:**

Late Registrations: there is a \$10 late fee added to the program after the registration deadline. Registrations may be taken only if space is available.

Prior to registration deadline: if you withdraw from a league prior to the registration deadline, a full refund will be issued.

After deadline, but prior to the first day of the league: if you withdraw you will be issued credit voucher for future YMCA program.

After first scheduled event (practice/game) of the league, there will be no refunds or credits.

## SUMMER SOCCER LEAGUE (APY & HVY)

**June 17-July 31, 2024.**

**REGISTRATION: February 12- May 19, 2024.** Teams will practice followed by a game one day a week. There will be no games the week of July 1-5. THIS IS NOT A VALUE-ADDED PROGRAM.

APY game location TBD

HVY will play at the Heart of the Valley YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer	APY	Ages 4-5	T	June 18	July 30	\$40	\$60
Summer Soccer	APY	Ages 6-7	M	June 17	July 29	\$40	\$60
Summer Soccer	APY	Ages 8-9	T	June 18	July 30	\$40	\$60
Summer Soccer	APY	Ages 10-11	M	June 17	July 29	\$40	\$60
Summer Soccer	HVY	Ages 4-5	M	June 17	July 29	\$40	\$60
Summer Soccer	HVY	Ages 6-7	T	June 18	July 30	\$40	\$60
Summer Soccer	HVY	Ages 8-9	W	June 19	July 31	\$40	\$60
Summer Soccer	HVY	Ages 10-12	W	June 19	July 31	\$40	\$60

## SUMMER SOCCER LEAGUE (NMY)

July 9-August 13, 2024.

**REGISTRATION: May 1-June 16, 2024.** Teams will practice followed by a game one day a week. Games will be played at Fritsch Park in Menasha. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer	NMY	Ages 4-5	T	July 9	August 13	\$40	\$60
Summer Soccer	NMY	Ages 6-7	T	July 9	August 13	\$40	\$60
Summer Soccer	NMY	Ages 8-9	T	July 9	August 13	\$40	\$60

## SUMMER T-BALL LEAGUE

**HVY REGISTRATION: February 12- June 2, 2024. NMY REGISTRATION: May 1-June 16, 2024.** Teams will practice followed by a game one day a week. NMY will play at Spring Road Elementary School in Neenah. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer T-ball	HVY	Ages 4-6	TH	July 11	August 15	\$40	\$60
Summer T-ball	NMY	Ages 4-6	W	July 10	August 14	\$40	\$60

## FALL T-BALL LEAGUE

**FWY REGISTRATION: May 1 – July 21** Teams will practice followed by a game one day a week. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall T-ball	FWY	Ages 4-6	M	Aug 13	Sep 17	\$40	\$60

## FALL FLAG FOOTBALL - SEPTEMBER 7-OCTOBER 19. REGISTRATION MAY 20 -AUGUST 11.

Value-Added League FREE with YMCA Family Membership.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Flag Football	APY	Grade 4K-5K	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	APY	Grade 1	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	APY	Grade 2	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	APY	Grade 3	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	APY	Grade 4	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	APY	Grade 5	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	APY	Grade 6	SAT	September 7	October 19	FREE	\$46	\$69



Youth Flag Football	FWY	Grade 4K-5K	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	FWY	Grade 1-2	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	FWY	Grade 3-4	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	HVY	Grade 4K-5K	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	HVY	Grade 1	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	HVY	Grade 2	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	HVY	Grade 3	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	HVY	Grade 4	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	HVY	Grade 5-6	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	NMY	Grade 4K-5K	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	NMY	Grade 1-2	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	NMY	Grade 3-4	SAT	September 7	October 19	FREE	\$46	\$69
Youth Flag Football	NMY	Grade 5-6	SAT	September 7	October 19	FREE	\$46	\$69

## FALL VOLLEYBALL 1- SEPTEMBER 7-OCTOBER 19.

REGISTRATION MAY 20 – AUGUST 11. Value-Added League FREE with YMCA Family Membership.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Volleyball 1	APY	Grade 2-4	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	APY	Grade 5-6	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	FWY	Grade 2-3	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	FWY	Grade 4-6 Beginner	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	FWY	Grade 4-6 Intermediate	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	HVY	Grade 2-3	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	HVY	Grade 4-6 Beginner	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	HVY	Grade 4-6 Intermediate	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	NMY	Grade 2-3	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	NMY	Grade 4-6 Beginner	SAT	September 7	October 19	FREE	\$46	\$69
Volleyball 1	NMY	Grade 4-6 Intermediate	SAT	September 7	October 19	FREE	\$46	\$69

**FALL SOCCER LEAGUE (FWY) – SEPTEMBER 7 -OCTOBER 19. REGISTRATION MAY 20-AUGUST 11. THIS IS NOT A VALUE-ADDED PROGRAM. This is a 6-week program (we are off the weekend of the Greenville Craft Fair).**

Class name	YM CA	Age	Day	Time	Start	End	Y Member	General Public
Fall Soccer	FWY	Grade 4K-5K	SAT	10:00 AM	September 7	October 19	\$40	\$60
Fall Soccer	FWY	Grade 1	SAT	11:30 AM	September 7	October 19	\$40	\$60
Fall Soccer	FWY	Grade 2	SAT	11:30 AM	September 7	October 19	\$40	\$60
Fall Soccer	FWY	Grade 3-4	SAT	8:30 AM	September 7	October 19	\$40	\$60
Fall Soccer	FWY	Grade 5-6	SAT	8:30 AM	September 7	October 19	\$40	\$60

**FALL SOCCER LEAGUE (HVY) – AUGUST 26 -OCTOBER 7. REGISTRATION MAY 20-AUGUST 4. THIS IS NOT A VALUE-ADDED PROGRAM. \*Monday night participants will not play on September 2, and will play on October 7 instead as a makeup.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Soccer	HVY	Grade 4K/5K	M	August 26	October 7	\$40	\$60
Fall Soccer	HVY	Grade 4K/5K	W	August 28	October 2	\$40	\$60
Fall Soccer	HVY	Grade 1-2	T	August 27	October 1	\$40	\$60
Fall Soccer	HVY	Grade 3-4	TH	August 29	October 3	\$40	\$60

**FALL CROSS COUNTRY (ACY, FWY, HVY) – SEPTEMBER 9-OCTOBER 12. – 5 weeks REGISTRATION MAY 20 – September 8. Association Meet October 7 – Fox West YMCA Programs is located at Apple Creek YMCA, Fox West YMCA, and Heart of the Valley YMCA. Youth who enjoy recreational outdoor running will enjoy our Cross-Country program. This co-ed program provides opportunity for kids to engage in pre-competitive, instructive practices as they enjoy group runs on open-air courses. Our program emphasizes building stamina and balance as participants learn about the importance of form and efficiency. Athletes may also participate in a competitive cross-country event as part of this program.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Cross Country	ACY	Grade 1-6	SAT	Sept 14	Oct 12	\$35	\$53
Cross Country	FWY	Grade 1-2	T	Sept 10	Oct 12	\$35	\$53
Cross Country	FWY	Grade 3-4	TH	Sept 12	Oct 12	\$35	\$53
Cross Country	FWY	Grade 5-6	TH	Sept 12	Oct 12	\$35	\$53
Cross Country	HVY	Grade 1-6	SUN	Sept 15	Oct 12	\$35	\$53

# ADULTS

## SUMMER ADULT BASKETBALL LEAGUE APPLETON YMCA – REGISTRATION APRIL 24 – MAY

**26.** Season runs June 2-August 11. Sign up as a team. Free agents can email Trey Davis at [tdavis@ymcafoxcities.org](mailto:tdavis@ymcafoxcities.org) to potentially be placed on a team.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Men's Basketball	APY	18 years and older	SU	June 2	August 11	\$550	\$550
Adult Women's Basketball	APY	18 years and older	TBD	TBD	TBD	\$550	\$550

### Beginner Pickleball (APY, FWY, HVY)

Come participate and learn how play no matter you ability level.

**Open Member Sports** – No registration required, see branch schedules for updated time and options. All sports are "pick-up style games where play/teams formed onsite by players.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Open Pickleball	FWY	18+	M/T/W/TH/F	10:00 AM	NOON	FREE	N/A*
Open Outdoor Pickleball	HVY	18+	MTWTHF	11:00 AM	1:00 PM	FREE	N/A*
Open Pickleball	NMY	14+	W	6:00 PM	8:30 PM	FREE	N/A*
Open Pickleball	NMY	18+	M/W/F	1:00 PM	3:00 PM	FREE	N/A*
Open Pickleball	NMY	18+	SUN	11:00 AM	1:00 PM	FREE	N/A*
Basketball Pick up games	APY	18+	MTWTHF	5:30 AM	7:00 AM	FREE	N/A*
Basketball Pick up games	APY	18+	S	6:00 AM	7:30 AM	FREE	N/A*
Basketball Pick up games	NMY	18+	M/TH/F	11:00 AM	1:00 PM	FREE	N/A*
Basketball Pick up games	NMY	18+	T/F	5:00 AM	7:00 AM	FREE	N/A*
Basketball Pick up games	NMY	18+	SUN	9:00 AM	11:00 AM	FREE	N/A*
Adult Volleyball	NMY	16+	T	7:00 PM	9:00 PM	FREE	N/A*
Adult Volleyball	NMY	16+	TH	7:00 PM	9:00 PM	FREE	N/A*

**\* Guest Passes available only if accompanied by a Y member for \$10**