



BELIEVE YOU CAN

The Y makes sure that every child, teen & adult has an opportunity to envision and pursue a positive future and to take an active role in strengthening his or her community.



EDUCATION AND LEADERSHIP

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STAFF CONTACTS

ACY - Amie Olson Child Care Services Director P 702.2315 E aolson@ymcafoxcities.org
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APY - Melissa Quintanilla Adult Program Coordinator P 954.7610 E mquintanilla@ymcafoxcities.org
APY - Kourtney Kositzke Arts & Humanities Coordinator P 954.7602 E kkositzke@ymcafoxcities.org
FWY - Kerry Wiitanen Child Care Services Director P 560.3417 E kwiitanen@ymcafoxcities.org
HVY - Erin Brennan Aquatic & Youth Director P 830.5714 E ebrennan@ymcafoxcities.org
NMY - Darlene Pawelkiewicz Arts & Humanities Coordinator P 886.2128 E dpawelkiewicz@ymcafoxcities.org

YOUTH CLASSES

CUPCAKE CREATIONS (AGES 6-12 YEARS) (ACY)

Have you ever wanted to try to bake and decorate your own cupcake creations? Join friends for a fun morning of baking. Taste test and take some home to share.

JUNIOR CHEFS (AGES 6-12 YEARS) (ACY) WINTER 1 ONLY

Come ready to cook and hungry. Each week we explore how to cook an awesome yet easy to make meal, dessert or appetizer and after we have created our masterpiece, we will enjoy it together.

MANNERS CLASS (Ages 7-12 YEARS) (NMY)

This etiquette course emphasizes table manners, courtesy, respect to others, and useful daily manners.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Cupcake Creations	ACY	6-12 years	S	9:30 AM	NOON	\$7	\$18
Junior Chefs Winter 1	ACY	6-12 years	T	5:30 PM	7:00 PM	\$56	\$74
Manners Class April 20	NMY	7-12 years	F	5:30 PM	8:30 PM	\$28	\$38

TEEN PROGRAM

YOUTH IN GOVERNMENT (Grades 7-12) (APY)

Now is the time to make your voice be heard! Wouldn't it be great if you could make or change the rules in regards to the government? The Youth in Government (YIG) program takes a hands-on approach involving students in the legislative, executive, and judicial branches of government. This includes a press corps which gives students experience in sharing political news in a variety of multi and social-medias. YIG encourages life-long responsible citizenship through the study of public issues, debate on public policy, writing legislation, debating court cases, reporting on political news and a weekend Model Government experience in the State Capital. If you enjoy debating, writing, want to learn more about how bills become laws, and would enjoy a weekend trip to Madison in February, then Youth in Government is the place for you! Contact Jolene Leurquin at 920-832-4951 or jleurquin@ymcafoxcities.org for more information.

Tuesdays 6:30-8:00 PM October-February

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Youth in Government	APY	Grades 7-12	T	6:30 PM	8:00 PM	\$225	\$225

SAFETY CLASSES

BABYSITTING 101™ (AGES 10 AND UP) (ACY, APY, FWY)

In just a few hours of interesting and engaging learning, your child will become a sought-after babysitter, implementing a plan to find babysitting jobs and care for kids of all ages with equal measures of skill and fun. Topics include marketing and organizing your babysitting skill, engaging kids of all ages, the character of a babysitter, administering first aid and taking care of emergencies, and common problems babysitters face – and the solutions! Participants are required to bring a sack lunch.

Winter Session 1: January 8-February 25, 2018

Winter Session 2: February 26-April 15, 2018

This is a working document and is subject to change.

BABYSITTING CLINIC (AGES 10 AND UP) (NMY)

Babysitting basics and beyond are covered in this 6-hour training. Participants will discover what it means to become a responsible babysitter through practical application and training. Participants receive a certificate after testing their knowledge of first-aid, basic care, safety and developmental issues. Participants are required to bring a sack lunch.

BE A SAFE KID IN OUR COMMUNITY (GRADES 1-8) (HVY)

School and Scout based program held in your classroom. Learn safe practices in the following situations: Bike safety, being home alone, walking alone, computer safety, phone use, mall safety, etc. Let us help you set up a bike rodeo for your students. Program is FREE to School Groups Grades 1-8 please contact Erin Brennan at Heart of the Valley YMCA 830.5714.

BE A SAFE KID (AGES 9-13 YEARS) (NMY)

Learn safe practices in the following situations: being home alone, walking alone, computer safety, phone use, mall safety, etc.

SAFE KIDS 101™ (AGES 9-13 YEARS) (APY)

Through this detailed course your child will be equipped with the skills they need to be safe at home and in the community. Parents will have peace of mind, knowing your children are safely prepared for emergency scenarios. Girls Scout Troops can fulfill badge opportunities in child care and babysitting by calling:

FWY – Kerry Wiitanen 560.3417

NMY – Darlene Pawelkiewicz 886.2128

APY – Kourtney Kositzke 954.7602

ACY – Amie Olson 702.2315

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Babysitting 101™ - January 20	ACY	10-16 years	S	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ - February 3	ACY	10-16 years	S	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ - March 3	ACY	10-16 years	S	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ - April 28	ACY	10-16 years	S	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ - February 17	APY	10-16 years	S	8:00 AM	1:00 PM	\$45	\$65
Babysitting 101™ - April 14	APY	10-16 years	S	8:00 AM	1:00 PM	\$45	\$65
Babysitting 101™ - January 13	FWY	10-16 years	S	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ - February 24	FWY	10-16 years	S	9:00 AM	2:00 PM	\$45	\$65
Babysitting 101™ - March 16	FWY	10-16 years	s	9:00 AM	2:00 PM	\$45	\$65
Babysitting Clinic - January 20	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic - February 10	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic - March 10	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic - April 21	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Babysitting Clinic - May 19	NMY	10-16 years	S	8:30 AM	3:00 PM	\$45	\$65
Be a Safe Kid - January 19	NMY	9-13 years	F	5:30 PM	8:30 PM	\$28	\$48
Be a Safe Kid - March 9	NMY	9-13 years	F	5:30 PM	8:30 PM	\$28	\$48
Safe Kids 101™ - January 27	APY	9-13 years	S	8:00 AM	11:00 AM	\$28	\$48
Safe Kids 101™ - March 24	APY	9-13 years	S	8:00 AM	11:00 AM	\$28	\$48

ADULT SPECIALTY ENRICHMENT

ADULT CONTRACT BRIDGE (APY)

BEGINNER/INTERMEDIATE

Learn to play contract bridge or brush up on your game. If you are a beginner, come with several friends to make a table of 4. Novices are welcome, however at least one table of 4 novice players is required for instruction. Learning to play or continuing to play bridge keeps those neural pathways clicking, develops new ones, and provides social interaction with other players. Top notch instruction from Joan Thibodeau.

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APPLETON BOOK CLUB (APY)

Reading with a purpose! Book Club Members will choose a different book each month. Meetings will provide regular opportunities to read, unwind and have thought-provoking conversations with others who share the love of reading. Registration is done on a monthly basis, so join in anytime! Grow your mind and enjoy the company of other readers!

ADULT KNITTING CLASS (APY) BEGINNER

Learn the fundamental knitting skills that will transform you from a novice knitter into so much more. You will be taught basic beginner techniques, including choosing supplies, casting on, knitting, purling and binding off. Students will receive step by step instruction, wise council, and lots of helping hands! Develop your ability so that you are able to tackle a variety of future projects with confidence! All knitting needles and yarn will be provided.

BECAUSE WE KNIT (APY)

Join the YMCA's Knitting Circle, where you can practice your skills and learn new techniques while creating knit goods. This opportunity is for like-minded knitters to enjoy the social aspects of knitting together. Please bring your own projects and ideas!

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Contract Bridge Lessons	APY	18 years and older	M	1:00 PM	3:00 PM	FREE	\$49
Appleton Book Club Jan 8, Feb 12, Mar 12, Apr 9	APY	18 years and older	M	1:30 PM	3:00 PM	FREE	\$3/month
Adult Knitting Class	APY	18 years and older	M	6:30 PM	8:00 PM	\$35	\$50
Because We Knit	APY	18 Years and older	R	9:00 AM	11:00 AM	FREE	\$10

THOMPSON CENTER ON LOURDES • 2331 E LOURDES DRIVE • APPLETON

The Appleton YMCA offers small group computer classes of no more than 8 adult students. Students must bring their own personal laptops for classes. If you register for a class and it's not the best fit for you, the instructor will refer you to a more appropriate class. All classes are held at Thompson Center on Lourdes (TCL). TCL is committed to enhancing the quality of life of adults and their families through a network of activities and services that focuses on improving emotional, intellectual, physical, social and spiritual wellness. The center serves baby boomers, older adults and their families. TCL reception desk is open from 8:30 AM until 4:30 PM, however, the YMCA has both day and evening programs there. Evening Y class instructors provide access to the facility shortly before class begins. Most classes have a 6-7 week session duration and are open to ages 18+ unless noted otherwise. Their monthly newsletter "The Buzz" contains information about all programs and services. Registration for all classes can be done at any YMCA of the Fox Cities Locations.

ADULT LANGUAGE

SPANISH 1 - ADULT (TCL)

Have fun learning Spanish! This class is an introduction to basic Spanish for adult beginners. Learn to speak and understand small amounts of general and basic Spanish found in most routine interchanges in daily life. Students will participate actively during class to develop listening, speaking, reading and writing skills. Students learn vocabulary through experiential and topical lessons. Motivated students learn culture from different Spanish-speaking countries. Minimal amounts of English are used in this class. 14 weeks in Fall; 21 weeks in Winter/Spring; 10 weeks in Summer. 60-minute class. Motivated students may join on-going classes at the discretion of the teacher.

SPANISH 2 - ADULT (TCL)

Enjoy improving your skill level with Spanish! This language class will review Level 1 material, and then continue building language ability with use and application at the next level. Format will be similar to the Level 1 class. Develop your ability to build bridges with Latinos as you learn some language and some culture and strengthen our community. Minimal amounts of English are used in this class. Motivated students may join the class mid-session at the discretion of the instructor. 14 weeks in Fall; 21 weeks in Winter/Spring; 10 weeks in Summer. 75-minute class. Motivated students may join on-going classes at the discretion of the teacher.

Winter Session 1: January 8-February 25, 2018

Winter Session 2: February 26-April 15, 2018

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Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Spanish 1 - 21-weeks	TCL	18 years and older	W	5:30 PM	6:30 PM	\$116	\$116
Spanish 2 - 21-weeks	TCL	18 years and older	W	4:00 PM	5:30 PM	\$179	\$179

COMPUTER CLASSES FOR ADULTS

WINDOWS 10 (TCL)

Windows 10 is the latest version of Microsoft's operating system. An introductory class for those who want or need to learn the very basics of computer skills and operations. Course covers hardware, software, the use of a mouse, how to open and close programs, sending and receiving e-mail, exploring the internet safely and what does Windows 10 bring to your computer that is new or different. This class will help you increase your comfort level with computers. Up to 18 hours of instruction, meeting twice a week for 1 ½ hours each time. 6 weeks

APPLE IPAD BASICS (TCL)

A basic overview of the Apple iPad. Learn to use and understand the basics of your Apple iPad. Using and adding "apps", taking pictures and videos, using FaceTime, using your calendar, downloading songs and videos. You must bring a fully set up Apple iPad to class. Class is for Apple iPads only and not for other tablets. Meeting once a week for an hour and one half each time. 6 weeks

APPLE IPAD STEP 2 (TCL)

This intermediate class will bring you to that next step. Topics include: Changing Wallpaper, using NOTES to the fullest, Split View- having two apps open and active at the same time, Using Siri, Improved Battery Life and better security, FaceTime and Skype, Bluetooth and more. You must bring a fully set up Apple iPad to class. Class is for Apple iPads only and not for other tablets. Meeting once a week for an hour and one half each time. 6 weeks

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Windows 10 6-weeks	TCL	18 years and older	MW	10:30 AM	12:00 PM	\$89	\$89
Apple iPad Basics 6-weeks	TCL	18 years and older	M	1:00 PM	2:30 PM	\$54	\$54
Apple iPad Step 2 6-weeks	TCL	18 years and older	W	1:00 PM	2:30 PM	\$54	\$54

PRIVATE COMPUTER INSTRUCTION/TUTORIALS

MICROSOFT OFFICE SOFTWARE & HAND-HELD GIZMOS (APY)

Let our experienced instructors provide targeted assistance, contact the Appleton YMCA Adult department at 920.954.7610 about private computer instruction. Private and individualized instruction from the introductory level to customized help with more advanced topics are available.

Students who use their computers on a regular basis, who understand their mouse, their keyboard – but who continue to encounter obstacles and would like to learn more about particular features can benefit from private lessons that address their particular needs. Increase proficiency of use in areas that interest you. Choose file management, file extensions, print screen and uses, installing a printer or other hardware, systems tools like "de-fragging" and hard disk clean-up, installing and un-installing software, passwords, keyboard shortcuts, exploring wireless options, USB port use, screen savers, desktop themes, troubleshooting common problems, shareware, webcams or choice of internet services to name a few possibilities.

FACEBOOK FOR ALL DEVICES (APY/TCL)

Increase your comfort level with Facebook. Stay current with friends and family who use it. You'll learn how to create your profile, control your account and manage your privacy settings. Other topics include posting status updates, sending a private message, connecting to and inviting friends and adding pictures to your wall. You can learn on any device- desktop, laptop, tablet or mobile phone.

WINDOWS 7 (APY/TCL)

If you have a computer that is running the Windows 7 OS, private lessons are available.

WINDOWS 8/8.1 (APY/TCL)

Learn the basics of using this unique Operating System. Hardware, software, using a mouse, menus, opening and closing programs, e-mail, managing files, an overview of using the internet and internet safety, passwords, and browsers. Let us help you increase your comfort level with computers.

WINDOWS 10 (APY/TCL)

Windows 10 is the latest version of Microsoft's operating system. This is an introductory class for those who want to learn the very basics of computer skills and operations. Course covers hardware, software, the use of a mouse, how to open and close programs, sending and receiving e-mail, and exploring the internet safely. This class will help you increase your comfort level with computers. Up to 18 hours of instruction, meeting twice a week for 1.5 hours each time. 6 weeks.

INTRO TO MICROSOFT OFFICE SUITE (APY/TCL)

Learn the basics of MS Office Suite or any of the components of "Office". Word, Excel and PowerPoint. An overview might include simple word processing, basic spreadsheets and presentation possibilities. Students should be comfortable with general computer use and keyboard. If you want to move up at work, or you'd like to help with your organization's newsletter, learning to use "Office" could help.

MS WORD AND MS EXCEL INTERMEDIATE (APY/TCL)

If you would like to move beyond the very basics of these programs, consider private instruction in one or both. Just you and an instructor to get you to the next level to learn the specifics you need.

APPLE iPad (APY/TCL)

So you purchased an iPad because they are just so neat. Or perhaps your children gave you one as a gift. But you just aren't sure how to use it with ease or you have some stumbling blocks with your new gizmo. If a group setting/class is not for you, schedule some private lessons and let an instructor help you over the humps.

TABLETS OTHER THAN iPad (APY/TCL) Schedule a private tutorial to learn how to use your tablet. Let one of the Y instructors show you how.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Private Computer Instruction New: 2-hour increments	APY/TCL	18 years and older				\$60/hr	\$60/hr
Private Computer Instruction Continuing: 1-hour increments	APY/TCL	18 years and older				\$30/hr	\$30/hr

ADULT BUS TRIPS (ACY/APY/FWY/HVY/NMY)

Trips are developed by the Adult Department at the Appleton branch and are designed for a wide range of interests, ages, activity and mobility levels. Please refer to our Adult Bus Trip Booklet for more detailed information on all trips offered. Information can also be found online.

REGISTRATION- One Day Trips

A paid registration is necessary to secure a seat for any trip. Trips may fill quickly, so register early.

Please confirm that the Y has your current address, phone number and e-mail contact information. Detailed information for each registered trip will be mailed out in the form of a *Confirmation Letter* 7-10 days prior to the trip date.

For one day trips, register:

- In person with cash, check or credit card at any YMCA of the Fox Cities branch
- By phone with a credit card (VISA, MasterCard, Discover) by calling the Appleton YMCA at 920.739.6135
- Online anytime at www.ymcafoxcities.org with a credit card (VISA, MasterCard, Discover)

REGISTRATION- Overnight Trips

Registration for the 2018 Fall Overnight Trip will open on March 1, 2018. A deposit is required to reserve a seat. Trips may fill quickly, so register early.

Please confirm that the Y has your current address, phone number and e-mail contact information. Detailed information for the overnight trips will be mailed out in the form of a *Confirmation Letter* within 1-2 days of registering.

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Winter Session 2: February 26-April 15, 2018

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For overnight trips, register: (8-day Virginia Beach, 7-day Cape Cod & the Islands)

- In person with cash, check or credit card at the Appleton YMCA branch
- By phone with a credit card (VISA, MasterCard, Discover) by calling the Appleton YMCA at 920.739.6135

CANCELLATION POLICY FOR ONE DAY TRIPS

- **Up to 2 weeks before trip date**
Refund for most/all monies paid*
- **Less than 2 weeks before trip date**
No refund given
- **Illness or injury (medical)**
Refund issued as a Credit Voucher** for most/all monies paid* with a submitted signed doctor's note
- **Inclement Weather**
No refunds if the bus is able to travel and the attractions are not closed. If the transportation company determines that it is unsafe to transport passengers the trip may be rescheduled and/or a credit will be issued.

*Charges pre-paid by the YMCA, such as, but not limited to, theater tickets or cruise tickets are non-refundable and will not be included in the refund.

**Credit Voucher can be used for all future YMCA programming or trips. Expires after 6 month.

CANCELLATION POLICY FOR OVERNIGHT TRIPS

Please contact the Adult Department for trip cancellation information 920.954.7610

SEE THEM SOAR- Bald Eagle Watching- January 25, 2018

Contact the Adult Department for detailed information about this trip. 920.954-7610

VIRGINIA BEACH 8-Days, April 28-May 5, 2018

Register through the Appleton YMCA only

Fee: \$1044 per person for double occupancy
\$1353 per person for single occupancy

Cost includes:

Includes Deluxe Motor Coach transportation

7 nights lodging including 4 consecutive nights in Virginia Beach and 1 night in Asheville, NC

- 11 meals: 7 breakfasts and 4 dinners including Spirit of Norfolk Dinner Cruise
- Riding tour of the Norfolk Naval Base
- Visit to the MacArthur Memorial
- Admission to the Nauticus & Battleship Wisconsin
- Guided tour of Colonial Williamsburg
- Military Aviation Museum
- Chrysler Museum of Art
- Norfolk Botanical Gardens Tram Tour
- Norfolk Waterside District
- Admission to the Biltmore Estate

\$75 Deposit to register; the balance and final payment due February 28, 2018.

Please register through the Appleton YMCA in person with cash, check or credit card - or by phone with a credit card at 920.739.6135.

CAPE COD & THE ISLANDS 7-Days, July 8-14, 2018

Register through the Appleton YMCA only

Fee: \$2489 per person for double occupancy
\$3214 per person for single occupancy

Cost includes:

Round trip Airfare- MKE

Roundtrip Transportation to MKE

6 nights First Class Hotel

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9 Meals: 6 breakfasts, 3 dinners

Daily Sightseeing

- Nantucket Island Visit
- Nantucket Whaling Museum
- Boston City Tour
- Pilmoth Plantation
- Plymouth Rock
- Hyannis
- Martha's Vineyard Tour
- Newport's Ocean Drive
- Breakers Mansion Tour
- Heritage Plantation
- Sandwich
- New England Lobster Dinner
- Faneuil Hall Market Place

\$300 Deposit to register; the balance and final payment due 75 days prior to departure.

Please register through the Appleton YMCA in person with cash, check or credit card - or by phone with a credit card at 920.739.6135

BIBLE STUDY

WOMEN'S BIBLE STUDY (APY)

Women's Bible/Friendship Group meets on the first Friday each month at the Appleton. Open to women of all ages! No fee. October through May

CONVERSATIONS ON SCRIPTURE (NMY) AND BIBLE STUDY (APY)

No prior Bible knowledge is needed for this informal Bible study class. Join the conversation with facilitator from St. Paul's Lutheran Church. Please bring your own Bible otherwise we will supply one for you. Please contact Brian Rammer 886.2136 or brammer@ymcafoxcities.org for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Conversations on Scripture	NMY	18 years and older	T	7:00 PM	8:00 PM	FREE	FREE
Conversations on Scripture	NMY	18 years and older	R	10:00 AM	11:00 AM	FREE	FREE
Women's Bible Study	APY	18 years and older	F	11:00 AM	12:30 PM	FREE	FREE

IN HOUSE TUTORING (GRADES K-8) (APY)

IN HOUSE TUTORING (Grades K-8) (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 (October-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 with a max of \$60 per family. The registration fee is due at the time of their first tutoring session. Contact Kourtney Kositzke 954.7602 kkositzke@ymcafoxcities.org at the Appleton YMCA for more information or to set up an appointment.

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