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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: MARCH 19, 2018

STAFF CONTACTS

ACY – Shane Vondracek Environmental Education Director P 733.9622 E svondracek@ymcafoxcities.org
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 – Randi Thurs Sports & Recreation Coordinator P 830.5709 E rthurs@ymcafoxcities.org
NMY – Tara Lohff Sports & Recreation Coordinator P 886.2103 E 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 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.

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 6 & May 4

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

4th GRADE NIGHT – FRIDAY (GRADES 4) (HVY)

F 6:30-8:30 PM – April 20

Fee: YMCA Member - \$2 General Public - \$4

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

This is a working document and is subject to change.