



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: JUNE 12, 2017

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 - 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

SUMMER SESSION 1 - JUNE 12-JULY 23, 2017

(NO CLASSES JULY 3-9)

SUMMER SESSION 2 - JULY 24-AUGUST 27, 2017

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

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	6:00 PM	6:45 PM	\$22	\$33
Parent Child All Sports	APY	3-4 years	W	5:45 PM	6:30 PM	\$22	\$33
Parent Child All Sports	HVY	3-4 years	M	6:15 PM	7:00 PM	\$22	\$33

YOUTH

SPORTS SAMPLER (AGES 4-6 YEARS) (APY, FWY, 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 five 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.**

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.

All Summer Session: June 12-August 27, 2017
Summer Session 2: July 24-August 27, 2017

Summer Session 1: June 12-July 23, 2017
 This is a working document and is subject to change.

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

Learn the basics of traditional archery. Class will cover safety, proper technique and shooting procedures. All equipment provided by the Y.

ARCHERY 101 (AGES 8-16 YEARS) (ACY, HVY)

Learn the basics of archery including the "11 Steps to Becoming A Successful Archer". Class follows the NASP guidelines and is taught by an experienced instructor. All equipment is provided by the Y.

ADVANCED ARCHERY (AGES 8-16 YEARS) (ACY, HVY)

This class is designed for experienced archers. Archery 101 is a prerequisite. Various targets are used including 3D. Equipment is provided by the Y, however, personal bows are encouraged.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Jr. GATORS – Session 1	NMY	4-6 years	R	4:00 PM	4:45 PM	\$20	\$28
Jr. GATORS – Session 2	NMY	4-6 years	T	4:00 PM	4:45 PM	\$20	\$28
Little Hoopsters Basketball	APY	4-6 years	R	4:30 PM	5:30 PM	\$24	\$34
Little Kickers Soccer	APY	4-6 years	M	4:30 PM	5:30 PM	\$24	\$34
Little Kickers Soccer - Session 2	APY	4-6 years	W	1:00 PM	2:00 PM	\$24	\$34
Little Kickers Soccer - Session 1	NMY	4-6 years	T	4:00 PM	4:45 PM	\$20	\$28
Little Kickers Soccer - Session 2	NMY	4-6 years	R	4:00 PM	4:45 PM	\$20	\$28
Little Sluggers T-Ball - Session 1	APY	4-6 years	W	1:00 PM	2:00 PM	\$24	\$34
Little Sluggers T-Ball	APY	4-6 years	R	9:00 AM	10:00 AM	\$24	\$34
Little Sluggers T-Ball - Session 1	FWY	4-6 years	T	4:30 PM	5:15 PM	\$20	\$28
Little Sluggers T-Ball - Session 1	FWY	4-6 years	R	4:30 PM	5:15 PM	\$20	\$28
Little Sluggers T-Ball/Rushers Football - Session 1	NMY	4-6 years	W	4:00 PM	4:45 PM	\$20	\$28
Sports Sampler	ACY	4-6 years	M	10:00 AM	11:00 AM	\$24	\$34
Sports Sampler	ACY	4-6 years	R	4:30 PM	5:30 PM	\$24	\$34
Sports Sampler	APY	4-6 years	T	4:30 PM	5:30 PM	\$24	\$34
Sports Sampler	APY	4-6 years	W	4:30 PM	5:30 PM	\$24	\$34
Sports Sampler	APY	4-6 years	W	9:00 AM	10:00 AM	\$24	\$34
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$20	\$28
Sports Sampler - Session 2	NMY	4-6 years	W	4:00 PM	4:45 PM	\$20	\$28
Fencing	APY	5-11 years	TR	5:30 PM	6:30 PM	\$33	\$43
Parent Child Archery	HVY	7-14 years	TR	5:00 PM	5:45 PM	\$35	\$45
Advanced Archery	HVY	8-16 years	TR	7:00 PM	7:45 PM	\$35	\$45
Jr Racquetball Lessons	APY	8-13 years	W	4:30 PM	5:30 PM	\$24	\$34
Fencing	APY	12 years and older	TR	6:30 PM	7:30 PM	\$33	\$43
Advanced Archery	ACY	10-18 years	MW	5:30 PM	6:15 PM	\$35	\$45
Archery 101	ACY	8-16 years	MW	4:30 PM	5:15 PM	\$35	\$45
Archery 101	FWY	8-16 years	MW	6:00 PM	6:45 PM	\$35	\$45
Archery 101	HVY	8-16 years	TR	6:00 PM	6:45 PM	\$35	\$45

WEDNESDAY WARRIOR RUNNING CLUB - JULY 12-AUGUST 23. REGISTRATION JUNE 1-JULY 11.

Led by Coach Martin Luedke, a long distance running warrior, this club will utilize various outdoor running trails to strengthen your child's love for running. Form, endurance and character development will be the main focus each Wednesday. Contact Colin Specht, Sports & Recreation Director at 920.954.7620 or cspecht@ymcafoxcities.org for more information.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Warrior Running Club	APY	8-14 years	W	6:30 PM	7:30 PM	\$8	\$15	\$25

YOUTH SPORTS LEAGUES

YMCA of the Fox Cities Family Memberships pays only a \$10 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.

HVY SUMMER T-BALL - 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

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

YOUTH FLAG FOOTBALL - SEPTEMBER 9-OCTOBER 28. REGISTRATION MAY 1 -AUGUST 20

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Flag Football - SFX	APY	Grade 4K-5K	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football - SFX	APY	Grade 1	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football - SFX	APY	Grade 2	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football - SFX	APY	Grade 3	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football - SFX	APY	Grade 4	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football - SFX	APY	Grade 5	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football - SFX	APY	Grade 6	S	September 9	October 28	\$12	\$42	\$69

Youth Flag Football	FWY	Grade 4K-5K	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	FWY	Grade 1-2	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	FWY	Grade 3-4	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	FWY	Grade 5-6	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	HVY	Grade 4K-5K	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	HVY	Grade 1	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	HVY	Grade 2	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	HVY	Grade 3	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	HVY	Grade 4	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	HVY	Grade 5-6	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	NMY	Grade 4K-5K	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	NMY	Grade 1-2	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	NMY	Grade 3-4	S	September 9	October 28	\$12	\$42	\$69
Youth Flag Football	NMY	Grade 5-6	S	September 9	October 28	\$12	\$42	\$69

VOLLEYBALL LEAGUE - SEPTEMBER 9-OCTOBER 21. (NO PROGRAM SEPTEMBER 23 FOR APY ONLY, MAKE-UP OCTOBER 28) REGISTRATION MAY 1-AUGUST 27.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Coed Volleyball	APY	Grade 2-4	S	September 9	October 28	\$12	\$38	\$59
Coed Volleyball	APY	Grade 5-6	S	September 9	October 28	\$12	\$38	\$59
Boys Volleyball	APY	Grade 7-8	S	September 9	October 28	\$12	\$38	\$59
Coed Volleyball	FWY	Grade 2-3	S	September 9	October 21	\$12	\$38	\$59
Coed Volleyball	FWY	Grade 4-6	S	September 9	October 21	\$12	\$38	\$59
Coed Volleyball	HVY	Grade 2	S	September 9	October 21	\$12	\$38	\$59
Coed Volleyball	HVY	Grade 3	S	September 9	October 21	\$12	\$38	\$59
Coed Volleyball	HVY	Grade 4	S	September 9	October 21	\$12	\$38	\$59
Coed Volleyball	HVY	Grade 5-6	S	September 9	October 21	\$12	\$38	\$59
Coed Volleyball	NMY	Grade 3-4	S	September 9	October 21	\$12	\$38	\$59
Coed Volleyball	NMY	Grade 5-6	S	September 9	October 21	\$12	\$38	\$59

FALL SOCCER LEAGUE (FWY) - AUGUST 28-OCTOBER 9. REGISTRATION JUNE 1-AUGUST 12. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Soccer	FWY	Grade 4K-5K	M	August 28	October 9	\$32	\$48
Fall Soccer	FWY	Grade 1-2	T	August 29	October 3	\$32	\$48
Fall Soccer	FWY	Grade 3-4	M	August 28	October 9	\$32	\$48
Fall Soccer	FWY	Grade 5-6	T	August 29	October 3	\$32	\$48

FALL SOCCER LEAGUE (HVY) – SEPTEMBER 5-OCTOBER 12. REGISTRATION JUNE 1-AUGUST 13. THIS IS NOT A VALUE-ADDED PROGRAM.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Soccer	HVY	Grade 4K	W	September 6	October 11	\$32	\$48
Fall Soccer	HVY	Grade 5K	W	September 6	October 11	\$32	\$48
Fall Soccer	HVY	Grade 1-2	T	September 5	October 10	\$32	\$48
Fall Soccer	HVY	Grade 3-4	R	September 7	October 12	\$32	\$48

ADULTS

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Summer Racquetball Leagues - Various Times and Days	APY	16 years and older	MTWRF			\$20	\$40
Open Pickleball	APY	18 years and older	MTWRF	8:00 AM	11:00 AM	FREE	\$5/time
Open Volleyball	NMY	18 years and older	T	7:00 PM	8:45 PM	FREE	\$5/time