



SPORTS

SPRING PROGRAM SESSION:

April 15 – June 2, 2024

No Class Monday, May 27, 2024 – Monday classes are prorated

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 SESSION FEBRUARY 26-APRIL 14, 2024 (UNLESS NOTED IN 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 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 | \$30 | \$45 |
| Parent-Child All Sports | FWY | 3-4 years | W | 5:30 PM | 6:15 PM | \$35 | \$53 |
| Parent-Child All Sports | HVY | 3-4 years | M | 5:00 PM | 5:45 PM | \$30 | \$45 |

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 Rushers Football, Little Kickers Soccer, Little Hoopsters Basketball, Little Goalies Hockey, Little Sluggers T-ball and Little Smashers Tennis.**

HOME SCHOOL SPORTS (APY, HVY, NMY)

This is the YMCAs version of a physical education class. The focus of this class is to allow homeschool students and families the opportunity to explore and experience a typical gym class. Children will play games and sports that incorporate all major motor movements and develop an understanding of why it is important to stay active.

ADVANCED SPORTS SAMPLER (AGES 7-10 YEARS) (APY, HVY)

NEW PROGRAM! Each week participants will learn the skills of a new sport while playing fun activities and put them to the test in game formats. Sports include Football, Soccer, Basketball, Floor Hockey, Kickball, T-Ball and more. Class will concentrate on more advanced skills, competing against others, and having FUN! *A minimum of 5 children are needed to run the class.

SPORTS SKILLS (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.

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.

SPRING VOLLEYBALL (HVY, 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.

ARCHERY 101- APRIL 29- MAY 20 (AGES 8-14) (ACY)

Learn the basics of archery in this special 4-week class 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 bows if they meet the instructor's standards. Class will be held outdoors.

PRIVATE/SMALL GROUP VOLLEYBALL LESSONS (HVY)

One-hour volleyball lessons will be offered in a private (1:1) format, or small group (3-4 players) for ages 9-13. Email Ryan Schmit at rschmit@ymcafoxcities.org to schedule your lesson. Lessons are offered on Thursdays between the hours of 4 PM-7 PM.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|-------------------------|-------------|------------|------------|--------------|------------|-----------------|-----------------------|
| Little Kickers Soccer | APY | 4-6 years | M | 4:30 PM | 5:15 PM | \$30 | \$45 |
| Advanced Sports Sampler | APY | 7-10 years | T | 5:30 PM | 6:15 PM | \$35 | \$53 |
| Advanced Sports Sampler | HVY | 7-10 years | TH | 5:00 PM | 5:45 PM | \$35 | \$53 |
| Advanced Sports Sampler | HVY | 7-10 years | TH | 6:00 PM | 6:45 PM | \$35 | \$53 |
| Sports Sampler | APY | 4-6 years | T | 4:30 PM | 5:15 PM | \$35 | \$53 |
| Sports Sampler | FWY | 4-6 years | W | 4:30 PM | 5:15 PM | \$35 | \$53 |
| Sports Sampler | HVY | 4-6 years | M | 6:00 PM | 6:45 PM | \$30 | \$45 |

| | | | | | | | |
|--------------------------------|-----|-------------|----|----------|----------|------|------|
| Beginner Volleyball | FWY | Grades 2-4 | M | 5:00 PM | 6:00 PM | \$36 | \$54 |
| Intermediate Volleyball | FWY | Grades 3-4 | TH | 5:00 PM | 6:00 PM | \$42 | \$63 |
| Beginner Volleyball | FWY | Grades 5-6 | M | 6:00 PM | 7:00 PM | \$36 | \$54 |
| Intermediate Volleyball | FWY | Grades 5-7 | TH | 6:00 PM | 7:00 PM | \$42 | \$63 |
| Spring Volleyball | HVY | Grades 2-3 | W | 4:30 PM | 5:30 PM | \$42 | \$63 |
| Spring Volleyball | HVY | Grades 4-6 | W | 5:45 PM | 6:45 PM | \$42 | \$63 |
| Private Volleyball Lessons | HVY | 9-13 years | TH | 4:00 PM | 7:00 PM | \$40 | N/A |
| Small Group Volleyball Lessons | HVY | 9-13 years | TH | 4:00 PM | 7:00 PM | \$15 | N/A |
| Spring Volleyball | NMY | Grades 2-3 | T | 5:00 PM | 6:30 PM | \$63 | \$94 |
| Beginners Volleyball | NMY | Grades 4-6 | M | 4:45 PM | 6:15 PM | \$54 | \$81 |
| Intermediate Volleyball | NMY | Grades 4-6 | M | 6:30 PM | 8:00 PM | \$54 | \$81 |
| Home School Sports | APY | 7 -11 years | M | 2:00 PM | 2:45 PM | \$30 | \$45 |
| Home School Sports | HVY | 7 -11 years | W | 1:00 PM | 1:45 PM | \$35 | \$53 |
| Home School Sports | NMY | 7 -11 years | W | 12:00 PM | 12:45 PM | \$35 | \$53 |
| Archery 101- Apr 29-May 20 | ACY | 8-14 years | M | 4:30 PM | 5:15 PM | \$18 | \$28 |

CO-ED VOLLEYBALL CLINIC (HVY)

June 4-5

REGISTRATION: April 8- May 30

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. Each Participant will receive a volleyball to keep at the end of camp. Boys are welcome and encouraged to register!

| Class Name | YMCA | Age | Date | Start | End | Y Member | General Public |
|-------------------------|------|-------------|--------|---------|---------|----------|----------------|
| Co-Ed Volleyball Clinic | HVY | 8-11 Years | June 4 | 6:00 PM | 8:00 PM | \$44 | \$66 |
| Co-Ed Volleyball Clinic | HVY | 12-14 Years | June 5 | 6:00 PM | 8:00 PM | \$44 | \$66 |

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
- Junior/Youth Basketball
- Indoor Soccer
- Track & Field

League Registration/Cancelation Policy:

Late Registrations: there is a \$10 late fee added to the program after the registration deadline. Registrations may be taken only if space is available.

Prior to registration deadline: if you withdraw from a league prior to the registration deadline, a full refund will be issued.

After deadline, but prior to the first day of the league: if you withdraw you will be issued credit voucher for future YMCA program.

After first scheduled event (practice/game) of the league, there will be no refunds or credits.

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

April 27- May 18. REGISTRATION February 19-April 14, 2024.

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 (Location TBD); Fox West YMCA (Fox West YMCA), Heart of the Valley (Madison Middle School) and Neenah-Menasha YMCA (Neenah Middle School). YMCA of the Fox Cities Track Meet will be held on Saturday, May 18 from 8:00 AM-2:30PM at Calder Stadium in Menasha.

| Class name | YMCA | Age | Day | Start | End | Y Family Member | Y Member | General Public |
|---------------|------|-------------|-----|----------|--------|-----------------|----------|----------------|
| Track & Field | APY | Grade 5K | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | APY | Grade 1 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | APY | Grade 2 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | APY | Grade 3 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | APY | Grade 4 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | APY | Grade 5 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | APY | Grade 6 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | HVY | Grades 5K-1 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | HVY | Grades 2-3 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | HVY | Grades 4-6 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | NMY | Grades 5K-2 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | NMY | Grades 3-6 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | FWY | Grades 5K-1 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | FWY | Grades 2-3 | SAT | April 27 | May 18 | Free | \$27 | \$41 |
| Track & Field | FWY | Grades 4-6 | SAT | April 27 | May 18 | Free | \$27 | \$41 |

FOX WEST SUMMER SOCCER LEAGUE -

REGISTRATION JANUARY 1 - April 3. Practices begin the week of May 6. Games begin June 3. Season ends July 31. Our summer soccer features several 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. No games week of July 1-5. Each participant will receive a full uniform (jersey, shorts and socks). Note: Fox West Y Summer Soccer, there will be no refunds or credits for the uniform fee after the registration deadline in the amount of \$25.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|------------|------|-------------|-----|-------|---------|----------|----------------|
| Ages 4-5 | FWY | 4-5 years | T | May 6 | July 31 | \$59 | \$89 |
| U6 | FWY | 5-6 years | T | May 6 | July 31 | \$59 | \$89 |
| U8 | FWY | 7-8 years | M | May 6 | July 31 | \$59 | \$89 |
| U10 | FWY | 9-10 years | M | May 6 | July 31 | \$59 | \$89 |
| U12 | FWY | 11-12 years | W | May 6 | July 31 | \$59 | \$89 |
| U15 | FWY | 13-15 years | W | May 6 | July 31 | \$59 | \$89 |

FOX WEST PRE-SEASON SOCCER CAMP -

April 23 & 30 (Ages 4-7) or April 25 & May 2 (Ages 8-12). REGISTRATION January 1 - April 21. 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 4-7 | T | 4:30 PM | 5:15 PM | \$20 | \$30 |
| Pre-Season Dribbling Camp | FWY | Ages 4-7 | T | 5:30 PM | 6:15 PM | \$20 | \$30 |
| Pre-Season Soccer Camp | FWY | Ages 8-12 | TH | 4:30 PM | 5:15 PM | \$20 | \$30 |
| Pre-Season Dribbling Camp | FWY | Ages 8-12 | TH | 5:30 PM | 6:15 PM | \$20 | \$30 |

SUMMER SOCCER LEAGUE (APY & HVY)

June 17-July 31, 2024.

REGISTRATION: February 12- May 19, 2024. Teams will practice followed by a game one day a week. There will be no games the week of July 1-5. THIS IS NOT A VALUE-ADDED PROGRAM.

APY game location TBD

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 | T | June 18 | July 30 | \$40 | \$60 |
| Summer Soccer | APY | Ages 6-7 | M | June 17 | July 29 | \$40 | \$60 |
| Summer Soccer | APY | Ages 8-9 | T | June 18 | July 30 | \$40 | \$60 |
| Summer Soccer | APY | Ages 10-11 | M | June 17 | July 29 | \$40 | \$60 |
| Summer Soccer | HVY | Ages 4-5 | M | June 17 | July 29 | \$40 | \$60 |
| Summer Soccer | HVY | Ages 6-7 | T | June 18 | July 30 | \$40 | \$60 |
| Summer Soccer | HVY | Ages 8-9 | W | June 19 | July 31 | \$40 | \$60 |
| Summer Soccer | HVY | Ages 10-12 | W | June 19 | July 31 | \$40 | \$60 |

SUMMER SOCCER LEAGUE (NMY)

July 9-August 13, 2024.

REGISTRATION: May 1-June 16, 2024. Teams will practice followed by a game one day a week. Games will be played at Fritsch Park in Menasha. THIS IS NOT A VALUE-ADDED PROGRAM.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---------------|------|----------|-----|--------|-----------|----------|----------------|
| Summer Soccer | NMY | Ages 4-5 | T | July 9 | August 13 | \$40 | \$60 |
| Summer Soccer | NMY | Ages 6-7 | T | July 9 | August 13 | \$40 | \$60 |
| Summer Soccer | NMY | Ages 8-9 | T | July 9 | August 13 | \$40 | \$60 |

SUMMER T-BALL LEAGUE

HVY REGISTRATION: February 12- June 2, 2024. NMY REGISTRATION: May 1-June 16, 2024. Teams will practice followed by a game one day a week. NMY will play at Fritsch Park in Menasha. THIS IS NOT A VALUE-ADDED PROGRAM.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---------------|------|----------|-----|---------|-----------|----------|----------------|
| Summer T-ball | HVY | Ages 4-6 | TH | July 11 | August 15 | \$40 | \$60 |
| Summer T-ball | NMY | Ages 4-6 | W | July 10 | August 14 | \$40 | \$60 |

FALL T-BALL LEAGUE

FWY REGISTRATION: May 1 – July 21 Teams will practice followed by a game one day a week. THIS IS NOT A VALUE-ADDED PROGRAM.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---------------|------|----------|-----|--------|--------|----------|----------------|
| Summer T-ball | FWY | Ages 4-6 | M | Aug 13 | Sep 17 | \$40 | \$60 |

MARTIAL ARTS (NMY)

September 11 – May 31, 2024

Judo is a pay per month program, meaning you only need to register once. Once you register you will 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. You can register or cancel at anytime throughout the year.

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 |

TEENS

ESPORTS (AGES 8-18) (NEENAH-MENASHA YMCA)

The YMCA of the Fox Cities is thrilled to unveil our state-of-the-art Tech Lab, launching Nov. 27! Immerse yourself in the world of gaming with our cutting-edge facility featuring 20 stations with top-of-the-line gaming computers! Whether you're a seasoned pro or just starting your gaming journey, our Tech Lab has something for everyone. See more at ymcafoxcities.org/esports.

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.

ESPORTS OPEN PLAY

Come experience gaming on another level at the Neenah-Menasha YMCA Tech Lab powered by Plexus! Open Play grants you access to the Tech Lab during all open hours. Come choose from our full library of games, hang out with friends and play on our gaming stations. Game on! Additional games/applications are available by request. Prices are **per month** for members and grant unlimited access based on availability.

FORTNITE LEAGUE

Come join us for our Fortnite League hosted in the Neenah-Menasha YMCA Tech Lab. This league will allow participants to put their skills to the test in a session-long competition against other players in our program. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

ROCKET LEAGUE SERIES

NEW THIS YEAR! The Neenah-Menasha YMCA will be hosting our first-ever Rocket League Series. This league will allow participants to put their skills to the test in a session-long competition against other players in our program. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

LET'S PLAY! – ESPORTS

Come join us in the Neenah-Menasha YMCA Tech Lab for a fun evening of gaming with friends! Each night participants will have the option to play any game from the full library that we offer in the lab. We will also host mini-tournaments and other small challenges throughout the session. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

APEX LEGENDS LEAGUE

Apex Legends League hosted in the Neenah-Menasha YMCA Tech Lab. This league will allow participants to put their skills to the test in a session-long competition against other players in our program. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

SUPER SMASH BROS ULTIMATE LEAGUE

The Super Smash Bros league is hosted in the Neenah-Menasha YMCA Tech Lab. This league will allow participants to put their skills to the test in a session-long competition against other players in our program. Participants must bring their own Nintendo Switch, a copy of Super Smash Bros. Ultimate, their charger, and joy-cons/controller. We also recommend bringing your docking station to hook up to the monitors!

DUOS FORTNITE TOURNAMENT

Grab a friend and come compete in our Fortnite tournament! Participants will be scored based on eliminations and placement. When registering, each player must register individually. In the registration, put your partner's name. Participants can sign up alone and be paired with a partner upon arrival. Prizes will be awarded to the top team. All equipment is provided by the YMCA.

FALL GUYS TOURNAMENT

Come join us for the first-ever Fall Guys Tournament at the Neenah-Menasha YMCA. When registering, each player must register individually. Prizes will be awarded to the top team. All equipment is provided by the YMCA.

| Class name | YMCA | Age | Day | Start | End | Y Member | General Public |
|----------------------------------|------|------------|---------|-------------|-------------|---------------------------------------|----------------|
| Esports Open Play | NMY | All Ages | MTWTHFS | See Website | See Website | \$15/family or \$8/person (per month) | \$10/day |
| Fortnite League (Youth) | NMY | Ages 8-12 | M | 5:00 PM | 7:00 PM | \$48 | \$67 |
| Rocket League Series | NMY | Ages 8-18 | T | 5:00 PM | 7:00 PM | \$56 | \$78 |
| Let's Play! - Esports | NMY | Ages 8-18 | W | 5:00 PM | 7:00 PM | \$35 | \$55 |
| Apex Legends League | NMY | Ages 13-18 | TH | 5:00 PM | 7:00 PM | \$56 | \$78 |
| Super Smash Bros Ultimate League | NMY | Ages 8-18 | F | 5:00 PM | 7:00 PM | \$35 | \$55 |
| Duos Fortnite Tournament | NMY | Ages 8-18 | May 4 | 12:00 PM | 3:00 PM | \$10 | \$15 |
| Duos Fortnite Tournament | NMY | Ages 8-18 | June 1 | 12:00 PM | 3:00 PM | \$10 | \$15 |
| Fall Guys Tournament | NMY | Ages 8-18 | June 29 | 12:00 PM | 3:00 PM | \$10 | \$15 |

YOUTH & TEEN NIGHTS (APY, FWY, HVY)

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 is required.

Appleton YMCA Teen Nights (Grades 5-8)

Fridays 5:00 – 8:00pm

April 26

ADULTS

Open Member Sports – no registration required, see branch schedules for updated time and options.

OGDEN YMCA PICKLEBALL COURTS

The Ogden YMCA and Valley Tennis Center offers 4 indoor pickleball courts which are located on tennis courts 5 & 6. When you book a tennis court, you get 2 pickleball courts and court fees are split between the players on the court sheet. You can't book and be charged for just 1 pickleball court.

For more information and/or questions please call 920-560-0001 or email Patti Stinski

| Class Name | YMCA | Age | Day | Start | End | Y Member | General Public |
|---|------|----------|------------|----------|----------|----------|----------------|
| Open Pickleball | APY | 18+ | M/T/W/TH/F | 7:00 AM | 1:45 PM | FREE | N/A* |
| Open Pickleball | APY | 18+ | SUN | 7:00 AM | 11:00 AM | FREE | N/A* |
| Open Pickleball | FWY | 18+ | M/W/F | 5:00 AM | 7:00 AM | FREE | N/A* |
| Open Pickleball | FWY | 18+ | M/T/W | 10:00 AM | 2:00 PM | FREE | N/A* |
| Open Pickleball | FWY | 18+ | TH/F | 10:00 AM | NOON | FREE | N/A* |
| Intro to Pickleball | FWY | 18+ | TH | NOON | 2:00 PM | FREE | N/A* |
| Open Pickleball (Intermediate/Advanced) | HVY | 18+ | M/W/F | 11:00 AM | 2:00 PM | FREE | N/A* |
| Open Pickleball | HVY | 18+ | T/TH | 5:00 AM | 8:00 AM | FREE | N/A * |
| Open Pickleball (Beginner) | HVY | 18+ | T/TH | 11:00 AM | 2:00 PM | FREE | N/A* |
| Open Pickleball | HVY | 18+ | SUN | 10:00 AM | 1:00 PM | FREE | N/A* |
| Open Pickleball | NMY | 18+ | SUN | 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 | 14+ | W | 6:00 PM | 8:30 PM | FREE | N/A* |
| Open Volleyball | NMY | 18+ | T/TH | 7:00 PM | 9:00 PM | FREE | N/A* |
| Open Basketball | APY | 18+ | W | 5:30 AM | 7:00 AM | FREE | N/A* |
| Open Basketball | APY | 18+ | S | 6:00 AM | 7:45 AM | FREE | N/A* |
| Open Basketball | NMY | 18+ | SUN | 9:00 AM | 11:00 AM | FREE | N/A* |
| Open Basketball | NMY | 18+ | M/TH/F | 11:00 AM | 1:00 PM | FREE | N/A* |
| Open Basketball | NMY | 18+ | T/F | 5:00 AM | 7:00 AM | FREE | N/A* |
| Open Adult Volleyball | HVY | 16+ | F | 5:30 PM | 7:30 PM | FREE | N/A* |
| Open 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 \$12**

*** Tennis/Pickleball only memberships are only usable at Ogden YMCA**

ADULTS PICKLEBALL LEAGUE (HVY)

June 6-August 15, 2024. Registration: April 8-May 19, 2024. No league the week of July 1-5. This is a fun, recreational league for ages 18+. Players will tally individual wins/losses on score sheet provided. YMCA staff will collect scoresheets and update standings each week. This league is for intermediate/advanced players who have a solid understanding of the rules and have playing experience. League will be held from 6:00 PM-8:00 PM on the outdoor pickleball courts at Heart of the Valley YMCA.

| Class Name | YMCA | Age | Day | Start | End | Y Member | General Public |
|-------------------------|------|-----|-----|----------|-----------|----------|----------------|
| Adult Pickleball League | HVY | 18+ | TH | June 6 | August 15 | \$60 | \$90 |
| Adult Pickleball League | APY | 18+ | W | April 17 | May 29 | \$60 | \$90 |