



BELIEVE YOU CAN

The Y makes sure that every child, teen & adult has an opportunity to envision and pursue a positive future and to take an active role in strengthening his or her community.



EDUCATION AND LEADERSHIP

UPDATED ON: AUGUST 12, 2018

STAFF CONTACTS

ACY - Amie Olson Child Care Services Director P 702.2315 E aolson@ymcafoxcities.org
ACY - Cindy Reinhold Child Care Services Coordinator P 702-2310 E creinhold@ymcafoxcities.org
APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org
APY - Amanda Beuscher Arts & Humanities Coordinator P 954.7602 E abeuscher@ymcafoxcities.org
FWY - Kerry Wiitanen Child Care Services Director P 560.3417 E kwiitanen@ymcafoxcities.org
HVY - Erin Brennan Aquatic & Youth Director P 830.5714 E ebrennan@ymcafoxcities.org
NMY - Darlene Pawelkiewicz Arts & Humanities Coordinator P 886.2128 E dpawelkiewicz@ymcafoxcities.org

YOUTH CLASSES

MANNERS CLASS (Ages 7-12 YEARS) (NMY)

This etiquette course emphasizes table manners, courtesy, respect to others, and useful daily manners.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Manners Class November 9	NMY	7-12 years	F	5:30 PM	8:30 PM	\$28	\$38

TEEN PROGRAM

IN HOUSE TUTORING (Grades K-12) (APY)

One-on-one tutoring is available at the Appleton and Fox West YMCAs to any student K-12 who needs help with almost any subject. Tutoring is provided M-TH throughout the school year (October-May). Register at any point in the school year. We provide 1 one-hour session a week between the hours of 4:00 and 8:00 PM at the Appleton YMCA and between 4:00 PM and 7:00 PM at the Fox West YMCA. A \$30 registration fee for the school year is due per student with a max of \$60 per family. The registration fee is due at the time of their first appointment. Contact Arts & Education Coordinator 954.7602 at the Appleton YMCA for more information or to set up an appointment.

Grades K-12 4:00-8:00 PM APY

YOUTH IN GOVERNMENT (Grades 7-12) (APY)

Now is the time to make your voice be heard! Wouldn't it be great if you could make or change the rules in regards to the government? The Youth in Government (YIG) program takes a hands-on approach involving students in the legislative, executive, and judicial branches of government. This includes a press corps which gives students experience in sharing political news in a variety of multi and social-medias. YIG encourages life-long responsible citizenship through the study of public issues, debate on public policy, writing legislation, debating court cases, reporting on political news and a weekend Model Government experience in the State Capital. If you enjoy debating, writing, want to learn more about how bills become laws, and would enjoy a weekend trip to Madison in March, then Youth in Government is the place for you! Contact Jolene Leurquin at 920-832-4951 or jleurquin@ymcafoxcities.org for more information.

Tuesdays 6:30-8:00 PM October-March

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Youth in Government	APY	Grades 7-12	T	6:30 PM	8:00 PM	\$225	\$225

Fall Session 1: September 10-October 28, 2018

Fall Session 2: October 29-December 23, 2018

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(No classes November 19-25)

SAFETY CLASSES

BABYSITTING 101™ (AGES 10-16) (ACY, APY, FWY)

In just a few hours of interesting and engaging learning, your child will become a sought-after babysitter, implementing a plan to find babysitting jobs and care for kids of all ages with equal measures of skill and fun. Topics include marketing and organizing your babysitting skill, engaging kids of all ages, the character of a babysitter, administering first aid and taking care of emergencies, and common problems babysitters face – and the solutions! Participants are required to bring a sack lunch.

BABYSITTING CLINIC (AGES 10-16) (NMY)

Babysitting basics and beyond are covered in this 6-hour training. Participants will discover what it means to become a responsible babysitter through practical application and training. Participants receive a certificate after testing their knowledge of first-aid, basic care, safety and developmental issues. Participants are required to bring a sack lunch.

BE A SAFE KID (AGES 9-13 YEARS) (NMY)

Learn safe practices in the following situations: being home alone, walking alone, computer safety, phone use, mall safety, etc.

SAFE KIDS 101™ (AGES 9-13 YEARS) (APY)

Through this detailed course your child will be equipped with the skills they need to be safe at home and in the community. Parents will have peace of mind, knowing your children are safely prepared for emergency scenarios.

Girls Scout Troops can fulfill badge opportunities in child care and babysitting by calling:

FWY – Kerry Wiitanen 560.3417

NMY – Darlene Pawelkiewicz 886.2128

APY – 954.7602

ACY – Amie Olson 733.9622

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Babysitting 101™ September 29	ACY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ October 13	ACY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ November 17	ACY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ December 15	ACY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ October 13	APY	10-16 years	SAT	8:00 AM	1:00 PM	\$45	\$65
Babysitting 101™ December 8	APY	10-16 years	SAT	8:00 AM	1:00 PM	\$45	\$65
Babysitting 101™ September 15	FWY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ October 6	FWY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ November 10	FWY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ December 8	FWY	10-16 years	SAT	9:00 AM	2:00 PM	\$45	\$65
Babysitting Clinic September 22	NMY	10-16 years	SAT	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic November 10	NMY	10-16 years	SAT	8:30 AM	3:00 PM	\$45	\$65
Be a Safe Kid October 19	NMY	9-13 years	F	5:30 PM	8:30 PM	\$28	\$48
Safe Kids 101™ September 22	APY	9-13 years	SAT	8:00 AM	11:00 AM	\$28	\$48
Safe Kids 101™ November 10	APY	9-13 years	SAT	8:00 AM	11:00 AM	\$28	\$48

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ADULT SPECIALTY ENRICHMENT

ADULT CONTRACT BRIDGE (APY)

BEGINNER/INTERMEDIATE

Learn to play contract bridge or brush up on your game. If you are a beginner, come with several friends to make a table of 4. Novices are welcome, however at least one table of 4 novice players is required for instruction. Learning to play or continuing to play bridge keeps those neural pathways clicking, develops new ones, and provides social interaction with other players. Instruction from Joan Thibodeau.

APPLETON BOOK CLUB (APY)

Reading with a purpose! Book Club Members will choose a different book each month. Meetings will provide regular opportunities to read, unwind and have thought-provoking conversations with others who share the love of reading. Registration is done on a monthly basis, so join in anytime! Grow your mind and enjoy the company of other readers!

BECAUSE WE KNIT (APY)

Join the YMCA's Knitting Circle, where you can practice your skills and learn new techniques while creating knit goods. This opportunity is for like-minded knitters to enjoy the social aspects of knitting together. Please bring your own projects and ideas!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Contract Bridge Lessons	APY	18 years and older	M	1:00 PM	3:00 PM	FREE	\$25
Appleton Book Club Sep 10, Oct 8, Nov 12, Dec 10	APY	18 years and older	M	1:30 PM	3:00 PM	FREE	\$3/month
Because We Knit	APY	18 years and older	W	6:30 PM	8:00 PM	FREE	\$10
Because We Knit	APY	18 Years and older	TH	9:00 AM	11:00 AM	FREE	\$10

THOMPSON CENTER ON LOURDES • 2331 E LOURDES DRIVE • APPLETON

The Appleton YMCA offers small group classes of no more than 8 adult students. For technology Classes, students must bring their own personal laptops/devices. All classes are held at Thompson Center on Lourdes (TCL). TCL is committed to enhancing the quality of life of adults and their families through a network of activities and services that focuses on improving emotional, intellectual, physical, social and spiritual wellness. Thompson Center on Lourdes reception desk is open from 8:30 AM until 4:30 PM, however, the YMCA has both day and evening programs there. Evening Y class instructors provide access to the facility shortly before class begins. Most classes are open to ages 18+ unless noted otherwise. TCL provides a monthly newsletter "The Buzz" which contains information about all programs and services located at their facility. Registration for all YMCA classes can be done at any YMCA of the Fox Cities Locations.

ADULT LANGUAGE

Spanish 1 - Adult (TCL)

Have fun learning Spanish! This class is an introduction to basic Spanish for adult beginners. Learn to speak and understand small amounts of general and basic Spanish found in most routine interchanges in daily life. Students will participate actively during class to develop listening, speaking, reading and writing skills. Students learn vocabulary through experiential and topical lessons, as well as, culture from different Spanish-speaking countries. Minimal amounts of English are used in this class. 14 weeks in Fall; 21 weeks in Winter/Spring. 60-minute class. *Motivated students may join on-going classes at the discretion of the teacher.*

Spanish 2 - Adult (TCL)

Enjoy improving your skill level with Spanish! This language class will review Level 1 material, and then continue building language ability with use and application at the next level. Format will be similar to the Level 1 class. Develop your ability to build bridges with Latinos as you learn some language and culture to

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help strengthen our community. Minimal amounts of English are used in this class. 14 weeks in Fall; 21 weeks in Winter/Spring. 60-minute class. *Motivated students may join on-going classes at the discretion of the teacher.*

Spanish 3- Adult (TCL)

This class is for students who want to continue to practice conversing in Spanish, reading short stories and articles for discussion, and reviewing grammatical structures. Students should feel relatively comfortable with the basics of the language, with a goal of improving their speaking, listening and writing skills in Spanish. 14 weeks in Fall; 21 weeks in Winter/Spring. 60- Minute class. *Motivated students may join on-going classes at the discretion of the teacher.*

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Spanish 1 - 14-weeks	TCL	18 years and older	W	4:00 PM	5:00 PM	\$77	\$77
Spanish 2 - 14-weeks	TCL	18 years and older	W	5:00 PM	6:00 PM	\$77	\$77
Spanish 3 - 14-weeks	TCL	18 years and older	W	6:00 PM	7:00 PM	\$77	\$77

COMPUTER CLASSES FOR ADULTS

WINDOWS 10 (TCL)

Windows 10 is the latest version of Microsoft’s operating system. An introductory class for those who want or need to learn the very basics of computer skills and operations. Course covers hardware, software, the use of a mouse, how to open and close programs, sending and receiving e-mail, exploring the internet safely and what does Windows 10 bring to your computer that is new or different. This class will help you increase your comfort level with computers. 6 weeks. 1 ½- hour class.

APPLE IPAD BASICS (TCL)

A basic overview of the Apple iPad. Learn to use and understand the basics of your Apple iPad. Using and adding “apps”, taking pictures and videos, using FaceTime, using your calendar, downloading songs and videos. You must bring a fully set up Apple iPad to class. Class is for Apple iPads only and not for other tablets. Meeting once a week for an hour and one half each time. 6 weeks. 1 ½- hour class.

SMARTPHONES BASICS CLASS- IPHONE (TCL)

Smartphones are one of the most influential devices in today’s world and are used everywhere every day. In the Smartphones Basics Class we will talk about the basic functions of your phone. *Topics to be covered will center around the following:*

- Introduction/getting familiar with the interface
- Basic settings
- Setting up contacts and making a phone call
- Sending and receiving texts
- Taking photos and videos
- Listening to music and watching videos
- Browsing the internet
- Downloading and installing Apps
- Tips on ensuring security of your phone

Phones must be set-up and fully working before class begins. Please charge phone battery before coming to class and bring charging cord and plug. 6 weeks. 1 ½- hour class.

SMARTPHONE- ANDROID (TCL)

Smartphones are one of the most influential devices in today’s world and are used everywhere every day. In the Smartphones Basics Class we will talk about the basic functions of your phone. *Topics to be covered will center around the following:*

- Introduction/getting familiar with the interface
- Basic settings
- Setting up contacts and making a phone call
- Sending and receiving texts
- Taking photos and videos
- Listening to music and watching videos
- Browsing the internet
- Downloading and installing Apps

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- Tips on ensuring security of your phone

Phones must be set-up and fully working before class begins. Please charge phone battery before coming to class and bring charging cord and plug. 6 weeks. 1 ½- hour class.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Windows 10 6-weeks	TCL	18 years and older	M	10:30 AM	NOON	\$30	\$30
Apple iPad Basics 6-weeks	TCL	18 years and older	M	1:00 PM	2:30 PM	\$30	\$30
Smartphone- iPhone 6-weeks	TCL	18 years and older	W	10:30 AM	NOON	\$30	\$30
Smartphone- Android 6-weeks	TCL	18 years and older	W	1:00 PM	2:30 PM	\$30	\$30

PRIVATE COMPUTER/DEVICE INSTRUCTION (APY)

Let our experienced instructors provide targeted assistance. Contact the Appleton YMCA Adult department at 920.954.7610 about private computer/device instruction. Individualized instruction from the introductory level to customized help with more advanced topics are available. New students must register for 2 hours of instruction to begin with and then may choose to continue purchasing lessons in 1 hour increments.

Students who use their computer/devices on a regular basis – but continue to encounter obstacles and would like to learn more about particular features can benefit from private lessons that address their particular needs. Increase proficiency of use in areas that interest you.

AREAS OF INTEREST

- File Management Or Extensions
- Print Screen And Uses
- Installing Or Un-Installing Software Such As A Printer Or Other Hardware
- Systems Tools Like “De-Fragging” And Hard Disk Clean-Up
- Personalizing Options: Passwords, Screen Savers, Desktop Themes
- Keyboard Shortcuts, Exploring Wireless Options, Usb Port Use
- FACEBOOK FOR ALL DEVICES- Increase your comfort level with Facebook. Stay current with friends and family who use it. Learn how to create your profile, control your account and manage your privacy settings. Other topics include posting status updates, sending a private message, connecting to and inviting friends and adding pictures to your wall. You can learn on any device- desktop, laptop, tablet or mobile phone.
- WINDOWS 8/8.1- Learn the basics of using this unique Operating System. Hardware, software, using a mouse, menus, opening and closing programs, e-mail, managing files, an overview of using the internet and internet safety, passwords, and browsers. Let us help you increase your comfort level with computers.
- INTRO TO MICROSOFT OFFICE SUITE- Learn the basics of MS Office Suite or any of the components of “Office”. Word, Excel and PowerPoint. An overview might include simple word processing, basic spreadsheets and presentation possibilities. Students should be comfortable with general computer use and keyboard. If you want to move up at work, or you’d like to help with your organization’s newsletter, learning to use “Office” could help.
- MS WORD AND MS EXCEL INTERMEDIATE- If you would like to move beyond the very basics of these programs, consider private instruction in one or both. Just you and an instructor to get you to the next level to learn the specifics you need.
- TABLETS-Schedule a private tutorial to learn how to use your tablet. Let one of the Y instructors show you how.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Private Computer Instruction New: 2-hour increments	APY/TCL	18 years and older				\$40	\$40
Private Computer Instruction Continuing: 1-hour increments	APY/TCL	18 years and older				\$20	\$20

ADULT BUS TRIPS (ACY/APY/FWY/HVY/NMY/MSC)

Bus trips are coordinated by the Appleton YMCA Adult Department for all YMCA of the Fox Cities Members and the General Public. These trips are designed for a wide range of interests, ages, activity and mobility levels. Please refer to our Adult Bus Trip Booklet for more detailed information on all trips offered.

REGISTRATION

A paid registration is necessary to secure a seat for any trip. Trips may fill quickly, so register early.

Please confirm that the Y has your current address, phone number and e-mail contact information.

Registration For One Day Trips: Detailed information for each registered trip will be mailed out in the form of a Confirmation Letter 7-10 days prior to the trip date. You can register:

- In person with cash, check or credit card at any YMCA of the Fox Cities branch
- By phone with a credit card (VISA, MasterCard, Discover) by calling the Appleton YMCA at 920.739.6135
- Online anytime at ymcafoxcities.org with a credit card (VISA, MasterCard, Discover)

Registration For Overnight Trips: Registration begins March 1 for Summer/Fall trips and November 1 for Spring/Summer trips. Detailed information for each registered trip will be mailed out in the form of a Confirmation Letter 1-2 days after you register. You can register:

- In person with cash, check or credit card at the Appleton YMCA branch
- By phone with a credit card (VISA, MasterCard, Discover) by calling the Appleton YMCA at 920.739.6135

CANCELLATION POLICY FOR ONE DAY TRIPS

UP TO 2 WEEKS BEFORE TRIP DATE

- Refund for most/all monies paid*

LESS THAN 2 WEEKS BEFORE TRIP DATE

- No refund given

ILLNESS OR INJURY (MEDICAL)

- Refund issued as a Credit Voucher** for most/all monies paid* with a summited signed doctor's note

INCLEMENT WEATHER

- No refunds if the bus is able to travel and the attractions are not closed
- If the transportation company determines that it is unsafe to transport passengers the trip may be rescheduled and/or a credit will be issued

*Charges pre-paid by the Y, such as, but not limited to, theater tickets or cruise tickets are non-refundable and will not be included in the refund.

**Credit Voucher can be used for all future Y programming or trips. Expires after 6 months.

CANCELLATION POLICY FOR OVERNIGHT TRIPS

Detailed information for each trip's cancellation policy will be noted in the confirmation letter. Please contact the adult department at the Appleton Y with specific questions regarding the overnight trip cancellation policy.

IRISH FEST- MILWAUKEE
CLYDESDALES & MORE
QUILTS GALORE – FINE ARTS & EXPO

SUNDAY, AUGUST 19
WEDNESDAY, AUGUST 29
THURSDAY, SEPTEMBER 6

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EXPLORE NEW GLARUS
 WASHINGTON DC & GETTYSBURG 8- DAYS
 EXPLORE THE DOOR - FALL FESTIVAL
 ROSEWOOD "CRUSIN" MUSIC SHOW & LUNCH
 MAGNIFICENT MILE - CHICAGO
 CLAUSON HOLIDAY SHOW

WEDNESDAY, SEPTEMBER 12
 SEPTEMBER 27- OCT 4
 FRIDAY, OCTOBER 12
 TUESDAY, OCTOBER 23
 SATURDAY, DECEMBER 1
 THURSDAY, DECEMBER 13

BIBLE STUDY

WOMEN'S BIBLE STUDY (APY)

Women's Bible/Friendship Group meets on the first Friday each month at the Appleton. Open to women of all ages! No fee. October through May

CONVERSATIONS ON SCRIPTURE (NMY) AND BIBLE STUDY (APY)

No prior Bible knowledge is needed for this informal Bible study class. Join the conversation with facilitator from St. Paul's Lutheran Church. Please bring your own Bible otherwise we will supply one for you. Please contact Brian Rammer 886.2136 or brammer@ymcafoxcities.org for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Conversations on Scripture	NMY	18 years and older	T	7:00 PM	8:00 PM	FREE	FREE
Conversations on Scripture	NMY	18 years and older	TH	10:00 AM	11:00 AM	FREE	FREE
Women's Bible Study	APY	18 years and older	F	11:00 AM	12:30 PM	FREE	FREE