



# ADAPTIVE & INCLUSIVE PROGRAMMING

## FALL 1 PROGRAM SESSION:

September 8 – October 26, 2025

### STAFF CONTACTS

ACY – Jen Oaks Health & Fitness Coordinator P 920.702.2316 E [joaks@ymcafoxcities.org](mailto:joaks@ymcafoxcities.org)

APY – Roxanne Lee Aquatics Director P 920.954.7640 E [rlee@ymcafoxcities.org](mailto:rlee@ymcafoxcities.org)

APY – Renae Johnson, Camp Hope/Camp Inspiration Director P 920.209.0680 E [renaejohnson@ymcafoxcities.org](mailto:renaejohnson@ymcafoxcities.org)

FWY – Alicia Lutgen, Early Childhood Coordinator P 920.560.0428 E [alutgen@ymcafoxcities.org](mailto:alutgen@ymcafoxcities.org)

HVY – Mindy Arneson Aquatics Coordinator P 920.830.5707 E [marneson@ymcafoxcities.org](mailto:marneson@ymcafoxcities.org)

NMY – Susan Christel Health & Fitness Director P 920.886.2127 E [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org)

OGY – Cindy Baumgartner Health & Fitness Coordinator P 920.560.0001 E [cbaumgartner@ymcafoxcities.org](mailto: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. Please watch our social media page for any scheduled family nights and for more information.

### FITNESS

#### FUN CLUB– YOUTH ADAPTIVE AND INCLUSIVE WELLNESS CLASS (NMY)

An inclusive wellness class for 1<sup>st</sup> – 5<sup>th</sup> grade and 6<sup>th</sup> – 9<sup>th</sup> grade students offering an opportunity for fitness training and social learning. Both 45-minute classes offer various forms of exercise, and the younger group will include art/crafts. Classes are staffed with a 2:6 ratio to accommodate individual special needs. Drop your child off or, especially if your child requires 1:1 assistance, caregivers and/or family are welcome to attend with the child/children. 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 and required. For more information, please contact Susan Christel at [schristel@ymcafoxcities.org](mailto:schristel@ymcafoxcities.org) or 920-886-2127.



## **FITNESS FRIENDS – ADAPTIVE AND INCLUSIVE FITNESS PROGRAM (APY)**

Fitness Friends is a program where adults (14+ y/o) with intellectual and developmental disabilities learn the benefits of exercise alongside their friends. Not only do they develop strength, endurance, balance and flexibility, but they also develop confidence as they learn something new. Being part of a group gives them a sense of belonging. Class will meet 1x/week for 10 weeks at a time and will be held in the Appleton YMCA Training Studio.

Registration is limited and required. For more information, please contact Loel Kreger at [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org) or 920-954-7658.

## **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 – 920.830.5707

NMY – 920.886.2132

**Fee: (7-week Session) Y Members - \$65 General Public - \$99**

For Heart of the Valley Y, if you are interested in Adapted Individual Swim Lessons, please register online for the 'Adapted Swim Waitlist'. The aquatics department will contact you when there is an opening in the program.

## **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 – 920.830.5707

NMY – 920.886.2132

**Fee: (7-week Session) Y Members - \$65 General Public - \$99**

For Heart of the Valley Y, if you are interested in Adapted Individual Swim Lessons, please register online for the 'Adapted Swim Waitlist'. The aquatics department will contact you when there is an opening in the program.