



FALL

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 Coordinator P 920.830.5703 E epoh@ymcafoxcities.org
 NMY – Jensen Hinton Sports & Recreation Director P 920.886.2103 E jhinton@ymcafoxcities.org

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.

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, NMY)

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.**

INTRODUCTION TO GOLF (AGES 7-14 YEARS) (NMY)

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 4 weeks of class will be skill work on the driving range, chipping green, and putting green. The last 3 weeks will be playing on the Highlands 9-hole course. Bringing your own clubs is recommended. We have limited clubs available for use.

SPORTS SKILLS (FWY, NMY)

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 3-6) (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 and be ready for a few days of fun!

ARCHERY 101 (AGES 8-14) (ACY)

Learn the basics of archery in this class including the '11 steps to becoming a successful archer'. Class follows the National Archery in Schools Program (NASP) guidelines. All equipment is provided. Class will be held outdoors.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Little Hoopsters Basketball	APY	4-6 years	T	4:30 PM	5:15 PM	\$33	\$46
Sports Sampler	APY	4-6 years	M	4:30 PM	5:15 PM	\$33	\$46
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$33	\$46
Sports Sampler	HVY	4-6 years	M	6:00 PM	6:45 PM	\$33	\$46
Sports Sampler – Session 2	HVY	4-6 years	W	1:15 PM	2:00 PM	\$33	\$46
Sports Sampler – Session 2	NMY	4-6 years	TH	4:30 PM	5:15 PM	\$33	\$46
Intro to Golf – Session 1	NMY	7-14 years	T	4:30 PM	6:30 PM	\$58	\$82
Sports Skills – Basketball – Session 2	NMY	Ages 7-11	W	4:30 PM	5:15 PM	\$33	\$46
Sports Skills – Basketball – Session 2	FWY	Grades 1-2	M	5:00 PM	5:45 PM	\$33	\$46
Sports Skills - Basketball	APY	8-12 years	T	5:30 PM	6:15 PM	\$33	\$46
Holiday Basketball Camp - December 22	NMY	Grades 3-6	F	9:00 AM	11:00 AM	\$18	\$26
Holiday Basketball Camp - December 27-28	NMY	Grades 3-6	W/Th	9:00 PM	11:00 AM	\$36	\$49
Archery 101	ACY	8-14 years	M	4:30 PM	5:15 PM	\$33	\$46

Coming Soon! E-Sports Studio at Neenah-Menasha YMCA

Please look for schedule in September. For more information contact:

David Herrmann Sports & Recreation Director P 920.560.3407 E dherrmann@ymcafoxcities.org

Jensen Hinton Sports & Recreation Director P 920.886.2103 E jhinton@ymcafoxcities.org

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.

YOUTH & TEEN NIGHTS (APY, FWY, HVY, NMY)

Youth and Teen Nights at the Y provide kids with a safe place to hang out with and be active. Get a group of friends together or come by yourself and meet new friends! Join us for music, basketball, dodgeball, swimming, arts & crafts, food and best of all FUN! More specific details located at ymcafoxcities.org

Fee: Y Member - \$5 General Public - \$10

*Pre-registration preferred, but day of registration accepted

Appleton YMCA Teen Nights (Grades 5-8)

Fridays 5:00 – 8:00pm

September 15, October 27, December 1

Fox West YMCA Youth Nights (Grades 4-6)

Saturdays 6:00 – 8:30 PM

October 21, November 18, December 16

Heart of the Valley YMCA Youth Nights (Grades 4-6)

Fridays 6:00 – 8:00 PM

October 3

Neenah-Menasha YMCA Friday Fun Night (Grades 2-4)

Fridays 6:00 – 9:00 PM

September 15, October 29, November 17, December 8

Neenah-Menasha YMCA Teen Nights (Grades 5-8)

Saturdays 6:00 – 9:00 PM

September 16, October 21, November 18, December 9

MARTIAL ARTS (NMY)

September 11 – October 29, 2023

NEW! Starting this fall, Judo will be a per month program, meaning you only need to register once. Once you register you be charged monthly. The price listed for each class is **per month**. After registering, you will be able to attend each class offered from September through May.

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.

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.

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.

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.

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	\$49/month	\$72/month
Beginner Adult Judo	NMY	13 and older	T	7:00 PM	8:30 PM	\$58/month	\$81/month
Jr./Family Advanced Judo	NMY	6 and older	TH	5:30 PM	6:45 PM	\$49/month	\$72/month
Advanced Adult Judo	NMY	13 and older	TH	7:00 PM	8:30 PM	\$58/month	\$81/month

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**
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FALL FLAG FOOTBALL – September 9 – October 21, 2023

REGISTRATION May 22 – August 13, 2023

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 - SKILLS & DRILLS – September 9 – October 21, 2023

REGISTRATION May 22 – August 13, 2023

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 3-4	SAT	September 9	October 21	FREE	\$44	\$60
Volleyball 1	NMY	Grade 5-6	SAT	September 9	October 21	FREE	\$44	\$60

FALL SOCCER LEAGUE (FWY)– September 9 – October 21,2023 (no soccer Sept. 30)

REGISTRATION May 3 - August 15, 2023

THIS IS NOT A VALUE-ADDED PROGRAM

Class name	YMCA	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 6, 2023

REGISTRATION May 22-August 6, 2023

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 29	October 3	\$37	\$55
Fall Soccer	HVY	Grade 4K/5K	W	August 31	October 5	\$37	\$55
Fall Soccer	HVY	Grade 1-2	T	August 30	October 4	\$37	\$55
Fall Soccer	HVY	Grade 3-4	TH	September 1	October 6	\$37	\$55

FALL CROSS COUNTRY (ACY, FWY, HVY)

REGISTRATION May 22–August 21, 2023

Association Meet October 7, 2023 – Fox West YMCA

Programs are 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 17	Oct 7	\$31	\$47
Cross Country	FWY	Grade 1-2	T	Sept 13	Oct 7	\$31	\$47
Cross Country	FWY	Grade 3-4	TH	Sept 15	Oct 7	\$31	\$47
Cross Country	FWY	Grade 5-6	TH	Sept 15	Oct 7	\$31	\$47
Cross Country	HVY/ ACY	Grade 1-6	SAT	Sept 17	Oct 7	\$31	\$47

YOUTH VOLLEYBALL 2 - October 30-December 15, 2023

REGISTRATION September 11-October 15, 2023

This co-ed program will continue to develop the fundamentals learned in the skills and drills league, as well as more advanced strategies related to game like situations and overall to become more successful, more confident and continue to enjoy the game of volleyball at a young age. All teams will practice/scrimmages one night a week at the location in which you sign up for as listed below. There will be a season tournament against other YMCA teams Friday December 15th. Note: no practices the week of November 20.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Volleyball 2	FWY	Grade 3-4	M	October 30	December 15	\$37	\$53
Volleyball 2	FWY	Grade 5-6	M	October 30	December 15	\$37	\$53
Volleyball 2	HVY	Grade 3-4	T	October 31	December 15	\$37	\$53
Volleyball 2	HVY	Grade 5-6	T	October 31	December 15	\$37	\$53
Volleyball 2	NMY	Grade 3-4	T	October 31	December 15	\$37	\$53
Volleyball 2	NMY	Grade 5-6	T	October 31	December 15	\$37	\$53

JUNIOR BASKETBALL LEAGUES – January 6 – February 17, 2024

GRADES 4K/5K, GRADE 1 and GRADE 2.

REGISTRATION August 14 – December 10, 2023

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Junior Coed Basketball	APY	Grade 4K/ 5K	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	APY	Grade 1	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	APY	Grade 2	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	FWY	Grade 4K/5K	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	FWY	Grades 1	SAT	January 6	February 17	FREE	\$46	\$62
Junior Boys Basketball	FWY	Grade 2 Boys	SAT	January 6	February 17	FREE	\$46	\$62
Junior Girls Basketball	FWY	Grades 2 Girls	SAT	January 6	February 17	FREE	\$46	\$62

Junior Coed Basketball	HVY	Grade 4K/5K	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	HVY	Grade 1	SAT	January 6	February 17	FREE	\$46	\$62
Junior Boys Basketball	HVY	Grade 2 Boys	SAT	January 6	February 17	FREE	\$46	\$62
Junior Girls Basketball	HVY	Grade 2 Girls	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	NMY	Grade 4K/5K	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	NMY	Grade 1	SAT	January 6	February 17	FREE	\$46	\$62
Junior Coed Basketball	NMY	Grade 2	SAT	January 6	February 17	FREE	\$46	\$62

YNBA Youth Basketball LEAGUE - December 2 - February 17, 2023

(no league December 23rd or 30th)

GRADES 3-4 & GRADES 5-6

REGISTRATION August 14 – November 12, 2023

Practices will be weekday and based on coaches availability.

This is a fun and competitive league! Teams from Appleton YMCA, Fox West YMCA, Heart of the Valley YMCA and Neenah Menasha YMCA will travel to each YMCA of the Fox Cities locations to play respective teams.

Teams will have 3 weeks of practice (1 hours each) in December at their respective Y's and then continue to practice once each week at their respective Y, on a weeknight, during January and February.

Games will run on Saturdays for 7 weeks from January 6-February 17, 2024.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Y- NBA Girls	APY	Grade 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Boys	APY	Grade 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Girls	APY	Grade 5-6	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Boys	APY	Grade 5-6	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Girls	FWY	Grades 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Boys	FWY	Grades 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Girls	HVY	Grades 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Boys	HVY	Grades 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Girls	HVY	Grades 5-6	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Boys	HVY	Grades 5-6	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Girls	NMY	Grade 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Boys	NMY	Grade 3-4	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Girls	NMY	Grade 5-6	SAT	December 2	February 17	\$27	\$52	\$78
Y-NBA Boys	NMY	Grade 5-6	SAT	December 2	February 17	\$27	\$52	\$78

BOYS Y-BALL BASKETBALL LEAGUE (NMY, APY, FWY, HVY)

January 13 – March 9, 2023

REGISTRATION September 10 - December 10, 2023

Teams will practice once per week at your home YMCA, based on availability. Games will be Saturdays, January 13-March 9, 2023, at Xcel Sports at Appleton Alliance Church (Grades 10-12), or Neenah Middle School (Grades 7-9). There are no games the week of February 17 for Grades 7-9, and February 24th for Grades 10-12. Grades 10-12 will have team captains and Grades 7-9 will have parent coaches. Players will still have equal playing time! Everyone should register individually and team captains/coaches should email Jensen Hinton at jhinton@ymcafoxcities.org with your team member names along with a team name. There are no free agents for the Grades 10-12 division. Anyone who signs up alone for Grades 7-9 will be placed on team.

Jerseys are **not** provided for this league, but will be available for purchase through a link that will be sent after registration. Teams are also able to order their own YMCA-appropriate custom jerseys. Jersey mockups must be sent to jhinton@ymcafoxcities.org for approval. Teams must all have the same color jersey.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Boys Y-BALL	APY	Grade 7-9	SAT	January 13	March 9	\$59	\$86
Boys Y-BALL	APY	Grade 10-12	SAT	January 13	March 19	\$59	\$86
Boys Y-BALL	FWY	Grade 7-9	SAT	January 13	March 9	\$59	\$86
Boys Y-BALL	FWY	Grade 10-12	SAT	January 13	March 9	\$59	\$86
Boys Y-BALL	HVY	Grade 7-9	SAT	January 13	March 9	\$59	\$86
Boys Y-BALL	HVY	Grade 10-12	SAT	January 13	March 9	\$59	\$86
Boys Y-BALL	NMY	Grade 7-9	SAT	January 13	March 9	\$59	\$86
Boys Y-BALL	NMY	Grade 10-12	SAT	January 13	March 9	\$59	\$86

ADULTS

Open Member Sports – no registration required

APPLETON YMCA Racquetball League

September 4- October 22, 2023 flexible scheduling

We are excited to bring back our racquetball league! Players will receive matchups and can play their opponent anytime throughout the week. Records will be kept, and a championship match will be held at the end of the season.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Racquetball League	APY	18 years and older	MTWTHFSA SU	Sept 4	October 22	\$20	\$30
Open Pickleball	APY	18 years and older	MTWTHF	8:00 AM	11:00 AM	FREE	N/A*
Open Pickleball	APY	18 years and older	S	7:00AM	11:00AM	FREE	N/A*
Open BEGINNER Pickleball	APY	18 years and older	TTH	11:00 AM	1:00 PM	FREE	N/A*
Open Pickleball	FWY	18 years and older	MTW	10:00 AM	2:00	FREE	N/A*
Open Pickleball	FWY	18 years and older	THF	10:00 AM	NOON	FREE	N/A*
Open Pickleball	FWY	18 years and older	TH	NOON	2:00	FREE	N/A*
Open Pickleball – Intermediate/Advanced	HVY	18 years and older	M/W/F	11:00 AM	2:00 PM	FREE	N/A*
Open Pickleball – Beginner	HVY	18 years and older	T/TH	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/TH	7:00 PM	9:00 PM	FREE	N/A*
Open Adult Volleyball	HVY	16 years and older	F	6:00 PM	8:00 PM	FREE	N/A*
Open Family Volleyball	HVY	All ages	SUN	2:00 PM	4:00 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*
Open Basketball	APY	18 years and older	T/TH	9:00 AM	11:00 AM	FREE	N/A*
Open Basketball	APY	18 years and older	SUN	11:00 AM	1:00 PM	FREE	N/A*
Open Basketball	NMY	18 years and older	M/TH/F	11:00 AM	1:00 PM	FREE	N/A*

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