



## FIND FRIENDSHIP HERE

Teens are a great resource in our community. They have talents and energy. They care about others. The Y has always depended upon teens to provide leadership with younger kids.



## TEENS

UPDATED ON: APRIL 6, 2017

### STAFF CONTACTS

ACY – Shane Vondracek Environmental Education Director P 733.9622 E [svondracek@ymcafoxcities.org](mailto:svondracek@ymcafoxcities.org)  
APY – Colin Specht Sports & Recreation Director P 954.7620 E [cspecht@ymcafoxcities.org](mailto:cspecht@ymcafoxcities.org)  
FWY – Kevin Jakubek Sports & Recreation Director P 560.3414 E [kjakubek@ymcafoxcities.org](mailto:kjakubek@ymcafoxcities.org)  
HVY – Randi Thurs Sports & Recreation Coordinator P 830.5709 E [rthurs@ymcafoxcities.org](mailto:rthurs@ymcafoxcities.org)  
NMY – Tara Lohff Sports & Recreation Coordinator P 886.2103 E [tlohff@ymcafoxcities.org](mailto:tlohff@ymcafoxcities.org)

### 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 or 2 one-hour sessions a week between the hours of 4:00 and 8:00 PM at the Appleton YMCA. A \$25 registration fee for the school year is due per family at the time of the first appointment. Contact Kourtney Kositzke 954.7602 [kkositzke@ymcafoxcities.org](mailto:kkositzke@ymcafoxcities.org) at the Appleton YMCA for more information or to set up an appointment.

Grades K-12 4:00-9:00 PM APY

### OVERNIGHTS (APY, FWY, HVY)

The Y is a great place for churches, schools and other youth agencies to bring groups for the night. Bond and socialize in a fun setting. Swimming, basketball, Wii Fit, racquetball and volleyball are all available for your use. (Activities may vary between Y's) Contact Colin Specht 954.7620 at APY, Brandon Vanderhoof at 830.5703 at HVY or Kevin Jakubek at 560.3414 at FWY for information on pricing and availability.

F & SA 10:00 PM-7:00 AM

### YOUTH WELLNESS CENTER ORIENTATIONS (8-13 YEARS) (ACY, APY, FWY, HVY, NMY)

Orientations are available by appointment. Youth are invited to learn how to safely and properly use the cardio and weight training equipment to ensure their fitness success. A Youth Orientation consists of two one hour appointments. #1 appt. must be attended with parent; #2 parent attendance is not required.

### YOUTH 5K TRAINING (AGES 8-13 YEARS) (APY)

7 week training program structured to help youth cross the finish line of a 5K. Class includes coach-guided weekly training sessions along with workout plans for the remainder of the week. The goal is to build confidence through accomplishment and gain an appreciation for a healthy lifestyle. Class will be held outdoors, weather-permitting. INCLUDES FREE ENTRY INTO THE BRET YOUNGER 5K on July 9, 2016.

**Spring Session: April 10-May 28, 2017**

This is a working document and is subject to change.

## **YOUTH/TEEN NIGHTS**

Youth and Teen Nights are offered at each branch on specific dates each month. Join us for music, basketball, dodgeball, swimming, arts & crafts, inflatables, food and best of all FUN! Youth and Teen Nights dates and times for each branch in Spring are listed below. Youth and Teens Nights are not offered in the Summer, but will resume in Fall.

### **TEEN NIGHTS – FRIDAYS (GRADES 5–6) (HVY)**

F 6:00-9:00 PM – April 7 & May 5

**Fee: YMCA Member - \$2 General Public - \$6**