



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

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STAFF CONTACTS

FWY - Kevin Jakubek Sports & Recreation Director P 560.3414 E kjakubek@ymcafoxcities.org
HVY - Randi Thurs Sports & Recreation Director P 830.5709 E rthurs@ymcafoxcities.org
NMY - Randy Pelischek Sports & Recreation Director P 886.2104 E rpelischek@ymcafoxcities.org

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. Testing fee \$15 at the end of each session. 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	8-10 years	MTH	6:45 PM	7:15 PM	\$28	\$39
Tae Kwon Do	FWY	11 years and older	MTH	7:30 PM	8:30 PM	\$57	\$78

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 is a comprehensive martial arts system that combines fitness, skill, and application. Begin the class with the "Contact Kickboxing" to warm up and work out. Following the kickboxing portion, we will sharpen technique as well as learn to apply them through self-defense.

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. The first hour of class is a blended class with the Youth and Family classes, and the last hour is strictly just for the adults.

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-defense. Beginners, Intermediate, and advanced participants are all invited to participate. Instructors take an individualized approach going at a pace which suits the participant. This class is blended with the Family class, giving families the option to register as a family or just register their child for the youth class.

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. This class is blended with the Youth class giving families the option to register as a family or just register their child for the youth class.

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 BEGINNERS (AGES 7 YEARS-ADULT) (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 1st les

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Little Dragons	HVY	3-4 years	T	3:45 PM	4:25 PM	\$38	\$55
Little Dragons	HVY	3-6 years	W	1:30 PM	2:10 PM	\$38	\$55
Little Dragons	HVY	4-6 years	TH	3:45 PM	4:25 PM	\$38	\$55
Little Dragons	HVY	4-6 years	M	5:25 PM	6:05 PM	\$38	\$55
Little Dragons	HVY	4-6 years	T	5:20 PM	6:00 PM	\$38	\$55
Little Dragons	HVY	4-6 years	TH	5:20 PM	6:00 PM	\$38	\$55
Little Dragons	HVY	5-6 years	W	5:25 PM	6:05 PM	\$38	\$55
Aikido Youth	HVY	6-12 years	SAT	9:00 AM	10:00 AM	\$38	\$55
Family Aikido	HVY	6 years and older	SAT	9:00 AM	10:00 AM	\$52	\$71
Family Aikido - Additional Person	HVY	6 years and older	SAT	9:00 AM	10:00 AM	\$10	\$10
Martial Arts All Levels	HVY	7-12 years	TTH	1:30 PM	2:15 PM	\$65	\$89
Martial Arts Beginners - White, Camo and Yellow Belts	HVY	7-12 years	TTH	4:30 PM	5:15 PM	\$65	\$89
Martial Arts Beginners - White, Camo and Yellow Belts	HVY	7-12 years	MW	6:10 PM	6:55 PM	\$65	\$89
Youth Weapons	HVY	7 years and older	W	5:30 PM	6:30 PM	\$38	\$55
Adult Martial Arts Full Class	HVY	12 years and older	M	7:00 PM	8:45 PM	\$46	\$63

Adult Contact Kickboxing	HVY	12 years and older	M	7:00 PM	7:45 PM	\$26	\$35
Aikido Bujutsu	HVY	12 years and older	SAT	9:00 AM	11:00 AM	\$46	\$63

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. For more specific instructions, please see the Martial Arts Member Hub or contact Brandon Vanderhoof at bvanderhoof@ymcafoxcities.org or 830.5703 or Mr. Hagman at hotvmartialarts@ymcafoxcities.org. A uniform is required and can be purchased at the Heart of the Valley YMCA Member Service Desk. Coming from another school? Please contact Brandon or Mr. 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 TTH	4:00 PM 6:05 PM	4:45 PM 6:50 PM	\$40	Up to 2 classes per week
Martial Arts Advanced - Blue, Red Belts	HVY	7 years and older	MW TTH	4:35 PM 6:40 PM	5:20 PM 7:25 PM	\$40	Up to 2 classes per week
Martial Arts - Brown Belts	HVY	7 years and older	M TTH	5:30 PM 7:30 PM	6:30 PM 8:30 PM	\$52	Up to 3 classes per week
Martial Arts - Black Belts	HVY	7 years and older	M TTH	6:15 PM 7:30 PM	7:15 PM 8:30 PM	\$52	Up to 3 classes per week
Martial Arts - Second Degree Black Belts	HVY	7 years and older	W TTH	7:00 PM 7:30 PM	8:00 PM 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 Ju-jitsu, 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.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Family Judo Beginners	NMY	6 years and older	T	6:00 PM	7:15 PM	\$74	\$99
Family Judo Beginners Additional Person	NMY	6 years and older	T	6:00 PM	7:15 PM	\$10	\$10
Family Judo Advanced	NMY	6 years and older	TH	6:00 PM	7:15 PM	\$74	\$99
Family Judo Advanced Additional Person	NMY	6 years and older	TH	6:00 PM	7:15 PM	\$10	\$10
Family Judo Combo	NMY	6 years and older	TTH	6:00 PM	7:15 PM	\$104	\$154
Family Judo Combo Additional Person	NMY	6 years and older	TTH	6:00 PM	7:15 PM	\$20	\$20
Jr. Judo Beginners Individual	NMY	6-13 years	T	4:30 PM	5:45 PM	\$54	\$79
Jr. Judo Advanced Individual	NMY	6-13 years	TH	4:30 PM	5:45 PM	\$54	\$79
Jr. Judo Combo Individual	NMY	6-13 years	TTH	4:30 PM	5:45 PM	\$88	\$138
Adult Judo Beginners Individual	NMY	13 years and older	T	7:30 PM	9:00 PM	\$59	\$84
Adult Judo Advanced Individual	NMY	13 years and older	TH	7:30 PM	9:00 PM	\$59	\$84
Adult Judo Combo Individual	NMY	13 years and older	TTH	7:30PM	9:00 PM	\$98	\$148
Martial Arts Individual Beginner	NMY	7 years and older	MW	5:45 PM	6:30 PM	\$64	\$89
Martial Arts Family Beginner	NMY	7 years and older	MW	5:45 PM	6:30 PM	\$94	\$119
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	\$98	\$148
Martial Arts Family Advanced	NMY	7 years and older	MW	5:45 PM	7:15 PM	\$128	\$178
Martial Arts Advanced Additional Person	NMY	7 years and older	MW	5:45 PM	7:15 PM	\$20	\$20