



TEACHING TEAMWORK

Baseball, soccer, volleyball, flag football, basketball—check out the sports offerings at your Y and get in the game. Improve your skills, make new friends, be active with other kids and learn to love a sport at the Y.



SPORTS

UPDATED ON: APRIL 17, 2018

STAFF CONTACTS

APY – Colin Specht Sports & Recreation Director P 954.7620 E cspecht@ymcafoxcities.org
 FWY - Kevin Jakubek Sports & Recreation Director P 560.3414 E kjakubek@ymcafoxcities.org
 HVY - Brandon Vanderhoof Sports & Recreation Director P 830.5703 E bvanderhoof@ymcafoxcities.org
 NMY - Randy Pelischek Sports & Recreation Director P 886.2104 E rpelischek@ymcafoxcities.org

PRESCHOOL

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

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	5:45 PM	6:30 PM	\$34	\$49
Parent Child All Sports	APY	3-4 years	W	5:45 PM	6:30 PM	\$34	\$49
Parent Child All Sports	HVY	3-4 years	M	5:15 PM	6:00 PM	\$34	\$49

YOUTH

SPORTS SAMPLER (AGES 4-6 YEARS) (APY, FWY, HVY, NMY)

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 class*

LITTLE SPORTS CLASSES (AGES 4-6 YEARS) (APY, FWY, NMY)

Learn the basics of the sport. Players participate in drills to improve and learn offensive and defensive skills, and also participate in scrimmage games. Everyone plays in this instructional class that emphasizes fun and participation. Program runs seven weeks in the Y Gym. Programs include **Little Rushers Football, Little Kickers Soccer, Little Hoopsters Basketball, Little Goalies Hockey, Little Sluggers T-ball and Little Smashers Tennis. Sports Sampler is a different sport each week.**

4K SPORTS EXPERIENCE (AGES 4-5 YEARS) (APY)

This one hour experience will give your child the ability to burn off some excess energy and learn about a sport while playing some fun games. Each week we will focus on skill development, participation and teamwork. The following sports will be included: soccer, baseball, football, basketball, floor hockey and tennis.

TUMBLE SPORTS (AGES 4-6 YEARS) (HVY)

The perfect mix of sports in the gym and fun in the gymnastics center. Spend the first 35-minutes in the gym playing and learning about a new sport each week, followed by instruction and fun time in the gymnastics center!

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

This is a working document and is subject to change.

DODGEBALL (AGES 7-10) (FWY)

Various games of dodgeball will be played. From the traditional team game, to everyone for themselves, we throw in the mixture of games for fun. A great way to work off some steam with a lot of laughs in between. Participants will also have a fun time playing dodgeball games in the gym as they dodge, dip, dive, duck, and dodge!

PARENT & CHILD DODGEBALL (AGES 7-10 WITH PARENT) (FWY)

Various games of dodgeball will be played. This is the same great class from above that can be played with parents and children. The parents may be on the same team or on opposite of their child. A great way to work off some steam with a lot of laughs in between. Participants will also have a fun time playing dodgeball games in the gym as they dodge, dip, dive, duck, and dodge!

NERF CHALLENGE & DODGEBALL (NMY)

Similar to paintball, instead of paint, participants will play games with Nerf gun darts. Obstacles, teamwork and various games like capture the flag, will insure a great time. Participants must wear eye protection and provide their own nerf gun. Games of dodgeball will also be thrown in the mixture of fun. A great way to work off some steam with a lot of laughs in between. Participants will also have a fun time playing dodgeball games in the gym as they dodge, dip, dive, duck, and dodge!

FENCING (AGES 5-11, 12 YEARS AND OLDER) (APY)

Learn a sport that spans centuries – fencing is the ultimate cross-training program that conditions the body and develops balanced coordination. Youth learn to dodge, parry and thrust in this exciting sport that keeps growing in popularity. Learn proper form, technique and etiquette in this methodical yet fast-paced sport. Class is instructed by Steve Amich, former Lawrence University coach for 30+ years and Gold Medal competitor. All equipment is provided.

GA-GA BALL / ULTIMATE BALL (AGES 7-10 YEARS) (NMY) Ga-Ga Ball is an elimination game played inside of an octagon shaped playing area. Players use their hands to hit the ball at the other players feet. Ultimate Ball is the Y's version of Ultimate Frisbee. It can be played with a kickball, dodgeball, or football. Twenty minutes of each game.

G.A.T.O.R.S. (AGES 7-10 YEARS) (NMY)

(Games, Activities, Tag, Obstacles, Relays, & Sports)

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

JUNIOR G.A.T.O.R.S. (AGES 4-6 YEARS) (NMY)

(Games, Activities, Tag, Obstacles, Relays, & Sports)

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

JEDI TRAINING (AGES 4-6, 7-10) (FWY)

Class is a great mix of fitness, sports and imagination. Each week, participants will focus on different training methods of the Jedi from Yoda to Luke and more.

NERF CHALLENGE & DODGEBALL (AGES 7-12 YEARS) (APY)

Similar to paintball, instead of paint, participants will play games with Nerf gun darts. Obstacles, teamwork and various games like capture the flag, will insure a great time. Participants must wear eye protection and provide their own nerf gun. Games of dodgeball will also be thrown in the mixture of fun.

RACQUET & NET SPORTS (AGES 8-13 YEARS) (APY)

Join us for an array of racquet and net sports. Participate in badminton, wally ball, volleyball, pickle ball, table tennis, and nukem. Experience the South Asian foot volleyball game sepak takraw.

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

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GAMES OF FITNESS (AGES 8-13 YEARS) (APY)

Live action role playing! Are you a fan of medieval times, or maybe a fan of the Roman Era? Relive the days when gladiators tested their skills in the coliseum. Fantasy, acting, and physical fitness all tied in to one. Who will it be to steal the Queens heart, or become the hand of the King?

ARCHERY 101- APR 30-MAY 23 (AGES 8-16) (ACY)

Learn the basics of archery in this special 4-week class including the "11 steps to becoming a successful archer." Class follows all National Archery in the Schools (NASP) guidelines. All equipment is provided. Class will be held outdoors.

ADVANCED ARCHERY- APR 30- MAY 23 (AGES 10-18) (ACY)

This advanced class builds off the lessons learned in Archery 101 and adds further opportunities to improve shooting skills. Participants must have completed Archery 101 at least once and have the instructor's permission before registering. All equipment is provided, but archers may bring their own bows. Class will be held outdoors.

YPE (AGES 5-16 YEARS) (APY)

This is the Y'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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
4K Sports Experience	APY	4-5 years	T	11:15 AM	12:15 PM	\$28	\$39
4K Sports Experience	APY	4-5 years	W	3:00 PM	4:00 PM	\$28	\$39
Little Hoopsters Basketball	APY	4-6 years	TH	4:30 PM	5:30 PM	\$34	\$49
Little Kickers Soccer	APY	4-6 years	M	4:30 PM	5:30 PM	\$34	\$49
Little Kickers Soccer	FWY	4-6 years	W	4:30 PM	5:15 PM	\$28	\$39
Little Kickers Soccer	NMY	4-6 years	TH	4:15 PM	5:00 PM	\$28	\$39
Jr. Gators	NMY	4-6 years	T	4:15 PM	5:00 PM	\$28	\$39
Little Sluggers/Little Rushers	NMY	4-6 years	TH	5:15 PM	6:00 PM	\$28	\$39
Sports Sampler	APY	4-6 years	W	4:30 PM	5:30 PM	\$34	\$49
Sports Sampler	FWY	4-6 years	M	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	HVY	4-6 years	M	6:00 PM	6:45 PM	\$28	\$39
Sports Sampler	NMY	4-6 years	T	5:15 PM	6:00 PM	\$28	\$39
Tumble Sports	HVY	4-6 years	W	1:15 PM	2:30 PM	\$37	\$53
Fencing	APY	5-11 years	TTH	5:30 PM	6:30 PM	\$46	\$62
Jedi Training	FWY	4-6 years	TH	4:30 PM	5:15 PM	\$28	\$39
Jedi Training	FWY	7-9 years	TH	5:30 PM	6:15 PM	\$28	\$39
Gaga Ball /Ultimate Ball	NMY	7-10 years	W	5:15 PM	6:00 PM	\$25	\$35
G.A.T.O.R.S.	NMY	7-10 years	W	4:15 PM	5:00 PM	FREE	\$20
NERF Challenge & Dodgeball	APY	7-12 years	T	5:45 PM	7:00 PM	\$25	\$35
Archery 101 - April 30-May 23	ACY	8-16 years	MW	4:30 PM	5:15 PM	\$29	\$40
Advanced Archery - April 30-May 23	ACY	10-18 years	MW	4:30 PM	5:15 PM	\$29	\$40
Racquet & Net Sports	APY	8-13 years	W	4:30 PM	5:30 PM	\$34	\$49
Games of Fitness	APY	8-13 years	W	5:30 PM	6:30 PM	\$34	\$49
Jr Racquetball Lessons	APY	8-13 years	W	4:00 PM	4:45 PM	\$28	\$39

Jr Racquetball Lessons	APY	8-13 years	W	4:45 PM	5:30 PM	\$28	\$39
Jr Racquetball League	APY	8-13 years	TTH	4:45 PM	5:30 PM	\$28	\$39
Fencing	APY	12 years and older	TTH	6:30 PM	7:30 PM	\$46	\$62
Youth Dodgeball	FWY	7-10 years	M	5:30 PM	6:15 PM	\$28	\$39
Family Dodgeball	FWY	7-10 years	M	6:30 PM	7:15 PM	\$28	\$39
YPE	APY	5-9 & 10-16 years	W	12:30 PM	1:30 PM	\$34	\$49

YOUTH SPORTS LEAGUES

YMCA of the Fox Cities Family Memberships pays only a \$12 uniform fee for value-added Youth Sports Leagues. Youth Sports League times will be determined based on the grade level and number of participants. You will be notified by a coach prior to the first game. Contact your branch Sports and Recreation Department for more information.

TRACK AND FIELD – APRIL 28-MAY 19. REGISTRATION MARCH 1-APRIL 22.

The first three weeks will be practices on Saturdays from 9:00-10:15 AM for Grades 3-6 and 10:30-11:45 AM for Grades K-2. Except Neenah-Menasha times will be 9:15-10:30 AM for Gr 3-6 and 10:45 AM-12:00 PM for Gr 5K-Gr 2. Locations are: Appleton YMCA (St. Francis Xavier Middle School); Fox West YMCA (Fox West YMCA) and Neenah-Menasha YMCA (Shattuck Middle School). YMCA of the Fox Cities Track Meet will be held on Saturday, May 19 from 8:30 AM-NOON at Appleton North High School.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Track & Field St. Francis Xavier Middle School	APY	Grade 5K-6	SAT	April 28	May 19	\$12	\$26	\$46
Track & Field Shattuck MS	NMY	Grade 5K-6	SAT	April 28	May 19	\$12	\$26	\$46
Track and Field Fox West Y	FWY	Grade 5K-6	SAT	April 28	May 19	\$12	\$26	\$46

FALL FLAG FOOTBALL, FALL VOLLEYBALL AND FALL OUTDOOR SOCCER LEAGUE

SEPTEMBER 8-OCTOBER 27. REGISTRATION MAY 1 – AUGUST 24. More information can be found in the Summer Program Guide and at www.ymcafoxcities.org in late May.

HVY SPRING T-BALL LEAGUE – APRIL 18-MAY 23. REGISTRATION FEBRUARY 12-APRIL 11.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
T-Ball League	HVY	4-6 years	W	5:30 PM	6:30 PM	\$12	\$36	\$53

HVY SUMMER T-BALL LEAGUE – JULY 11-AUGUST 15. REGISTRATION MAY 3-JUNE 28.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
T-Ball League	HVY	4-6 years	W	5:30 PM	6:30 PM	\$12	\$36	\$53

HVY SHERWOOD SOCCER LEAGUE- JUNE 18-JULY 31. REGISTRATION FEBRUARY 26-JUNE 3

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

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Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sherwood Soccer	HVY	Grade 4K	M	June 18	July 30	\$33	\$49
Sherwood Soccer	HVY	Grade 5K	T	June 19	July 31	\$33	\$49
Sherwood Soccer	HVY	Grade 1	M	June 18	July 30	\$33	\$49
Sherwood Soccer	HVY	Grade 2	T	June 19	July 31	\$33	\$49
Sherwood Soccer	HVY	Grade 3-4	M	June 18	July 30	\$33	\$49

APPLETON SUMMER SOCCER LEAGUE - All games and practices are held at FERBER ELEMENTARY SCHOOL. Practices begin the week of June 18. 4k and 5k play on Monday nights, 1st and 2nd grade play on Tuesday nights. REGISTRATION February 26 – June 3. THIS IS NOT A VALUE-ADDED PROGRAM. Contact Ryan Shanklin at the Appleton Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
4k	APY	4-5 years	M	June 18	July 30	\$33	\$49
5k	APY	5-6 years	M	June 18	July 30	\$33	\$49
1 st Grade	APY	6-8 years	T	June 19	July 31	\$33	\$49
2 nd Grade	APY	7-9 years	T	June 19	July 31	\$33	\$49

FOX WEST OUTDOOR SOCCER - Practices begin May 9. Games begin June 1. Season ends August 3. REGISTRATION January 1 – April 1. THIS IS NOT A VALUE-ADDED PROGRAM. Contact Kevin Jakubek at the Fox West Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Soccer - Ages 4-5	FWY	Ages 4-5	T	May 8	Jul 31	\$51	\$79
Summer Soccer - U6	FWY	Ages 5-6	T	May 8	Jul 31	\$51	\$79
Summer Soccer - U8	FWY	Ages 6-8	M	May 8	Jul 31	\$51	\$79
Summer Soccer - U10	FWY	Ages 8-10	M	May 8	Jul 31	\$51	\$79
Summer Soccer - U12	FWY	Ages 10-12	W	May 8	Jul 31	\$51	\$79
Summer Soccer - U15	FWY	Ages 12-15	W	May 8	Jul 31	\$51	\$79

FOX WEST PRE-SEASON SOCCER CAMP – April 23 & 30 (Ages 4-8) or April 25 & May 2 (Ages 8-12). REGISTRATION March 24 – April 23. 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 4-8	M	4:30 PM	5:15 PM	\$16	\$26
Pre-Season Dribbling Camp	FWY	Ages 4-8	M	5:30 PM	6:15 PM	\$16	\$26
Pre-Season Soccer Camp	FWY	Ages 8-12	W	4:30 PM	5:15 PM	\$16	\$26
Pre-Season Dribbling Camp	FWY	Ages 8-12	W	5:30 PM	6:15 PM	\$16	\$26

FOX WEST 3 ON 3 BASKETBALL – June 8–July 20. REGISTRATION April 1–May 26. Register as a team. Up to six participants per team. Please contact the Fox West Y at 560.3414 if you are in an individual looking to join a team.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
3 on 3 – Girls Grade 5	FWY	Grade 5	T	June 8	July 20	\$100	\$100
3 on 3 – Girls Grade 6	FWY	Grade 6	T	June 8	July 20	\$100	\$100

Spring Session: April 16-June 3, 2018 (Monday classes prorated for Memorial Day)

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3 on 3 – Girls Grade 7	FWY	Grade 7	T	June 8	July 20	\$100	\$100
3 on 3 – Girls Grade 8	FWY	Grade 8	T	June 8	July 20	\$100	\$100
3 on 3 – Boys Grade 5	FWY	Grade 5	TH	June 8	July 20	\$100	\$100
3 on 3 – Boys Grade 6	FWY	Grade 6	TH	June 8	July 20	\$100	\$100
3 on 3 – Boys Grade 7	FWY	Grade 7	TH	June 8	July 20	\$100	\$100
3 on 3 – Boys Grade 8	FWY	Grade 8	TH	June 8	July 20	\$100	\$100

NEENAH-MENASHA SUMMER YOUTH KICKBALL LEAGUE – League runs June 4 – July 31.
REGISTRATION: February 26 – June 3. All games and practices are held at Shattuck Middle softball diamonds. Teams can practice June 4-5 to prepare for season. Games begin the week of June 11 and end the week of July 30. Grades 2-3 will play on Tuesday nights and grades 4-5 play on Monday nights. It is by their grade this fall of 2018. Both nights are 5:30-6:30 PM. No games the week of July 2nd. 6 weeks of pool play and 1 week tournament. **THIS IS NOT A VALUE-ADDED PROGRAM.** Contact Randy Pelischek at the Neenah-Menasha Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Kickball League	NMY	Grades 2-3	T	June 5	July 31	\$29	\$44
Kickball League	NMY	Grades 4-5	M	June 4	July 30	\$29	\$44

NEENAH-MENASHA SUMMER YOUTH WHIFFLE BALL LEAGUE – June 4 – July 31.
REGISTRATION: February 26 – June 3. All games and practices are held at Shattuck Middle softball diamonds. Teams can practice June 4-5 to prepare for season. Games begin the week of June 11 and end the week of July 30. Grades 2-3 will play on Tuesday nights and grades 4-5 play on Monday nights. It is by their grade this fall of 2018. Both nights are 6:30-7:30 PM. No games the week of July 2nd. 6 weeks of pool play and 1 week tournament. **THIS IS NOT A VALUE-ADDED PROGRAM.** Contact Randy Pelischek at the Neenah-Menasha Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Whiffle Ball League	NMY	Grades 2-3	T	June 5	July 31	\$29	\$44
Whiffle Ball League	NMY	Grades 4-5	M	June 4	July 30	\$29	\$44

NEENAH-MENASHA 5 on 5 Football Passing Only Tournaments – Saturday June 23rd.
All games are held at Shattuck Middle School Fields. Games will be two 20 minute halves running clock and 3 minute halftime. A grades 6-7 tournament and a grades 8-9 tournament. It is by their grade this fall of 2018. Teams must have 5-7 players each. We hope to have 2 pools of 4 for each grade level plus championship games. Awards for 1st and 2nd place. Games will begin at 8:30 AM with championship games around 3:00 PM. Contact Randy Pelischek at the Neenah-Menasha Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
5 on 5 Flag Football	NMY	Grades 6-7	SAT	June 23	June 23	\$100 per team	\$100 per team
5 on 5 Flag Football	NMY	Grades 8-9	SAT	June 23	June 23	\$100 per team	\$100 per team

NEENAH-MENASHA UTIMATE FRISBEE 6 ON 6 TOURNAMENTS – Saturday July 28th.
All games are held at Shattuck Middle School Fields. Games will be two 15 minute halves running clock and 3 minute halftime. A grades 6-7 tournament and a grades 8-9 tournament. It is by their grade this fall of 2018. Teams must have 6-8 players each. We hope to have 2 pools of 4 for each grade level plus championship games. Awards for 1st and 2nd place. Games will begin at 8:30 AM with championship games around 3:00 PM. Contact Randy Pelischek at the Neenah-Menasha Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
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6 on 6 Ultimate Frisbee	NMY	Grades 6-7	SAT	July 28	July 28	\$100 per team	\$100 per team
6 on 6 Ultimate Frisbee	NMY	Grades 8-9	SAT	July 28	July 28	\$100 per team	\$100 per team

ADULTS

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Men's Summer Basketball League	APY	18 years and older	SUN	TBD	TBD	\$425/team	\$425/team
Open Pickleball	APY	18 years and older	MTWTHF	8:00 AM	11:00 AM	FREE	\$5/time
Open Pickleball	HVY	18 years and older	MWTH	11:00 AM	1:00 PM	FREE	\$5/time
Open Pickleball	NMY	18 years and older	TWTH	11:00 AM	1:00 PM	FREE	\$5/time
Open Volleyball	NMY	18 years and older	T	7:00 PM	9:00 PM	FREE	\$5/time

FOX WEST SUMMER ADULT SOCCER LEAGUE - Games begin June 1. Season ends July 27. REGISTRATION JANUARY 1 – MAY 19. Contact Kevin Jakubek at the Fox West Y for more information. Sign up as a free agent or a team. The Y will place free agents on a team as needed or form a team out of the free agents if possible.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Soccer – Team	FWY	18 years and older	TH	June 1	July 27	\$300/team	\$300/team
Adult Soccer – Free Agent	FWY	18 years and older	TH	June 1	July 27	\$20	\$20