



TEACHING TEAMWORK

Baseball, soccer, volleyball, flag football, basketball—check out the sports offerings at your Y and get in the game. Improve your skills, make new friends, be active with other kids and learn to love a sport at the Y.



SPORTS

UPDATED ON: MARCH 17, 2019

STAFF CONTACTS

APY – Colin Specht Sports & Recreation Director P 954.7620 E cspecht@ymcafoxcities.org
FWY - Kevin Jakubek Sports & Recreation Director P 560.3414 E kjakubek@ymcafoxcities.org
HVY – Randi Thurs Sports & Recreation Director P 830.5709 E rthurs@ymcafoxcities.org
NMY - Randy Pelischek Sports & Recreation Director P 886.2104 E rpelischek@ymcafoxcities.org

PRESCHOOL

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

Perfect class for first time participants! Parents join your child while learning basic 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent Child All Sports	APY	3-4 years	M	5:45 PM	6:30 PM	\$34	\$49
Parent Child All Sports	FWY	3-4 years	W	5:30 PM	6:15 PM	\$34	\$49
Parent Child All Sports	HVY	3-4 years	M	5:15 PM	6:00 PM	\$34	\$49

YOUTH

SPORTS SAMPLER (AGES 4-6 YEARS) (APY, FWY, HVY, NMY)

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 class*

LITTLE SPORTS CLASSES (AGES 4-6 YEARS) (APY, FWY, NMY)

Learn the basics of the sport. Players participate in drills to improve and learn offensive and defensive skills, and also participate in scrimmage games. Everyone plays in this instructional class that emphasizes fun and participation. Program runs seven weeks in the Y Gym. Programs include **Little Rushers Football, Little Kickers Soccer, Little Hoopsters Basketball, Little Goalies Hockey, Little Sluggers T-ball and Little Smashers Tennis. Sports Sampler is a different sport each week.**

4K SPORTS EXPERIENCE (AGES 4-5 YEARS) (APY)

This one hour experience will give your child the ability to burn off some excess energy and learn about a sport while playing some fun games. Each week we will focus on skill development, participation and teamwork. The following sports will be included: soccer, baseball, football, basketball, floor hockey and tennis.

TUMBLE SPORTS (AGES 4-6 YEARS) (HVY)

The perfect mix of sports in the gym and fun in the gymnastics center. Spend the first 35-minutes in the gym playing and learning about a new sport each week, followed by instruction and fun time in the gymnastics center!

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

NERF CHALLENGE & DODGEBALL (NMY)

Similar to paintball, instead of paint, participants will play games with Nerf gun darts. Obstacles, teamwork and various games like capture the flag, will insure a great time. Participants must wear eye protection and provide their own nerf gun. Games of dodgeball will also be thrown in the mixture of fun. A great way to work off some steam with a lot of laughs in between. Participants will also have a fun time playing dodgeball games in the gym as they dodge, dip, dive, duck, and dodge!

FENCING (AGES 5-11, 12 YEARS AND OLDER) (APY)

Learn a sport that spans centuries – fencing is the ultimate cross-training program that conditions the body and develops balanced coordination. Youth learn to dodge, parry and thrust in this exciting sport that keeps growing in popularity. Learn proper form, technique and etiquette in this methodical yet fast-paced sport. Class is instructed by Steve Amich, former Lawrence University coach for 30+ years and Gold Medal competitor. All equipment is provided.

GA-GA BALL / ULTIMATE BALL (AGES 7-10 YEARS) (NMY) Ga-Ga Ball is an elimination game played inside of an octagon shaped playing area. Players use their hands to hit the ball at the other players feet. Ultimate Ball is the Y's version of Ultimate Frisbee. It can be played with a kickball, dodgeball, or football. Twenty minutes of each game.

G.A.T.O.R.S. (AGES 7-10 YEARS) (NMY)

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

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

JUNIOR G.A.T.O.R.S. (AGES 4-6 YEARS) (NMY)

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

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

JEDI TRAINING (AGES 4-6, 7-10) (FWY)

Class is a great mix of fitness, sports and imagination. Each week, participants will focus on different training methods of the Jedi from Yoda to Luke and more.

NERF CHALLENGE & DODGEBALL (AGES 7-12 YEARS) (APY)

Similar to paintball, instead of paint, participants will play games with Nerf gun darts. Obstacles, teamwork and various games like capture the flag, will insure a great time. Participants must wear eye protection and provide their own nerf gun. Games of dodgeball will also be thrown in the mixture of fun.

ARCHERY 101- APR 29-MAY 22 (AGES 8-16) (ACY)

Learn the basics of archery in this special 4-week class including the "11 steps to becoming a successful archer." Class follows all National Archery in the Schools (NASP) guidelines. All equipment is provided. Class will be held outdoors.

ADVANCED ARCHERY- APR 29- MAY 22 (AGES 10-16) (ACY)

This advanced class builds off the lessons learned in Archery 101 and adds further opportunities to improve shooting skills. Participants must have completed Archery 101 at least once and have the instructor's permission before registering. All equipment is provided, but archers may bring their own bows. Class will be held outdoors.

YPE (AGES 5-16 YEARS) (APY)

This is the Y's version of a physical education class. The focus of this class is to allow homeschool students and families the opportunity to explore and experience a typical gym class. Children will play games and sports that incorporate all major motor movements, and develop an understanding of why it is important to stay active.

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
4K Sports Experience	APY	4-5 years	T	11:15 AM	12:15 PM	\$28	\$39
Little Hoopsters Basketball	APY	4-6 years	TH	4:30 PM	5:30 PM	\$34	\$49
Little Kickers Soccer	APY	4-6 years	M	4:30 PM	5:30 PM	\$34	\$49
Little Kickers Soccer	NMY	4-6 years	TH	4:15 PM	5:00 PM	\$28	\$39
Jr. Gators	NMY	4-6 years	T	4:15 PM	5:00 PM	\$28	\$39
Little Sluggers/Little Rushers	NMY	4-6 years	T	5:15 PM	6:00 PM	\$28	\$39
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	HVY	4-6 years	M	6:00 PM	6:45 PM	\$28	\$39
Sports Sampler	NMY	4-6 years	TH	5:15 PM	6:00 PM	\$28	\$39
Tumble Sports	HVY	4-6 years	W	1:15 PM	2:30 PM	\$37	\$53
Fencing	APY	5-11 years	T	5:30 PM	6:15 PM	\$28	\$39
Fencing	APY	5-11 years	TH	5:30 PM	6:15 PM	\$28	\$39
Jedi Training	FWY	4-6 years	TH	4:30 PM	5:15 PM	\$28	\$39
Jedi Training	FWY	7-9 years	TH	5:30 PM	6:15 PM	\$28	\$39
NERF Challenge & Dodgeball	APY	7-12 years	T	5:45 PM	7:00 PM	\$34	\$49
Archery 101 - April 29-May 22	ACY	8-16 years	MW	4:30 PM	5:15 PM	\$30	\$44
Advanced Archery - April 29-May 22	ACY	10-16 years	MW	4:30 PM	5:15 PM	\$30	\$44
Jr Racquetball Lessons	APY	8-13 years	W	4:00 PM	4:45 PM	\$28	\$39
Jr Racquetball Lessons	APY	8-13 years	W	4:45 PM	5:30 PM	\$28	\$39
Jr Racquetball League	APY	8-13 years	TH	4:45 PM	5:30 PM	\$28	\$39
Fencing	APY	12 years and older	TTH	6:30 PM	7:30 PM	\$48	\$65
YPE	APY	5-9 & 10-16 years	W	12:30 PM	1:30 PM	\$34	\$49

YOUTH SPORTS LEAGUES

YMCA of the Fox Cities Family Memberships pays only a \$12 uniform fee for value-added Youth Sports Leagues. Youth Sports League times will be determined based on the grade level and number of participants. You will be notified by a coach prior to the first game. Contact your branch Sports and Recreation Department for more information.

SPRING FLAG FOOTBALL LEAGUE – APRIL 20-JUNE 1. REGISTRATION FEBURARY 1 – March 31.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Spring Flag Football – SFX	APY	Grades 4K-5K	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football – SFX	APY	Grade 1	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football – SFX	APY	Grade 2	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football – SFX	APY	Grade 3	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football – SFX	APY	Grade 4	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football - SFX	APY	Grades 5-6	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football - SFX	APY	Grades 7-8	S	April 20	June 1	\$12	\$38	\$55

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

Spring Flag Football	FWY	Grades 4K-5K	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	FWY	Grades 1-2	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	FWY	Grades 3-4	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	FWY	Grades 5-6	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	HVY	Grades 4K-5K	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	HVY	Grade 1	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	HVY	Grade 2	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	HVY	Grade 3	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	HVY	Grade 4	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	HVY	Grade 5	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	HVY	Grade 6	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	NMY	Grades 4K-5K	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	NMY	Grades 1-2	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	NMY	Grades 3-4	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	NMY	Grades 5-6	S	April 20	June 1	\$12	\$38	\$55
Spring Flag Football	NMY	Grades 7-8	S	April 20	June 1	\$12	\$38	\$55

TRACK AND FIELD – APRIL 27-MAY 18. REGISTRATION FEBRUARY 25-APRIL 21.

The first three weeks will be practices on Saturdays from 9:00-10:15 AM for Grades 3-6 and 10:30-11:45 AM for Grades K-2. Locations are: Appleton YMCA (St. Francis Xavier Middle School); Fox West YMCA (Fox West YMCA); Heart of the Valley YMCA (Kaukauna High School) and Neenah-Menasha YMCA (Shattuck Middle School). YMCA of the Fox Cities Track Meet will be held on Saturday, May 18 from 8:30 AM-NOON at Appleton North High School.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Track & Field St. Francis Xavier Middle School	APY	Grade 5K-6	SAT	April 27	May 18	\$12	\$27	\$47
Track & Field Shattuck MS	NMY	Grade 5K-6	SAT	April 27	May 18	\$12	\$27	\$47
Track and Field Fox West Y	FWY	Grade 5K-6	SAT	April 27	May 18	\$12	\$27	\$47
Track and Field Heart of the Valley Y	HVY	Grade 5K-6	SAT	April 27	May 18	\$12	\$27	\$47

HVY SPRING T-BALL LEAGUE – APRIL 17-MAY 22. REGISTRATION FEBRUARY 11-APRIL 10.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
T-Ball League	HVY	4-6 years	W	5:30 PM	6:30 PM	\$12	\$38	\$55

HVY SUMMER T-BALL LEAGUE – JULY 10-AUGUST 14. REGISTRATION April 29-JUNE 23.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
T-Ball League	HVY	4-6 years	W	5:30 PM	6:30 PM	\$12	\$38	\$55

HVY SHERWOOD SOCCER LEAGUE- JUNE 17-JULY 30. REGISTRATION FEBRUARY 25-JUNE 2

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sherwood Soccer	HVY	Grade 4K	M	June 17	July 29	\$34	\$51
Sherwood Soccer	HVY	Grade 5K	T	June 18	July 30	\$34	\$51
Sherwood Soccer	HVY	Grade 1	M	June 17	July 29	\$34	\$51
Sherwood Soccer	HVY	Grade 2	T	June 18	July 30	\$34	\$51
Sherwood Soccer	HVY	Grade 3-4	M	June 17	July 29	\$34	\$51

APPLETON SUMMER SOCCER LEAGUE - All games and practices are held at FERBER ELEMENTARY SCHOOL. Practices begin the week of June 17. 4k and 5k play on Monday nights, 1st and 2nd grade play on Tuesday nights. REGISTRATION February 25 – June 2. THIS IS NOT A VALUE-ADDED PROGRAM. Contact the Sports Department at 920.954.7620 for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
4k	APY	4-5 years	M	June 17	July 30	\$35	\$51
5k	APY	5-6 years	M	June 17	July 30	\$35	\$51
1 st Grade	APY	6-8 years	T	June 18	July 31	\$35	\$51
2 nd Grade	APY	7-9 years	T	June 18	July 31	\$35	\$51

FOX WEST SUMMER SOCCER LEAGUE – REGISTRATION JANUARY 1-APRIL 7. Practices begin May 6. Games begin May 28. Our summer soccer features three weeks of practice with their team prior to the first game. Practices and games are held at Lion’s Park in Greenville. Team play 8 games during the season. No Games/Practices the week of July 1-5. Each participant receives a full uniform (jersey, shorts and socks). THIS IS NOT A VALUE-ADDED PROGRAM. Contact Kevin Jakubek at the Fox West Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer - Ages 4-5	FWY	Ages 4-5	T	May 6	Jul 29	\$53	\$81
Summer Soccer - U6	FWY	Ages 5-6	T	May 6	Jul 29	\$53	\$81
Summer Soccer - U8	FWY	Ages 6-8	M	May 6	Jul 29	\$53	\$81
Summer Soccer - U10	FWY	Ages 8-10	M	May 6	Jul 29	\$53	\$81
Summer Soccer - U12	FWY	Ages 10-12	W	May 6	Jul 29	\$53	\$81
Summer Soccer - U15	FWY	Ages 12-15	W	May 6	Jul 29	\$53	\$81

Spring Session: April 15-June 2, 2019 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

FOX WEST PRE-SEASON SOCCER CAMP – April 22 & 29 (Ages 4-8) or April 24 & May 1 (Ages 8-12). REGISTRATION January 1 – April 21. Dribbling Camp focuses directly on improving dribbling skills.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Pre-Season Soccer Camp	FWY	Ages 4-8	M	4:30 PM	5:15 PM	\$16	\$26
Pre-Season Dribbling Camp	FWY	Ages 4-8	M	5:30 PM	6:15 PM	\$16	\$26
Pre-Season Soccer Camp	FWY	Ages 8-12	W	4:30 PM	5:15 PM	\$16	\$26
Pre-Season Dribbling Camp	FWY	Ages 8-12	W	5:30 PM	6:15 PM	\$16	\$26

NEENAH-MENASHA SPRING YOUTH WHIFFLE BALL LEAGUE – 5 on 5 League runs on Wednesday Nights from April 17 – May 29. REGISTRATION: March 18 – April 12. All games are held at Neenah Menasha YMCA Upper Gym from 4:15 – 5:00 PM. Contact Randy Pelischek for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Whiffle Ball League	NMY	Grades 2-4	W	April 17	May 29	\$20	\$35

NEENAH-MENASHA SPRING YOUTH KICKBALL LEAGUE – 5 on 5 League runs on Wednesday Nights from April 17 – May 29. REGISTRATION: March 18 – April 12. All games are held at Neenah Menasha YMCA Upper Gym from 5:00 – 5:45 PM. Contact Randy Pelischek for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Kickball League	NMY	Grades 2-4	W	April 17	May 29	\$20	\$35

FALL FLAG FOOTBALL, FALL VOLLEYBALL AND FALL OUTDOOR SOCCER LEAGUE SEPTEMBER 8-OCTOBER 27. REGISTRATION MAY 1 – AUGUST 24. More information can be found in the Summer Program Guide and at www.ymcafoxcities.org in late May.

ADULTS

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Men's Summer Basketball League	APY	18 years and older	SUN	TBD	TBD	\$500/team	\$500/team
Open Pickleball	APY	18 years and older	MTWTHF	8:00 AM	11:00 AM	FREE	\$5/time
Open Pickleball	HVY	18 years and older	MWTHF	11:00 AM	1:00 PM	FREE	\$5/time
Open Pickleball	NMY	18 years and older	T W	11:00 AM	1:00 PM	FREE	\$5/time
Open Volleyball	NMY	18 years and older	T	7:00 PM	9:00 PM	FREE	\$5/time

FOX WEST SUMMER ADULT SOCCER LEAGUE - Games begin June 1. Season ends July 27. REGISTRATION JANUARY 1 – MAY 19. Contact Kevin Jakubek at the Fox West Y for more information. Sign up as a free agent or a team. The Y will place free agents on a team as needed or form a team out of the free agents if possible.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Soccer – Team	FWY	18 years and older	TH	June 1	July 27	\$300/team	\$300/team
Adult Soccer – Free Agent	FWY	18 years and older	TH	June 1	July 27	\$20	\$20