



SUMMER



EVENTS AND FAMILY ACTIVITIES

FAMILY

FAMILY FUN CENTER (AGES 9 AND UNDER) (APY, HVY) (YMCA MEMBERS ONLY)

The Family Fun Center is a perfect play area for kids 9 years and under. Features vary by branch and may include a sport arena with basketball & soccer, tree fort, adventure maze with obstacles, climbing ropes or wall, slides and more. Another attraction included is a soft play toddler area. Children ages 8-9 may use the Family Fun Center without supervision. Children under the age of 8 must be accompanied by a parent/adult/guardian (age 16+).

APPLETON YMCA Family Open Time:

M-F - 8:00 AM-9:00 AM
M-F - 11:00 AM-1:00 PM
M-F - 4:00-8:00 PM
SAT - 8:00 AM-5:00 PM
SUN - 8:00 AM-5:00 PM

HEART OF THE VALLEY YMCA Family Open Time:

M-F - 10:00 AM-NOON
M-TH - 4:00-7:00 PM
SAT - 10:00 AM-3:00 PM
SUN - 10:00 AM-3:00 PM

Note: Please scan your Y membership card with Family Fun Center attendant at the Heart of the Valley Y.

ADVENTURE ALLEY (AGES 9 YEARS AND UNDER) (NMY)

Adventure Alley is a supervised area for youth up to 9 years of age. Youth 7 years old and under must be with a parent or guardian. It includes a Play Maze, Lego Ledge and Coloring Area. Socks are required for the Play Maze. Hours are:

M-F - 9:00 AM-NOON
M-TH - 4:00-7:00 PM
SAT - 9:00 AM-NOON
SUN - NOON-3:00 PM

FRIDAY NIGHT OUT (AGES 6 WEEKS TO 8 YEARS) (NMY)

Parents take the night off! Our teachers will provide an exciting night for your child, while you enjoy an evening out. Children will love the wide variety of age-appropriate activities.

Friday, June 23 5:00-8:00 PM
Friday, July 14 5:00-8:00 PM

Fee: Y Member \$15 General Public \$20

This is a working document and is subject to change.

UPDATED ON: MAY 7, 2023

EVENTS

FREE OUTDOOR FITNESS CLASSES! We are partnering with Appleton Park and Rec and Lawrence University to provide FREE weekly fitness classes outdoors this summer. Get your Zumba going at Houdini Plaza on Tuesdays and find your Zen Mondays at Lawrence University and at City Park on Thursdays. Classes begin the week of June 6.

Class name	YMCA	Location	Day	Start	End	Y Member	General Public
Yoga	APY	Lawrence University	M	6:00 PM	6:45 PM	FREE	FREE
Yoga	APY	City Park	TH	6:00 PM	6:45 PM	FREE	FREE
Zumba®	APY	Houdini Plaza	T	6:00 PM	6:45 PM	FREE	FREE

*No Class on Tuesday, August 2

15TH ANNUAL FREAKY 5K RUN/WALK & MINI MONSTER DASH (APY)

SAVE THE DATE! A fun event for the entire family. Costumes are welcome. 5K Run/walk, games, inflatable, Mini Monster Dash Kids Run, music, prizes, refreshments and much more!

Saturday 8:00 AM October 25

APOTHECARY WORKSHOP (ACY)

Saturday, June 24, 10 AM - NOON

The plants in your yard can be more than beautiful (or more than weeds)! Learn how you can use many of the plants growing in your yard for fun and helpful purposes. Learn about several common plants and enjoy some samples of prepared recipes. Be prepared to walk on the trails. **Registration required. Minimum of 5 participants in order for class to run.**

Cost: \$15

Ages: 16 years +