



SPORTS

STAFF CONTACTS

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FALL 1 PROGRAM SESSION:

September 7 – October 25, 2026 (unless noted in the description)

No classes on Monday, September 7, 2026, Labor Day. Monday classes will be prorated.

PRESCHOOL

PARENT CHILD ALL-SPORTS (AGES 3-4 YEARS WITH PARENT) (APY, FWY, 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, Volleyball, Golf, Tennis, and Playground games.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Parent Child All Sports	APY	3-4 years	M	4:30 PM	5:00 PM	\$22	\$32
Parent Child All Sports	FWY	3-4 years	W	5:20 PM	6:05 PM	\$38	\$55
Parent Child All Sports	HVY	3-4 years	M	5:00 PM	5:45 PM	\$33	\$47

YOUTH

SPORTS SAMPLER (AGES 4-6 YEARS) (FWY, HVY)

Each week participants will learn the fundamental skills of a new sport while playing fun games. Sports include: Football, Soccer, Basketball, Floor Hockey, Golf, Tennis, Volleyball, Baseball and more. Class will concentrate on skill development, participation, fun, fitness and teamwork. *A minimum of 5 children are needed to run the class.*

INTRO TO YOUTH LEAGUES (AGES 4-6 YEARS) (APY)

A fun introduction to basketball, soccer, and flag football designed for children ages 4–6. Participants will learn basic skills, teamwork, sportsmanship, and game concepts in a smaller group setting to help prepare them for YMCA youth sports leagues.

INTRODUCTION TO GOLF (AGES 7-14 YEARS) (HVY, NMY)

This class will take place at Winagamie Golf Course. Participants will be taught the basic skills of golf, how and when to use all the different clubs in their golf bag and learn course etiquette. The first 2 weeks of class will be skill work on the driving range, chipping green, and putting green. The last 2 weeks will be playing on the Highlands 9-hole course. Bringing your own clubs is recommended. We have limited clubs available for use. These classes will be combined and run on Tuesdays from 4:30-6:30 PM at Winagamie Golf Course if we do not have enough registrations to run both.

HOME SCHOOL SPORTS (AGES 7-14 YEARS) (APY, HVY, NMY)

This is the YMCAs 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.

LITTLE SLUGGERS BASEBALL CLASS (AGES 4-6) (HVY)

Players will Learn the basics of softball/baseball through drills to improve their skills and learn offensive and defensive skills. Class will concentrate on skill development, participation, fun, fitness and teamwork. *A minimum of 5 children are needed to run the class.*

SPORTS SKILLS (GRADES 1-4) (FWY)

Work on improving your skills in a specific sport. Each week will be geared toward drills to improve the fundamentals of each child in that sport. This is a great class to supplement our youth leagues.

ARCHERY 101 (AGES 8-14) (ACY)

Learn the basics of archery including the "11 steps to becoming a successful archer." Class follows National Archery in Schools Program (NASP) guidelines. All equipment is provided, but experienced students may bring their own bows if they meet the instructor's standards. Class will be held outdoors and will not be held on September 7th.

ARCHERY 102 (AGES 8-15 YEARS) (ACY)

Young archers will continue to hone their skills and build on the basics learned in Archery 101. Class follows National Archery in Schools Program (NASP) guidelines. All equipment is provided but students may bring their own equipment if it meets the instructor's standards. Class will be held outdoors.

NERF BLASTER GAMES & CHALLENGES (AGES 8-12 YEARS) (APY)

Kids will dive into team-based challenges, obstacles, and strategy games using soft foam Nerf blasters in a safe and supervised environment. Each class brings new games, creative play, and opportunities to build teamwork, coordination, and confidence. Whether your child is a seasoned Nerf player or just starting out, this class is designed to be inclusive, energetic, and full of fun. All equipment is provided, and safety goggles are required and supplied.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Nerf Blaster Skills & Games	APY	8-12 years	T	4:30 PM	5:15 PM	\$38	\$55
Intro to Youth Leagues	APY	4-6 years	M	5:15 PM	6:00 PM	\$33	\$47
Sports Sampler	FWY	4-6 years	W	4:30 PM	5:15 PM	\$38	\$55
Sports Sampler	HVY	4-6 years	M	6:00 PM	6:45 PM	\$33	\$47
Intro to Golf – September 8— September 29	NMY	7-14 years	T	4:30 PM	6:30 PM	\$51	\$74
Intro to Golf – September 14 – October 8	HVY	7-14 Years	M	4:30 PM	6:30 PM	\$51	\$74
Home School Sports	NMY	7-14 years	W	11:00 AM	11:45 AM	\$38	\$55
Home School Sports	HVY	7-12 years	T	1:15 PM	2:00 PM	\$38	\$55
Little Sluggers Baseball Class	HVY	4-6 years	T	5:00 PM	5:45 PM	\$38	\$55
Sports Skills – Basketball – Session 1	FWY	Grades 1-2	TH	4:30 PM	5:15 PM	\$38	\$55
Sports Skills – Basketball – Session 1	FWY	Grades 3-4	TH	5:30 PM	6:15 PM	\$38	\$55
Sports Skills – Soccer – Session 2	FWY	Grades 1-2	TH	4:30 PM	5:15 PM	\$38	\$55
Sports Skills – Soccer – Session 2	FWY	Grades 3-4	TH	5:30 PM	6:15 PM	\$38	\$55
Home School Sports	APY	8-12 years	T	2:00 PM	2:45 PM	\$38	\$55
Archery 101	ACY	8-14 years	M	4:30 PM	5:15 PM	\$38	\$60
Archery 102	ACY	8 -14 years	TH	4:30 PM	5:15 PM	\$44	\$70

NINJA QUEST CLASS OFFERINGS (AGES 6-12 YEARS) (NMY)

Explore movement through new skills and challenges. Improve agility, strength and balance in action packed obstacle courses. Ninja Quests combines tricking, gymnastics and obstacles courses for a fun adventure! Proper form and use of equipment will be taught and expected of all participants. Every child is challenged in a fun, safe, and positive environment.

No classes Monday, September 7, 2026

NINJA EXPLORERS

These classes are geared towards beginner ninjas.

Heart of the Valley YMCA

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Ninja Explorers NEW!	HVY	6-9 years	M	7:15 PM	7:45 PM	\$57	\$112
Ninja Explorers NEW!	HVY	6-9 years	M	7:50 PM	8:20 PM	\$57	\$112
Ninja Explorers NEW!	HVY	6-9 years	W	7:15 PM	7:45 PM	\$61	\$120
Ninja Explorers NEW!	HVY	6-9 years	F	12:15 PM	12:45 PM	\$61	\$120
Ninja Explorers 10 & Up NEW!	HVY	10-12 years	W	7:50 PM	8:20 PM	\$61	\$120

ESPORTS (AGES 8-18) (NMY)

Electronic Sports, or Esports, takes on the form of organized, multiplayer online video game competitions and is one of the fastest growing trends for youth engagement. Through the Y's Esports program, youth are welcome to be who they are, excel at what they love, and develop the social, strategic and problem-solving skills necessary to grow into thriving adults all in a safe, moderated and inclusive environment.

Immerse yourself in the world of gaming with our cutting-edge facility featuring 20 stations with top-of-the-line gaming computers! Whether you're a seasoned pro or just starting your gaming journey, our Tech Lab has something for everyone. See more at ymcafoxcities.org/esports.

ESPORTS OPEN PLAY

Experience gaming on another level at the Neenah-Menasha YMCA Tech Lab powered by Plexus! Open Play grants you access to the Tech Lab during all open hours. Come choose from our full library of games, hang out with friends and play on our gaming stations. Game on! Additional games/applications are available by request. Prices are **per month** for members and grant unlimited access based on availability.

LET'S PLAY! – ESPORTS

Come join us in the Neenah-Menasha YMCA Tech Lab for a fun evening of gaming with friends! Each night participants will have the option to play any game from the full library that we offer in the lab. We will also host mini-tournaments and other small challenges throughout the session. We will be providing mouse/keyboards & Xbox controllers for all participants. Players can bring their own controller if they wish but it is not required.

FORTNITE TOURNAMENTS

Participants will be scored based on eliminations and placement. When registering, each player must register individually. In the registration, put your partner's name. Participants can sign up alone and be paired with a partner upon arrival. Prizes will be awarded to the top team. All equipment is provided by the YMCA.

GAMERS NIGHT OUT

Parents, enjoy a well-deserved evening to yourselves while we host an action-packed night for your kids! From Fortnite tournaments, Minecraft challenges and much more, there's something for every gamer to enjoy. Space is limited so register early! No refunds or credits for cancellations after the Tuesday before the event.

MINECRAFT CODING

Unlock the power of creativity and problem-solving through coding in Minecraft! In this hands-on class, students will learn the fundamentals of programming using block-based and Python coding within the Minecraft Education platform. Participants will design interactive worlds, automate tasks, and bring their ideas to life while exploring concepts like loops, conditionals, and variables in a fun, game-based environment. All equipment is provided by the YMCA.

GAMETOGRAPHY

Come join us for Gametography in the Tech Lab at the Neenah-Menasha Y! Gametography is the combination of video games and photography. This class will be led by Lem Fillyaw, who has over 25 years of experience as a professional photographer and currently streams on Twitch. We will be using Fortnite to learn the basics of gametography such as camera control, composition, set design, and much more. Once the class is over participants will be able to use the game, they love to express themselves to their friends and family in a new and exciting way.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Esports Open Play	NMY	Ages 8 & up	MTWTHFS	See Website	See Website	\$15/family or \$8/person (per month)	\$10/day
Let's Play! Esports	NMY	Ages 8-18	T	6:00 PM	8:00 PM	\$37	\$57
Gamers Night Out	NMY	Ages 8-18	September 18	5:00 PM	8:00 PM	\$20	\$25
Gamers Night Out	NMY	Ages 8-18	October 16	5:00 PM	8:00 PM	\$20	\$25
Gamers Night Out	NMY	Ages 8-18	November 13	5:00 PM	8:00 PM	\$20	\$25
Minecraft Coding	NMY	Ages 8-18	September 1	5:00 PM	8:00 PM	\$12	\$20
Minecraft Coding	NMY	Ages 8-18	October 9	5:00 PM	8:00 PM	\$12	\$20
Gametography	NMY	Ages 8-18	September 25	5:00 PM	8:00 PM	\$12	\$20
Gametography	NMY	Ages 8-18	October 20	5:00 PM	8:00 PM	\$12	\$20

YOUTH & TEEN NIGHTS (FWY)

Youth and Teen Nights at the Y provide kids with a safe place to hang out with and be active. Get a group of friends together or come by yourself and meet new friends! Join us for music, basketball, dodgeball, swimming, arts & crafts, food and best of all FUN! More specific details are located at ymcafoxcities.org

Fee: Y Member - \$5 General Public - \$10

*Pre-registration preferred, but day of registration accepted

Fox West YMCA Youth Nights (Grades 4-6)

Saturdays 6:00 – 8:30 PM

October 17, November 7, December 12

MARTIAL ARTS (NMY)

September 8, 2026 – May 27, 2027

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 offered.

Judo is a pay per month program, meaning you only need to register once. Once you register you be charged monthly. The price listed for each class is **per month**. After registering, you will be able to attend each class offered from September through May.

Discounts are available for YMCA Family Members with multiple registrations.

JR. BEGINNERS/FAMILY JUDO (6 YEARS AND OLDER) (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. Advanced/Family Judo class on Thursdays. Anyone over the age of 13 must be a part of a family to sign up. Price includes 1 person.

BEGINNER ADULT JUDO (13 YEARS AND OLDER) (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 Advanced Adult Judo class on Thursdays. Price includes 1 person.

JR. ADVANCED/FAMILY JUDO (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. Anyone over the age of 13 must be a part of a family to sign up. Price includes 1 person.

ADVANCED ADULT JUDO (AGES 13 YEARS AND OLDER) (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. Price includes 1 person.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Jr./Family Beginners Judo	NMY	6 and older	T	5:30 PM	6:45 PM	\$53/month	\$78/month
Beginner Adult Judo	NMY	13 and older	T	7:00 PM	8:30 PM	\$63/month	\$88/month
Jr./Family Advanced Judo	NMY	6 and older	TH	5:30 PM	6:45 PM	\$53/month	\$78/month
Advanced Adult Judo	NMY	13 and older	TH	7:00 PM	8:30 PM	\$63/month	\$88/month

YOUTH SPORTS LEAGUES

PLAY MORE, PAY LESS - Value Added Leagues are FREE with YMCA family membership. This includes our primary leagues in each season throughout the school year.

- **Volleyball 1**
- **Fall Flag Football**
- **Youth Basketball**
- **Indoor Soccer**
- **Track & Field**

All leagues Co-Ed, unless otherwise noted.

League Registration/Cancelation Policy:

Late Registrations: There is a \$10 late fee added to the program after the registration deadline. Registration may be taken only if space is available.

Prior to registration deadline: If you withdraw from a league prior to the registration deadline, a full refund will be issued.

After deadline, but prior to the first day of the league: If you withdraw you will be issued credit voucher for future YMCA program minus the cost of your jersey.

After the first scheduled event (practice/game) of the league, there will be no refunds or credits.

FALL SOCCER LEAGUE (GRADES 4K-4) (HVY)

August 24 – October 7, 2026

REGISTRATION MAY 19-AUGUST 3.

THIS IS NOT A VALUE-ADDED PROGRAM.

***Monday night participants will not play on September 7 and will play on October 5 as a makeup.**

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Fall Soccer	HVY	Grade 4K/5K	M	August 24	October 5	\$43	\$63
Fall Soccer	HVY	Grade 4K/5K	W	August 26	September 30	\$43	\$63
Fall Soccer	HVY	Grade 1-2	T	August 25	September 29	\$43	\$63
Fall Soccer	HVY	Grade 3-4	M	August 24	October 5	\$43	\$63

FALL SOCCER LEAGUE (GRADES 4K-7) (FWY)

September 12 – October 24, 2026 (no soccer Oct 3)

REGISTRATION May 19 – August 16

THIS IS NOT A VALUE-ADDED PROGRAM. This is a 6-week program (no program October 3 due to community event)

Class name	YMCA	Age	Day	Time	Start	End	Y Member	General Public
Fall Soccer	FWY	Grade 4K-5K	SAT	10:00 AM	September 12	October 24	\$43	\$63
Fall Soccer	FWY	Grade 1	SAT	11:30 AM	September 12	October 24	\$43	\$63
Fall Soccer	FWY	Grade 2	SAT	11:30 AM	September 12	October 24	\$43	\$63
Fall Soccer	FWY	Grade 3-4	SAT	8:30 AM	September 12	October 24	\$43	\$63
Fall Soccer	FWY	Grade 5-7	SAT	8:30 AM	September 12	October 24	\$43	\$63

FALL FLAG FOOTBALL (GRADES 4K – 8) (APY, FWY, HVY, NMY)

September 12 – October 24, 2026

REGISTRATION May 18 – August 16, 2026

Value-Added League FREE with YMCA Family Membership

Join the excitement of Fall Flag Football at the YMCA! This value-added league is FREE with YMCA Family Membership. This league provides a fun, fast paced introduction to the game, giving players the chance to learn football fundamentals. All games will be played at Fritsch Park in Menasha.

Each Saturday includes a practice and scheduled game, allowing players to develop skills, learn plays, and work together before taking the field. Coaches focus on teaching passing, catching, route running, defensive positioning, and teamwork. All in a supportive environment guided by the YMCA character values of caring, honesty, respect, and responsibility.

The YMCA offers Coed, Boys & Girls leagues. All participants will receive a YMCA-branded jersey to wear each week. Cancellations before registration deadline will receive a full refund. If after deadline and before first practice/game will be YMCA credit. No refunds will be given after first day of games.

Please see online registration for specific program details and field locations.

Sites:

APY – Einstein Middle School

FWY – Greenville Lions Park / YMCA

HVY – Heart of Valley YMCA

NMY – Fritsch Park

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Flag Football	APY	Grade 4K-5K	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	APY	Grade 1-2	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	APY	Grade 3-4	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football - Boys	APY	Grade 5-6	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	FWY	Grade 4K-5K	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	FWY	Grade 1-2	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	FWY	Grade 3-4	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	HVY	Grade 4K-5K	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	HVY	Grade 1	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	HVY	Grade 2	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	HVY	Grade 3	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	HVY	Grade 4	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football - Boys	HVY	Grade 5-6	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	NMY	Grade 4K-5K	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	NMY	Grade 1-2	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football	NMY	Grade 3-4	SAT	September 12	October 24	FREE	\$50	\$71
Youth Flag Football - Boys	NMY	Grade 5-6	SAT	September 12	October 24	FREE	\$50	\$71

GIRLS FLAG FOOTBALL (Grades 5-8) (APY, FWY, HVY, NMY)

SEPTEMBER 12-OCTOBER 24, 2026. REGISTRATION MAY 18 - AUGUST 16, 2026.

Value-Added League FREE with YMCA Family Membership.

Get ready for an exciting season of flag football designed just for girls in grades 5 through 8! Our YMCA Girls Flag Football League focuses on fun, skill development, and teamwork in a supportive and empowering environment. Whether you're new to the game or have some experience, this league is a great way to stay active, make new friends, and grow your love for the sport.

All games will be played at Einstein Middle School. Teams will be formed by branch. Practices and games are led by positive role models who emphasize sportsmanship, confidence, and having fun.

Come be part of the action — join us for a season full of energy, encouragement, and great football

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Girls Flag Football	APY	Grades 5-6	SAT	September 12	October 24	FREE	\$50	\$71
Girls Flag Football	APY	Grades 7-8	SAT	September 12	October 24	FREE	\$50	\$71
Girls Flag Football	FWY	Grades 5-6	SAT	September 12	October 24	FREE	\$50	\$71
Girls Flag Football	FWY	Grades 7-8	SAT	September 12	October 24	FREE	\$50	\$71
Girls Flag Football	HVY	Grades 5-6	SAT	September 12	October 24	FREE	\$50	\$71
Girls Flag Football	HVY	Grades 7-8	SAT	September 12	October 24	FREE	\$50	\$71
Girls Flag Football	NMY	Grades 5-6	SAT	September 12	October 24	FREE	\$50	\$71
Girls Flag Football	NMY	Grades 7-8	SAT	September 12	October 24	FREE	\$50	\$71

FALL CROSS COUNTRY (GRADES 1-6) (APY/ACY, FWY, HVY, NMY)

SEPTEMBER 12-OCTOBER 10, 2026 REGISTRATION MAY 18 – September 6.

Association Meet October 10 – Fox West YMCA

Programs are located at Apple Creek YMCA, Fox West YMCA, Heart of the Valley YMCA, and Neenah-Menasha YMCA. Youth who enjoy recreational outdoor running will enjoy our Cross-Country program. This co-ed program provides opportunities for kids to engage in pre-competitive, instructive practices as they enjoy group runs on open-air courses. Our program emphasizes building stamina and balance as participants learn about the importance of form and efficiency. Athletes may also participate in a competitive cross-country event as part of this program.

APY /ACY -Apple Creek YMCA

FWY – Fox West YMCA/Greenville Lions Park

HVY – Sunset Park

NMY – Arrowhead Park

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Cross Country	APY/ACY	Grade 1-6	SAT	Sept 12	Oct 10	\$38	\$56
Cross Country	FWY	Grade 1-2	T	Sept 16	Oct 10	\$38	\$56
Cross Country	FWY	Grade 3-4	TH	Sept 18	Oct 10	\$38	\$56
Cross Country	FWY	Grade 5-6	TH	Sept 18	Oct 10	\$38	\$56
Cross Country	HVY	Grade 1-6	W	Sept 16	Oct 10	\$38	\$56
Cross Country	NMY	Grade 1-6	TH	Sept 17	Oct 10	\$38	\$56

FALL VOLLEYBALL 1 (GRADES 2-6) (APY, FWY, HVY, NMY)

September 12 – October 24, 2026

REGISTRATION MAY 18 - AUGUST 16, 2026.

Value-Added League FREE with YMCA Family Membership.

Join our Fall Volleyball Program for Grades 2-6 and watch your young athlete thrive! This program will help your player develop the basic volleyball skills and fundamentals, along with learn strategies related to the game of volleyball to become more successful, more confident, and continue to have a blast playing the game!

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Volleyball 1	APY	Grade 2-4	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	APY	Grade 5-6	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	FWY	Grade 2-3	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	FWY	Grade 4-6 Beginner	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	FWY	Grade 4-6 Intermediate	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	HVY	Grade 2-3	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	HVY	Grade 4-6 Beginner	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	HVY	Grade 4-6 Intermediate	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	NMY	Grade 2-3	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	NMY	Grade 4-6 Beginner	SAT	September 12	October 24	FREE	\$50	\$71
Volleyball 1	NMY	Grade 4-6 Intermediate	SAT	September 12	October 24	FREE	\$50	\$71

YOUTH VOLLEYBALL 2 (GRADES 3-6) (FWY, HVY, NMY)

October 26 – December 12, 2026

REGISTRATION September 7 – October 11, 2026

This co-ed program will continue to develop the fundamentals learned in the skills and drills league, as well as more advanced strategies related to game like situations and overall to become more successful, more confident and continue to enjoy the game of volleyball at a young age. All teams will practice/scrimmage one night a week at the location in which you sign up for as listed below. There will be an end of the season tournament against other YMCA teams on Friday, December 11 or Saturday, December 12. Note: no practices the week of November 23.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Volleyball 2	FWY	Grade 3-4	M	October 26	December 12	\$49	\$69
Volleyball 2	FWY	Grade 5-6	M	October 26	December 12	\$49	\$69
Volleyball 2	HVY	Grade 3-4	T T	October 27	December 12	\$49	\$69
Volleyball 2	HVY	Grade 5-6	T	October 27	December 12	\$49	\$69
Volleyball 2	NMY	Grade 3-4	T	October 27	December 12	\$49	\$69
Volleyball 2	NMY	Grade 5-6	T	October 27	December 12	\$49	\$69

YOUTH BASKETBALL 3 ON 3 LEAGUE (GRADES 2-6) (APY, FWY)

September 15-October 22

REGISTRATION July 1-September 7

Our Youth 3-on-3 Basketball League is designed to help young athletes build confidence, develop fundamental skills, and foster a love for the game in a fun and supportive environment. **Each week players will be put on randomized teams for them to get an opportunity to play with different kids throughout the season.** With smaller teams and more touches on the ball, players get more opportunities to learn, lead, and grow skills on the court.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
3 on 3 Boys	APY	Grade 3 & 4	TH	September 17	October 22	\$38	\$56
3 on 3 Boys	APY	Grade 5 & 6	TH	September 17	October 22	\$38	\$56
3 on 3 Girls	APY	Grade 3 & 4	TH	September 17	October 22	\$38	\$56
3 on 3 Girls	APY	Grade 5 & 6	TH	September 17	October 22	\$38	\$56
3 on 3 Boys	FWY	Grade 2	T	September 15	October 20	\$38	\$56
3 on 3 Boys	FWY	Grade 3	T	September 15	October 20	\$38	\$56
3 on 3 Boys	FWY	Grade 4	T	September 15	October 20	\$38	\$56
3 on 3 Boys	FWY	Grade 5	T	September 15	October 20	\$38	\$56
3 on 3 Boys	FWY	Grade 6	T	September 15	October 20	\$38	\$56
3 on 3 Girls	FWY	Grade 2	M	September 14	October 19	\$38	\$56
3 on 3 Girls	FWY	Grade 3	M	September 14	October 19	\$38	\$56
3 on 3 Girls	FWY	Grade 4	M	September 14	October 19	\$38	\$56
3 on 3 Girls	FWY	Grade 5	M	September 14	October 19	\$38	\$56
3 on 3 Girls	FWY	Grade 6	M	September 14	October 19	\$38	\$56

YOUTH BASKETBALL 101 (GRADES 4K-2) (FWY)

November 7-December 19, 2026

REGISTRATION July 1-October 11, 2026

This co-ed program will develop the fundamentals of basketball to help them become more successful, more confident and continue to enjoy the game of basketball at a young age. All teams will practice for the first two weeks. The remaining four weeks are half practice and half game. Players will receive a t-shirt. Space will be limited. There is no basketball on November 28. Please note that this is not a value-added league, but a supplemental league for the value-added league.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Youth Basketball 101	FWY	4K/5K	SAT	November 7	December 19	\$43	\$63
Youth Basketball 101	FWY	Grade 1	SAT	November 7	December 19	\$43	\$63
Youth Basketball 101	FWY	Grade 2	SAT	November 7	December 19	\$43	\$63

NEW!! YOUTH LITTLE TYKES BASKETBALL

November 7-December 19, 2026

REGISTRATION July 1-October 11, 2026

Similar to our Basketball 101, this new program is designed specifically for players age 3!! Parents and staff will lead the teams together in this new opportunity for the kids to learn the great game of basketball. Players will receive a t-shirt. Space will be limited. There is no basketball on November 28. Please note that this is not a value-added league, but a supplemental league for the value-added league.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Little Tykes Basketball	FWY	Age 3	SAT	November 7	December 19	\$43	\$63

YOUTH BASKETBALL LEAGUES (GRADES 4K-6) (APY, FWY, HVY, NMY)

January 6 – February 20, 2027

REGISTRATION August 10 - December 6, 2026

Our Youth Basketball Leagues is a 7-week program designed to introduce kids to the fundamentals of basketball in a fun, supportive, and team-oriented environment. Through instruction and play, participants will build skills, confidence, and friendships while learning the values of teamwork, respect, and sportsmanship. Each week participants will learn basketball through practice and gameplay guided by our character values.

All practices/games will be on Saturdays. If we do not have enough players to run both boys and girls leagues for Grades 2-4, they will be combined into a co-ed league. *Grades 5/6 held at the Appleton YMCA only*

Class name	YMCA	Age	Day	Start	End	Y Family Member	Y Member	General Public
Youth Coed Basketball	APY	Grade 4K/5K	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	APY	Grade 1	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	APY	Grade 2	SAT	January 9	February 20	FREE	\$49	\$69
Youth Boys Basketball	APY	Grade 3/4 Boys	SAT	January 9	February 20	FREE	\$49	\$69
Youth Girls Basketball	APY	Grade 3/4 Girls	SAT	January 9	February 17	FREE	\$49	\$69
Youth Girls Basketball	APY	Grade 5/6 Girls	W	January 6	February 17	FREE	\$49	\$69
Youth Coed Basketball	FWY	Grade 4K/5K	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	FWY	Grades 1	SAT	January 9	February 20	FREE	\$49	\$69
Youth Boys Basketball	FWY	Grade 2 Boys	SAT	January 9	February 20	FREE	\$49	\$69
Youth Girls Basketball	FWY	Grades 2 Girls	SAT	January 9	February 20	FREE	\$49	\$69
Youth Boys Basketball	FWY	Grade 3/4 Boys	SAT	January 9	February 20	FREE	\$49	\$69
Youth Girls Basketball	FWY	Grade 3/4 Girls	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	HVY	Grade 4K/5K	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	HVY	Grade 1	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	HVY	Grade 2	SAT	January 9	February 20	FREE	\$49	\$69
Youth Boys Basketball	HVY	Grade 3/4 Boys	TH	January 7	February 18	FREE	\$49	\$69
Youth Girls Basketball	HVY	Grade 3/4 Girls	TH	January 7	February 18	FREE	\$49	\$69
Youth Coed Basketball	NMY	Grade 4K/5K	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	NMY	Grade 1	SAT	January 9	February 20	FREE	\$49	\$69
Youth Coed Basketball	NMY	Grade 2	SAT	January 9	February 20	FREE	\$49	\$69
Youth Boys Basketball	NMY	Grade 3/4 Boys	SAT	January 9	February 20	FREE	\$49	\$69
Youth Girls Basketball	NMY	Grade 3/4 Girls	SAT	January 9	February 20	FREE	\$49	\$69

BOYS Y-BALL BASKETBALL LEAGUE (GRADES 5-12) (APY, FWY, HVY, NMY)

January 9 – February 27, 2027

REGISTRATION August 10 - December 6, 2026

Teams will practice once per week at your home YMCA, based on availability. Games will be Saturdays, January 9-February 27, 2027, at Xcel Sports at Alliance Church in Appleton (Grades 9-12), or Neenah Middle School (Grades 5-8). The league tournament will be on February 27 for the top teams in the league. Format for the tournament is TBD and based on registration numbers for each division. Grades 9-12 will have team captains and Grades 5-8 will have parent coaches. Everyone should register individually, and team captains/coaches should email Jensen Hinton at jhinton@ymcafoxcities.org with your team member names along with a team name. There are no free agents for the Grades 9-12 division. Anyone who signs up alone for Grades 5-8 will be placed on team.

Jerseys are **not** provided for this league but will be available for purchase through a link that will be sent after registration. Free Agents must purchase a jersey. If you purchased a jersey last year, you do not need to buy one again. The style of the jerseys will be the same as they were last season. Teams are also able to order their own YMCA-appropriate custom jerseys. Jersey mockups must be sent to jhinton@ymcafoxcities.org for approval. Teams must all have the same color jersey.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Boys Y-BALL	APY	Grade 5-6	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	APY	Grade 7-8	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	APY	Grade 9-10	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	APY	Grade 11-12	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	FWY	Grade 5-6	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	FWY	Grade 7-8	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	FWY	Grade 9-10	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	FWY	Grade 11-12	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	HVY	Grade 5-6	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	HVY	Grade 7-8	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	HVY	Grade 9-10	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	HVY	Grade 11-12	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	NMY	Grade 5-6	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	NMY	Grade 7-8	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	NMY	Grade 9-10	SAT	January 9	February 27	\$63	\$91
Boys Y-BALL	NMY	Grade 11-12	SAT	January 9	February 27	\$63	\$91

ADULTS

ADULT RACQUETBALL LEAGUES APPLETON YMCA REGISTRATION July 1-September 18

Whether you're a seasoned player or just getting back into the game, this league offers a fun and competitive environment for adults of all skill levels. This league offers 3 different divisions: A Competitive, B Intermediate and C Recreation). Each league runs on a separate night between 5:30pm-7:30pm. Our league features weekly matches, division standings and an end of season tournament. Come join our incredible Racquetball community at the Appleton YMCA.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Adult Racquetball Leagues: Level A	APY	18 years and older	Mon	October 5	December 14	\$25	\$35
Adult Racquetball Leagues: Level B	APY	18 years and older	Tues	October 6	December 15	\$25	\$35
Adult Racquetball Leagues: Level C	APY	18 years and older	Wed	October 7	December 16	\$25	\$35

Open Member Sports – no registration required

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Open Pickleball (Intermediate/Advanced)	APY	18+	M/T/W/TH/F	7:00 AM	11:00 AM	FREE	N/A*
Open Pickleball (Intermediate/Advanced)	APY	18+	SUN	7:00 AM	11:00 AM	FREE	N/A*
Open Pickleball - (Beginner)	APY	18+	M/T/W/TH/F	11:00 AM	2:00 PM	FREE	N/A*
Open Pickleball	FWY	18+	M/W/F	5:00 AM	7:00 AM	FREE	N/A*
Open Pickleball	FWY	18+	M/T/W	10:00 AM	2:00 PM	FREE	N/A*
Open Pickleball	FWY	18+	TH/F	10:00 AM	NOON	FREE	N/A*
Open Pickleball (Beginner)	FWY	18+	TH	NOON	2:00 PM	FREE	N/A*
Open Pickleball (Intermediate/Advanced)	HVY	18+	M/W/F	11:15 AM	2:15 PM	FREE	N/A*
Open Pickleball	HVY	18+	T/TH	5:00 AM	8:00 AM	FREE	N/A *
Open Pickleball (Beginner)	HVY	18+	T/TH	11:00 AM	1:00 PM	FREE	N/A*
Open Pickleball	NMY	18+	SUN	11:00 AM	1:00 PM	FREE	N/A*
Open Pickleball	NMY	18+	M/W/F	1:00 PM	3:00 PM	FREE	N/A*
Open Pickleball	NMY	14+	M/W	6:00 PM	8:30 PM	FREE	N/A*
Open Volleyball	NMY	18+	T	7:00 PM	9:00 PM	FREE	N/A*
Open Basketball	NMY	55+	T	12:00 PM	2:00 PM	FREE	N/A*
Open Basketball	APY	18+	W	5:30 AM	7:00 AM	FREE	N/A*
Open Basketball	APY	18+	S	6:00 AM	7:45 AM	FREE	N/A*
Open Basketball	NMY	18+	SUN	9:00 AM	11:00 AM	FREE	N/A*
Open Basketball	NMY	18+	M/TH/F	11:00 AM	1:00 PM	FREE	N/A*
Open Basketball	NMY	18+	T/F	5:00 AM	7:00 AM	FREE	N/A*
Open Volleyball	HVY	16+	W	6:00 PM	7:30 PM	FREE	N/A*
Open Family Volleyball	HVY	All ages	SUN	2:00 PM	4:00 PM	FREE	N/A*

*

Guest passes available ONLY if accompanied by a Y member for \$15*