



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: OCTOBER 5, 2016

STAFF CONTACTS

ACY – Amie Olson Child Care Services Director P 733.9622 E aolson@ymcafoxcities.org
APY – Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org
APY – Kourtney Kositzke Arts & Humanities Coordinator P 954.7602 E kkositzke@ymcafoxcities.org
FWY – Kerry Wiitanen Child Care Services Director P 560.3417 E kwiiitanen@ymcafoxcities.org
HVY – Belinda Price-Dajany Aquatic & Youth Director P 830.5707 E bpricedajany@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 – October 14	NMY	7-12	F	5:30 PM	8:30 PM	\$28	\$48
Manners Class – December 2	NMY	Grades 7-12	F	5:30 PM	8:30 PM	\$28	\$48

TEEN PROGRAM

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 February, then Youth in Government is the place for you! Contact Jolene Leurquin at 920-832-4951 or jleurquin@ymcafoxcities.org for more information.

Tuesdays 7:00-8:00 PM October-February

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

THEATER & FILMMAKING CLASSES

HOME SCHOOL YOUTH ACTING AND BEHIND THE SCENES THEATER WORKSHOP (AGES 8-14 YEARS) (NMY) (13-WEEK SESSION)

The emphasis of this class is the craft of an actor, explored in an enjoyable way through improv exercises and ensemble building theater games. Dramatic conflict and character work will further be looked at through texts of scenes and monologues. This class also provides the opportunity to explore the magic of theater behind the curtain. Students will have the ability to take the ideas from inside their minds and create them. Class will include the discovery of set design concepts and the use of lighting. It will also touch on creating sounds and the use of magic in theater. Students will learn how to create scenes for plays with the use of backdrops and props. Play production in December TBA. Please contact Darlene Pawelkiewicz at 886.2128 or dpawelkiewicz@ymcafoxcities.org

Fall Session 1: September 6-October 23, 2016
Fall Session 2: October 24-December 18, 2016

(Monday classes prorated for Labor Day)
(No Classes November 21-27, 2016)

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Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Home School Youth Acting and Behind the Scenes Theater Workshop 13-weeks	NMY	8-14 years	W	1:30 PM	3:15 PM	\$85	\$99

SAFETY CLASSES

BE A SAFE KID IN OUR COMMUNITY (GRADES 1-8) (HVY)

School and Scout based program held in your classroom. Learn safe practices in the following situations: Bike safety, being home alone, walking alone, computer safety, phone use, mall safety, etc. Let us help you set up a bike rodeo for your students. Program is FREE to School Groups Grades 1-8 please contact Belinda Price-Dajany at Heart of the Valley YMCA 830.5700.

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

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

YMCA BABYSITTING CLINIC (AGES 10 AND UP) (ACY, APY, FWY, NMY)

YMCA babysitting classes consist of training to become responsible babysitters. 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.

MANNERS (AGES 7-12 YEARS) (NMY)

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

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 – Kourtney Kositzke 954.7602

ACY – Amie Olson 733.9622

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Babysitting Clinic – September 24	ACY	10-16 years	S	8:00 AM	2:30 PM	\$45	\$65
Babysitting Clinic – October 29	ACY	10-16 years	S	8:00 AM	2:30 PM	\$45	\$65
Babysitting Clinic – November 12	ACY	10-16 years	S	8:00 AM	2:30 PM	\$45	\$65
Babysitting Clinic – December 3	ACY	10-16 years	S	8:00 AM	2:30 PM	\$45	\$65
Babysitting Clinic – September 10	FWY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic- October 8	FWY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic- November 19	FWY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic- December 17	FWY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic – September 10	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic – October 15	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic – November 12	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic – December 3	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic - December 17	APY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Be a Safe Kid – September 9	NMY	9-13 years	F	5:30 PM	8:30 PM	\$28	\$48
Be a Safe Kid – November 11	NMY	9-13 years	F	5:30 PM	8:30 PM	\$28	\$48
Be A Safe Kid - November 19	APY	9-13 years	S	9:00 AM	12:00 PM	\$28	\$48

SPECIALTY WORKSHOPS

HEALTHY COOKING (AGES 6-13 YEARS) (ACY)

Come join us to learn and create healthy recipes. We will enjoy our creations during class or you may take them home with you

Saturday September 24

9:00 AM-NOON

Fee: Y Member - \$25

General Public - \$35

KITCHEN SCIENTIST (AGES 6-13 YEARS) (ACY)

Come explore science! Join us as we try some fun science experiments that use common kitchen ingredients.

Saturday October 22

9:30 AM-NOON

Fee: Y Member - \$15

General Public - \$25

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Healthy Cooking – Sept. 24	ACY	6-13 years	S	9:00 AM	NOON	\$25	\$35
Kitchen Scientist – Oct. 22	ACY	6-13 years	S	9:30 AM	NOON	\$15	\$25

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. Top notch instruction from Joan Thibodeau.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Contract Bridge Lessons	APY	18 years and older	M	1:30 PM	3:00 PM	FREE	\$49

THOMPSON CENTER ON LOURDES • 2331 E LOURDES DRIVE • APPLETON

The Appleton YMCA offers small group computer classes of no more than 8 adult students. Students must bring their own personal laptops for classes. If you register for a class and it's not the best fit for you, the instructor will refer you to a more appropriate class. All classes are held at Thompson Center on Lourdes. 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. The center serves baby boomers, older adults and their families. 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 have a 6-7 week session duration and are open to ages 18+ unless noted otherwise. Their monthly newsletter "The Buzz" contains information about all programs and services. Registration for all classes can be done at any YMCA of the Fox Cities Locations.

ADULT LANGUAGE

SPANISH 1 - ADULT (APY/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. Motivated students learn culture from different Spanish-speaking countries. Minimal amounts of English are used in this class. 12 weeks in Fall; 21 weeks in Winter/Spring; 10 weeks in Summer. 60-minute class. Motivated students may join on-going classes at the discretion of the teacher.

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(No Classes November 21-27, 2016)

SPANISH 2 - ADULT (APY/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 some culture and strengthen our community. Minimal amounts of English are used in this class. Motivated students may join the class mid-session at the discretion of the instructor. 12 weeks in Fall; 21 weeks in Winter/Spring; 10 weeks in Summer. 75-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 12-weeks beginning September 21	TCL	18 years and older	W	5:30 PM	6:30 PM	\$66	\$66
Spanish 2 12-weeks beginning September 21	TCL	18 years and older	W	4:00 PM	5:30 PM	\$102	\$102

COMPUTER CLASSES FOR ADULTS

WINDOWS 10 (TCL)

Windows 10 is the latest version Microsoft's operating system and is available to people running Windows 7 or Windows 8/8.1 until mid-2016. It is the 'best of Windows 7' and the 'best of Windows 8/8.1' – 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. Up to 18 hours of instruction, meeting twice a week for 1 ½ hours each time. 6 weeks

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

APPLE IPAD STEP 2 (TCL)

This intermediate class will bring you to that next step. Topics include: Changing Wallpaper, using NOTES to the fullest, Split View- having two apps open and active at the same time, Using Siri, Improved Battery Life and better security, FaceTime and Skype, Bluetooth and more. 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

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Windows 10	TCL	18 years and older	MW	10:30 AM	12:00 PM	\$89	\$89
Apple iPad Basics 6-weeks	TCL	18 years and older	M	1:00 PM	2:30 PM	\$47	\$47
Apple iPad Step 2 6-weeks	TCL	18 years and older	W	1:00 PM	2:30 PM	\$47	\$47

PRIVATE COMPUTER INSTRUCTION/TUTORIALS

MICROSOFT OFFICE SOFTWARE & HAND-HELD GIZMOS (APY)

Let our experienced instructors provide targeted assistance, contact the Appleton YMCA Adult department at 920.954.7610 about private computer instruction. Private and individualized instruction from the introductory level to customized help with more advanced topics are available.

Students who use their computers on a regular basis, who understand their mouse, their keyboard – but who 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. Choose file management, file extensions, print screen and uses, installing a printer or other hardware, systems tools like "de-fragging" and hard disk clean-up, installing and un-installing software,

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passwords, keyboard shortcuts, exploring wireless options, USB port use, screen savers, desktop themes, troubleshooting common problems, shareware, webcams or choice of internet services to name a few possibilities.

FACEBOOK FOR ALL DEVICES (APY/TCL)

Increase your comfort level with Facebook. Stay current with friends and family who use it. You'll 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 7 (APY/TCL)

If you have a computer that is running the Windows 7 OS, private lessons are available.

WINDOWS 8/8.1 (APY/TCL)

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.

WINDOWS 10 (APY/TCL)

Windows 10 is the latest version of Microsoft's operating system. This is an introductory class for those who want 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, and exploring the internet safely. This class will help you increase your comfort level with computers. Up to 18 hours of instruction, meeting twice a week for 1.5 hours each time. 6 weeks.

INTRO TO MICROSOFT OFFICE SUITE (APY/TCL)

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 (APY/TCL)

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.

APPLE IPAD (APY/TCL)

So you purchased an iPad because they are just so neat. Or perhaps your children gave you one as a gift. But you just aren't sure how to use it with ease or you have some stumbling blocks with your new gizmo. If a group setting/class is not for you, schedule some private lessons and let an instructor help you over the humps.

TABLETS OTHER THAN iPad (APY/TCL) 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				\$60/hr	\$60/hr
Private Computer Instruction Continuing: 1-hour increments	APY/TCL	18 years and older				\$30/hr	\$30/hr

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

Trips are developed by the Adult Department at the Appleton branch and are designed for a wide range of interests, ages, activity and mobility levels. Please refer to our 2016 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. 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.

For one day trips, 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 www.ymcafoxcities.org with a credit card (VISA, MasterCard, Discover), search session code **16ST**, the trip codes are noted for each trip under the description

For overnight trips, register: (3-day Chicago, 9-day Maine)

- 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 YMCA, 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 YMCA programming or trips. Expires after 6 month.

CANCELLATION POLICY FOR OVERNIGHT TRIPS

- **Start of Registration- Final payment due date**
Full refund of all monies paid
- **Final payment due date-15 days prior**
Loss of \$75.00 deposit
- **14 days prior-Departure date**
No refund from the YMCA (*If applicable, please contact Travel Insured International*)

TALL SHIP FESTIVAL- GREEN BAY- Friday, August 5

Join us as Green Bay is celebrating the return of the Tall Ship Festival on the Port of Green Bay. This day is completely on your own. Enjoy the water, sights and sounds of this nautical themed festival.

Fee: \$37 or \$42 Includes deluxe transportation and ticket.

Leave HVY 11:00 AM; return approximately 7:45 PM

BRISTOL RENAISSANCE FAIRE- Saturday, August 20

This Faire located in Bristol, Wisconsin is 30 acres of pure fun! Please contact the Adult Department for inquiries for children under the age of 18.

Fee: \$63 or \$68 Includes deluxe transportation, map and ticket.

Leave HVY 7:15 AM; return approximately 7:15 PM

THE MUSIC OF JOHNNY CASH-CLAUSON DINNER SHOW- Wednesday, August 24, **WAIT LISTED**

This high-energy and engaging family presents a memorable tribute show in the historic Barn Theatre that will have you tapping your toes and applauding for more.

Fee: \$82 or \$87 Includes deluxe transportation, lunch and show.

Leave FWY 10:30 AM; return approximately 5:30 PM

HISTORIC FOX LOCKS CRUISE- Wednesday, September 14

Board a 1953 riverboat and cruise for two hours on the River Tyme and hear a full lecture by a local historian on the history and future of the Fox Locks System. Included is a guided tour of the Hazelwood Historic Home located in Green Bay and Seroogy's Chocolates.

Fee: \$92 or \$97 Includes deluxe transportation, box lunch, cruise and tour/lectures.

Leave FWY 10:15 AM; return approximately 5:00 PM

APYFoxLocksW914

BEAUTIFUL MAINE

9-Days, September 24- October 2, WAIT LISTED

9-Days, October 15-October 23, WAIT LISTED

Register through the Appleton YMCA only

Fee: \$925 per person for double occupancy

\$1285 per person for single occupancy

Cost includes:

- Includes Deluxe Motor coach transportation
- 8 nights lodging including 4 consecutive nights in scenic Maine
- 14 meals: 8 breakfasts and 6 dinners
- Tour of Portland, Maine
- Guided Tour Kennebunk and Kennebunkport
- Visit to the Boothbay Railway Village
- Visit the Seashore Trolley Museum and countryside trolley ride
- Guided Tour Pineland Farms, a picturesque working farm
- Visit to the N.Y. State Museum in Albany

\$75 Deposit to register; the balance and final payment due July 17, 2016.

Please register through the Appleton YMCA in person with cash, check or credit card - or by phone with a credit card at 920.739.6135. Space is limited!

HARLEY-DAVIDSON & SPRECHER TOURS- Tuesday, October 11

Hogs and Root Beer! If you like to see and learn how things are made then this trip is for you! The Day includes a tour of the Harley-Davidson Motor Company's Powertrain Operations facility, Harley World Headquarters & Museum and a tour of Sprecher Brewery.

Fee: \$54 or \$59. Includes deluxe transportation, tours, entrance fees and samplings.

Leave HVY 8:15 AM; return approximately 6:30 PM

CRANBERRIES, DINOSAURS AND CHEESE OH MY- Wednesday, October 19

Begin with a visit to a central Wisconsin cranberry bog. Then experience a rustic sculpture garden, with our final stop at Dairy State Cheese for shopping and browsing.

Fee: \$55 or \$60 Includes deluxe transportation, tours, and entrance fees.

Leave FWY 7:30 AM; return approximately 5:30 PM

MAGNIFICENT MILE-CHICAGO- Saturday, December 3

And the tradition continues! You'll take an express coach headed for a full day in downtown Chicago where you'll be on your own for holiday shopping, dining and/or visiting city attractions.

Fee: \$47 Includes deluxe transportation and map.

Leave James Madison Middle School 7:00 AM; return 11:00 PM

OLD WORLD CHRISTMAS MARKET AND WREATH FACTORY- Friday, December 9

Enjoy this step back in time with a visit to a spectacular event located in Elkhart Lake, Wisconsin. This market includes hand-made gifts, works of art, and crafts from over 200 vendors. Our final stop will be at the Wreath Factory at Otter Creek in Plymouth

Fee: \$66 or \$71 Includes transportation, admission, lunch, hay ride and demonstration.

Leave HVY 8:45 AM; return approximately 6:30 PM

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

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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	R	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