



MAKE FRIENDSHIPS

Events and Family Activities at the Y allows families a time and a place to come together to have a good time; participate in a variety of fun activities; share, communicate and strengthen their relationships and meet other families.



EVENTS AND FAMILY ACTIVITIES UPDATED ON: NOVEMBER 2, 2016

FAMILY

FAMILY FUN CENTER (AGES 10 AND UNDER) (APY)

The Family Fun Center is a perfect play area for kids 10 years and under. Features include a sport arena with basketball & soccer, tree fort, adventure maze with obstacles, climbing ropes, slides and more. Another attraction included is a soft play toddler area. Each child must be accompanied by a parent/adult, unless participating in the Stay and Play program which has an hourly fee.

Family Open Time: Monday-Friday 11:00 AM-2:00 PM and 3:00-8:00 PM
Weekends: 9:00 AM-6:00 PM

Supervised Stay and Play: (Children Ages 4-10 years)
Monday-Friday - 4:00-7:30 PM
Saturday - 9:00 AM-NOON

ADVENTURE ALLEY (AGES 9 AND UNDER) (NMY)

Adventure Alley is area exclusive to YMCA members. It is a supervised area for youth up to 9 years of age. Youth 5 years old and under must be with a parent or guardian. It includes a Play Maze, Basketball Hoops, Lego Ledge and Coloring Area. Socks are required for the Play Maze. Hours are Monday-Friday from 8:30-11:30 AM; Monday-Friday from 4:00-8:00 PM; Saturdays from 9:00 AM-NOON and Sunday from NOON-4:00 PM.

YOUTH CENTER (NMY)

The Youth Center is an area for all youth and families. Activities include: Air Hockey, Foosball, Ping Pong, Pool, and Wii games. Hours are Monday-Thursday from 4:00-8:00 PM; Friday from 4:00-9:30 PM and Saturday and Sunday from 1:00-6:00 PM.

FRIDAY NIGHT OUT (APY, ACY)

Parents take the night off! Our teachers will provide an exciting night for your child, while you enjoy an evening out. Children will love the wide variety of age appropriate activities. Dinner will be served.

Fee: Y Member \$13/child
General Public: \$15/child

APPLETON

Friday 5:30-9:00 PM September 16, October 21, November 18 and December 16

APPLE CREEK

Friday 5:00-8:30 PM September 9, October 14, November 11 and December 9

FRIDAY NIGHT PARTY (AGES 8-12 YEARS) (ACY)

Come join us for a Friday Night filled with a new craft or learn how to bake a fun nutritional recipe. Each date will be a different craft and/or recipe which will be revealed when you get there at 5:00 PM. Some examples might include Beads, Duct-tape, Fossils, baking muffins, etc. Dinner is included

Friday 5:00-8:30 PM September 9, October 14, November 11 and December 9

Fee: Y Member - \$16 /child
General Public - \$20 / child

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 2, 2016)

This is a working document and is subject to change.

DROP AND SHOP (ACY)

Drop your children off so you can do some of your Christmas Shopping. Our teachers will provide an exciting time for your children, while you get those errands done. Children will love the variety of age appropriate activities. Lunch will be provided. Register deadline November 11 by 5 PM.

Saturday 9:00 AM-12:30 PM November 12

Fee: Y Member - \$13/child

General Public - \$15/child

FAMILY NIGHT AT THE APPLE CREEK YMCA (ACY)

New for 2016! Join us afterhours at the Apple Creek YMCA for fun filled and unique experiences on Saturday evenings this fall, winter, and spring. Each seasonal family night will have crafts, environmental education demonstrations, fitness activities, and a campfire with s'mores, with most activities taking place outdoors whenever possible. All activities are for families only and all children must be accompanied by an adult.

Saturdays 6:00-8:30 PM October 1, Jan 21, May 20

Fee: YMCA Member- FREE

General Public- \$3/person or \$15/family maximum

Birthday Parties at the YMCA (ACY, APY, FWY, HVY, NMY)

Party Packages

Include use of room and YMCA facilities. Gymnastics, swimming, sports, gym, inflatables, and more. Activities vary based on each Y. Contact your local YMCA to reserve your party.

Basic Party

Includes the use of a room and YMCA facilities. Additional add-ons may be available at individual YMCA branches. Heart of the Valley YMCA does not allow access to all facilities for birthday parties.

2-Hour party -Up to 15 children (adults free)

YMCA Member - \$75

General Public - \$115

3- Hour Party -Up to 15 children (adults free)

YMCA Member - \$105

General Public - \$145

\$5/each additional child for 16 or more participants

Host Party

Includes use of a room, YMCA facilities and a YMCA staff person to lead and supervise activities. Additional add-ons may be available at individual YMCA branches.

2-Hour party -Up to 15 children (adults free)

YMCA Member - \$95

General Public - \$135

3- Hour Party -Up to 15 children (adults free)

YMCA Member - \$125

General Public - \$165

\$5/each additional child for 16 or more participants

SNOW SHOE RENTAL – (ALL AGES) (ACY, FWY)

Enjoy a winter hike in the Bruce B. Purdy Nature Preserve at the Apple Creek YMCA or along the Fox West YMCA trail that links up to Lions Park. Child and Adult size snowshoes can be rented for day use only on the Apple Creek and Fox West YMCA properties.

EVENTS

ADULT FRIDAY NIGHT DANCES (16 years and older) (APY)

Enjoy open dancing at the Appleton Y on the third Friday of the month from September through December. The evening will be casual, but feel free to "dress up" if you wish. Music is recorded and includes modern Christian selections in a variety of styles. The lights will be dimmed in the Appvion gym, so come and move to the music - singles and couples welcome. The focus will be ballroom, however, if you move to a different drummer, be welcome. Ages 18 and older. Wear non-sticking shoes with non-scuffing soles. Pre-registration helpful, but not necessary.

Friday 6:30-9:30 PM September 16, October 21, November 18, December 16

Fee: Y Member - \$5/person

General Public - \$8/person

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

Come join us to learn to 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

SPOOKTACULAR CELEBRATION (ACY)

Wear your favorite costume (not required) and join our Spooktacular Celebration! Fee includes any or all of the events and activities throughout the Spooktacular Celebration. The night will start out silly and will get scarier as darkness falls. Bring the whole family! Children under age 10 must be accompanied by a responsible adult. All attendees (including adults) are required to register.

Registration deadline is Tuesday, October 25 at 5:00 PM.

Thursday 5:00-8:00 PM October 27

Fee: Y Member - \$7/person & \$28 maximum/family

General Public - \$10/person & \$40 maximum/family

24th ANNUAL GREAT PUMPKIN SPLASH (GRADES K-6) (APY)

Games, races, ghosts, pumpkins, spooky music, prizes and FUN! Join us in the Buchanan pool from 1:00-2:15 PM and in the McGuire gym for the inflatable obstacle course and other fun activities from 2:30-3:30 PM at the Appleton YMCA. Children may be dropped off, but there is not a supervised check in check out procedure.*Must register at the Front Desk or On-line prior to the event, sorry no refunds.

Friday 1:00-2:15 PM Pool & 2:30-3:30 PM Gym October 28

Fee: Y Member - \$2

General Public - \$5

PUMPKIN SPLASH (FWY)

We welcome you to join us for an afternoon of fun including open swim, a craft, hot apple cider, and caramel apples. Ages 7 and under need to have an adult with them in the pool.

Thursday 1:00-2:30 PM October 27

Fee: Y Member- \$2

General Public- \$5

10TH ANNUAL FREAKY 5K RUN/WALK & MINI MONSTER DASH (APY)

A fun event for the entire family. 5K Run/walk, Costume contest, games, inflatables, Mini Monster Dash Kids Run, music, prizes, refreshments and much more! Pierce Park, Appleton.

Fall Session 1: September 6-October 23, 2016

Fall Session 2: October 24-December 18, 2016

This is a working document and is subject to change.

(Monday classes prorated for Labor Day)

(No Classes November 2, 2016)

For more information and entry fees: www.ymcafoxcities.org. Register at www.active.com or any YMCA of the Fox Cities locations

Saturday 8:00 AM October 29

INTERNATIONAL FAMILY NIGHT (HVY)

Family is a very important concept in today's society. We encourage you to take this opportunity to spend time with your family, while learning about the different cultures of our area. Ethnic foods, games and crafts will be available, along with the usual YMCA activities that include open swimming, gymnastics and gym. Food sampling reservations must be made in advance by calling the HVY Member Service Desk @ 830.5700.

Saturday 6:30-9:00 PM November 5

Fee: Members - FREE

General Public - \$3/person or \$15/family

SKI SALE – NEW & USED (APY)

Purchase new and used skis, poles, boots, snowboards and other ski equipment. Bring skis to sell on Friday, November 11 from 5:00-9:00 PM. Coordinated by students of the Youth In Government program. For more information call Jolene at 920.832.4951.

Saturday 9:00 AM-3:00 PM November 12

Fee: \$1 per person day of the sale

HO! HO! HOLD YOUR WEIGHT– HOLIDAY WEIGHT MAINTENANCE INCENTIVE (ALL BRANCHES)

This holiday weight maintenance program will help people avoid the "Seasonal Seven" that people tend to gain between Thanksgiving, Christmas and New Year's holidays. Cost of the program is only \$5. Includes nutrition tips and weekly bonus workouts for additional entries to win a Scheel's Gift Card. All participants who maintain or lose weight during the program will have a chance to win a gift card.

Weigh-Ins: November 14 & 17 6:00 AM – 1:00 PM and 4:00 – 7:00 PM

(Weigh ins will be held at all YMCA of the Fox Cities locations)

Final Weigh-Outs: January 11 & 12 6:00 AM – 1:00 PM and 4:00 – 7:00 PM

Fee: \$5

THANKSGIVING DAY TURKEY TROT - FESTIVAL FOODS

Join us for a 2 mile or 5 mile walk/run. Go to www.festivalfoodsturkeytrot.com for specific event information. The event will once again take place in beautiful downtown Appleton. The Festival Foods Turkey Trot is a very exciting event with over 6000 participants. Your participation is important to us for this event because proceeds from the Turkey Trot benefit the YMCA of the Fox Cities.

Thursday 8:00 AM November 24

FOX FOLK MARIONETTE TROUPE (ACY)

Enjoy a magical performance by the Fox Folk Marionette Troupe. This half-hour family-friendly show will feature colorful, hand-crafted marionettes that tell a Christmas story. A donation of \$1/person will be collected at the door. Refreshments will be served.

S 11:00 AM and 1:00 PM December 10

Donation of \$1/person

VISIT WITH SANTA (FWY)

A fun family event to help celebrate the holidays. Enjoy a treat from our bake sale and some hot cocoa while listening to some holiday music. Visit and take a picture with Santa!

We are sponsoring Toys for Tots and the local food pantry. We would greatly appreciate your support by bringing in a non-perishable food item or a gift for Toys for Tots! All ages welcome.

Thursday 5:30-7:30 PM December 1

Fee: FREE

SNACKS WITH SANTA (ACY)

Bring your camera and get a picture with Santa! Also, enjoy creating your own trail mix and making a picture frame to take home. Registration deadline is Tuesday, December 13 at 5:00 PM.

Thursday 6:30-8:00 PM December 15

Fee: Y Member - \$3/adult & \$5/child

General Public - \$5/adult & \$8/child

DINING WITH SANTA (APY)

Bring the kids and enter their world of excitement as you share dinner with Santa. Each child will receive a photo with Santa along with a craft. Children must be accompanied by an adult. Registration deadline is Monday, December 19.

Tuesday 5:00-7:00 PM December 20

Fee: \$3/adult & \$5/child

HOLIDAY HULLABALOO (GRADES K-6) (APY)

Come have some Winter Fun in the pool and gym. Games, races, prizes, and Holiday Fun! The fun begins in the Buchanan Pool from 1:00-2:15 PM and continues in the McGuire gym from 2:30 PM-3:30 PM. Children may be dropped off, but there is not a supervised check in and out procedure. Any child that requires a lifejacket must be accompanied by an adult in the water.

*Must register at the Front Desk or online prior to the event, sorry no refunds.

Friday 1:00 – 2:15 PM December 23

Fee: Y Member - \$2 General Public - \$5

AQUA ZUMBA FIESTA (14 YEARS AND OLDER/10 YEARS AND UNDER WITH PARENT OR GUARDIAN) (APY)

Party in the Pool! Join us at the Appleton YMCA's Boldt Pool for a not-to-be-missed Aqua Zumba extravaganza to help us raise money for the YMCA Safety Around Water Program!

Saturday NOON-1:15 PM December 3

FEE: \$10 before December 3, 2016 or \$15 at the door