



# 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: APRIL 15, 2019

### STAFF CONTACTS

ACY – Shane Vondracek Environmental Education Director P 733.9622 E svondracek@ymcafoxcities.org  
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 & Recreation Director P 830.5709 E rthurs@ymcafoxcities.org  
NMY - Randy Pelischek Sports & Recreation Director P 886.2104 E rpelischek@ymcafoxcities.org

**SUMMER SESSION 1 - JUNE 10-JULY 21, 2019**

**(NO CLASSES JULY 1-7)**

**SUMMER SESSION 2 - JULY 22-AUGUST 25, 2019**

**All classes are offered SUMMER 1 & 2 unless noted otherwise.**

## 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 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	\$22	\$33
Parent Child All Sports	FWY	3-4 years	W	5:30 PM	6:15 PM	\$22	\$33
Parent Child All Sports	HVY	3-4 years	M	6:15 PM	7:00 PM	\$22	\$33

## YOUTH

### SPORTS SAMPLER (AGES 4-6 YEARS) (APY, FWY, 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 five 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.**

### 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.

### **ADVENTURE BUILDERS (AGES 8-12 YEARS) (FWY)**

Each week participants will design and construct different projects. Projects may include bridges, various paper airplanes, catapults and more. Class will concentrate on skill development, participation, fun, and teamwork. \*A minimum of 5 children are needed to run class\*

### **WHO'S COOKING (AGES 8-12 YEARS) (FWY)**

This four week cooking class will help the kids learn some fundamentals of cooking. Each week participants will work off of a recipe to make their own tasty creations. Projects may include an appetizer, side dish, main entrée and dessert.

### **Y F.O.R.N.I.T.E. (AGES 8-13 YEARS) (APY)**

F-fitness, O-outstanding participation, R-running, N-negotiating skills, T-team building, E-endurance, are just some of the tools needed to survive Y-FORNITE. Join us for round robin style play of Laser Tag, Nerf Games, Dodgeball, and survival style gym games. Can you outlast the shrinking play area? Who will be the last one standing?

### **Jr. Ninjas Martial Arts Fitness (AGES 8-13 YEARS) (APY)**

A non-contact martial arts fitness program for the basic martial artists. No experience needed! Learn the basics of martial arts, history, open air strikes, and stances. Leadership, exercise, fitness, and discipline will be evaluated during this session. Course will end with a showcase for parents to observe, and support their Jr. Ninjas at graduation.

### **ARCHERY 101 (AGES 8-16 YEARS) (ACY)**

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

### **ADVANCED ARCHERY (AGES 8-16 YEARS) (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.

<b>Class name</b>	<b>YMCA</b>	<b>Age</b>	<b>Day</b>	<b>Start</b>	<b>End</b>	<b>Y Member</b>	<b>General Public</b>
Jr. GATORS – Session 1	NMY	4-6 years	TH	4:00 PM	4:45 PM	\$20	\$28
Little Kickers Soccer – Session 2	NMY	4-6 years	W	4:00 PM	4:45 PM	\$20	\$28
Little Hoopsters Basketball	APY	4-6 years	TH	4:30 PM	5:30 PM	\$24	\$34
Little Hoopsters Basketball - Session 1	NMY	4-6 years	W	4:00 PM	4:45 PM	\$20	\$28
Little Sluggers T-Ball	APY	4-6 years	M	4:30 PM	5:30 PM	\$24	\$34
Little Kickers Soccer - Session 1	NMY	4-6 years	T	4:00 PM	4:45 PM	\$20	\$28
Little Sluggers T-Ball - Session 1	FWY	4-6 years	T	4:30 PM	5:15 PM	\$20	\$28
Little Sluggers T-Ball - Session 1	FWY	4-6 years	F	10:00 AM	10:45 AM	\$20	\$28
Little Sluggers T-Ball/Rushers Football - Session 2	NMY	4-6 years	TH	4:00 PM	4:45 PM	\$20	\$28
Sports Sampler	APY	4-6 years	T	4:30 PM	5:30 PM	\$24	\$34
Sports Sampler	FWY	4-6 years	TH	9:15 AM	10:00 AM	\$20	\$28
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$20	\$28
Sports Sampler - Session 2	NMY	4-6 years	T	4:00 PM	4:45 PM	\$20	\$28
Fencing	APY	5-11 years	T	5:30 PM	6:15 PM	\$24	\$34

Fencing	APY	5-11 years	TH	5:30 PM	6:15 PM	\$24	\$34
Fencing	APY	12 years +	TTH	6:30 PM	7:30 PM	\$33	\$43
Adventure Builders	FWY	8-12 years	TH	10:00 AM	10:45 AM	\$20	\$28
Who's Cooking (4 Weeks) – Session 2	FWY	8-12 years	TH	6:00 PM	7:00 PM	\$30	\$42
Jr Racquetball Lessons	APY	8-13 years	TH	4:00 PM	4:45 PM	\$24	\$34
Jr Racquetball League	APY	8-13 years	TH	4:45 PM	5:30 PM	\$24	\$34
Y F.O.R.N.I.T.E.	APY	8-13 years	TH	5:30 PM	6:30 PM	\$24	\$34
Jr. Ninjas Martial Arts Fitness	APY	8-13 years	TH	6:30 PM	7:30 PM	\$24	\$34
Advanced Archery	ACY	10-16 years	MW	4:30 PM	5:15 PM	\$33	\$51
Archery 101	ACY	8-16 years	MW	4:30 PM	5:15 PM	\$33	\$51

**WEDNESDAY WARRIOR RUNNING CLUB - JULY 10-AUGUST 21. REGISTRATION JUNE 1-JULY 10.**

This club will utilize various outdoor running trails to strengthen your child's love for running. Form, endurance and character development will be the main focus each Wednesday. Contact Colin Specht, Sports & Recreation Director at 920.954.7620 or cspecht@ymcafoxcities.org for more information.

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	\$15	\$25

**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.

**HVY SHERWOOD SOCCER LEAGUE- JUNE 17-JULY 30. REGISTRATION FEBRUARY 26-JUNE 3**  
**All games and practices are held at Wanick Park in Sherwood.**

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. Each week the teams will practice and then play a game. 4k and 5k play on Monday nights, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>-4<sup>th</sup> grade play on Tuesday nights. REGISTRATION February 25 – June 2. THIS IS NOT A VALUE-ADDED PROGRAM.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
4k	APY	4-5 years	M	June 17	July 29	\$34	\$51
5k	APY	5-6 years	M	June 17	July 29	\$34	\$51
1 <sup>st</sup> Grade	APY	6-8 years	T	June 18	July 30	\$34	\$51
2 <sup>nd</sup> Grade	APY	7-9 years	T	June 18	July 30	\$34	\$51
3 <sup>rd</sup> -4 <sup>th</sup> Grade	APY	9-11 years	T	June 18	July 30	\$34	\$51

**HVY SUMMER T-BALL - JULY 10-AUGUST 14. REGISTRATION MAY 3-JUNE 28.**

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

**YOUTH FLAG FOOTBALL - SEPTEMBER 7-OCTOBER 26. REGISTRATION JUNE 1 -AUGUST 25**

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Flag Football - SFX	APY	Grade 4K-5K	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football - SFX	APY	Grade 1	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football - SFX	APY	Grade 2	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football - SFX	APY	Grade 3	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football - SFX	APY	Grade 4	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football - SFX	APY	Grade 5	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football - SFX	APY	Grade 6	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football - SFX	APY	Grade 7-8	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	FWY	Grade 4K-5K	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	FWY	Grade 1-2	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	FWY	Grade 3-4	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	FWY	Grade 5-6	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	HVY	Grade 4K-5K	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	HVY	Grade 1	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	HVY	Grade 2	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	HVY	Grade 3	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	HVY	Grade 4	SAT	September 7	October 26	\$12	\$44	\$71

Youth Flag Football	HVY	Grade 5-6	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	NMY	Grade 4K-5K	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	NMY	Grade 1-2	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	NMY	Grade 3-4	SAT	September 7	October 26	\$12	\$44	\$71
Youth Flag Football	NMY	Grade 5-6	SAT	September 7	October 26	\$12	\$44	\$71

**VOLLEYBALL I PROGRAM - SEPTEMBER 7-OCTOBER 19. (NO PROGRAM SEPTEMBER 29 FOR APY ONLY) REGISTRATION JUNE 1-AUGUST 25.**

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Coed Volleyball I	APY	Grade 2-4	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	APY	Grade 5-6	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	FWY	Grade 2-3	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	FWY	Grade 4-6	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	HVY	Grade 2	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	HVY	Grade 3	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	HVY	Grade 4	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	HVY	Grade 5-6	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	NMY	Grade 3-4	SAT	September 7	October 19	\$12	\$39	\$61
Coed Volleyball I	NMY	Grade 5-6	SAT	September 7	October 19	\$12	\$39	\$61

**FALL SOCCER LEAGUE (FWY) - AUGUST 26-OCTOBER 7. REGISTRATION JUNE 11-AUGUST 12. THIS IS NOT A VALUE-ADDED PROGRAM.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Soccer	FWY	Grade 4K-5K	M	August 28	October 9	\$33	\$49
Fall Soccer	FWY	Grade 1	T	August 29	October 3	\$33	\$49
Fall Soccer	FWY	Grade 2	T	August 29	October 3	\$33	\$49
Fall Soccer	FWY	Grade 3-4	M	August 28	October 9	\$33	\$49
Fall Soccer	FWY	Grade 5-6	T	August 29	October 3	\$33	\$49

**FALL SOCCER LEAGUE (HVY) - SEPTEMBER 3-OCTOBER 10. REGISTRATION JUNE 11-AUGUST 12. THIS IS NOT A VALUE-ADDED PROGRAM.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Soccer	HVY	Grade 4K	W	September 4	October 9	\$33	\$49
Fall Soccer	HVY	Grade 5K	W	September 4	October 9	\$33	\$49
Fall Soccer	HVY	Grade 1-2	T	September 3	October 8	\$33	\$49
Fall Soccer	HVY	Grade 3-4	TH	September 3	October 10	\$33	\$49

**FALL CROSS COUNTRY (ACY,FWY) – SEPTEMBER 14-OCTOBER 27. REGISTRATION JUNE 11-AUGUST 19.**

**THIS IS NOT A VALUE-ADDED PROGRAM.**

Program is located at Apple Creek YMCA and at Fox West 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. The YMCA staff also run Team Huddles each week to talk about the four core values of the YMCA which are Caring, Honesty, Respect and Responsibility. All participants will receive a cross country t-shirt if registered before the deadline of August 19!

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Cross Country	ACY	Grade 5K-6	SAT	Sept 14	Oct 27	\$12	\$26	\$46
Cross Country	FWY	Grade 2-6	SAT	Sept 14	Oct 27	\$12	\$26	\$46

**ADULTS**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Open Pickleball	APY	18 years and older	MTWTHF	8:00 AM	11:00 AM	FREE	\$5/time
Open Volleyball	NMY	18 years and older	T	7:00 PM	8:45 PM	FREE	\$5/time