



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
HVV – Emily Poh Sports & Recreation Director P 920.830.5703 E ewypiszynski@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.
- Programs have been staggered schedules to limit crowds and crossover of participants and spectators
- Masks are optional for spectators and participants.

WINTER 1 SESSION: JANUARY 3 – FEBRUARY 20, 2022 (unless otherwise noted in the description)

WINTER 2 SESSION: FEBRUARY 21 – APRIL 10, 2022 (unless otherwise noted in the description)

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

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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	\$31	\$43
Parent Child All Sports	FWY	3-4 years	W	5:30 PM	6:15 PM	\$31	\$43
Parent Child All Sports	HVY	3-4 years	M	5:00 PM	5:45 PM	\$31	\$43

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.

HOLIDAY BASKETBALL CAMP (GRADES 2-5) (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 as well.

NERF BLASTER ACADEMY (AGES 6-10 & 11-14) (APY)

The YMCA Nerf Blaster Academy wants you! Recruit your team and sharpen your skills with the Appleton YMCAs NEW skill developing nerf academy. Each week participants are split into two squads red or blue. Participants will engage in fun team building activities, obstacles courses, fitness exercises and ages-appropriate games during their one-hour session. Eye protection is required, so please bring your own! Nerf Sergeant (Ages 6-10) Nerf Commander (Ages 11-14)

NEW INDOOR CROSS-COUNTRY TRAINING (GRADES 1-6) (APY)

Runners of all abilities are welcome to join! This new cross-country training program will introduce your child to the world of running and training safely for a distance run. Participants will train with our experienced cross-country coach both in our gym and on our track. No two weeks will be alike! -Participants will run with their peers and run at age-appropriate distances.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
4K Sports Experience	APY	4-5 years	T	11:15 AM	12:00 PM	\$31	\$43

4K Sports Experience	APY	4-5 years	TH	1:15 PM	2:00 PM	\$31	\$43
JR. G.A.T.O.R.S	NMY	4-6 years	T	5:05 PM	5:50 PM	\$29	\$41
G.A.T.O.R.S	NMY	7-10 years	W	5:05 PM	5:50 PM	\$29	\$41
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$29	\$41
Sports Sampler - Session 1	HVY	4-6 years	M	6:00 PM	6:45 PM	\$31	\$43
Tumble Sports	HVY	4-6 years	W	1:15 PM	2:30 PM	\$38	\$54
Sports Skills – Basketball – Session 1	FWY	Grades 1-2	M	4:30 PM	5:15 PM	\$29	\$41
Indoor Cross-Country Training	APY	Grades 1-3	SAT	3:00 PM	4:00 PM	\$35	\$47
Indoor Cross-Country Training	APY	Grades 4-6	SAT	4:15 PM	5:15 PM	\$35	\$47
Sports Skills – Soccer – Session 2	FWY	Grades 1-2	M	4:30 PM	5:15 PM	\$29	\$41
Nerf Blaster Academy	APY	6-10 years	T	4:30 PM	5:30 PM	\$50	\$75
Nerf Blaster Academy	APY	11-14 years	T	5:30 PM	6:30 PM	\$50	\$75
Winter Volleyball	FWY	Grades 2-4	M	5:00 PM	6:00 PM	\$35	\$47
Winter Volleyball	FWY	Grades 5-6	M	6:00 PM	7:00 PM	\$35	\$47
Winter Volleyball – Session 2	HVY	Grades 2-3	W	5:00 PM	6:00 PM	\$35	\$47
Winter Volleyball –Session 2	HVY	Grades 4-6	W	6:15 PM	7:15 PM	\$35	\$47
Winter Volleyball – Session 2	NMY	Grades 3-4	TH	4:15 PM	5:15 PM	\$35	\$47
Winter Volleyball – Session 2	NMY	Grades 5-6	TH	5:30 PM	6:30 PM	\$35	\$47

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 and Super Smash Bros. Ultimate

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

MARTIAL ARTS (NMY)

JANUARY 3 – FEBRUARY 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 can 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

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

3 ON 3 BASKETBALL LEAGUE REGISTRATION January 1 – February 16. Players will play 3 on 3 basketball weekly. Boys are on Thursday nights. Girls are on Tuesday nights.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
3 on 3 - Boys	FWY	Grade 3	TH	February 27	April 3	\$20	\$25
3 on 3 - Boys	FWY	Grade 4	TH	February 27	April 3	\$20	\$25
3 on 3 - Boys	FWY	Grade 5	TH	February 27	April 3	\$20	\$25
3 on 3 - Boys	FWY	Grade 6	TH	February 27	April 3	\$20	\$25
3 on 3 – Girls	FWY	Grade 3	T	March 2	April 6	\$20	\$25
3 on 3 – Girls	FWY	Grade 4	T	March 2	April 6	\$20	\$25
3 on 3 – Girls	FWY	Grade 5	T	March 2	April 6	\$20	\$25
3 on 3 – Girls	FWY	Grade 6	T	March 2	April 6	\$20	\$25

INDOOR SOCCER LEAGUE (APY, FWY, HVY, NMY)

MARCH 5 - APRIL 9. REGISTRATION DECEMBER 6, 2021 – FEBURARY 13, 2022. This is a value-added league!

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Indoor Soccer	APY	Grade 4K-5K	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	APY	Grade 1	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	APY	Grade 2	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	APY	Grade 3	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	APY	Grade 4-6	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 4K	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 5K	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 1	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 2	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 3	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 4	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 5	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	FWY	Grade 6	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	HVY	Grade 4K-5K	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	HVY	Grade 1	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	HVY	Grade 2	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	HVY	Grade 3	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	HVY	Grade 4-6	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	NMY	Grade 4K-5K	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	NMY	Grades 1-2	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	NMY	Grade 3-4	SAT	Mar 5	April 9	Free	\$35	\$51
Youth Indoor Soccer	NMY	Grade 5-6	SAT	Mar 5	April 9	Free	\$35	\$51

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SPRING FLAG FOOTBALL LEAGUE (APY, FWY, HVY, NMY)

APRIL 16-May 21. REGISTRATION FEBURARY 2 – March 20, 2022. This is a value-added league! The Appleton YMCA and Neenah-Menasha YMCA Grades 5-6 and 7-8 league will play inter-Y games with home and away games.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Spring Flag Football – SFX	APY	Grades 4K-5K	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football – SFX	APY	Grade 1	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football – SFX	APY	Grade 2	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football – SFX	APY	Grade 3	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football – SFX	APY	Grade 4	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football - SFX	APY	Grades 5-6	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football - SFX	APY	Grades 7-8	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	FWY	Grades 4K-5K	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	FWY	Grades 1	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	FWY	Grades 2	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	FWY	Grades 3-4	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	HVY	Grades 4K-5K	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	HVY	Grade 1	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	HVY	Grade 2	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	HVY	Grade 3	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	HVY	Grade 4	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	HVY	Grade 5	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	HVY	Grade 6	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	NMY	Grades 4K-5K	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	NMY	Grades 1-2	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	NMY	Grades 3-4	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	NMY	Grades 5-6	SAT	April 16	May 21	Free	\$35	\$51
Spring Flag Football	NMY	Grades 7-8	SAT	April 16	May 21	Free	\$35	\$51

TRACK AND FIELD (APY, FWY, HVY, NMY)

April 30-May 21. REGISTRATION February 2-April 24, 2022.

This is a value-added league! The first three weeks will be practices on Saturdays at the location in which you sign up for. Locations are: Appleton YMCA (St. Francis Xavier Middle School); Fox West YMCA (Fox West YMCA), Heart of the Valley (location to be determined) and Neenah-Menasha YMCA (Shattuck Middle School). YMCA of the Fox Cities Track Meet will be held on Saturday, May 21 from 8:30 AM-NOON

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Track & Field St. Francis Xavier Middle School	APY	Grades 5K-2	S	April 30	May 21	Free	\$25	\$41
Track & Field St. Francis Xavier Middle School	APY	Grades 3-6	S	April 30	May 21	Free	\$25	\$41
Track & Field	HVY	Grades 5K-1	S	April 30	May 21	Free	\$25	\$41
Track & Field	HVY	Grades 2-3	S	April 30	May 21	Free	\$25	\$41
Track & Field	HVY	Grades 4-6	S	April 30	May 21	Free	\$25	\$41
Track & Field Shattuck MS	NMY	Grades 5K-2	S	April 30	May 21	Free	\$25	\$41
Track & Field Shattuck MS	NMY	Grades 3-6	S	April 30	May 21	Free	\$25	\$41
Track and Field Fox West Y	FWY	Grades 5K-1	S	April 30	May 21	Free	\$25	\$41
Track and Field Fox West Y	FWY	Grades 2-3	S	April 30	May 21	Free	\$25	\$41
Track and Field Fox West Y	FWY	Grades 4-6	S	April 30	May 21	Free	\$25	\$41

FOX WEST SUMMER SOCCER LEAGUE – REGISTRATION JANUARY 1 – April 10. Practices begin the week of May 9. Games begin June 7. Season ends July 28. Our summer soccer features three weeks of practice with their team prior to their first game. Practices and games are held at Lion’s Park in Greenville. Teams play 8 games during the season. Each participant will receive a full uniform (jersey, shorts and socks). THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ages 4-5	FWY	4-5 years	T	May 9	August 1	\$56	\$84
U6	FWY	5-6 years	T	May 9	August 1	\$56	\$84
U8	FWY	7-8 years	M	May 9	August 1	\$56	\$84
U10	FWY	9-10 years	M	May 9	August 1	\$56	\$84
U12	FWY	11-12 years	W	May 9	August 1	\$56	\$84
U15	FWY	13-15 years	W	May 9	August 1	\$56	\$84

FOX WEST PRE-SEASON SOCCER CAMP – April 26 & May 3 (Ages 4-8) or April 28 & May 5 (Ages 8-12). REGISTRATION January 1 – April 24. 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	T	4:15 PM	5:00 PM	\$18	\$28
Pre-Season Dribbling Camp	FWY	Ages 4-8	T	5:30 PM	6:15 PM	\$18	\$28
Pre-Season Soccer Camp	FWY	Ages 8-12	TH	4:30 PM	5:15 PM	\$18	\$28
Pre-Season Dribbling Camp	FWY	Ages 8-12	TH	5:30 PM	6:15 PM	\$18	\$28

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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	T	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

WINTER ADULT CO-ED THURSDAY NIGHT VOLLEYBALL LEAGUE (NMY)

January 6 – February 17, 2022. REGISTRATION NOVEMBER 28, 2020 – January 2, 2021.

This is a relaxed Volleyball league and will give players 16 and older the opportunity to get out, have fun and meet other players! Players can sign up as a free agent and the Y will then place you on a team of other free agents that register or sign up as an already created team. If there are an odd number of teams, 2-3 weeks each team will play a double header. Games begin at 7:00 PM on Thursday evenings. Contact Jensen Hinton 920.886.2103 at the Neenah-Menasha YMCA for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Co-ed Sixes Team	NMY	16 years and older	TH	January 6	February 17	\$150	\$150
Co-ed Quads Team	NMY	16 years and older	TH	January 6	February 17	\$100	\$100
Sixes Free Agent	NMY	16 years and older	TH	January 6	February 17	\$25	\$25
Fours Free Agent	NMY	16 years and older	TH	January 6	February 17	\$25	\$25

SUMMER ADULT SOCCER LEAGUE – REGISTRATION JANUARY 1 – MAY 14. Season runs June 3- July 29. Sign up as a team or as a free agent. The Y will try to place free agents on a team as needed or form a team out of the free agents if possible. Contact Kevin Jakubek at the Fox West Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Soccer League	FWY	18 years and older	TH	June 3	July 29	\$350	\$350
Adult Soccer League – Free Agent	FWY	18 years and older	TH	June 3	July 29	\$25	\$25