

ADAPTIVE & INCLUSIVE PROGRAMMING

FALL 2 PROGRAM SESSION:

October 26 – December 20, 2026
No Classes November 23 – 29, 2026

STAFF CONTACTS

APY – Leah Schroeder, Aquatics Director P 920.954.7640 E lschroeder@ymcafoxcities.org
APY – Loel Kreger, Wellness Director P 920.954.7658 E lkreger@ymcafoxcities.org
FWY – Alicia Lutgen, Early Childhood Coordinator P 920.560.0428 E alutgen@ymcafoxcities.org
HVY – Jenna Ly Gymnastics Director P 830.5716 E jly@ymcafoxcities.org
NMY – Susan Christel Health & Fitness Director P 920.886.2127 E schristel@ymcafoxcities.org

Adaptive & Inclusive Programming at the Y is a partnership with families and individuals. The focus is to provide individuals with unique abilities, access to programs and activities in a safe, fun atmosphere that encourages self-sufficiency, socialization and staying active.

The Y provides a chance to experience the joys and benefits that come from successful immersion into a program where they can learn, thrive, and grow. It is our priority to ensure all members have access to our facilities, programs, and services.

FAMILY TIME

Our family nights are all about having fun. We welcome all individuals with unique abilities and their families for a FREE evening of games, activities, crafts, and fun. It's the perfect opportunity to strengthen your relationship and meet other families. Please watch our social media page for any scheduled family nights and for more information.

FITNESS

FITNESS FRIENDS – ADAPTIVE AND INCLUSIVE FITNESS PROGRAM (APY)

Fitness Friends is a program where adults (14+ y/o) with intellectual and developmental disabilities learn the benefits of exercise alongside their friends. Not only do they develop strength, endurance, balance and flexibility, but they also develop confidence as they learn something new. Being part of a group gives them a sense of belonging. Class will meet 1x/week for 10 weeks at a time and will be held in the Appleton YMCA Training Studio. Registration is limited and required. For more information, please contact Loel Kreger at lkreger@ymcafoxcities.org or 920-954-7658.

Tuesday 11:00 - 11:45 AM
Fee: Member $45 General Public $60

SWIMMING

SWIMMING (APY, FWY, HVY, NMY)

Lessons are available at each of your local Y's. Please contact the branch Aquatic Department for availability and to schedule a time. Medical forms required.

APY – 920.954.7628
FWY – 920.560.3412
HVY – 920.830.5707
NMY – 920.886.2132

Fee: (7-week Session) Y Members - $69 General Public - $107

For Heart of the Valley Y, if you are interested in Adapted Individual Swim Lessons, please register online for the 'Adapted Swim Waitlist'. The aquatics department will contact you when there is an opening in the program.