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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: APRIL 10, 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 - 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 YMCA to any student K-8 who needs help with almost any subject. Tutoring is provided M-TH throughout the school year (September-May). Register at any point in the school year. We provide 1 one-hour session a week between the hours of 4:00 and 8:00 PM at the Appleton YMCA. A \$30 registration fee for the school year is due per student at the time of the first appointment. Max \$60 per family. Contact Kourtney Kositzke 954.7602 kkositzke@ymcafoxcities.org at the Appleton YMCA for more information or to set up an appointment.

APY Grades K-8 4:00-8:00 PM

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) For more information, 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 (8-14 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 FREE WEIGHT CLASS (AGES 11-16 YEARS) (ACY, APY, FWY)

CLASS IS REQUIRED FOR YOUTH AGE 11-13 TO USE THE FREE WEIGHT ROOM EQUIPMENT.

Class times can be scheduled around your schedule, but all 7 classes must be completed to pass. Class will cover basic exercise terminology and human anatomy, various hot topics in nutrition, program design, and exercises such as free weights, cable machines, and other functional equipment. Proper form and technique will be emphasized. A must for any youth interested in maximizing their overall wellness or athletic ability. Upon completion, class participants will be able to use Free Weight Room and all strength training areas unsupervised. Required pre-requisite: Youth Orientation

YOUTH/TEEN NIGHTS (APY, FWY, HVY, NMY)

Youth and Teen Nights will resume in September 2017.

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.