



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 DECEMBER 8, 2016

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

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	5:45 PM	6:30 PM	\$34	\$49
Parent Child All Sports	APY	3-4 years	W	5:45 PM	6:30 PM	\$34	\$49
Parent Child All Sports	HVY	3-4 years	W	5:00 PM	5:45 PM	\$34	\$49

YOUTH

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

4K SPORTS EXPERIENCE (AGES 4-5 YEARS) (APY, FWY)

This one hour experience will give your child the ability to burn off some excess energy and learn about a sport while playing some fun games. Each week we will focus on skill development, participation and teamwork. The following sports will be included: soccer, baseball, football, basketball, floor hockey and tennis.

TUMBLE SPORTS (AGES 4-6 YEARS) (HVY)

The perfect mix of sports in the gym and fun in the gymnastics center. Spend the first 35-minutes in the gym playing and learning about soccer, followed by instruction and fun time in the gymnastics center!

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

G.A.T.O.R.S. (AGES 7-10 YEARS) (NMY)

(Games, Activities, Tag, Obstacles, Relays, & Sports)

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

JR. G.A.T.O.R.S. (AGES 7-10 YEARS) (NMY)

(Games, Activities, Tag, Obstacles, Relays, & Sports)

Participants will actively participate in the above activities, learn rules and skills, and have fun! Participants must sign up, as enrollment is limited.

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.

GAGA BALL AND YOUTH DODGE BALL (AGES 7-10) (NMY)

Gaga Ball is a fast paced, high energy sport played in an octagonal pit. The more players the better! The game is played with a soft foam ball, and combines the skills of dodging, striking, running and jumping while trying to hit opponents with a ball below the knees. Players will need to keep moving to avoid getting hit by the ball, if they get hit below the knees they are out for the round. Fun and easy, everyone gets to be involved! 20 minutes of Gaga Ball will be followed by 20 minutes of Dodgeball. Participants must sign up, as enrollment is limited.

WHIFFLE BALL AND KICKBALL (AGES 7-10 YEARS) (NMY)

Participants will actively participate in Whiffle Ball and Kickball, learn rules and skills, and have fun. Participants must sign up, as enrollment is limited.

JEDI TRAINING (FWY)

Class is a great mix of fitness, sports and imagination. Each week, participants will focus on different training methods of the Jedi. It is a great exercise class filled with adventure.

YOUTH DODGEBALL (AGES 7-12 YEARS) (APY, HVY)

A great way to work off some steam with a lot of laughs in between. Participants will have a fun time playing organized dodgeball games in the gym as they dodge, dip, dive, duck, and dodge!

NERF WARS (AGES 7-12 YEARS) (APY)

Similar to paintball, instead of paint, participants will play games with nerf gun darts. Obstacles, teamwork and various games like capture the flag, will insure a great time. Participants must wear eye protection and provide their own Nerf gun with darts.

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.

INDOOR ARCHERY (AGES 8-16 YEARS) (HVY)

Learn the basics of archery including the "11 Steps To Becoming A Successful Archer". Class follows the NASP guidelines and is taught by a NASP Certified Instructor. All equipment is provided by the Y.

ADULT ARCHERY (AGES 17 YEARS AND OLDER) (HVY)

This is a great program for beginners or those who want to learn the basics of archery in an inspiring environment. Class follows the NASP guidelines and is taught by an NASP Certified Instructor. All equipment is provided by the Y.

WINTER VOLLEYBALL (GRADES 3-4, 5-6) (APY, FWY, HVY, NMY) - WINTER SESSION 2

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

This youth volleyball program is for boys & girls to come have fun learning about the game of volleyball. Each day will include learning volleyball skills, playing fun games, and a scrimmage. Runs Monday nights at HVY February 20– April 3, 2017. Runs Thursday nights at NMY February 23 – April 6, 2017. Runs Saturday afternoons at APY February 25 – April 9. Runs both Winter 1 and Winter 2 sessions at Fox West on Monday nights.

BULLS’ EYE ARCHERY TOURNAMENT (AGES 6 YEARS AND OLDER) (HVY)

Saturday February 11, The Heart of The Valley YMCA will host their 4th Annual NASP Style Archery Tournament. NASP Style Archery Tournament is open to all qualified archers ages 6 and older. NASP rules will apply. There will be a whistle controlled range. Medals for 1st, 2nd and 3rd place in each age category. All registrations will be taken at the HVY Member Service Desk. All equipment is provided. TIMES ARE SUBJECT TO CHANGE DUE TO ENROLLMENT. For additional information please visit www.nasptournaments.org.

YPE (AGES 5-16 YEARS) (APY, FWY)

This is the Y’s version of a physical education class. The focus of this class is to allow homeschool students and families the opportunity to explore and experience a typical gym class. Children will play games and sports that incorporate all major motor movements, and develop an understanding of why it is important to stay active.

YOUTH DODGEBALL - NERF WARS (AGES 7-10 YEARS) (NMY)

Similar to paintball, instead of paint, participants will play games with nerf gun darts. 20 minutes of obstacles, teamwork and various games like capture the flag, will insure a great time. Participants must wear eye protection and provide their own Nerf gun with darts. This is followed up by 20 minutes of dodgeball.

HOLIDAY SPORTS CAMP (GRADES 3-6) (APY)

Kids will quickly forget all about their new toys after participating in this fun week long sports camp. Our veteran staff will lead sports games (basketball, flag football, soccer, floor hockey, whiffle ball), fun gym games (kickball and dodgeball), and fit in times to go swimming and play in our awesome inflatable. Each participant will get a camp T-shirt. Sign up for morning, afternoon, or the full day camp.

HOLIDAY BASKETBALL CAMP (GRADES 2-7) (NMY)

Come practice your skills during Christmas Break. Plenty of drills, skills contests, and skills lead-up games. Play some 3 on 3 games and 5 on 5 games as well.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
4K Sports Experience	APY	4-5 years	T	11:15 AM	12:15 PM	\$28	\$39
4K Sports Experience	APY	4-5 years	W	3:00 PM	4:00 PM	\$28	\$39
4K Sports Experience	FWY	4-5 years	T	11:15 AM	12:15 PM	\$28	\$39
After School Games	FWY	4-6 years	T	4:30 PM	5:15 PM	\$28	\$39
Little Hoopsters Basketball -Session 2	APY	4-6 years	R	4:30 PM	5:30 PM	\$34	\$49
Little Hoopsters Basketball	NMY	4-6 years	T	5:15 PM	6:00 PM	\$28	\$39
Little Kickers Soccer	APY	4-6 years	M	4:30 PM	5:30 PM	\$34	\$49
Little Kickers Soccer -Session 1	NMY	4-6 years	T	4:15 PM	5:00 PM	\$28	\$39
Jedi Training	FWY	4-6 years	R	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	APY	4-6 years	M	6:45 PM	7:45 PM	\$34	\$49
Sports Sampler	FWY	4-6 years	M	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$28	\$39
Sports Sampler	HVY	4-6 years	W	6:00 PM	6:45 PM	\$28	\$39

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Sports Sampler	HVY	4-6 years	F	9:30 AM	10:30 AM	\$34	\$49
Sports Sampler - Session 2	NMY	4-6 years	T	4:15 PM	5:00 PM	\$28	\$39
Tumble Sports	HVY	4-6 years	T	1:15 PM	2:30 PM	\$37	\$53
Tumble Sports	HVY	4-6 years	W	1:15 PM	2:30 PM	\$37	\$53
Fencing	APY	5-11 years	TR	5:30 PM	6:30 PM	\$45	\$60
YPE	APY	5-9 years	M	12:30 PM	1:30 PM	\$34	\$49
After School Games	FWY	7-10 years	T	5:30 PM	6:15 PM	\$28	\$39
Jedi Training	FWY	7-10 years	R	5:30 PM	6:15 PM	\$28	\$39
Bulls Eye Tournament - Feb 11	HVY	6 years and older	S	8:00 AM		\$15	\$15
GATORS	NMY	7-10 years	W	4:15 PM	5:00 PM	FREE	\$20
JR. GATORS - Session 1	NMY	7-10 years	R	4:15 PM	5:00 PM	FREE	\$20
Whiffle Ball and Kickball -Session 1	NMY	7-10 years	R	5:00 PM	5:45 PM	\$28	\$39
NERF Wars and Dodgeball	APY	7-12 years	T	5:45 PM	7:00 PM	\$25	\$35
Youth Dodgeball	FWY	7-12 years	M	5:30 PM	6:15 PM	\$15	\$25
Youth Dodgeball	HVY	7-12 years	R	4:30 PM	5:15 PM	\$15	\$25
Youth Dodgeball and Nerf Wars - Session 1	NMY	7-10 years	W	5:00 PM	5:45 PM	\$25	\$35
GaGa Ball and Youth Dodgeball - Session 2	NMY	7-10 years	W	5:00 PM	5:45 PM	\$25	\$35
Indoor Parent Child Archery	HVY	7-14 years	N	5:00 PM	5:45 PM	\$34	\$49
Indoor Archery	HVY	8-15 years	TR	6:30 PM	7:30 PM	\$50	\$65
Jr Racquetball Lessons	APY	8-13 years	W	4:30 PM	5:30 PM	\$34	\$49
YPE	APY	10-16 years	W	12:30 PM	1:30 PM	\$34	\$49
Fencing	APY	12 years and older	TR	6:30 PM	7:30PM	\$45	\$60
Adult Archery	HVY	16 years and older	N	4:00 PM	4:45 PM	\$28	\$39
Winter Volleyball - Session 2	APY	Grades 3-4	S	12:30 PM	1:30 PM	\$32	\$44
Winter Volleyball - Session 2	APY	Grades 5-6	S	1:45 PM	2:45 PM	\$32	\$44
Winter Volleyball	FWY	Grades 2-3	M	6:30 PM	7:30 PM	\$32	\$44
Winter Volleyball	FWY	Grades 4-6	M	7:30 PM	8:30 PM	\$32	\$44
Winter Volleyball - Session 2	HVY	Grades 3-4	M	5:00 PM	5:45 PM	\$28	\$39
Winter Volleyball - Session 2	HVY	Grades 5-6	M	6:00 PM	6:45 PM	\$28	\$39
Winter Volleyball - Session 2	NMY	Grades 3-4	R	4:15 PM	5:15 PM	\$32	\$44
Winter Volleyball - Session 2	NMY	Grades 5-6	R	5:30 PM	6:30 PM	\$32	\$44
Holiday Basketball Camp - December 27-28	NMY	Grades 2-4	TW	9:00 AM	11:00 AM	\$25	\$37
Holiday Basketball Camp - December 27-28	NMY	Grades 5-7	TW	1:00 PM	3:00 PM	\$25	\$37

YOUTH SPORTS LEAGUES

YMCA of the Fox Cities Family Memberships pays only a \$12 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

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INDOOR SOCCER/FUTSAL - FEBRUARY 18-APRIL 1. REGISTRATION DECEMBER 12, 2016 -JANUARY 29, 2017

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Indoor Soccer	APY	Grade 4K-5K	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	APY	Grade 1	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	APY	Grade 2	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	APY	Grade 3	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	APY	Grade 4	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	APY	Grade 5	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	APY	Grade 6	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	FWY	Grade 4K-5K	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	FWY	Grades 1-2	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	FWY	Grades 3-4	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	FWY	Grades 5-6	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	HVY	Grade 4K-5K	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	HVY	Grade 1	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	HVY	Grade 2	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	HVY	Grade 3	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	HVY	Grade 4-6	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	NMY	Grade 4K-5K	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	NMY	Grades 1-2	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	NMY	Grade 3-4	S	February 18	April 1	\$12	\$38	\$59
Youth Indoor Soccer	NMY	Grade 5-6	S	February 18	April 1	\$12	\$38	\$59

BOYS YNBA BASKETBALL LEAGUE - JANUARY 14-MARCH 4. REGISTRATION OCTOBER 10-DECEMBER 18. Practices will be one night per week with games on Saturdays at Shattuck Middle School.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Boys YNBA	NMY	Grade 3-4	S	January 14	March 4	\$47	\$74
Boys YNBA	NMY	Grade 5-6	S	January 14	March 4	\$47	\$74
Boys YNBA	NMY	Grade 7-9	S	January 14	March 4	\$47	\$74
Boys YNBA	NMY	Grade 10-12	S	January 14	March 4	\$47	\$74

SHERWOOD SOCCER LEAGUE - JUNE 19-AUGUST 1. REGISTRATION FEBRUARY 20-MAY 29. Teams will practice followed by a game one day a week at Wanick Park in Sherwood. Sherwood residents will receive the member price.

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

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Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Sherwood Soccer	HVY	Grade 4K	M	June 19	July 31	\$32	\$48
Sherwood Soccer	HVY	Grade 5K	M	June 19	July 31	\$32	\$48
Sherwood Soccer	HVY	Grade 1	T	June 20	August 1	\$32	\$48
Sherwood Soccer	HVY	Grade 2	T	June 20	August 1	\$32	\$48

LAKE TO LAKE SOCCER LEAGUE – APRIL-JUNE. REGISTRATION JANUARY 9–MARCH 1. Teams will practice up to twice a week and practices are held at Wanick Park in Sherwood. Games are held on Saturdays at various locations including, Sherwood, Brillion, Chilton, Valders, and Manitowoc.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Lake to Lake Soccer	HVY	Grade 3-4	S	April	June	\$37	\$58
Lake to Lake Soccer	HVY	Grade 5-6	S	April	June	\$37	\$58
Lake to Lake Soccer	HVY	Grade 7-8	S	April	June	\$37	\$58

SUMMER SOCCER LEAGUE – Practices begin May 9. Games begin June 1. Season ends August 3. REGISTRATION JANUARY 1 – April 1. THIS IS NOT A VALUE-ADDED PROGRAM. Contact Kevin Jakubek at the Fox West Y for more information.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ages 4-5	FWY	4-5 years	T	May 8	July 31	\$51	\$77
U6	FWY	5-6 years	T	May 8	July 31	\$51	\$77
U8	FWY	7-8 years	M	May 8	July 31	\$51	\$77
U10	FWY	9-10 years	M	May 8	July 31	\$51	\$77
U12	FWY	11-12 years	W	May 8	July 31	\$51	\$77
U15	FWY	13-15 years	W	May 8	July 31	\$51	\$77

SPRING FLAG FOOTBALL LEAGUE – APRIL 22-JUNE 3. REGISTRATION FEBURARY 1 – APRIL 2.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Spring Flag Football – SFX	APY	Grades 4K-5K	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football – SFX	APY	Grade 1	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football – SFX	APY	Grade 2	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football – SFX	APY	Grade 3	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football – SFX	APY	Grade 4	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football - SFX	APY	Grades 5-6	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football - SFX	APY	Grades 7-8	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	FWY	Grades 4K-5K	S	April 22	June 3	\$12	\$31	\$52

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Winter Session 2: February 20-April 9, 2017

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Spring Flag Football	FWY	Grades 1-2	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	FWY	Grades 3-4	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	FWY	Grades 5-6	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	HVY	Grades 4K-5K	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	HVY	Grade 1	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	HVY	Grade 2	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	HVY	Grade 3	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	HVY	Grade 4	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	HVY	Grade 5	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	HVY	Grade 6	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	NMY	Grades 4K-5K	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	NMY	Grades 1-2	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	NMY	Grades 3-4	S	April 22	June 3	\$12	\$31	\$52
Spring Flag Football	NMY	Grades 5-6	S	April 22	June 3	\$12	\$31	\$52

HVY T-BALL SPRING LEAGUE - APRIL 19-MAY 24. REGISTRATION FEBRUARY 13-APRIL 9.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
T-Ball League	HVY	4-6 years	W	4:15 PM	5:15 PM	\$12	\$31	\$52
T-Ball League	HVY	4-6 years	W	5:45 PM	6:45 PM	\$12	\$31	\$52

HVY T-BALL SUMMER LEAGUE - 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

NEW WHIFFLE BALL LEAGUE! REGISTRATION DECEMBER 12-JANUARY 13. Players will play 5 on 5 baseball in the gym on Tuesday nights. Team is limited to six players. For more information contact Kevin Jakubek.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Whiffle Ball - Individual	FWY	8-10 years	T	January 24	March 7	\$20	\$35
Whiffle Ball - Team	FWY	8-10 years	T	January 24	March 7	\$125	\$125
Whiffle Ball - Individual	FWY	11-13 years	T	January 24	March 7	\$20	\$35
Whiffle Ball - Team	FWY	11-13 years	T	January 24	March 7	\$125	\$125

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NEW 3 ON 3 BASKETBALL LEAGUE! REGISTRATION JANUARY 16-FEBRUARY 10. Players will play 3 on 3 basketball in the gym on Thursday nights. Team is limited to five players. For more information contact Kevin Jakubek.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
3 on 3 - Individual	FWY	8-10 years	R	February 16	March 30	\$20	\$35
3 on 3 - Team	FWY	8-10 years	R	February 16	March 30	\$100	\$100
3 on 3 - Individual	FWY	11-13 years	R	February 16	March 30	\$20	\$35
3 on 3 - Team	FWY	11-13 years	R	February 16	March 30	\$100	\$100

TRACK AND FIELD – APRIL 29-MAY 20. REGISTRATION MARCH 1-APRIL 23.

The first three weeks will be practices on Saturdays from 9:00-10:15 AM for Grades 3-6 and 10:30-11:45 AM for Grades K-2. Locations are: Appleton YMCA (St. Francis Xavier Middle School); Fox West YMCA (Fox West YMCA) and Neenah-Menasha YMCA (Shattuck Middle School). YMCA of the Fox Cities Track Meet will be held on Saturday, May 20th from 8:30 AM-NOON at Appleton North High School in Appleton.

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Track & Field St. Francis Xavier Middle School	APY	Grades 5K-2	S	April 29	May 20	\$12	\$25	\$45
Track & Field St. Francis Xavier Middle School	APY	Grades 3-6	S	April 29	May 20	\$12	\$25	\$45
Track & Field Shattuck MS	NMY	Grades 5K-2	S	April 29	May 20	\$12	\$25	\$45
Track & Field Shattuck MS	NMY	Grades 3-6	S	April 29	May 20	\$12	\$25	\$45
Track and Field Fox West Y	FWY	Grades 5K-2	S	April 29	May 20	\$12	\$25	\$45
Track and Field Fox West Y	FWY	Grades 3-6	S	April 29	May 20	\$12	\$25	\$45

TEENS

7 ON 7 TOUCH FOOTBALL LEAGUE – APRIL 22-JUNE 3. REGISTRATION FEBRUARY 1 – APRIL 2.

Players will warm-up for 15 minutes and then have a 45 minute game with two 20 minute halves and a 3 minute halftime. All games will be at Shattuck Middle School.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
7 on 7 Passing Touch Football	NMY	Grades 7-9	S	April 22	June 3	\$31	\$52
7 on 7 Passing Touch Football	NMY	Grades 10-12	S	April 22	June 3	\$31	\$52

ADULTS

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Racquetball Leagues Various times	APY	18 years and older	MTWRF			\$20	\$40

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Women's Basketball League March - May	APY	18 years and older	N	6:00 PM	9:00 PM	\$325	\$325
Open Pickleball	APY	18 years and older	MTWRF	8:00 AM	11:00 AM	FREE	\$5/time
Open Pickleball	FWY	18 years and older	R	7:00 AM	9:00 AM	FREE	\$5/time
Open Pickleball	FWY	18 years and older	N	9:00 AM	NOON	FREE	\$5/time
Open Pickleball	NMY	18 years and older	TR	7:00 AM	9:00 AM	FREE	\$5/time
Open Volleyball	FWY	18 years and older	W	7:30 PM	9:30 PM	FREE	\$5/time
Open Volleyball	NMY	18 years and older	T	7:00 PM	9:00 PM	FREE	\$5/time
Racquetball Leagues Men's Flex	NMY	18 years and older				FREE	\$35/\$5 per time
Racquetball Leagues Women's Flex	NMY	18 years and older				FREE	\$35/\$5 per time

SPRING ADULT FLAG FOOTBALL LEAGUE – Games begin April 16. Season ends June 6. REGISTRATION JANUARY 1 – APRIL 1. Contact Kevin Jakubek at the Fox West Y for more information. New this year, sign up as a free agent. The Y will then place on a team as needed or form a team out of the free agents if possible.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Flag Football League	FWY	18 years and older	S	April 16	June 6	\$150	\$150
Adult Flag Football League – Free Agent	FWY	18 years and older	S	April 16	June 6	\$20	\$20

SPRING ADULT CO-ED THURSDAY NIGHT VOLLEYBALL LEAGUE – Games begin April 13. Season ends May 25. REGISTRATION JANUARY 1 – APRIL 1. Contact Tara Lohff 920.886.2103 at the Neenah-Menasha YMCA for more information. Sign up as a free agent and the Y will then place you on a team as needed. Tentatively, the sixes will play from 7:00-8:00 PM and the fours will play from 8:00-10:00.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Relaxed Co-ed Sixes Team	NMY	18 years and older	R	April 13	May 25	\$150	\$150
Competitive Co-ed Quads Team	NMY	18 years and older	R	April 13	May 25	\$100	\$100
Adult Sixes Free Agent	NMY	18 years and older	R	April 13	May 25	\$25	\$25
Adult Fours Free Agent	NMY	18 years and older	R	April 13	May 25	\$25	\$25

SUMMER ADULT SOCCER LEAGUE – Games begin June 1. Season ends July 27. REGISTRATION JANUARY 1 – MAY 19. Contact Kevin Jakubek at the Fox West Y for more information. New this year, sign up as a free agent. The Y will then place on a team as needed or form a team out of the free agents if possible.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Soccer League	FWY	18 years and older	R	June 1	July 27	\$350	\$350

Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

This is a working document and is subject to change.

Adult Soccer League - Free Agent	FWY	18 years and older	R	June 1	July 27	\$20	\$20
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Winter Session 1: January 2-February 19, 2017

Winter Session 2: February 20-April 9, 2017

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