



FALL

ADAPTIVE & INCLUSIVE PROGRAMMING

FALL 1 PROGRAM SESSION:

September 11 – October 29, 2023

STAFF CONTACTS

ACY – Jen Oaks Health & Fitness Coordinator P 920.702.2316 E joaks@ymcafoxcities.org

APY - Roxanne Lee Aquatics Director P 920.954.7640 E rlee@ymcafoxcities.org

APY – Renae Johnson, Camp Hope/Camp Inspiration Director P 920.209.0680 E renaejohnson@ymcafoxcities.org

FWY - Alicia Lutgen, Early Childhood Coordinator P 920.560.0428 E alutgen@ymcafoxcities.org

HVY – Mindy Arneson Aquatics Coordinator P 920.830.4707 E marneson@ymcafoxcities.org

NMY - Susan Christel Health & Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org

OGY - Cindy Baumgartner Health & Fitness Coordinator P 920.560.0001 E cbaumgartner@ymcafoxcities.org

Adaptive & Inclusive Programming at the Y is a partnership with families and individuals. The focus is to provide individuals, with unique abilities, access to programs and activities in a safe, fun atmosphere that encourages self-sufficiency, socialization and staying active.

The Y provides a chance to experience the joys and benefits that come from successful immersion into a program where they can learn, thrive, and grow. It is our priority to ensure all members have access to our facilities, programs, and services.

FAMILY TIME

Our family nights are all about having fun. We welcome all individuals with unique abilities and their families for a FREE evening of games, activities, crafts, and fun. It's the perfect opportunity to strengthen your relationship and meet other families.

FAMILY NIGHT (FWY)

September 29th from 5:30–7:30PM

FITNESS

FUN CLUB– YOUTH ADAPTIVE AND INCLUSIVE WELLNESS CLASS (AGES 7-15) (NMY)

A wellness class for ages 7-15 offering opportunity for fitness training and social learning. Class will be staffed with a 1:4 ratio to accommodate individual special needs. Drop off or Caregiver and/or family are welcome to attend with the child/children, especially if your child requires 1:1 assistance. Benefits include: motor skill development, increase confidence, improve social skills, improve self-awareness, and brain/body connection. Please wear exercise clothes and gym shoes. Registration is limited to 10, but members on the waiting list will be called when we are notified of weekly absences. For more information, please contact Susan Christel at schristel@ymcafoxcities.org or 920-886-2127.

SWIMMING

SWIMMING (APY, FWY, HVY, NMY)

Lessons are available at each of your local Y's. Please contact the branch Aquatic Department for availability and to schedule a time. Medical forms required.

APY – 920.954.7628

FWY – 920.560.3412

HVY – 920.830.5714

NMY – 920.886.2132

Fee: (7-week Session) Y Members - \$50 General Public - \$75

For Heart of the Valley Y special needs swimming lessons you can register online. By registering for this class, you are EXPRESSING INTEREST in our Special Needs Swim classes. Everyone is automatically being placed on a wait list that will then be evaluated on a first-come first-serve basis. You will be contacted if there is an available class time for your child for this session.