



## FIND FRIENDSHIP HERE

Teens are a great resource in our community. They have talents and energy. They care about others. The Y has always depended upon teens to provide leadership with younger kids.



## TEENS

UPDATED ON: APRIL 15, 2019

### STAFF CONTACTS

ACY - Shane Vondracek Environmental Education Director P 733.9622 E [svondracek@ymcafoxcities.org](mailto:svondracek@ymcafoxcities.org)

APY - Colin Specht Sports & Recreation Director P 954.7620 E [cspecht@ymcafoxcities.org](mailto:cspecht@ymcafoxcities.org)

FWY - Kevin Jakubek Sports & Recreation Director P 560.3414 E [kjakubek@ymcafoxcities.org](mailto:kjakubek@ymcafoxcities.org).

HVY - Emily Wypiszynski & Recreation Coordinator P 830.5703 E [ewypiszynski@ymcafoxcities.org](mailto:ewypiszynski@ymcafoxcities.org)

NMY - Tara Lohff Sports & Recreation Coordinator P 886.2103 E [tlohff@ymcafoxcities.org](mailto:tlohff@ymcafoxcities.org)

### IN HOUSE TUTORING (Grades K-12) (APY)

One-on-one tutoring is available at the Appleton YMCA to any student K-8 who needs help with almost any subject. Tutoring is provided M-TH throughout the school year (September-May). Register at any point in the school year. We provide 1 one-hour session a week between the hours of 4:00 and 8:00 PM at the Appleton YMCA. A \$30 registration fee for the school year is due per student at the time of the first appointment. Max \$60 per family. Contact Amanda Beuscher [abeuscher@ymcafoxcities.org](mailto:abeuscher@ymcafoxcities.org) at the Appleton YMCA for more information or to set up an appointment.

APY Grades K-8 4:00-8:00 PM

### YOUTH WELLNESS CENTER ORIENTATIONS (8-14 YEARS) (ACY, APY, FWY, HVY, NMY)

Orientations are available by appointment. Youth are invited to learn how to safely and properly use the cardio and weight training equipment to ensure their fitness success. A Youth Orientation consists of two one hour appointments. #1 appt. must be attended with parent; #2 parent attendance is not required.

### YOUTH FREE WEIGHT CLASS (AGES 11-16 YEARS) (ACY, APY, FWY)

#### CLASS IS REQUIRED FOR YOUTH AGE 11-13 TO USE THE FREE WEIGHT ROOM EQUIPMENT.

Class times can be scheduled around your schedule, but all 7 classes must be completed to pass. Class will cover basic exercise terminology and human anatomy, various hot topics in nutrition, program design, and exercises such as free weights, cable machines, and other functional equipment. Proper form and technique will be emphasized. A must for any youth interested in maximizing their overall wellness or athletic ability. Upon completion, class participants will be able to use Free Weight Room and all strength training areas unsupervised. Required pre-requisite: Youth Orientation

### YOUTH/TEEN NIGHTS (APY, FWY, HVY, NMY)

More information to come in the Fall 2019 Program Book.