



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

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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	W	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.**

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 10-May 28, 2017

This is a working document and is subject to change.

DODGEBALL (AGES 7-10) (FMY)

Various games of dodgeball will be played. From the traditional team game, to everyone for themselves, we thrown 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) (FMY)

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!

DODGEBALL & NERF WARS (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.

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.

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 WARS & 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.

INDOOR PARENT CHILD ARCHERY (AGES 7 -14 YEARS) (HVY)

Learn the basics of archery. Class will cover safety, proper stance, holding a bow and proper technique. All equipment is provided.

INDOOR ARCHERY (AGES 8-15 YEARS) (HVY)

Learn the basics of archery including the "11 steps to becoming a successful archer." Class follows the NASP guidelines. All equipment is provided by the Y.

ARCHERY 101- MAY 1-MAY 25 (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 the NASP guidelines. All equipment is provided. Class will be held outdoors.

ADVANCED ARCHERY- MAY 1- MAY 25 (AGES 10-18) (ACY)

Spring Session: April 10-May 28, 2017

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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	R	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	R	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	R	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	W	6:00 PM	6:45 PM	\$28	\$39
Sports Sampler	HVY	4-6 years	F	9:30 AM	10:30 AM	\$34	\$49
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	TR	5:30 PM	6:30 PM	\$45	\$60
Jedi Training	FWY	4-6 years	R	4:30 PM	5:15 PM	\$28	\$38
Jedi Training	FWY	7-9 years	R	5:30 PM	6:15 PM	\$28	\$38
Dodgeball & Nerf Wars	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 Wars & Dodgeball	APY	7-12 years	T	5:45 PM	7:00 PM	\$25	\$35
Indoor Parent Child Archery	HVY	7-14 years	N	5:00 PM	5:45 PM	\$34	\$49
Indoor Archery	HVY	8-15 years	TR	6:30 PM	7:30 PM	\$50	\$65
Archery 101 May 1-May 25	ACY	8-16 years	MW	4:30 PM	5:15 PM	\$29	\$40
Advanced Archery	ACY	10-18 years	MW	5:30 PM	6:15 PM	\$29	\$40
Jr Racquetball Lessons	APY	8-13 years	W	4:30 PM	5:30 PM	\$28	\$39
Fencing	APY	12 years and older	TR	6:30 PM	7:30 PM	\$45	\$60
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	M	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

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participants. You will be notified by a coach prior to the first game. Contact your branch Sports and Recreation Department for more information.

HVY SPRING T-BALL LEAGUE – APRIL 19- MAY 24. REGISTRATION FEBRUARY 13-APRIL 9.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
T-Ball League	HVY	4-6 years	W	4:15 PM	5:15 PM	\$12	\$31	\$52
T-Ball League	HVY	4-6 years	W	5:45 PM	6:45 PM	\$12	\$31	\$52

HVY SUMMER T-BALL LEAGUE – JULY 12- AUGUST 16. REGISTRATION MAY 8-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	\$31	\$52

SHERWOOD SOCCER LEAGUE- JUNE 19- AUGUST 1. REGISTRATION FEBRUARY 20-MAY 29

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sherwood Soccer	HVY	Grade 4K	M	June 19	July 31	\$32	\$48
Sherwood Soccer	HVY	Grade 5K	M	June 19	July 31	\$32	\$48
Sherwood Soccer	HVY	Grade 1	T	June 19	July 31	\$32	\$48
Sherwood Soccer	HVY	Grade 2	T	June 19	July 31	\$32	\$48

TRACK AND FIELD – APRIL 29-MAY 20. REGISTRATION MARCH 1-APRIL 23.

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 20 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	S	April 29	May 20	\$12	\$25	\$45
Track & Field Shattuck MS	NMY	Grade 5K-6	S	April 29	May 20	\$12	\$25	\$45
Track and Field Fox West Y	FWY	Grade 5K-6	S	April 29	May 20	\$12	\$25	\$45

FALL FLAG FOOTBALL, FALL VOLLEYBALL AND FALL OUTDOOR SOCCER LEAGUE

SEPTEMBER 9-OCTOBER 28. REGISTRATION MAY 1 – AUGUST 20. More information can be found in the Summer Program Guide and at www.ymcafoxcities.org in late May.

FOX WEST OUTDOOR SOCCER - MAY 9-AUGUST 3. REGISTRATION JANUARY 1 - APRIL 1.

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

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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 24 & May 1 (Ages 4-8) or April 26 & May 3 (Ages 8-12). 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

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
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	R	June 8	July 20	\$100	\$100
3 on 3 – Boys Grade 6	FWY	Grade 6	R	June 8	July 20	\$100	\$100
3 on 3 – Boys Grade 7	FWY	Grade 7	R	June 8	July 20	\$100	\$100
3 on 3 – Boys Grade 8	FWY	Grade 8	R	June 8	July 20	\$100	\$100

ADULTS

OUTDOOR ADULT ARCHERY- MAY 2- MAY 26 (AGES 16 AND OLDER) (ACY)

The class covers the basics of archery for adults with no/limited experience in archery and follows the National Archery in Schools Program (NASP) guidelines. Class is taught by a NASP Certified Instructor and will be held outdoors. All equipment is provided.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Winter Racquetball Leagues - Various Times and Days - April-June	APY	18 years and older	MT			\$20	\$40
Men's Summer Basketball League	APY	18 years and older	N	TBD	TBD	\$425/team	\$425/team
Adult Archery	HVY	16 years and older	N	4:00 PM	4:45 PM	\$28	\$39
Open Pickleball	APY	18 years and older	MTWRF	8:00 AM	11:00 AM	FREE	\$5/time
Open Pickleball	NMY	18 years and older	TR	7:00 AM	9:00 AM	FREE	\$5/time
Open Volleyball	NMY	18 years and older	T	7:00 PM	9:00 PM	FREE	\$5/time

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	R	June 1	July 27	\$300/team	\$300/team
Adult Soccer – Free Agent	FWY	18 years and older	R	June 1	July 27	\$20	\$20