



SUMMER



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

ALL SPORTS PROGRAMS WILL BE OFFERED IN 5-week sessions - June 5 - July 16 or July 16 - August 20 UNLESS SPECIFIC DATES ARE LISTED. NO CLASSES July 3-July 9

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 year	TH	4:30 PM	5:15 PM	\$24	\$33
Parent-Child All Sports	FWY	3-4 years	W	5:30 PM	6:15 PM	\$24	\$33
Parent-Child All Sports	HVY	3-4 years	M	5:30 PM	6:15 PM	\$24	\$33

YOUTH AND TEEN

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

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. *

INTRO TO GOLF (AGES 7-14 YEARS) (NMY) JULY 13 – AUGUST 17

This class will take place at Winagamie Golf Course. Participants will be taught the basic skills of golf, how and when to use all the different clubs in their golf bag and learn course etiquette. The first 3 weeks of class will be skill work on the driving range, chipping green, and putting green. The last 4 weeks will be playing on the Highlands 9-hole course. Bringing your own clubs is recommended. We have limited clubs available for use. Please reach out to bthielen@ymcafoxcities.org if you are in need of clubs.

NEW!! JUNIOR WARRIOR PROGRAM (OGY)

Small group training program designed for 11-18 year olds who will work with 2 experienced strength training and condition coaches. The program is designed to build well rounded athletes with an emphasis on safety and form which will enhance injury prevention. Some highlights of this program will include speed, agility, strength, power, mobility, stability, core training, and variety of age-appropriate safe lifting techniques. Kids will learn and grow to be confident in their strength training and athletic ability as these small group training classes will allow for more individualized attention on form and ability to maximize improvement.

Session Dates: June 5-August 3 (no classes July 3-6)

Days: Monday-Thursday

Time: 3:30-4:30 PM

Member Price: \$256

Non-member Price: \$306

Contact Person: Lucy Werley, Wellness Coordinator, lwerley@ymcafoxcities.org , 920.560.0106

SUMMER VOLLEYBALL BASICS (FWY)

Players will focus on the basic skills of volleyball of passing and setting through fun drills and games! This class is for players with little to no volleyball experience.

SUMMER VOLLEYBALL 2 (FWY)

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 will practice for the first fifteen minutes of the class and then play games the remainder of the time.

Archery 101 (AGES 8-14) (ACY) JUNE 5–AUGUST 20

Learn the basics of archery including the "11 steps to becoming a successful archer." Class follows National Archery in Schools Program (NASP) guidelines. All equipment is provided, but experienced students may bring their own equipment if it meets the instructor's standards. Class will be held outdoors. No class July 3rd.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$24	\$33
Intro to Golf	NMY	7-14 years	TH	4:30 PM	6:30 PM	\$54	\$76
Summer Volleyball Basics – SUM1 Only	FWY	Grades 2-4	TH	6:00 PM	6:45 PM	\$24	\$33
Summer Volleyball Basics – SUM1 Only	FWY	Grades 5-6	TH	6:45 PM	7:30 PM	\$24	\$33
Summer Volleyball 2 – SUM2 Only	FWY	Grades 2-4	TH	6:00 PM	6:45 PM	\$24	\$33
Summer Volleyball 2 – SUM2 Only	FWY	Grades 5-6	TH	6:45 PM	7:30 PM	\$24	\$33
Archery 101 (June 5-Aug 20)	ACY	8-14 years	M	4:30 PM	5:15 PM	\$45	\$65

ESPORTS (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.

We are running individual tournaments throughout summer but will not be offering our typical Esports league. Leagues will resume in the fall!

Tournament Dates

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Super Smash Bros. Ultimate – Tournament	Blind Tiger Game	Ages 8-18	June 20	4:30 PM	7:00 PM	\$10	\$10
Super Smash Bros. Ultimate – Tournament	APY	Ages 8-18	July 12	4:30 PM	7:00 PM	\$10	\$10
Super Smash Bros. Ultimate – Tournament	NMY	Ages 8-18	August 14	4:30 PM	7:00 PM	\$10	\$10

WEDNESDAY WARRIOR RUNNING CLUB July 19-August 23

This club will utilize various outdoor running trails to strengthen your child's love for running. Form, endurance and character development will be the focus each Wednesday.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Warrior Running Club	APY	7-14 years	W	6:30 PM	7:30 PM	\$28	\$39

SUMMER SPORTS CAMPS

Appleton YMCA/Heart of the Valley YMCA

Junior (ages 5-7 / 2- hour/ M-F)

Youth (ages 8-13 / 3-hour/ M-F)

Full Day- APY Only (ages 8-13 / 8:00 AM – 4:30 PM / M-F)

Sports camps are perfect for the camper who enjoys it all! Wide variety of offering including: soccer, basketball, football, golf, volleyball and extreme sports. Please see 2023 summer camp guide for offerings and dates. <https://www.ymcafoxcities.org/summer-camp/specialty-camps>

TEEN DISCOVERY CAMP (AGES 10-13)

Ogden YMCA

Tuesdays and Thursdays from 12:30-2:00

Session 1: June 13-29

Session 2: July 11-27

Session 3: August 8-24

An exciting and fun filled program for children ages 10-13 years old! Program participants will explore a variety of activities. It is a great way to stay active, try new things, and socialize! Explorations will include gym/turf games, tennis, pickleball, yoga, strength training, board/card games, open play and more! Can sign up for as many summer sessions as fits in your schedule! A minimum of 6 children are needed to run each session.

Y Members: \$53 per session, General Public, \$68 per session

BOYS VOLLEYBALL CAMP (HVY)

June 13-14

REGISTRATION: April 3- June 11

Players will learn and advance their volleyball skills like passing, setting, serving, and attacking the ball through both basic and challenging drills & games! This clinic is for boys of all skill levels.

Class Name	YMCA	Age	Date	Start	End	Y Member	General Public
Boys Volleyball Camp	HVY	Grades 2-5	June 13	6:00 PM	8:00 PM	\$30	\$40
Boys Volleyball Camp	HVY	Grades 6-8	June 14	6:00 PM	8:00 PM	\$30	\$40

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
- Track & Field

SUMMER SOCCER LEAGUE (APY & HVY)

June 19 – August 1, 2023

REGISTRATION: February 13 - May 21, 2023

Teams will practice followed by a game one day a week. There will be no games the week of July 3-7. THIS IS NOT A VALUE-ADDED PROGRAM.

APY will play game at Ferber Elementary School

HVY will play at the Heart of the Valley YMCA

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

NMY SUMMER SOCCER LEAGUE

July 11 – August 15, 2023

REGISTRATION: May 1 – June 18, 2023

All games and practices are held at Fritsch Park in Menasha. Each week the teams will practice and then play a game. Schedules will depend on the number of players that register for each league. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer	NMY	4-5 years	T	July 11	August 15	\$38	\$55
Summer Soccer	NMY	6-7 years	T	July 11	August 15	\$38	\$55
Summer Soccer	NMY	8-9 years	T	July 11	August 15	\$38	\$55

HEART OF THE VALLEY T-BALL

July 13 – August 17, 2023

REGISTRATION: February 13 – June 18, 2023

THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
T-Ball League	HVY	4-6 years	Th	5:30 PM	6:30 PM	\$36	\$53

JUNIOR GOLF LEAGUE – NMY

July 10 -August 14

Players will play 9-holes on the Highlands course at Winagamie Golf Course for 6 weeks with the first week being a practice round. Each player will be in charge of keeping track of their individual strokes as well as their opponent that is assigned to them that week to make sure fair play and integrity of the game is kept. Golfers must have 2 years of playing experience with basic knowledge of the game and golf course etiquette.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Junior Golf League	NMY	11-14 years	M	5:00 PM	7:00 PM	\$90	\$115

SUMMER NFL FLAG FOOTBALL LEAGUE (NMY)

July 12 – August 16, 2023

REGISTRATION: May 1 – June 18, 2023

All games and practices are held at Fritsch Park in Menasha. This NFL Flag Football coed league gives youth ages 8-14 the opportunity to play in an environment that emphasize fun, fitness, skill development, fair play and family involvement. All players will get equal playing time. The goal of the Y is to provide participants with a great place to learn football having fun!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer NFL Flag Football	NMY	8-9 years	W	July 12	August 16	\$44	\$60
Summer NFL Flag Football	NMY	10-11 years	W	July 12	August 16	\$44	\$60
Summer NFL Flag Football	NMY	12-14 years	W	July 12	August 16	\$44	\$60

FALL FLAG FOOTBALL - SEPTEMBER 9-OCTOBER 21. REGISTRATION MAY 22 -AUGUST 13.
Value-Added League FREE with YMCA Family Membership.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Flag Football	APY	Grade 4K-5K	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	APY	Grade 1	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	APY	Grade 2	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	APY	Grade 3	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	APY	Grade 4	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	APY	Grade 5	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	APY	Grade 6	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	FWY	Grade 4K-5K	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	FWY	Grade 1-2	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	FWY	Grade 3-4	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	HVY	Grade 4K-5K	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	HVY	Grade 1	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	HVY	Grade 2	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	HVY	Grade 3	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	HVY	Grade 4	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	HVY	Grade 5-6	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	NMY	Grade 4K-5K	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	NMY	Grade 1-2	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	NMY	Grade 3-4	SAT	September 9	October 21	FREE	\$44	\$60
Youth Flag Football	NMY	Grade 5-6	SAT	September 9	October 21	FREE	\$44	\$60

FALL VOLLEYBALL 1- SEPTEMBER 9-OCTOBER 21.**REGISTRATION MAY 22 – AUGUST 13. Value-Added League FREE with YMCA Family Membership.**

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Volleyball 1	APY	Grade 2-4	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	APY	Grade 5-6	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	FWY	Grade 2-3	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	FWY	Grade 4-6 Beginner	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	FWY	Grade 4-6 Intermediate	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	HVY	Grade 2-3	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	HVY	Grade 4-6 Beginner	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	HVY	Grade 4-6 Intermediate	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	NMY	Grade 2-3	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	NMY	Grade 4-6 Beginner	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	NMY	Grade 4-6 Intermediate	SAT	September 9	October 21	FREE	\$44	\$60

FALL SOCCER LEAGUE (FWY) – SEPTEMBER 9 -OCTOBER 21. REGISTRATION MAY 3-AUGUST 20.**THIS IS NOT A VALUE-ADDED PROGRAM. This is a 6 week program (we are off the weekend of the Greenville Craft Fair).**

Class name	YM CA	Age	Day	Time	Start	End	Y Member	General Public
Fall Soccer	FWY	Grade 4K-5K	SAT	10:00 AM	September 9	October 21	\$37	\$55
Fall Soccer	FWY	Grade 1	SAT	11:30 AM	September 9	October 21	\$37	\$55
Fall Soccer	FWY	Grade 2	SAT	11:30 AM	September 9	October 21	\$37	\$55
Fall Soccer	FWY	Grade 3-4	SAT	8:30 AM	September 9	October 21	\$37	\$55
Fall Soccer	FWY	Grade 5-6	SAT	8:30 AM	September 9	October 21	\$37	\$55

FALL SOCCER LEAGUE (HVY) – AUGUST 29 -OCTOBER 5. REGISTRATION MAY 22-AUGUST 6.**THIS IS NOT A VALUE-ADDED PROGRAM.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Soccer	HVY	Grade 4K/5K	M	August 28	October 2	\$37	\$55
Fall Soccer	HVY	Grade 4K/5K	W	August 30	October 5	\$37	\$55
Fall Soccer	HVY	Grade 1-2	T	August 29	October 4	\$37	\$55
Fall Soccer	HVY	Grade 3-4	TH	August 31	October 6	\$37	\$55

FALL CROSS COUNTRY (ACY, FWY, HVY) – SEPTEMBER 16-OCTOBER 7. – 4weeks

REGISTRATION MAY 22 – September 11. Association Meet October 7 – Fox West YMCA

Programs is located at Apple Creek YMCA, Fox West YMCA, and Heart of the Valley YMCA. Youth who enjoy recreational outdoor running will enjoy our Cross-Country program. This co-ed program provides opportunity for kids to engage in pre-competitive, instructive practices as they enjoy group runs on open-air courses. Our program emphasizes building stamina and balance as participants learn about the importance of form and efficiency. Athletes may also participate in a competitive cross-country event as part of this program.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Cross Country	ACY	Grade 1-6	SAT	Sept 16	Oct 7	\$31	\$47
Cross Country	FWY	Grade 1-2	T	Sept 12	Oct 7	\$31	\$47
Cross Country	FWY	Grade 3-4	TH	Sept 14	Oct 7	\$31	\$47
Cross Country	FWY	Grade 5-6	TH	Sept 14	Oct 7	\$31	\$47
Cross Country	HVY	Grade 1-6	SUN	Sept 17	Oct 7	\$31	\$47

ADULTS

SUMMER ADULT BASKETBALL LEAGUE APPLETON YMCA – REGISTRATION APRIL 24 – MAY 28.

Season runs June 4-August 13. Sign up as a team. Free agents can email Trey Davis at tdavis@ymcafoxcities.org to potentially be placed on a team.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Men's Basketball	APY	18 years and older	SU	June 4	August 13	\$550	\$550
Adult Women's Basketball	APY	18 years and older	TBD	TBD	TBD	\$550	\$550

Beginner Pickleball (APY, FWY, HVY)

Come participate and learn how play no matter you ability level.

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	FWY	18+	M/T/W/TH/F	10:00 AM	NOON	FREE	N/A*
Open Outdoor Beginner Pickleball	HVY	18+	MTWTHF	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	1:00 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*
Basketball Pick up games	NMY	18+	SUN	9:00 AM	11:00 AM	FREE	N/A*
Adult Volleyball	NMY	16+	T	7:00 PM	9:00 PM	FREE	N/A*
Adult Volleyball	NMY	16+	TH	7:00 PM	9:00 PM	FREE	N/A*

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