



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPORTS

STAFF CONTACTS

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FWY – Kevin Jakubek Sports & Recreation Director P 560.3414 E kjakubek@ymcafoxcities.org
HVY – Randi Thurs Sports & Recreation Director P 920.830.5709 E rthurs@ymcafoxcities.org
NMY – Jensen Hinton Sports & Recreation Director P 886.2103 E jhinton@ymcafoxcities.org

HEALTH & SAFETY REMINDERS

- Please do not attend if you are not healthy or have been exposed to someone with COVID-19
- Please sanitize your hands as you enter the Y and as you exit.
- Spectators may view programs but must physically distance from other spectators. The Y will provide guidance with chair placement or marks on bleachers for indoor venues.
- Programs have been staggered schedules to limit crowds and crossover of participants and spectators
- Teams will be smaller numbers, yet enough to practice and compete.

PRESCHOOL

PARENT CHILD ALL-SPORTS (AGES 3-4 YEARS WITH PARENT) (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.

SPORTIES FOR SHORTIES (AGES 3-5 YEARS PARENT ENCOURAGED BUT NOT REQUIRED) (APY)

Sporties for shorties will introduce your child to a variety of sports while improving their skills and coordination. Through age-appropriate sports and games participants are taught ways to develop and fine tune their gross motor skills through fun activity. The following sports will be introduced but are not limited to: flag football, track, t-ball, soccer, frisbee and basketball.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sporties For Shorties	APY	3-5 years	M	5:00 PM	5:45 PM	\$29	\$41
Parent Child All Sports	FWY	3-4 years	TH	5:30 PM	6:15 PM	\$29	\$41
Parent Child All Sports	HVY	3-4 years	M	5:00 PM	5:45 PM	\$29	\$41

Fall 2 Session: October 25-December 19, 2021

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YOUTH

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

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.*

LITTLE SPORTS CLASSES (AGES 4-6 YEARS) (APY)

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. Programs include **Little Rushers Football, Little Kickers Soccer, Little Hoopsters Basketball, Little Goalies Hockey, Little Sluggers T-ball and Little Smashers 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 45-minutes in the gym playing and learning a new sport each week, followed by instruction and fun time in the gymnastics center!

JR. G.A.T.O.R.S. / G.A.T.O.R.S (AGES 4-6 YEARS / AGES 7-10) (NMY)

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

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

SPORTS SKILLS (FWY)

Work on improving your skills in a specific sport. Each week will be geared toward drills to improve the fundamentals of each child in that sport. This is a great class to supplement our youth leagues.

JR RACQUETBALL CLASSES & LEAGUE (AGES 8-13) (APY)

Join the club and get involved with this off the wall fun sport. Coach Kyles knowledge of the sport and passion to develop kids into the game, will ensure that your child will have an enjoyable experience. The club takes in any racquetball experience. Skills, drills, and fun games will happen throughout the session.

HOLIDAY BASKETBALL CAMP (GRADES 2-6) (NMY)

Come practice your skills during Christmas Break. Plenty of drills, skills contests, and fun! Play some 3 on 3 games and 5 on 5 games and be ready for a few days of fun!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Little Hoopsters Basketball	APY	4-6 years	TH	4:30 PM	5:30 PM	\$35	\$50
Sports Sampler	FWY	4-6 years	TH	4:30 PM	5:15 PM	\$29	\$41
Sports Sampler	HVY	4-6 years	M	6:00 PM	6:45 PM	\$29	\$41
Tumble Sports	HVY	4-6 years	W	1:15 PM	2:30 PM	\$38	\$54
Jr GATORS	NMY	4-6 years	T	5:05 PM	5:50 PM	\$29	\$41
GATORS	NMY	7-10 years	W	5:05 PM	5:50 PM	\$29	\$41
Sports Skills – Basketball – Session 2	FWY	Grades 1-2	M	5:30 PM	6:15 PM	\$20	\$40
Jr Racquetball Lessons	APY	8-13 years	W	4:00 PM	4:45 PM	\$28	\$39
Jr Racquetball League	APY	8-13 years	W	4:45 PM	5:30 PM	\$28	\$39
Holiday Basketball Camp - December 28-29	NMY	Grades 2-4	T/W	9:00 AM	11:00 AM	\$25	\$37
Holiday Basketball Camp - December 28-29	NMY	Grades 5-6	T/W	1:00 PM	3:00 PM	\$25	\$37

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ESPORTS (MIDDLE & HIGH SCHOOL) (ALL BRANCHES)

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.

Games included: Rocket League, NBA 2K21 and Super Smash Bros. Ultimate

LEAGUES DATES: Next Session begins January 2022. Look for registration in December.

MARTIAL ARTS (NMY)

OCTOBER 24 – DECEMBER 19.

Judo is best described as a special martial art, derived from Ju-jitsu, with similarities to wrestling with its throws and pins. It is an Olympic sport, an art, a discipline, a recreation and fitness program, a means of self-defense, and a way of life. Instructor: Mehdi Mohammadian, is an 8th degree Black Belt, and member of the Martial Arts Hall of Fame. Junior, Family and Adult classes offered.

JR. BEGINNERS/FAMILY JUDO (6 YEARS AND OLDER) (NMY)

This is the introductory class for individuals who wish to start a judo training program. This class runs for 75 minutes on Tuesdays. When a beginner participant is able to pass a skills test for their first advancement level, they will move on to the Jr. Advanced/Family Judo class on Thursdays. Anyone over the age of 13 must be a part of a family to sign up. Price includes 1 person. Additional participants are \$30 each.

BEGINNER ADULT JUDO (13 YEARS AND OLDER) (NMY)

This is the adult introductory class for individuals who wish to start a judo training program. This class runs for 90 minutes on Tuesdays. When a beginner participant is able to pass a skills test for their first advancement level, they will move on to the Advanced Adult Judo class on Thursdays. Price includes 1 person. Additional participants are \$50 each.

JR. ADVANCED/FAMILY JUDO (AGES 6-13 YEARS) (NMY)

This class is the next junior level class for individuals who wish to continue to refine their judo skills. Participants must test out of the Beginner Class to participate. This class runs for 75 minutes on Thursdays. Anyone over the age of 13 must be a part of a family to sign up. Price includes 1 person. Additional participants are \$30 each.

ADVANCED ADULT JUDO (AGES 13 YEARS AND OLDER) (NMY) This class is the next adult level class for individuals who wish to continue to refine their judo skills. Participants must test out of the Beginner Class to participate. This class runs for 90 minutes on Thursdays. Price includes 1 person. Additional participants are \$50 each.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Jr./Family Beginners Judo	NMY	6 and older	T	October 25	December 19	\$70	\$88
Beginner Adult Judo	NMY	13 and older	T	October 25	December 19	\$82	\$100
Jr./Family Advanced Judo	NMY	6 and older	TH	October 25	December 19	\$70	\$88
Advanced Adult Judo	NMY	13 and older	TH	October 25	December 19	\$82	\$100

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YOUTH SPORTS LEAGUES

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

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

YOUTH CO-ED VOLLEYBALL: DEVELOPING SKILLS OF THE GAME LEAGUE

October 30-December 17. REGISTRATION September 13-October 17. This program will continue to develop the basic fundamentals learned in the skills and drills league, as well as more advanced strategies related to game like situations and overall to become more successful, more confident and continue to enjoy the game of volleyball at a young age.

The season will begin on Saturday, October 30 and will give players an opportunity to meet other players/coaches. Following the practice will be a short parent meeting. Grades 3-4 will be 8:30-10:00 AM and Grades 5-6 will be 10:30 AM-12:00 PM at the Appleton YMCA. All teams will practice one night a week at the location in which you sign up for as listed below. There will be no practices the week of November 22. There will be a season tournament; Friday, December 17 at the Heart of the Valley YMCA.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Developing Skills of the Game	APY	Grade 3-4	M	October 30	December 17	\$44	\$71
Developing Skills of the Game	APY	Grade 5-6	TH	October 30	December 17	\$44	\$71
Developing Skills of the Game	FWY	Grade 3-4	M	October 30	December 17	\$44	\$71
Developing Skills of the Game	FWY	Grade 5-6	M	October 30	December 17	\$44	\$71
Developing Skills of the Game	HVY	Grade 3-4	W	October 30	December 17	\$44	\$71
Developing Skills of the Game	HVY	Grade 5-6	W	October 30	December 17	\$44	\$71
Developing Skills of the Game	NMY	Grade 3-4	TH	October 30	December 17	\$44	\$71
Developing Skills of the Game	NMY	Grade 5-6	TH	October 30	December 17	\$44	\$71

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JUNIOR BASKETBALL LEAGUES

GRADES 4K, 5K & GR 1- JANUARY 8 -FEBRUARY 19, 2022.

REGISTRATION SEPTEMBER 13-NOVEMBER 14

Grade 2 - DECEMBER 4, 2020-FEBRUARY 19, 2021

REGISTRATION SEPTEMBER 13-NOVEMBER 14

Grade 2 will have 3 weeks of practice on Saturdays, December 4, 11 & 18 and then have practices/games from January 8-February 19, 2022. **League does not meet December 25 or January 1.**

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Junior Coed Basketball	APY	Grade 4K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	APY	Grade 5K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	APY	Grade 1	SAT	January 8	February 19	Free	\$39	\$55
Junior Boys Basketball	APY	Grade 2 Boys	SAT	December 4	February 19	Free	\$44	\$71
Junior Girls Basketball	APY	Grade 2 Girls	SAT	December 4	February 19	Free	\$44	\$71
Junior Coed Basketball	FWY	Grade 4K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	FWY	Grade 5K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	FWY	Grades 1	SAT	January 8	February 19	Free	\$39	\$55
Junior Boys Basketball	FWY	Grade 2 Boys	SAT	December 4	February 19	Free	\$44	\$71
Junior Girls Basketball	FWY	Grades 2 Girls	SAT	December 4	February 19	Free	\$44	\$71
Junior Coed Basketball	HVY	Grade 4K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	HVY	Grade 5K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	HVY	Grade 1	SAT	January 8	February 19	Free	\$39	\$55
Junior Boys Basketball	HVY	Grade 2 Boys	SAT	December 4	February 19	Free	\$44	\$71
Junior Girls Basketball	HVY	Grade 2 Girls	SAT	December 4	February 19	Free	\$44	\$71
Junior Coed Basketball	NMY	Grade 4K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	NMY	Grade 5K	SAT	January 8	February 19	Free	\$39	\$55
Junior Coed Basketball	NMY	Grade 1	SAT	January 8	February 19	Free	\$39	\$55
Junior Boys Basketball	NMY	Grade 2 Boys	SAT	December 4	February 19	Free	\$44	\$71
Junior Girls Basketball	NMY	Grade 2 Girls	SAT	December 4	February 19	Free	\$44	\$71

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Y- NBA BASKETBALL LEAGUE GRADES 3-4 & GRADES 5-6

DECEMBER 4 - FEBRUARY 26. REGISTRATION SEPTEMBER 13-NOVEMBER 14.

(League does not meet on December 25 or January 1)

This is a fun and competitive league! Teams from Appleton YMCA, Fox West YMCA, Heart of the Valley YMCA and Neenah Menasha YMCA will travel to each YMCA of the Fox Cities locations to play respective teams. Teams will have 3 weeks of practice (1 - 1.5 hours each) on Saturdays, December 4, 11 & 18 at their respective Y's and then continue to practice once each week at their respective Y, on a weeknight, during January and February before they play their next game on Saturday. Games will run on Saturdays for 7 weeks from January 8-February 19, 2022. On Saturday, February 26, 2022, a tournament will take place between all the teams at one Y, time TBD.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Y-NBA Girls	APY	Grade 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Boys	APY	Grade 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Girls	APY	Grade 5-6	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Boys	APY	Grade 5-6	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Girls	FWY	Grades 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Boys	FWY	Grades 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Girls	HVY	Grades 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Boys	HVY	Grades 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Girls	HVY	Grades 5-6	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Boys	HVY	Grades 5-6	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Girls	NMY	Grade 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Boys	NMY	Grade 3-4	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Girls	NMY	Grade 5-6	SAT	December 4	February 26	\$25	\$50	\$75
Y-NBA Boys	NMY	Grade 5-6	SAT	December 4	February 26	\$25	\$50	\$75

BOYS Y-BALL BASKETBALL LEAGUE (NMY)

JANUARY 15-MARCH 12. REGISTRATION SEPTEMBER 13-DECEMBER 13. This is the old Boys YNBA League! Teams will practice once per week on a weeknight starting the week of January 3. Games will be Saturdays, January 12-March 12, 2022 at Shattuck Middle School in Neenah. High School teams will have team captains and Grades 7-9 will have parent coaches. Players will still have equal playing time!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Boys Y-BALL	NMY	Grade 7-9	SAT	January 15	March 12	\$50	\$75
Boys Y-BALL	NMY	Grade 10-12	SAT	January 15	March 12	\$50	\$75

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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	N/A
Open Pickleball	FWY	18 years and older	MTWTH	10:00 AM	NOON	FREE	N/A
Open Pickleball	HVY	18 years and older	MTWTHF	11:00 AM	1:00 PM	FREE	N/A
Open Pickleball	NMY	18 years and older	WF	1:00 PM	3:00 PM	FREE	N/A
Open Volleyball	NMY	16 years and older	Th	7:00 PM	9:00 PM	FREE	N/A
Noon Basketball	NMY	16 years and older	MTHF	11:00 AM	1:00 PM	FREE	N/A

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