



# REACH NEW LIMITS

Whether you are interested in our Martial Arts programs for mental, spiritual or physical well-being, we offer a number of programs that fit your developmental needs. Let us help you be fitter, stronger and more confident.



## MARTIAL ARTS

UPDATED ON: APRIL 13, 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

**ALL SUMMER SESSION – JUNE 11-AUGUST 26, 2018**

**SUMMER SESSION 1 - JUNE 11-JULY 22, 2018**

**(NO CLASSES JULY 2-8)**

**SUMMER SESSION 2 - JULY 22-AUGUST 26, 2018**

**All classes are offered SUMMER 1 & 2 unless noted otherwise.**

### FOX WEST

#### TAE KWON DO (FWY)

A sport that teaches physical and mental control, flexibility, grace, balance and endurance. Punches, blocks, kicks, and grappling techniques designed for self-defense will be taught. Belt testing is optional, but encouraged. There is a testing fee for belt testing. Uniforms can be purchased at Appleton YMCA lower lobby desk and Fox West YMCA Member Services Desk.

| Class name  | YMCA | Age                | Day | Start   | End     | Y Member | General Public |
|-------------|------|--------------------|-----|---------|---------|----------|----------------|
| Tae Kwon Do | FWY  | 6-10 years         | MTH | 6:45 PM | 7:15 PM | \$31     | \$41           |
| Tae Kwon Do | FWY  | 11 years and older | MTH | 7:30 PM | 8:30 PM | \$31     | \$41           |

### HEART OF THE VALLEY

#### ADULT – CONTACT KICKBOXING (AGES 12 YEARS-ADULT) (HVY)

Enjoy an intense martial arts workout. Build and tone muscle while working cardio by kicking, striking, and punching bags.

#### ADULT – MARTIAL ARTS (AGES 12 YEARS-ADULT) (HVY)

This class begins with a contact kickboxing workout. Afterward we focus on and learn technique, forms, and self-defense and how to apply them.

#### AIKIDO BUJUTSU (AGES 12 YEARS-ADULT) (HVY)

Adults will participate in fun, challenging and developmental activities that are used to strengthen coordination, discipline, physical fitness, and self-defense. In aikido there are both physical and mental aspects of training. The physical training in aikido is diverse, covering both general physical fitness and conditioning, as well as specific techniques. Beginners, Intermediate, and advanced participants are all invited to participate. Instructors take an individualized approach going at a pace which suits the participant. Weapons training that is adaptive to skill and physical abilities is also incorporated into the program.

#### AIKIDO YOUTH (AGES 6-12 YEARS) (HVY)

Youth will participate in fun and developmental activities that are used to strengthen coordination, discipline, physical fitness, and self-defense. Aikido is a special martial art with its focus on discipline, fitness, and self-

**All Summer Session: June 11-August 26, 2018**  
**Summer Session 2: July 23-August 26, 2018**

**Summer Session 1: June 11-July 22, 2018**  
This is a working document and is subject to change.

defense. Beginners, Intermediate, and advanced participants are all invited to participate. Instructors take an individualized approach going at a pace which suits the participant.

### **FAMILY AIKIDO (AGES 6-ADULT) (HVY)**

Families will participate in Aikido activities in a fun and welcoming atmosphere. Aikido is a special martial art with its focus on discipline, fitness, and self-defense. Beginners, Intermediate, and advanced participants are all invited to participate. Instructors take an individualized approach going at a pace which suits the participant. Family Aikido pricing includes 3 people (one parent and 2 children or 2 parents and one child). Additional person is \$10.

### **LITTLE DRAGONS (AGES 3-6 YEARS) (HVY)**

The Little Dragons program teaches seven skills including focus, balance, and fitness. Students will participate in fun and innovative martial arts drills and also improve basic motor and listening skills. Uniform optional, belt required - \$8 at Member Services Desk.

### **MARTIAL ARTS (AGES 7-12 YEARS) (HVY)**

Beginners - White, Camo & Yellow Belts

Designed to build leaders through physical and mental instruction. The goal of the program is to guide students to become well balanced martial artists who will know the importance of attitude, respect and self-discipline. Uniform required- can be purchased at HVY Member Services Desk.

### **YOUTH WEAPONS (AGES 7 YEARS-ADULT) (HVY)**

Youth students who have a blue belt or higher will learn basic weapons techniques. Weapons learned will include Bo-staff, nunchaku and escrima sticks. Required weapons can be purchased at the first lesson.

| <b>Class name</b>  | <b>YMCA</b> | <b>Age</b>         | <b>Day</b> | <b>Start</b> | <b>End</b> | <b>Y Member</b> | <b>General Public</b> |
|--|-------------|--------------------|------------|--------------|------------|-----------------|-----------------------|
| Little Dragons   | HVY         | 3-4 years          | T          | 3:45 PM      | 4:25 PM    | \$27            | \$39                  |
| Little Dragons   | HVY         | 3-4 years          | T          | 10:00 AM     | 10:40 PM   | \$27            | \$39                  |
| Little Dragons   | HVY         | 4-6 years          | TH         | 3:45 PM      | 4:25 PM    | \$27            | \$39                  |
| Little Dragons   | HVY         | 4-6 years          | TH         | 10:00 AM     | 10:40 AM   | \$27            | \$39                  |
| Little Dragons   | HVY         | 4-6 years          | M          | 5:25 PM      | 6:05 PM    | \$27            | \$39                  |
| Little Dragons   | HVY         | 4-6 years          | T          | 5:20 PM      | 6:00 PM    | \$27            | \$39                  |
| Little Dragons   | HVY         | 5-6 years          | W          | 5:25 PM      | 6:05 PM    | \$27            | \$39                  |
| Little Dragons   | HVY         | 5-6 years          | TH         | 5:20 PM      | 6:00 PM    | \$27            | \$39                  |
| Aikido Youth   | HVY         | 6-12 years         | SA         | 9:00 AM      | 10:00 AM   | \$27            | \$39                  |
| Family Aikido  | HVY         | 6 years and older  | SA         | 9:00 AM      | 10:00 AM   | \$37            | \$50                  |
| Family Aikido - Additional Person                                  | HVY         | 6 years and older  | SA         | 9:00 AM      | 10:00 AM   | \$10            | \$10                  |
| Martial Arts - Beginners - White, Camo and Yellow Belts - 10 Weeks | HVY         | 7-13 years         | TTH        | 4:30 PM      | 5:15 PM    | \$93            | \$127                 |
| Martial Arts - Beginners - White, Camo and Yellow Belts - 10 Weeks | HVY         | 7-13 years         | MW         | 6:10 PM      | 6:55 PM    | \$93            | \$127                 |
| Martial Arts - Beginners - White, Camo and Yellow Belts - 10 Weeks | HVY         | 7-13 years         | F          | 10:00 AM     | 11:00 AM   | \$62            | \$85                  |
| Weapons Full Class   | HVY         | 7 years and older  | W          | 5:30 PM      | 6:30 PM    | \$27            | \$39                  |
| Adult Martial Arts Full Class                                      | HVY         | 12 years and older | M          | 7:00 PM      | 8:45 PM    | \$33            | \$45                  |

|                          |     |                    |    |         |          |      |      |
|--------------------------|-----|--------------------|----|---------|----------|------|------|
| Adult Contact Kickboxing | HVY | 12 years and older | M  | 7:00 PM | 7:45 PM  | \$19 | \$25 |
| Aikido Bujutsu           | HVY | 12 years and older | SA | 9:00 AM | 11:00 AM | \$33 | \$45 |

### HEART OF THE VALLEY YMCA SCHOOL OF MARTIAL ARTS (AGES 7 YEARS-ADULT) (HVY)

The Heart of the Valley YMCA is now offering a full year program, with easy month to month payments, and registration for individual sessions is no longer needed. Students for the following levels qualify for the School of Martial Arts:

Intermediate - Orange through Green/Blue

Advanced - Blue - Red/Brown Belts

Brown Belts

Black Belts

YMCA Membership required. Registration is available online and at the Heart of the Valley YMCA Member Service Desk. You can choose to pay monthly via credit card or bank draft, OR you can also pay for the entire year. A uniform is required and can be purchased at the Heart of the Valley YMCA Member Service Desk. For more specific instructions, contact Brandon Vanderhoof at [bvanderhoof@ymcafoxcities.org](mailto:bvanderhoof@ymcafoxcities.org) or Mr. Hagman at [hotvmartialarts@ymcafoxcities.org](mailto:hotvmartialarts@ymcafoxcities.org). Coming from another school? Please contact Brandon or Mr. Hagman for more information.

| Class name                                      | YMCA | Age               | Day              | Start                          | End                            | Y Member Per Month Price | May Attend               |
|---|------|-------------------|------------------|--------------------------------|--------------------------------|--------------------------|--------------------------|
| Martial Arts Intermediate - Orange, Green Belts | HVY  | 7 years and older | MW<br>TTH<br>TTH | 4:00 PM<br>10:45 AM<br>6:05 PM | 4:45 PM<br>11:30 AM<br>6:50 PM | \$40                     | Up to 2 classes per week |
| Martial Arts Advanced - Blue, Red Belts         | HVY  | 7 years and older | MW<br>TTH<br>TTH | 4:35 PM<br>11:15 AM<br>6:40 PM | 5:20 PM<br>12:00 PM<br>7:25 PM | \$40                     | Up to 2 classes per week |
| Martial Arts - Brown Belts                      | HVY  | 7 years and older | M<br>TTH         | 5:30 PM<br>7:30 PM             | 6:30 PM<br>8:30 PM             | \$52                     | Up to 3 classes per week |
| Martial Arts - Black Belts                      | HVY  | 7 years and older | M<br>TTH         | 6:15 PM<br>7:30 PM             | 7:15 PM<br>8:30 PM             | \$52                     | Up to 3 classes per week |
| Martial Arts - Second Degree Black Belts        | HVY  | 7 years and older | W<br>TTH         | 7:00 PM<br>7:30 PM             | 8:00 PM<br>8:30 PM             | \$52                     | Up to 3 classes per week |

## NEENAH-MENASHA

**JUDO (AGES 6 YEARS-ADULT) (NMY)** Judo is best described as a special martial art, derived from Jujitsu, with similarities to wrestling with its throws and pins. It is an Olympic sport, an art, a discipline, a recreation and fitness program, a means of self-defense, and a way of life. Instructor: Mehdi Mohammadian, is an 8th degree Black Belt, and member of the Martial Arts Hall of Fame. Junior, Family and Adult classes.

### JR. JUDO BEGINNERS (AGES 6-13 YEARS) (NMY)

This is the introductory class for individuals who wish to start a judo training program. This class runs for 75 minutes on Tuesdays. When a beginner participant is able to pass a skills test for their first advancement level, they will move on to the Jr. Judo Advanced class on Thursdays.

**JR. JUDO ADVANCED (AGES 6-13 YEARS) (NMY)** This class is the next junior level class for individuals who wish to continue to refine their judo skills. Participants must test out of the Beginner Class to participate. This class runs for 75 minutes on Thursdays.

### JR. JUDO COMBO (AGES 6-13 YEARS) (NMY)

Jr. Judo Combo pricing includes both Jr. Judo Classes for individuals on Tuesdays & Thursdays. This is for

advanced students who have been approved by the instructors for extra mat time.

**FAMILY JUDO BEGINNERS (AGES 6 YEARS-ADULT) (NMY)**

This is the introductory class for families who wish to start a judo training program. This class runs for 75 minutes on Tuesdays. Family Judo Beginners pricing includes 3 people (one parent and 2 children or 2 parents and one child). Additional person is \$10.

**FAMILY JUDO ADVANCED (AGES 6 YEARS-ADULT) (NMY)**

This class is the next level class for families who wish to continue to refine their judo skills. This class runs for 75 minutes on Thursdays. Family Judo Advanced pricing includes 3 people (one parent and 2 children or 2 parents and one child). Additional person is \$10.

**FAMILY JUDO COMBO (AGES 6 YEARS-ADULT) (NMY)**

Family Judo Combo pricing includes both Family Judo Classes on Tuesdays & Thursdays. Family Judo Combo pricing also includes 3 people (one parent and 2 children or 2 parents and one child). Additional person is \$20. This is for advanced students who have been approved by the instructors for extra mat time.

**ADULT JUDO BEGINNERS (AGES 13 YEARS-ADULT) (NMY)**

This is the adult introductory class for individuals who wish to start a judo training program. This class runs for 90 minutes on Tuesdays. When a beginner participant is able to pass a skills test for their first advancement level, they will move on to the Adult Judo Advanced class on Thursdays.

**ADULT JUDO ADVANCED (AGES 13 YEARS-ADULT) (NMY)** This class is the next adult level class for individuals who wish to continue to refine their judo skills. Participants must test out of the Beginner Class to participate. This class runs for 90 minutes on Thursdays.

**ADULT JUDO COMBO (AGES 13 YEARS-ADULT) (NMY)**

Adult Judo Combo pricing includes both Adult Judo Classes for individuals on Tuesdays & Thursdays. This is for advanced students who have been approved by the instructors for extra mat time.

**MARTIAL ARTS BEGINNER (AGES 7 YEARS-ADULT) (NMY)**

This is the introductory class for individuals and families who wish to start a martial arts training program. This class runs for 45 minutes on Mondays & Wednesdays. The participants will learn the basic skills required in Karate, Tae Kwon Do and Ju-jitsu that are fundamental to all future skill development. When a participant is able to pass a skills test for their first advancement level, they will move on to the next class. Family pricing includes 3 people (one parent and 2 children or 2 parents and 1 child). Additional person is \$20.

**MARTIAL ARTS ADVANCED (AGES 7 YEARS-ADULT) (NMY)**

This advanced class is also for individuals and families. This class runs for 90 minutes on Mondays & Wednesdays. The participants will learn advanced skills in Karate, Tae Kwon Do and Jujitsu that are required to reach the Black Belt Level. Participants must test out of the Beginner Class to participate. Any participants with prior martial arts training who wants to test out of the Beginner class must contact the instructor (920-809-8808) for a skills evaluation. Family pricing includes 3 people (one parent and 2 children or 2 parents and 1 child). Additional person is \$20.

**ALL JUDO CLASSES WILL RUN ONE 6 WEEK SESSION ONLY – JUNE 12-JULY 26. MARTIAL ARTS CLASSES WILL BE OFFERED BOTH SESSIONS 1 & 2 STARTING JUNE 11. NO CLASSES JULY 2-8.**

| Class name                              | YMCA | Age               | Day | Start   | End     | Y Member | General Public |
|---|------|-------------------|-----|---------|---------|----------|----------------|
| Family Judo Beginners                   | NMY  | 6 years and older | T   | 5:30 PM | 6:45 PM | \$64     | \$85           |
| Family Judo Beginners Additional Person | NMY  | 6 years and older | T   | 5:30 PM | 6:45 PM | \$10     | \$10           |
| Family Judo Advanced                    | NMY  | 6 years and older | TH  | 5:30 PM | 6:45 PM | \$64     | \$85           |
| Family Judo Advanced Additional Person  | NMY  | 6 years and older | TH  | 5:30 PM | 6:45 PM | \$10     | \$10           |

|   |     |                    |     |         |         |      |       |
|---|-----|--------------------|-----|---------|---------|------|-------|
| Family Judo Combo                       | NMY | 6 years and older  | TTH | 5:30 PM | 6:45 PM | \$89 | \$132 |
| Family Judo Combo Additional Person     | NMY | 6 years and older  | TTH | 5:30 PM | 6:45 PM | \$20 | \$20  |
| Jr. Judo Beginners Individual           | NMY | 6-13 years         | T   | 4:00 PM | 5:15 PM | \$46 | \$68  |
| Jr. Judo Advanced Individual            | NMY | 6-13 years         | TH  | 4:00 PM | 5:15 PM | \$46 | \$68  |
| Jr. Judo Combo Individual               | NMY | 6-13 years         | TTH | 4:00 PM | 5:15 PM | \$76 | \$118 |
| Adult Judo Beginners Individual         | NMY | 13 years and older | T   | 7:00 PM | 8:30 PM | \$51 | \$72  |
| Adult Judo Advanced Individual          | NMY | 13 years and older | TH  | 7:00 PM | 8:30 PM | \$51 | \$72  |
| Adult Judo Combo Individual             | NMY | 13 years and older | TTH | 7:00 PM | 8:30 PM | \$84 | \$127 |
| Martial Arts Individual Beginner        | NMY | 7 years and older  | MW  | 5:45 PM | 6:30 PM | \$46 | \$64  |
| Martial Arts Family Beginner            | NMY | 7 years and older  | MW  | 5:45 PM | 6:30 PM | \$67 | \$85  |
| Martial Arts Beginner Additional Person | NMY | 7 years and older  | MW  | 5:45 PM | 6:30 PM | \$20 | \$20  |
| Martial Arts Individual Advanced        | NMY | 7 years and older  | MW  | 5:45 PM | 7:15 PM | \$70 | \$106 |
| Martial Arts Family Advanced            | NMY | 7 years and older  | MW  | 5:45 PM | 7:15 PM | \$92 | \$128 |
| Martial Arts Advanced Additional Person | NMY | 7 years and older  | MW  | 5:45 PM | 7:15 PM | \$20 | \$20  |