



ADAPTIVE & INCLUSIVE PROGRAMMING SUMMER PROGRAM SESSION:

June 8 – August 23, 2026

No Class June 19 – July 5, 2026

STAFF CONTACTS

APY – Leah Leonard Aquatics Director P 920.954.7640 E leonard@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

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. Please watch our social media page for any scheduled family nights and for more information.

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. Classes will meet 1x/week for 10 weeks at a time and will be held in the Appleton YMCA Training Studio.

10 Week Session June 8 – August 23 (No Classes June 29 – July 5)

Tuesday 11:00 – 11:45 AM

Members: \$45 General Public: \$60

Registration is limited and required. For more information, please contact Loel Kreger at 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

For Heart of the Valley Y, if you are interested in Adapted Individual Swim Lessons, there is a waitlist. Contact the branch Aquatic Department to be placed on the waitlist.