

APPLETON YMCA
FALL 2007 - PROGRAMS OFFERED AFTER 5:00 pm

Department/Program	Day	Time	Comments
Teen			
Teen Leaders Club (grades 6-12)	Tuesday	7:00-8:00 PM	
Youth in Government (grades 7-12)	Tuesday	7:30-8:30 PM	
Girls' Night Out	Monday (2nd & 4th)	6:30-8:30 PM	Oct - Apr
Earth Wind & Water (grades 6-12)	Tuesday	6:00-8:00 PM	
Camp Fire at YMCA (grades 5-8)	Friday	9:00-10:30 PM	Sept 14 & Oct 12
Working Teens (ages 13-18)	Monday	6:00-7:30 PM	FALL I ONLY
Pre-Teen Nights (grades 3-5)	Thursday	6:00-9:00 PM	Please see Prog Book for dates
Teen Nights (grades 6-8)	Friday	6:30-9:30 PM	Please see Prog Book for dates
Late Night at YMCA (grades 5-8)	Friday (2nd & 4th)	9:00-11:00 PM	
Powerful Girls/Powerful Bodies (ages 15-18)	Thursday (2nd & 4th)	7:00-8:00 PM	begins Oct 4
Halloween at the YMCA (grades 5-8)	Friday	9 PM - 7 AM	Fri, Oct 26
New Year's Eve Overnight (grades 5-8)	Monday	9 PM - 7 AM	Mon, Dec 31
Tutoring	Monday-Thursday	4:00-9:00 PM	

Events & Family Activities			
Family Fun Center - Family Time	Monday - Friday	3:00-7:30 PM	
Family Fun Center - Stay & Play	Monday - Friday	4:30-7:30 PM	

Enrichment - Teen & Adult			
Basic Massage for Family & Friends (ages 18+)	Wednesday, Oct. 24	7:00-9:00 PM	
Men's Evening Study	Thursday	7:00-8:00 PM	
Women's Empowerment Series	Monday	7:00-8:30 PM	

Fine Arts & Crafts - Teen & Adult			
Paper Quilts (ages 18+)	Monday	6:30-8:30 PM	Sept. 17, 25, Oct. 1, 8 or 15
Knitting	Monday	6:30-8:00 PM	FALL II ONLY

Sports			
Parent/Child All Sports (ages 3-4)	Thursday	6:00-6:45 PM	
Parent/Child First Sport (ages 3-4)	Monday	6:15-7:00 PM	
Sports Lead Up (ages 4-5)	Tuesday	5:30-6:30 PM	
My Favorite Sport (ages 5-6)	Monday	5:15-6:15 PM	
Kidz Fit (ages 9-12)	Thursday	6:30-7:15 PM	
Jr. Racquetball Lesson/League (ages 11-13)	Tuesday	5:00-6:00 PM	
Co-ed Adult Basketball League	Sunday	evenings	Sept - Nov
Men's Basketball League - Open League	Sunday	evenings	Dec - Feb
Men's Basketball League - 35+ League	Sunday	evenings	Dec - Feb
Women's Volleyball League - Sixes, Competitive	Thursday	evenings	
Women's Volleyball League - Sixes, Recreational	Thursday	evenings	
Racquetball Leagues	Monday-Thursday	After 6:00 PM	
Tae Kwon Do (ages 6-16)	Wednesday	5:30-6:30 PM	
Tae Kwon Do (ages 6-16)	Wednesday	6:30-7:30 PM	
Tae Kwon Do (ages 16+)	Tuesday	5:30-6:30 PM	

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Adults			
Middle Eastern/Belly Dance			
Beginners (ages 16+)	Tuesday	5:30-6:30 PM	FALL I & II
Beginners (ages 18+)	Tuesday	6:30-7:30 PM	FALL I & II
Continuing (ages 18+)	Tuesday	7:30-8:30 PM	FALL I & II
Middle Eastern/Belly Dance (at TCC)	Monday	6:00-7:00 PM	registration at TCC - call 225-1700
Middle Eastern/Belly Dance (Active Older Adult)	Monday	6:00-7:00 PM	
Ballroom Dance	Thursday	6:00-7:00 PM	FALL I & II
Continuing Ballroom Dance	Thursday	8:00-9:00 PM	FALL I & II
Latin Dance	Thursday	7:00-8:00 PM	
Workshops			
Healthy Options	Thursday, Sept 20	6:30-7:30 PM	Sept. 20
Tasty Holiday Meals	Thursday, Oct. 18	6:30-7:30 PM	Oct. 18
Basic Massage for Family & Friends (ages 18+)	Wednesday, Oct. 24	7:00-9:00 PM	Oct. 24
Environmental			
Mad Scientists (ages 8-12)	Monday	5:00-6:00 PM	
Indoor Anglers (ages 5-8)	Wednesday	4:45-5:30 PM	
Junior Naturalists (ages 8-12)	Thursday	4:45-5:30 PM	
Aquatics			
Goldfish (1 and 2 year olds w/parents)	Tuesday	7:20-8:00 PM	
Goldfish (1 and 2 year olds w/parents)	Thursday	6:00-6:40 PM	
Goldfish (1 and 3 year olds w/parents)	Thursday	6:40-7:20 PM	
Sunfish (3 year olds w/parents)	Monday	6:35-7:15PM	
Sunfish (3 year olds w/parents)	Wednesday	6:35-7:15 PM	
Sunfish (3 year olds w/parents)	Thursday	7:20-8:00 PM	
Perch	Monday	5:10-5:50 PM	
Perch	Monday	5:50-6:30 PM	
Perch	Tuesday	5:15-5:55 PM	
Perch	Tuesday	6:35-7:15 PM	
Perch	Wednesday	5:10-5:50 PM	
Pike	Monday	5:50-6:30 PM	
Pike	Tuesday	5:55-6:35 PM	
Pike	Wednesday	5:50-6:30 PM	
Pike	Thursday	5:15-5:55 PM	
Eel	Wednesday	5:10-5:50 PM	
Ray	Tuesday	5:15-5:55 PM	
Ray	Wednesday	5:50-6:30 PM	
Prepolliwog	Monday	5:10-5:50 PM	
Prepolliwog	Tuesday	6:35-7:15 PM	
Prepolliwog	Thursday	5:15-5:55 PM	
Polliwog 1	Monday	5:20-6:00 PM	
Polliwog 1	Wednesday	5:20-6:00 PM	
Polliwog 1	Wednesday	6:00-6:40 PM	

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Polliwog 1	Thursday	5:15-5:55 PM	
Polliwog 2	Monday	5:15-5:55 PM	
Polliwog 2	Wednesday	5:15-5:55 PM	
Polliwog 2	Wednesday	6:00-6:40 PM	
Polliwog 2	Thursday	5:15-5:55 PM	
Guppy	Monday	5:20-6:00 PM	
Guppy	Monday	6:00-6:40 PM	
Guppy	Wednesday	5:20-6:00 PM	
Guppy	Thursday	5:15-5:55 PM	
Minnow	Monday	5:15-5:55 PM	
Minnow	Monday	6:00-6:40 PM	
Fish	Tuesday	5:15-5:55 PM	
Fish	Wednesday	6:00-6:40 PM	
Flying Fish	Wednesday	5:15-5:55 PM	
Shark	Wednesday	5:15-5:55 PM	
Swim Team Practices In Neenah & Appleton	Monday-Friday	various times	
Teen & Adult Aquatics Beginner	Wednesday	6:45-7:30 PM	
Teen & Adult Aquatics Beginner	Wednesday	7:30-8:15 PM	
Teen & Adult Aquatics Intermediate	Wednesday	6:45-7:30 PM	
Teen & Adult Aquatics Intermediate	Wednesday	7:30-8:15 PM	
Kayaking Basics for Girls (ages 6-9)	Sunday	5:00-5:45 PM	FALL I ONLY

Fitness			
Group Cycling	Monday/Wednesday	5:45 PM	
Group Cycling	Monday/Wednesday	6:45 PM	
Group Cycling	Tuesday/Thursday	5:30 PM	
Cycling 101	Thursday	6:30 PM	
Bicycle Maintenance 101	Tuesday	6:00-9:00 PM	Sept 11 - Oct 2
Cardio Kickbox	Monday/Wednesday	6:15-7:15 PM	
Step Aerobics	Tuesday/Thursday	5:30-6:30 PM	
Zumba	Monday/Wednesday	5:15-6:00 PM	
Strength and Resistance	Tuesday/Thursday	5:30-6:15 PM	
Kidz Fit (ages 9-12)	Thursday	6:30-7:15	FALL I or FALL II
H2O Fusion	Tuesday/Thursday	6:00-7:00 PM	
Pilates I	Monday/Wednesday	5:30-6:15 PM	
Hatha Yoga	Monday/Wednesday	6:30-7:30 PM	
Hatha Yoga	Tuesday/Thursday	6:30-7:30 PM	
Power Vinyasa Yoga	Monday/Wednesday	5:30-6:30 PM	
Reformer 1 Pilates	Tuesday/Thursday	5:00-6:00 PM	
Reformer 2 Pilates	Wednesday	6:30-7:30 PM	

Lifestyle Center			
30-Minute Strength	Tuesday/Thursday	6:30-7:00 PM	
Healthy Options	Thursday, Sept 20	6:30-7:30 PM	Sept. 20
Tasty Holiday Meals	Thursday, Oct. 18	6:30-7:30 PM	Oct. 18
Pre/Post Natal Yoga	Tuesday/Thursday	7:45-8:30 PM	

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Department/Program	Day	Time	Comments
Special Needs			
Tuesday Twisters	Tuesday	7:00-8:00 PM	
Thursday BINGO	Thursday	6:45-8:00 PM	

Growth & Development			
Family Music for Babies (Newborn - 18 months)	Thursday	5:30-6:00 PM	
Family Music for Toddlers (18 months - 3 1/2)	Thursday	6:15-6:45 PM	
Group Guitar Lessons (ages 8+)	Wednesday	5:00, 5:30, 6:00, 6:30 PM	30 minutes
Piano Lessons (ages 5+)	Monday	5:00, 5:30, 6:00, 6:30 PM	30 minutes
Piano Lessons (ages 5+)	Tuesday	5:00, 5:30, 6:00, 6:30 PM	30 minutes
Piano Lessons (ages 5+)	Wednesday	5:00, 5:30, 6:00, 6:30 PM	30 minutes
Piano Lessons (ages 5+)	Thursday	5:00, 5:30, 6:00, 6:30 PM	30 minutes
Piano Lessons (ages 5+)	Friday	5:30, 6:00, 6:30 PM	30 minutes