



SPORTS

STAFF CONTACTS

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HVY – Brandon Thielen Sports & Recreation Director P 920.830.5703 E bthielen@ymcafoxcities.org
NMY – Jensen Hinton Sports & Recreation Director P 920.886.2103 E jhinton@ymcafoxcities.org

WINTER 2 PROGRAM SESSION:

February 23 – April 12, 2026 (UNLESS NOTED IN DESCRIPTION)

PRESCHOOL

PARENT-CHILD ALL-SPORTS (AGES 3-4 YEARS WITH PARENT) (APY, FWY, HVY, NMY)

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	\$38	\$55
Parent-Child All Sports	FWY	3-4 years	W	5:30 PM	6:15 PM	\$38	\$55
Parent-Child All Sports	HVY	3-4 years	M	5:00 PM	5:45 PM	\$38	\$55
Parent-Child All Sports	NMY	3-4 years	M	5:00 PM	5:45 PM	\$38	\$55

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.

HOME SCHOOL SPORTS (APY, HVY, NMY)

This is the YMCA's 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.

LITTLE KICKERS SOCCER (HVY)

Participants will learn the basics of soccer through drills to improve their skills and learn offensive and defensive skills. 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.

Coed Dodgeball League (HVY) March 5 – April 9

Join us for a fun and semi-competitive dodgeball league. Players will compete in 5v5 coed teams and play a minimum of 2 matches each week, with each match played in a best 3-out-of-5 format. Teams will be randomly created. If you have a friend request, email Brandon Thielen at bthielen@ymcafoxcities.org.

JR GATORS (APY, NMY)

(Games, Activities, Tag, Obstacles, Relays & Sports) Participants will actively participate in the above activities, learn rules and skills, and have fun!

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

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 learning 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.

WINTER VOLLEYBALL (FWY)

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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Jr GATORS	APY	4-6 years	M	4:30 PM	5:15 PM	\$38	\$55
Advanced Sports Sampler	APY	7-10 years	T	5:30 PM	6:15 PM	\$38	\$55
Sports Sampler	APY	4-6 years	T	4:30 PM	5:15 PM	\$38	\$55
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$38	\$55
Sports Sampler	HVY	4-6 years	M	6:00 PM	6:45 PM	\$38	\$55
Little Kickers Soccer	HVY	4-6 years	W	5:30 PM	6:15 PM	\$38	\$55
Jr GATORS	NMY	4-6 years	W	5:30 PM	6:15 PM	\$38	\$55
Beginner Volleyball	FWY	Grades 2-3	M	5:00 PM	6:00 PM	\$45	\$65
Beginner Volleyball	FWY	Grades 4-6	M	6:00 PM	7:00 PM	\$45	\$65
Intermediate Volleyball	FWY	Grades 7-8	TH	6:30 PM	7:30 PM	\$45	\$65
Home School Sports	APY	7 -11 years	T	2:00 PM	2:45 PM	\$38	\$55
Home School Sports	HVY	7 -11 years	T	1:00 PM	1:45 PM	\$38	\$55
Home School Sports	HVY	7-11 years	F	10:30 AM	11:15 AM	\$38	\$55
Home School Sports	NMY	7 -10 years	W	11:00 AM	11:45 AM	\$38	\$55
Home School Sports	NMY	11 -14 years	W	12:00 PM	12:45 PM	\$38	\$55
Sports Skills – Soccer	FWY	Grades 1-2	T	4:30 PM	5:15 PM	\$38	\$55
Sports Skills – Soccer	FWY	Grades 3-4	T	5:30 PM	6:15 PM	\$38	\$55
Coed Dodgeball League	HVY	Grades 5-6	TH	5:00 PM	6:00 PM	\$38	\$56
Coed Dodgeball League	HVY	Grades 7-8	TH	6:00 PM	7:00 PM	\$38	\$56

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

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 a 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.

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.

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!

NBA 2K26 LEAGUE

Join us for competitive gaming and community fun in our NBA 2K26 League! Games are played every Saturday at the Y, featuring head-to-head matchups on the latest NBA 2K platform. Whether you're a seasoned player or just starting out, this league is perfect for anyone who loves basketball and gaming.

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	NMY	Ages 8-18	M	6:00 PM	8:00 PM	\$59	\$79
Let's Play! - Esports	NMY	Ages 8-18	T	6:00 PM	8:00 PM	\$37	\$57
Super Smash Bros Ultimate League	NMY	Ages 8-18	TH	6:00 PM	8:00 PM	\$37	\$57
NBA 2K26 League	NMY	Ages 8-18	SAT	10:00 AM	12:00 PM	\$37	\$57

MINECRAFT CODING CLASS

Unlock the power of creativity and problem-solving through coding in Minecraft! In this hands-on class, students will learn the fundamentals of programming using block-based and Python coding within the Minecraft Education platform. Participants will design interactive worlds, automate tasks, and bring their ideas to life while exploring concepts like loops, conditionals, and variables in a fun, game-based environment. All equipment is provided by the YMCA.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Minecraft Coding March 13	NMY	Ages 8-18	F	6:00 PM	8:00 PM	\$10	\$15
Minecraft Coding March 27	NMY	Ages 8-18	F	6:00 PM	8:00 PM	\$10	\$15

TOURNAMENTS

FORTNITE

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.

MADDEN FOOTBALL

Think you've got what it takes to dominate the gridiron? Join us for an action-packed Madden NFL Tournament! Test your skills, showcase your play-calling, and compete against other gamers for bragging rights and prizes. Whether you're a seasoned Madden veteran or just love football, this is your chance to prove you're the ultimate champion. All equipment is provided by the YMCA.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Duos Fortnite February 7	NMY	Ages 8-18	SAT	Noon	3:00 PM	\$10	\$15
Duos Fortnite February 21	NMY	Ages 8-18	SAT	Noon	3:00 PM	\$10	\$15
Madden Tournament February 27	NMY	Ages 8-18	FRI	5:00 PM	7:00 PM	\$10	\$15
Duos Fortnite March 21	NMY	Ages 8-18	SAT	Noon	3:00 PM	\$10	\$15
Duos Fortnite April 11	NMY	Ages 8-18	SAT	Noon	3:00 PM	\$10	\$15

NEW! GAMERS NIGHT OUT

Parents, enjoy a well-deserved evening to yourselves while we host an action-packed night for your kids! From Fortnite tournaments, Minecraft challenges and much more, there's something for every gamer to enjoy. Dinner will be provided. Space is limited so register early! No refunds or credits for cancellations after the Tuesday before the event.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Gamers Night Out – January 16	NMY	Ages 8-14	FRI	5:00 PM	8:00 PM	\$20	\$25
Gamers Night Out – February 20	NMY	Ages 8-14	FRI	5:00 PM	8:00 PM	\$20	\$25
Gamers Night Out – March 20	NMY	Ages 8-14	FRI	5:00 PM	8:00 PM	\$20	\$25
Gamers Night Out – April 17	NMY	Ages 8-14	FRI	5:00 PM	8:00 PM	\$20	\$25

JUDO (NMY)

September 9, 2025 – May 31, 2026 (monthly)

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. Join at any time throughout the session!

Judo is a pay 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.

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 2 hours 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 2 hours 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	5:00 PM	6:15 PM	\$52/month	\$76/month
Beginner Adult Judo	NMY	13 and older	T	6:30 PM	8:30 PM	\$62/month	\$86/month
Jr./Family Advanced Judo	NMY	6 and older	TH	5:00 PM	6:15 PM	\$52/month	\$76/month
Advanced Adult Judo	NMY	13 and older	TH	6:30 PM	8:30 PM	\$62/month	\$86/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.

- Volleyball 1
- Fall Flag Football
- Youth Basketball
- Indoor Soccer
- Track & Field

Please note:

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.

Cancellations: Before the registration deadline there will be full refund. After the deadline and before first practice/game will be YMCA credit. No credits/refunds after first day.

INDOOR SOCCER LEAGUE (APY, FWY, HVY, NMY) – February 28 -April 4, 2026

REGISTRATION - December 8, 2025 – February 8, 2026

This is a value-added league and is FREE with active YMCA FAMILY membership.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Indoor Soccer	APY	Grade 4K-5K	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	APY	Grade 1-2	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	APY	Grade 3-4	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	APY	Grade 5-6	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	FWY	Grade 4K-5K	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	FWY	Grade 1	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	FWY	Grade 2	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	FWY	Grade 3-4	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	FWY	Grade 5-7	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	HVY	Grade 4K-5K	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	HVY	Grade 1-2	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	HVY	Grade 3-4	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	HVY	Grade 5-6	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	NMY	Grade 4K-5K	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	NMY	Grades 1-2	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	NMY	Grade 3-4	SAT	Feb 28	April 4	Free	\$43	\$63
Youth Indoor Soccer	NMY	Grade 5-6	SAT	Feb 28	April 4	Free	\$43	\$63

WINTER VOLLEYBALL (HVY, NMY) – February 24 – April 10, 2026

REGISTRATION – January 5 – February 19, 2026

This co-ed program will continue to develop the fundamentals of the game of volleyball, as well as more intermediate 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 one night a week at the location in which you sign up for as listed below. There will be an end of the season tournament against other YMCA teams. More information will be shared after the start of the program.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Winter Volleyball	HVY	Grades 2-3	T	Feb 24	April 10	\$77	\$107
Winter Volleyball	HVY	Grades 4-6	T	Feb 24	April 10	\$77	\$107
Winter Volleyball	NMY	Grade 2-3	T	Feb 24	April 10	\$77	\$107
Winter Volleyball - Beginner	NMY	Grade 4-6	TH	Feb 26	April 10	\$77	\$107
Winter Volleyball - Intermediate	NMY	Grade 4-6	TH	Feb 26	April 10	\$77	\$107
Winter Volleyball	FWY	Grades 2-3	TH	Feb 26	Apr 10	\$51	\$74
Winter Volleyball	FWY	Grade 4-6	TH	Feb 26	Apr 10	\$51	\$74

SPRING VOLLEYBALL 4'S LEAGUE (HVY) – April 7 – May 19, 2026

REGISTRATION – January 5, 2026 – March 16, 2026

This Middle School 4s League will include instruction and training to help develop the fundamentals and learn strategies related to the game of volleyball to become more successful, more confident, and continue to enjoy the game of volleyball. Kids will receive volleyball instruction for each session for the first hour and then 4s open play for the last half an hour following the instruction. Players will compete in a 4's tournament the last day of the program.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Spring Volleyball 4's League	HVY	Grades 7-8	T	April 7	May 19	\$67	\$87

YOUTH BASKETBALL 3 ON 3 LEAGUE (APY) – March 5-April 16, 2026

REGISTRATION January 1 – February 26

No games week of March 30-April 3

Our Youth 3-on-3 Basketball League is designed to help young athletes build confidence, develop fundamental skills, and foster a love for the game in a fun and supportive environment. **Each week players will be put on randomized teams for them to get an opportunity to play with different kids throughout the season.** With smaller teams and more touches on the ball, players get more opportunities to learn, lead, and grow skills on the court.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
3 on 3 Boys	APY	Grade 3 & 4	TH	March 5	April 16	\$37	\$55
3 on 3 Boys	APY	Grade 5 & 6	TH	March 5	April 16	\$37	\$55
3 on 3 Girls	APY	Grade 3 & 4	TH	March 5	April 16	\$37	\$55
3 on 3 Girls	APY	Grade 5 & 6	TH	March 5	April 16	\$37	\$55

3 ON 3 BASKETBALL LEAGUE (FWY) March 2 – April 13

REGISTRATION: January 1 – February 26, 2026.

No games week of March 30-April 3.

Our Youth 3-on-3 Basketball League is designed to help young athletes build confidence, develop fundamental skills, and foster a love for the game in a fun and supportive environment. **Each week players will be put on randomized teams for them to get an opportunity to play with different kids throughout the season.** With smaller teams and more touches on the ball, players get more opportunities to learn, lead, and grow skills on the court.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
3 on 3 - Boys	FWY	Grade 3	M	March 2	April 13	\$37	\$55
3 on 3 - Boys	FWY	Grade 4	M	March 2	April 13	\$37	\$55
3 on 3 - Boys	FWY	Grade 5	M	March 2	April 13	\$37	\$55
3 on 3 - Boys	FWY	Grade 6-8	M	March 2	April 13	\$37	\$55
3 on 3 - Girls	FWY	Grade 3	T	March 3	April 14	\$37	\$55
3 on 3 - Girls	FWY	Grade 4	T	March 3	April 14	\$37	\$55
3 on 3 - Girls	FWY	Grade 5	T	March 3	April 14	\$37	\$55
3 on 3 - Girls	FWY	Grade 6-8	T	March 3	April 14	\$37	\$55

NFL FLAG FOOTBALL LEAGUE (APY, FWY, HVY, NMY) – April 11 – May 16, 2026

REGISTRATION DECEMBER 8, 2025-MARCH 22, 2026.

The Appleton YMCA and Neenah-Menasha YMCA Grades 5-8 will play inter-Y games with home and away games.

Note: Cancellations after registration deadline and before first practice/game will be YMCA credit minus the cost of the team jersey (\$30). No refunds will be given after first day.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
NFL Flag Football	APY	Grades 4K-5K	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	APY	Grade 1-2	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	APY	Grade 3-4	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Boys	APY	Grades 5-6	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Boys	APY	Grades 7-8	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	FWY	Grades 4K-5K	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	FWY	Grades 1	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	FWY	Grades 2	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	FWY	Grades 3-4	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	HVY	Grades 4K-5K	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	HVY	Grade 1	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	HVY	Grade 2	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	HVY	Grade 3	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	HVY	Grade 4	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Boys	HVY	Grades 5-6	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Boys	HVY	Grades 7-8	SAT	April 11	May 16	\$55	\$55	\$81

NFL Flag Football	NMY	Grades 4K-5K	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	NMY	Grades 1-2	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football	NMY	Grades 3-4	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Boys	NMY	Grades 5-6	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Boys	NMY	Grades 7-8	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Boys	NMY	Grades 9-10	SAT	April 11	May 16	\$55	\$55	\$81

NEW! GIRLS NFL FLAG FOOTBALL (Grades 5-8) April 11 – May 16, 2026

REGISTRATION DECEMBER 8, 2025-MARCH 22, 2026.

All games will be played at the Heart of the Valley YMCA. Teams will be formed by branch.

Note: Cancellations after registration deadline and before first practice/game will be YMCA credit minus the cost of the team jersey (\$30). No refunds will be given after first day.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
NFL Flag Football - Girls	APY	Grades 5-6	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Girls	APY	Grades 7-8	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Girls	FWY	Grades 5-6	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Girls	FWY	Grades 7-8	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Girls	HVY	Grades 5-6	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Girls	HVY	Grades 7-8	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Girls	NMY	Grades 5-6	SAT	April 11	May 16	\$55	\$55	\$81
NFL Flag Football - Girls	NMY	Grades 7-8	SAT	April 11	May 16	\$55	\$55	\$81

TRACK AND FIELD (APY, FWY, HVY, NMY) April 18 – May 16, 2026

REGISTRATION December 8-April 5, 2026.

This is a value-added league and is FREE with active YMCA FAMILY membership.

The first four weeks will be practiced on Saturdays at the location in which you sign up for and an ALL YMCA meet on May 16. Locations are Appleton YMCA (Location TBD); Fox West YMCA (Fox West YMCA), Heart of the Valley (James Madison Middle School) and Neenah-Menasha YMCA (Neenah Middle School). YMCA of the Fox Cities Track Meet will be held on Saturday, May 16 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	Grades 5K-1	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	APY	Grades 2-3	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	APY	Grades 4-6	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	FWY	Grades 5K-1	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	FWY	Grades 2-3	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	FWY	Grades 4-6	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	HVY	Grades 5K-1	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	HVY	Grades 2-3	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	HVY	Grades 4-6	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	NMY	Grades 5K-1	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	NMY	Grades 2-3	SAT	April 18	May 16	Free	\$30	\$44
Track & Field	NMY	Grades 4-6	SAT	April 18	May 16	Free	\$30	\$44

FOX WEST SUMMER SOCCER LEAGUE- May 4 – July 29

REGISTRATION JANUARY 1 – April 12. Practices may begin the week of May 4. Games June 1 – July 29

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 June 29-July 3. Each participant will receive a full uniform (jersey, shorts and socks).

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ages 4-5	FWY	4-5 years	T	May 4	July 29	\$70	\$101
U6	FWY	5-6 years	T	May 4	July 29	\$70	\$101
U8	FWY	7-8 years	M	May 4	July 29	\$70	\$101
U10	FWY	9-10 years	M	May 4	July 29	\$70	\$101
U12	FWY	11-12 years	W	May 4	July 29	\$70	\$101
U15	FWY	13-15 years	W	May 4	July 29	\$70	\$101

FOX WEST PRE-SEASON SOCCER CAMP – April 21 & 28 (Ages 4-7) or April 23 & 30

REGISTRATION January 1 – April 20. The 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	\$23	\$35
Pre-Season Dribbling Camp	FWY	Ages 4-7	T	5:30 PM	6:15 PM	\$23	\$35
Pre-Season Soccer Camp	FWY	Ages 8-12	TH	4:30 PM	5:15 PM	\$23	\$35
Pre-Season Dribbling Camp	FWY	Ages 8-12	TH	5:30 PM	6:15 PM	\$23	\$35

SUMMER SOCCER LEAGUE (APY) – June 15 - July 28, 2026

REGISTRATION: February 16-May 31, 2026.

There will be no games during the week of June 29-July 3.

Our Youth Summer Soccer League is a 6-week program designed to introduce kids to the fundamentals of soccer in a fun, supportive, and team-oriented environment. Through instruction and play, participants will build skills, confidence, and friendships while learning the values of teamwork, respect, and sportsmanship. Each week participants will learn soccer for 60 min through practice and gameplay guided by our character values.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer	APY	Ages 4-5	T	June 16	July 28	\$43	\$63
Summer Soccer	APY	Ages 6-7	M	June 15	July 27	\$43	\$63
Summer Soccer	APY	Ages 8-9	T	June 16	July 28	\$43	\$63
Summer Soccer	APY	Ages 10-11	M	June 15	July 27	\$43	\$63

SUMMER SOCCER LEAGUE (HVY, NMY) – July 6 - August 11, 2026

REGISTRATION: February 16- June 14, 2025. Teams will practice followed by a game one day a week. NMY game locations TBD. HVY games will be played at the Heart of the Valley YMCA. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer	HVY	Ages 4-5	M	July 6	August 10	\$43	\$63
Summer Soccer	HVY	Ages 6-7	M	July 6	August 10	\$43	\$63
Summer Soccer	HVY	Ages 8-9	T	July 7	August 11	\$43	\$63
Summer Soccer	HVY	Ages 10-11	T	July 7	August 11	\$43	\$63
Summer Soccer	NMY	Ages 4-5	T	July 7	August 11	\$43	\$63
Summer Soccer	NMY	Ages 6-7	T	July 7	August 11	\$43	\$63
Summer Soccer	NMY	Ages 8-9	T	July 7	August 11	\$43	\$63

T-BALL (HVY, NMY) – July 8 -August 13, 2026

REGISTRATION: February 16- June 14, 2026.

Teams will practice followed by a game one day a week. HVY will play at the Heart of the Valley YMCA and NMY will play at Spring Road Elementary School. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
T-Ball	HVY	Ages 4-6	TH	July 9	August 13	\$43	\$63
T-Ball	NMY	Ages 4-6	W	July 8	August 12	\$43	\$63

YOUTH & TEEN NIGHTS (FWY)

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, swimming, food and best of all **FUN!** **More specific details located at ymcafoxcities.org.**

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

*Pre-registration is required.

Fox West YMCA Youth Nights (Grades 2-6)

Saturdays 6:00 – 8:30 PM

February 14 and March 21

ADULTS

ADULT RACQUETBALL LEAGUES (APY) January 26 – March 30

Whether you're a seasoned player or just getting back into the game, this league offers a fun and competitive environment for adults of all skill levels.

This league offers 3 different divisions: A Competitive, B Intermediate and C Recreation.

Each league runs on a separate night between 5:30pm-7:30pm.

Our league features weekly matches, division standings and an end of season tournament. Come join our incredible Racquetball community at the Appleton YMCA.

Class name	YMCA	Day	Start	End	Y Member	General Public
A League	APY	M	January 26	March 30	\$25	\$35
B League	APY	T	January 27	March 31	\$25	\$35
C League	APY	W	January 28	April 1	\$25	\$35

ADULT OPEN GYM SPORTS

Basketball, Volleyball, Pickleball

No registration required, see branch schedules for updated time and options.

OGDEN YMCA PICKLEBALL COURTS

The Ogden YMCA and Valley Tennis Center offer 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 (Intermediate/Advanced)	APY	18+	M/T/W/TH/F	7:00 AM	11:00 AM	FREE	N/A*
Open Pickleball (Intermediate/Advanced)	APY	18+	SUN	7:00 AM	11:00 AM	FREE	N/A*
Open Pickleball - (Beginner)	APY	18+	M/T/W/TH/F	11:00 AM	2:00 PM	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*
Open Pickleball (Beginner)	FWY	18+	TH	NOON	2:00 PM	FREE	N/A*
Open Pickleball (Intermediate/Advanced)	HVY	18+	M/W/F	11:15 AM	2:15 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	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+	M/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 Basketball	NMY	55+	T	12:00 PM	2:00 PM	FREE	N/A*
Open Basketball	HVY	55+	M	10:00 AM	NOON	FREE	N/A*
Open Volleyball	HVY	16+	W	7:00 PM	8:30 PM	FREE	N/A*
Open Family Volleyball	HVY	All ages	SUN	2:00 PM	4:00 PM	FREE	N/A*
Open Pickleball (Intermediate/Advanced)	APY	18+	M/T/W/TH/F	7:00 AM	11:00 AM	FREE	N/A*
Open Pickleball (Intermediate/Advanced)	APY	18+	SUN	7:00 AM	11:00 AM	FREE	N/A*

*** Guest passes available ONLY if accompanied by a Y member for \$15***