



WINTER

SPORTS

STAFF CONTACTS

APY – David Herrmann Sports & Recreation Director P 920.560.3407 E dherrmann@ymcafoxcities.org
 FWY – Kevin Jakubek Sports & Recreation Director P 920.560.3414 E kjakubek@ymcafoxcities.org
 HVY – Emily Poh Sports & Recreation Director P 920.830.5703 E epoh@ymcafoxcities.org
 NMY – Jensen Hinton Sports & Recreation Director P 920.886.2103 E jhinton@ymcafoxcities.org

WINTER 2 PROGRAM SESSIONS:

February 20 – April 9, 2023 (Unless noted in the description)

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 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	5:30 PM	6:15 PM	\$33	\$46
Parent-Child All Sports	FWY	3-4 years	W	5:30 PM	6:15 PM	\$33	\$46
Parent-Child All Sports	HVY	3-4 years	M	5:00 PM	5:45 PM	\$33	\$46

YOUTH

SPORTS SAMPLER (AGES 4-6 YEARS) (APY, 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 Lombardi's Football, Little Kickers Soccer, Little Hoopsters Basketball, Little Goalies Hockey, Little Sluggers T-ball and Little Smashers Tennis.**

SPORTS SKILLS (APY,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.

WINTER VOLLEYBALL (HVY)

Players will learn the basic skills of volleyball like passing, setting, and serving the ball through fun drills and games! We will also be learning the rules of the game. This class is for players with little to no volleyball experience. We ask that players and parents have an honest conversation about which session the players are best suited for (Beginners or Intermediate), as they will acquire more growth when learning and practicing with similar skillset players.

BEGINNER VOLLEYBALL (FWY, NMY)

Players will learn the basic skills of volleyball like passing, setting, and serving the ball through fun drills and games! We will also be learning the rules of the game. This class is for players with little to no volleyball experience. We ask that players and parents have an honest conversation about which session the players are best suited for (Beginners or Intermediate), as they will acquire more growth when learning and practicing with similar skillset players.

INTERMEDIATE VOLLEYBALL (FWY, NMY)

Players will advance their skills and knowledge of volleyball through challenging drills and games! This class is for players that can consistently pass, set and serve the ball and has 1 or more years of playing experience. We ask that players and parents have an honest conversation about which session the players are best suited for (Beginners or Intermediate), as they will acquire more growth when learning and practicing with similar skillset players.

YOUTH DODGEBALL (APY)

Participants will play a variety of dodgeball games while working on skills such as throwing, dodging, and agility. Duck, Dodge, Dip, and Dive your way into our newest class!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Little Lombardi's Football	APY	4-6 years	M	4:30 PM	5:15 PM	\$31	\$44
Sports Sampler	APY	4-6 years	M	4:30 PM	5:15 PM	\$31	\$44
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$31	\$44
Sports Sampler	HVY	4-6 years	M	6:00 PM	6:45 PM	\$31	\$44
Sports Sampler	HVY	4-6 years	W	1:15 PM	2:00 PM	\$31	\$44
Sports Skills - Soccer	APY	7 -10 years	T	4:30 PM	5:30 PM	\$37	\$49
Sports Skills - Basketball	APY	7-10 years	T	5:45 PM	6:45 PM	\$37	\$49
Sports Skills – Soccer	FWY	Grades 1-2	M	4:30 PM	5:15 PM	\$31	\$44
Youth Dodgeball	APY	8-12 years	TH	5:00 PM	5:45 PM	\$31	\$44
Beginner Volleyball	FWY	Grades 2-4	M	5:30 PM	6:30 PM	\$37	\$49
Intermediate Volleyball	FWY	Grades 3-4	TH	5:30 PM	6:30 PM	\$37	\$49
Winter Volleyball – Boys	FWY	Grades 3-6	TH	4:30 PM	5:30 PM	\$37	\$49
Beginner Volleyball	FWY	Grades 5-6	M	6:30 PM	7:30 PM	\$37	\$49
Intermediate Volleyball	FWY	Grades 5-7	TH	6:30 PM	7:30 PM	\$37	\$49
Winter Volleyball - all levels	HVY	Grades 2-3	W	4:30 PM	5:30 PM	\$37	\$49
Winter Volleyball- all levels	HVY	Grades 4-6	W	5:45 PM	6:45 PM	\$37	\$49
Winter Volleyball – all levels	HVY	Grades 2-3	TH	5:45 PM	6:45 PM	\$37	\$49
Winter Volleyball - all levels	HVY	Grades 4-6	TH	4:30 PM	5:30 PM	\$37	\$49
Beginners Volleyball	NMY	Grades 3-6	T	4:30 PM	6:00 PM	\$47	\$59
Intermediate Volleyball	NMY	Grades 3-6	TH	4:30 PM	6:00 PM	\$47	\$59

EPORTS (AGES 8-18) (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. Super Smash Bros. will be held in person at the Appleton YMCA. **All new participants receive a FREE custom Esports jersey!**

LEAGUES DATES: February 20 – April 3
- Super Smash Bros. Ultimate:

Individual Leagues

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Super Smash Bros. Ultimate – Youth	ALL	Ages 8-12	M	5:00 PM	7:00 PM	\$37	\$55
Super Smash Bros. Ultimate – Teen	ALL	Ages 13-18	M	5:00 PM	7:00 PM	\$37	\$55

MARTIAL ARTS (NMY)

February 12-April 9, 2023

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 \$50 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 \$50 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	5:30 PM	6:45 PM	\$74	\$93
Beginner Adult Judo	NMY	13 and older	T	7:00 PM	8:30 PM	\$86	\$106
Jr./Family Advanced Judo	NMY	6 and older	TH	5:30 PM	6:45 PM	\$74	\$93
Advanced Adult Judo	NMY	13 and older	TH	7:00 PM	8:30 PM	\$86	\$106

YOUTH SPORTS LEAGUES

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

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

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

FEBRUARY 25 - APRIL 1. REGISTRATION DECEMBER 12, 2022 – FEBRUARY 5, 2023. 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	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	APY	Grade 1	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	APY	Grade 2	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	APY	Grade 3	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	APY	Grade 4-6	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 4K	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 5K	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 1	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 2	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 3	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 4	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 5	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	FWY	Grade 6	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	HVY	Grade 4K-5K	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	HVY	Grade 1	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	HVY	Grade 2-3	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	HVY	Grade 4-6	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	NMY	Grade 4K-5K	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	NMY	Grades 1-2	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	NMY	Grade 3-4	SAT	Feb 25	April 1	Free	\$38	\$54
Youth Indoor Soccer	NMY	Grade 5-6	SAT	Feb 25	April 1	Free	\$38	\$54

CO-ED VOLLEYBALL LEAGUE – APRIL 11 – JUNE 15

REGISTRATION DECEMBER 12, 2022 – MARCH 19, 2023.

All players must register individually and email Ryan Schmit rschmit@ymcafoxcities.org with your formed team. If you don't have a whole team, we will form a team for you.

This league will focus on development of fundamental skills and work on game strategy to become more successful, more confident and continue to enjoy the game of volleyball. Grades 7-8 will play 4v4 and maximum of 6 players. Grades 9-12 will play 6v6 with 8 player max.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Coed Volleyball League Grades 7-8	HVY	Grades 7-8	T	April 11	June 13	\$63	\$63	\$86
Coed Volleyball League Grades 9-12	HVY	Grades 9-12	TH	April 13	June 15	\$63	\$63	\$86

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

April 15- May 20. REGISTRATION DECEMBER 12, 2022-MARCH 19, 2023. The Appleton YMCA and Neenah-Menasha YMCA Grades 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 NFL Flag Football	APY	Grades 4K-5K	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	APY	Grade 1	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	APY	Grade 2	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	APY	Grade 3	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	APY	Grade 4	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	APY	Grades 5-6	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	APY	Grades 7-8	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	FWY	Grades 4K-5K	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	FWY	Grades 1	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	FWY	Grades 2	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	FWY	Grades 3-4	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	HVY	Grades 4K-5K	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	HVY	Grade 1	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	HVY	Grade 2	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	HVY	Grade 3	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	HVY	Grade 4	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	HVY	Grades 5-6	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	NMY	Grades 4K-5K	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	NMY	Grades 1-2	SAT	April 15	May 20	\$44	\$44	\$60

Spring NFL Flag Football	NMY	Grades 3-4	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	NMY	Grades 5-6	SAT	April 15	May 20	\$44	\$44	\$60
Spring NFL Flag Football	NMY	Grades 7-8	SAT	April 15	May 20	\$44	\$44	\$60

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

April 29- May 20. REGISTRATION December 12-April 23, 2023.

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 20 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 29	May 20	Free	\$25	\$41
Track & Field St. Francis Xavier Middle School	APY	Grades 3-6	S	April 29	May 20	Free	\$25	\$41
Track & Field	HVY	Grades 5K-1	S	April 29	May 20	Free	\$25	\$41
Track & Field	HVY	Grades 2-3	S	April 29	May 20	Free	\$25	\$41
Track & Field	HVY	Grades 4-6	S	April 29	May 20	Free	\$25	\$41
Track & Field Shattuck MS	NMY	Grades 5K-2	S	April 29	May 20	Free	\$25	\$41
Track & Field Shattuck MS	NMY	Grades 3-6	S	April 29	May 20	Free	\$25	\$41
Track and Field Fox West Y	FWY	Grades 5K-1	S	April 29	May 20	Free	\$25	\$41
Track and Field Fox West Y	FWY	Grades 2-3	S	April 29	May 20	Free	\$25	\$41
Track and Field Fox West Y	FWY	Grades 4-6	S	April 29	May 20	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 8	July 31	\$57	\$87
U6	FWY	5-6 years	T	May 8	July 31	\$57	\$87
U8	FWY	7-8 years	M	May 8	July 31	\$57	\$87
U10	FWY	9-10 years	M	May 8	July 31	\$57	\$87
U12	FWY	11-12 years	W	May 8	July 31	\$57	\$87
U15	FWY	13-15 years	W	May 8	July 31	\$57	\$87

FOX WEST PRE-SEASON SOCCER CAMP – April 25 & May 2 (Ages 4-8) or April 27 & May 4 (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	4:30 PM	5:15 PM	\$19	\$29
Pre-Season Dribbling Camp	FWY	Ages 4-8	T	5:30 PM	6:15 PM	\$19	\$29
Pre-Season Soccer Camp	FWY	Ages 8-12	TH	4:30 PM	5:15 PM	\$19	\$29
Pre-Season Dribbling Camp	FWY	Ages 8-12	TH	5:30 PM	6:15 PM	\$19	\$29

HEART OF THE VALLEY SUMMER SOCCER LEAGUE– June 19-August 1, 2023.

REGISTRATION: February 13- May 21, 2023. Teams will practice followed by a game one day a week at the Heart of the Valley YMCA. There will be no games the week of July 3-7. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer	HVY	Ages 4-5	T	June 20	August 1	\$38	\$55
Summer Soccer	HVY	Ages 6-7	M	June 19	July 31	\$38	\$55
Summer Soccer	HVY	Ages 8-9	T	June 20	August 1	\$38	\$55
Summer Soccer	HVY	Ages 10-11	M	June 19	July 31	\$38	\$55

ADULTS

Open Member Sports – no registration required, see branch schedules for updated time and options. All sports are “pick-up style games where play/teams formed onsite by players.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Open Pickleball	APY	18+	MTWTHF	7:00 AM	10:00 AM	FREE	N/A*
Open Pickleball	APY	18+	SUN	11:00 AM	2:30 PM	FREE	N/A*
Open Pickleball	FWY	18+	M/TH/F	10:00 AM	NOON	FREE	N/A*
Open Pickleball	FWY	18+	T/W	10:00 AM	2:00 PM	FREE	N/A*
Open Pickleball (Beginner)	FWY	18+	TH	NOON	2:00 PM	FREE	N/A*
Open Pickleball	HVY	18+	M/T/TH/F	11:00 AM	2:00 PM	FREE	N/A*
Open Pickleball	HVY	18+	T/TH	5:00 AM	7:00 AM	FREE	N/A*
Open Pickleball	HVY	18+	W	11:00 AM	1:00 PM	FREE	N/A *
Open Pickleball	NMY	18+	M/W/F	1:00 PM	3:00 PM	FREE	N/A*
Open Pickleball	NMY	18+	SUN	11:00 AM	2:00 PM	FREE	N/A*
Basketball Pick up games	APY	18+	MTWTHF	5:30 AM	7:00 AM	FREE	N/A*
Basketball Pick up games	APY	18+	S	6:00 AM	7:30 AM	FREE	N/A*
Basketball Pick up games	NMY	18+	M/TH/F	11:00 AM	1:00 PM	FREE	N/A*
Basketball Pick up games	NMY	18+	T/F	5:00 AM	7:00 AM	FREE	N/A*
Adult Volleyball	HVY	16+	F	6:00 PM	8:00 PM	FREE	N/A*
Adult Volleyball	NMY	16+	T/TH	7:00 PM	9:00 PM	FREE	N/A*
Family Volleyball	HVY	All ages	SUN	2:00 PM	4:00 PM	FREE	N/A*

*** Guest Passes available only if accompanied by a Y member for \$10**