



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXPLORE DREAM DISCOVER

Semester 1  
September to December 2011  
FOND DU LAC FAMILY YMCA



**“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So throw off the bowlines. Catch the trade winds in your sails. Explore. Dream. Discover.”**

**~ Mark Twain**



Twenty years from now the young children in the YMCA child care center will become the young adults in our community, graduating from college and maybe starting to raise a family. This new YMCA we use today will be the only YMCA they ever knew. However, a large part of their future success will be made possible by the many members today that believed in supporting a new YMCA facility because it would make Fond du Lac a healthier and better place to live.

Many times we don’t realize what the return on our investment will be when we support a new facility, but for many members that initial support may have started as a simple gift of \$100 to help the new Y. Soon after that investment was made, their gift began to give, and give, and give.

To a family of four your gift might have given hope for a brighter future by preparing their children for school in our child care center. Or to the single parent hit hard by the difficult economy your gift might have provided friendships to help him through difficult days as he looked for his next job. Twenty years from now I am confident that most Y members will be able to look back and not be disappointed at the things they did at the Y because it is those things that will live on beyond our years on this earth.

During the month of August you will start to hear more about the Strong Kids campaign when visiting the Y. This campaign provides financial support for programs like swimming lessons, or family nights, or membership assistance. But what the campaign really does is provide hope, create self-esteem, build lasting friendships, and more. Your investment in others through the Strong Kids campaign will have a long-lasting impact that can’t be measured by a quarterly report but instead it will be felt by an entire community for decades to come.

Thank you for believing in others and investing in your Fond du Lac Family YMCA.

Greg Giles  
Executive Director/CEO



**STRONG  
KIDS**  
A YMCA Initiative

## **SUPPORT THE Y STRENGTHEN YOUR COMMUNITY**

Financial assistance keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. Your gift will have a meaningful, enduring impact right in your own neighborhood.

**Make a gift today and become part of something great!**

Visit the Fond du Lac Family YMCA at 90 W. Second Street. Or to donate online, visit [www.YMCAstrongkids.org/wi](http://www.YMCAstrongkids.org/wi).

## PROGRAM REGISTRATION

Membership at the Fond du Lac Family YMCA provides you with discounted program fees and priority registration. Registration for all programs is at the Y beginning as follows. Phone-in or mail-in registration will not be accepted.

Members: Session I & II – Monday, August 1

Community Participants: Session I – Monday, August 8

Session II – Monday, September 26

## ONLINE REGISTRATION

Members and community participants that have an active account and email address on file can register for most programs online. Credit card payment at time of program registration is required. Complete details can be found at [www.fdyymca.org](http://www.fdyymca.org).

## BUILDING HOURS

	<u>Winter (starts 9/6)</u>	<u>Summer</u>
Monday to Friday	5:00 am to 10:00 pm	5:00 am to 9:00 pm
Saturday	6:30 am to 6:00 pm	6:30 am to 4:30 pm
Sunday	10:30 am to 4:30 pm	Closed

The pool opens weekdays at 5:30 am. All program areas close 15 minutes prior to building close.

### Holiday Hours

September 5 (Labor Day)	Closed
November 24 (Thanksgiving Day)	Closed
December 24 (Christmas Eve)	6:30 am to 1:30 pm
December 25 (Christmas Day)	Closed
December 31 (New Year's Eve)	6:30 am to 1:30 pm
January 1 (New Year's Day)	Closed

## CHILD WATCH

Available for children ages 6 weeks to 8 years, Child Watch is an onsite babysitting service for our members and community participants while they are working out at the Y.

Cost is \$1.50 per hour for the first child, \$1.00 per hour for each additional child. Maximum of 3 hours per child per day. Punch cards are available for purchase for \$5, \$10, or receive a \$20 credit for only \$18.

### Child Watch Hours

Monday to Friday	7:45 am to 1:45 pm
Monday to Thursday	3:45 pm to 7:30 pm
Saturday	7:45 am to 12:00 pm

## FAMILY ADVENTURE CENTER

Designed for school-age children, the Family Adventure Center is a place for youth to play Wii, PS3, video games, foosball or board games, climb on the climbing structure, or read books. The center is not fully staffed, and play is at your own risk. Children under the age of 8 must be accompanied and actively supervised by an adult at all times. The center closes at 8:00 pm on weekdays.

## FACILITY USE GUIDELINES

- The Y requires that children under age 8 be accompanied and actively supervised by an adult at all times. A child under age 8 may not be left unattended in the water or on pool deck.
- Children under age 12 are not allowed in the Life Management Center. Teens under age 16 are not allowed in the free weight area.
- Youth ages 12 to 15 may workout in the Life Management Center or participate in any group exercise class with their parent or guardian, or on their own if they have completed the Youth Health & Wellness Program.
- Membership cards must be presented at the member services desk each time you enter.
- The use of cell phones or cameras of any kind is prohibited in the locker rooms and Life Management Center.
- Carrying or concealing any weapons, devices, or objects which may be used as a weapon is banned in YMCA facilities or on surrounding properties.
- All program areas close 15 minutes prior to the building close.
- The Y reserves the right to take photographs of members and guests participating in YMCA activities to be used in promotional literature.

## LOCKER ROOMS

Men's and Women's locker rooms are reserved for adults age 18 and older only. For the respect and comfort of all members, children under age 18 are not allowed, even if they are with an adult. Members and guests under age 18, and adults with children under age 18, must use the Family, Girl's, or Boy's locker room.

Lockers are for daily use only, and unauthorized locks left overnight will be cut nightly and the contents removed. Kit lockers may be rented on a monthly or annual basis in the Men's and Women's locker rooms. **Cell phone use and cameras of any kind are not permitted in the locker rooms.**

## ACCIDENTS AND VALUABLES

The Y is not responsible for any accidents. All individuals participate at their own risk. Please immediately report any accident or emergency to the member services desk. Our staff is trained to assist in emergency situations.

The Y is not responsible for personal property that has been lost, damaged, or stolen. **Please lock your belongings in a locker.** Locks are available for purchase at the front desk for \$6 each, or we have locks available to borrow for the day. A Lost & Found is located at the member services desk.

## REFUNDS

The Y reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. In the event a class is cancelled due to lack of enrollment, a full refund or credit will be issued. A full refund or credit, minus a \$5 processing fee, will be issued if a participant cancels before the first day of the session. The fee will be waived if the participant transfers to another class. A prorated refund will be given only if participation ceases due to medical reasons with a doctor's excuse. No credits are given for classes cancelled due to weather. Cancelled classes will be rescheduled, if possible. Swim lessons cannot be made up.



## CODE OF CONDUCT

The mission of the Fond du Lac Family YMCA is to put Christian principals into practice through programs that build healthy spirit, mind and body for all. By upholding our core values of **Respect, Responsibility, Honesty, and Caring**, the Y is committed to strengthening our community through programs that promote youth development, healthy living and social responsibility.

Using our core values as a guide, we have developed the following Code of Conduct to ensure that all who enter our facility enjoy a safe, welcoming and comfortable environment. We ask individuals to act in a manner that upholds these principles at all times when they are in our facility or participating in YMCA programs. We expect those using the Y to behave in a way that shows respect and caring for others, which includes not using any language or engaging in any action that can offend, hurt or frighten another person or that falls below a generally accepted standard of conduct.

Actions not showing respect for others and are not permitted include:

- Wearing inappropriate attire. Attire must be appropriate for the activity and adequately cover the body. Swimsuits are only to be worn in the pool area; shoes, shorts and shirt in other areas of the facility. Clothing with vulgar or profane writing or pictures is not allowed.
- Using angry or vulgar language, including swearing, name-calling or shouting.
- Stealing, negligent use of equipment or destruction of property.
- Making physical contact with a person in an angry or threatening manner, or engaging in sexual activity or inappropriate contact with another person.
- Harassment or intimidation with words, gestures, body language or any other behavior deemed inappropriate, threatening or offensive in nature.
- Carrying or concealing any weapons, devices, or objects which may be used as a weapon.
- The sale, possession, distribution, use or being under the influence of any illegal substance or alcohol in YMCA facilities or on surrounding properties. This will constitute grounds for immediate termination and possible prosecution.
- Smoking. All YMCA facilities and surrounding properties offer a smoke-free environment.
- Cell phone use or cameras of any kind in the locker rooms or Life Management Center.

In order to carry out these policies, members and guests are to identify themselves to staff when asked.

The Y reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender.

Members are encouraged to be responsible for their personal conduct and safety and to ask any person whose behavior threatens their personal comfort to refrain from doing so. If additional assistance is needed, YMCA staff are always available.

The Y management staff will investigate all reported incidents. Suspension or termination of YMCA membership and privileges may result from any violation of the Code of Conduct. Reimbursement for membership and program fees will not be provided in the case of suspension or termination.

## FOND DU LAC FAMILY YMCA MEMBERSHIP

Membership Type	Monthly Rate	Joiner Fee
Youth (age 8-18)	\$17.95	\$25
Young Adult (age 19-24)	\$29.95	\$50
Adult (age 25-64)	\$35.95	\$75
Senior (age 65+)	\$29.95	\$75
Family/Household	\$49.95	\$100
Senior Family/Household (primary member age 65+)	\$45.95	\$100

Any person, regardless of religion or creed, may become a member of the Y. A membership card is issued to every member 8 years old and older. Membership cards must be presented at the member services desk each time you enter. Children under the age of 8 may participate as part of a family membership. The Y requires that all children under age 8 be accompanied and actively supervised by an adult at all times.

A Family/Household is defined as one adult, or two adults in a committed relationship, and dependent children less than 19 years of age, unless child is a full-time college student under the age of 24, all residing in the same household. Elderly parents living with and dependent upon their children or dependent adult children with a disability living with their parent or legal guardian are also covered. Proof of residency must be provided for all adults listed on the membership.

The Joiner Fee is paid by all new members upon joining the Y, defined as any person that has not been a member of the Y during the last 30 days.

Membership rates are subject to change at any time at the discretion of the Fond du Lac Family YMCA. A \$20 fee is charged for all returned checks or NSF bank draft.

### Continuous Membership Plan

Payment for a continuous membership plan is made through an automatic monthly bank draft. The first month's member fee and joiner fee is paid at time of join and the monthly member fee withdrawn from your bank account thereafter. A voided check or bank issued savings card is required to establish a bank draft continuous membership plan.

### Annual Membership Plan

Annual payment and joiner fee is paid in full at time of join by cash, check, MasterCard or Visa, with the annual member fee paid annually thereafter. Renewal notices are sent within one month prior to membership expiration. If membership lapses more than 30 days the joiner fee must be paid again. All membership fees are non-refundable and non-transferable.

### Boys & Girls Club School-Year Membership

As part of a full-paid Youth or Family YMCA membership, all youth in grades 1 to 12 receive a complimentary school year membership to the Boys & Girls Club of Fond du Lac, entitling the child to participate in the Club afterschool program, based on space availability. If Club program enrollment is capped, youth Y members will be allowed to attend the Club on days off and half-days of school. Summer Club program membership is not included and separate enrollment is required with an additional fee. For specific questions on Club programs, call 920.924.0530.

## FINANCIAL ASSISTANCE

The Fond du Lac Family YMCA believes in giving everyone an opportunity to learn, grow and thrive. Through our Strong Kids Scholarship Program, financial assistance is provided for YMCA programs and membership to those in need, within our available resources. A sliding scale is used to determine how much assistance is awarded. Any individual or family whose total combined household income is less than \$45,000 per year is encouraged to apply.

For more information on how you can make an investment in others, call Greg Giles at 920.921.3330 or email at ggiles@fdlymca.org.

## DAY PASSES

Guests are welcome to purchase daily or monthly use passes. Guests 16 years and older must present a photo ID card each time they enter the Y. Availability of purchasing a day pass may be limited on certain days.

Current Rates	Daily	Monthly
Youth (age 0-18)	\$9	Not Available
Young Adult (age 19-24)	\$15	\$40
Adult (age 25-64)	\$15	\$80
Senior (age 65+)	\$6	Not Available
Family	\$20	Not Available

## AWAY POLICY

Always Welcome At the Y (AWAY) policy allows members of the Fond du Lac Family YMCA to use other YMCA facilities, according to that facility's rules, by presenting your member card at the time of the visit. Members belonging to other YMCA facilities may use the Fond du Lac Family YMCA at no cost. AWAY members may register for programs at the Fond du Lac Family YMCA at the member rate during the community participant registration period.

## SPECIAL MEMBERSHIPS

### Network Health Program

Platinum Plus cardholders receive a Health Club membership reimbursement plan benefit from Network Health. The Y tracks your visits and members are reimbursed \$3 per visit for up to 10 visits in one month.

### SilverSneakers Fitness Program

A comprehensive older-adult fitness program offering members of qualifying insurance carriers a free membership, along with the opportunity to participate in SilverSneakers group classes.

### Families of Deployed Military Personnel

The Y, partnered with the U.S. Department of Defense, offers free military outreach memberships to eligible military families. Proof of deployment must be presented at time of enrollment.

## MEMBERSHIP CHANGES

A member that needs to make a change to their membership status must complete a Membership Change Request form. If a change is being made to a bank draft, the member must complete a new Bank Draft Agreement form a minimum of 10 days prior to their next draft date and provide a voided check or bank issued savings card for the new bank account.

## MEMBERSHIP GIVES YOU

## MANY OPPORTUNITIES

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. As a member, you will create meaningful change not just for you, but also for your community.

Among our offerings:

- Aquatic center with two swimming pools, water slide, whirlpool and steam room
- Life Management Center offering LifeFitness cardio and strength training machines, free weights, and stretching area
- Two full-size gymnasiums and racquetball courts
- Three workout studios and free group fitness classes
- Discounted program fees and priority registration
- Free health and wellness orientation
- Child Watch drop-off babysitting service
- Family Adventure Center with Wii, PS3 and video games, foosball, and climbing structure
- Multi-purpose room for special events and programs
- Locker rooms for adult men, adult women, boys, girls, and family/special needs
- Licensed Child Care Center with onsite 4K and ADVOCAP Head Start programs
- Collaboration with Boys & Girls Club of Fond du Lac offers free school-year membership to youth in grades 1 to 12 with a full-paid youth or family Y membership
- Volunteer opportunities

CHECK OUT THE BOYS & GIRLS CLUB SECTION ON THE LAST PAGE!



### FOND DU LAC FAMILY YMCA

90 W. Second Street, Fond du Lac, WI 54935  
Phone 920.921.3330, Fax 920.921.3376

### YMCA CHILD CARE CENTER

90 W. Second Street, Fond du Lac, WI 54935  
Phone 920.921.3698, Fax 920.921.3376

### YMCA GYMNASTICS CENTER

520 N. Main Street, Fond du Lac, WI 54935  
Phone 920.933.3499, Fax 920.921.3376

Visit us on the web at [www.fdlymca.org](http://www.fdlymca.org).

Become a fan on **Facebook**.



### YMCA MANAGEMENT STAFF

Name	Title	Extension
Greg Giles	Executive Director	313
Don Millage	Associate Executive Director	312
Kristel Lougher	Human Resources Director	326
Shelli Dekker	Child Care Director	320
Rick Cullen	Property Director	335
Karla Szekeres	Marketing & Business Development Director	322
Donna Johnson	Member Services Coordinator	319
J.J. Raflik	Senior Program Director	318
Susan Metko	Aquatics Director	317
Maria Kretschmann	Fitness Coordinator	314
Carol Beck	Gymnastics Coordinator	933.3499

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## CHILD CARE

The YMCA Child Care Center provides children with a safe, comfortable and nurturing environment to learn, grow and thrive.

The Center offers full day child care services for children ages 6 weeks through 4K. We also provide the added benefit of a full-time, year-round ADVOCAP Head Start program and a Fond du Lac School District 4K program.

All YMCA teaching staff are trained in Early Childhood Development, committed to providing your child with the highest quality care possible. The Center meets all state license requirements in health and safety, staff qualifications, classroom environment, learning programs and children activities.

As communities are returning to family values, the Y remains committed to their four core values - Respect, Responsibility, Caring, and Honesty. Our program will help introduce these values through our daily curriculum.

We are open Monday through Friday from 6:30 am to 6:30 pm. Enrollment is based on limited space availability.

A Y membership is included at a reduced fee for the entire family with full-time enrollment, along with free swim lessons and structured gym classes. Financial assistance is also available through the United Way to those who qualify.

### Infants (6 weeks to 12 months)

Encourages and challenges your child's growth and development at every important stage of their first year of life. Class size is limited to 4 children, allowing our teachers plenty of one-on-one interactions with each child.

### Toddlers (1 to 2 years)

Introduction of a flexible daily routine and structure. Class size is limited to 8 children to allow our teachers sufficient one-on-one time with each child.

### Jr. Preschool (2 to 3 years)

Routine and structure within the classroom are established, and verbal, social and self-help skills are reinforced. Swim lessons are included in this program.

### Sr. Preschool (3 to 4 years)

Designed to enhance their learning skills from our junior preschool room, this class develops the skills needed to prepare them for 4K. Swim lessons are included in this program. Child needs to be fully toilet-trained.

### Wrap Around (4 to 6 years)

This program is for families who wish to enroll their child in our 4K program and need care beyond the 4K program hours. Meals and/or snacks and swim lessons are offered.

**ADVOCAP Head Start**, phone 920.922.7760 ext. 3564, and **Fond du Lac Public School District 4K**, phone 920.929.2900, programs are also available.

For more information on our full day child care programs or to schedule a tour of the Center, please call 920.921.3698.



### Child Watch

Located off the main lobby of the Y, Child Watch is an onsite, drop-off babysitting service for children ages 6 weeks to 8 years (maximum of 3 hours per child per day).

Cost is \$1.50 per hour for the first child, \$1.00 per hour for each additional child. Punch cards are available for purchase for \$5, \$10, or receive \$20 credit for only \$18.

This member service is available to parents while they are working out at the Y. For more information, call member services at 920.921.3330.

### Child Watch Hours

Monday to Friday	7:45 am to 1:45 pm
Monday to Thursday	3:45 pm to 7:30 pm
Saturday	7:45 am to 12:00 pm

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### Gymnastics

Session I: September 6 to October 24

Session II: October 25 to December 19 (no classes Nov 21 to 26; classes will not be held Dec 11 due to a Gymnastics Meet - prices will be pro-rated for a 6-week session for Saturday classes only)

Classes are held at the YMCA Gymnastics Center at 520 N. Main Street in Fond du Lac. Registration for all classes is at the Y or online.

#### Tumbling

Age 3 to 4 years

Body movements and beginning skills on the apparatus. Must be at least 3 years old.

Tuesday, 3:45 to 4:30 pm

Saturday, 9:30 to 10:15 am

Member Fee: \$25/session

Community Participant Fee: \$50/session

#### Rollers

Level 1

First level of gymnastics designed for beginners. Learn skills related to all four areas of apparatus work. Must be 5 years or older (or must have passed tumbling).

Monday, 4:00 to 5:00 pm

Saturday, 10:30 to 11:30 am

Member Fee: \$31/session

Community Participant Fee: \$62/session

#### Swingers

Level 2

This intermediate level is for any participant who has fulfilled the requirements of Rollers.

Wednesday, 4:00 to 5:00 pm

Saturday, 11:45 to 12:45 pm

Member Fee: \$31/session

Community Participant Fee: \$62/session

#### Kippers 1 & 2

Level 3 and 4

More advanced skills for those fulfilling the requirements of Swingers. This is the first level for competition. Must have passed Swingers to be in this class, unless tested.

NON-COMPETING: Tuesday, 4:30 to 6:00 pm

Thursday, 4:00 to 5:30 pm

COMPETING: Tuesday, 6:00 to 7:30 pm

Thursday, 4:00 to 5:30 pm

Member Fee: 1 Day \$35/session; 2 Days \$60/session

Community Participant Fee: 1 Day \$70/session; 2 Days \$120/session

#### Flyers & Twisters

Level 5, 6, 7 and 8

More advanced skills for those fulfilling the requirements of Kippers. Must have passed Kippers to be in this class.

Monday, 5:00 to 7:00 pm

Wednesday, 5:00 to 7:00 pm

Member Fee: 1 Day \$40/session; 2 Days \$70/session

Community Participant Fee: 1 Day \$80/session; 2 Days \$140/session

#### NEW CLASS! Learn to Tumble for Cheerleaders

Session I Only

Grades 4 to 7

Thursday, 5:30 to 6:15 pm

Grades 8 to 12

Thursday, 6:15 to 7:00 pm

Member Fee: \$25/session

Community Participant Fee: \$50/session

## JOIN THE TEAM

The YMCA Gymnastics Team follows the USAG Junior Olympic Competitive Program, starting with Level 3 through Level 8.

For more information on the gymnastics program or joining the Gymnastics Team, please contact Carol Beck at 920.933.3499.



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### Swim Lessons

Session I: September 12 to October 22

Session II: October 31 to December 17 (no classes Nov 21 to 26)

The purpose of the Fond du Lac Family YMCA swim lesson program is to develop competency in swimming, along with confidence and endurance. The program provides an increased emphasis in the areas of drowning prevention and water safety and emphasizes an inclusive approach to swimming. Using a problem-solving, guided-discovery teaching approach in a positive, caring environment, the program continues the proud tradition of teaching people to swim and be safe in, on, and around water.

Our goal is to help teach people of all age groups how to enjoy the water safely and how to stay safe in the event of an emergency, as well as provide opportunities to teach and demonstrate the four core values of caring, honesty, respect, and responsibility.

**What level is right for my child?** Our instructors will decide which swimming group will be the best for your child. You just need to choose the day and time that works best for you.



### Parent/Child

Join us to become your child's first swim instructor! You'll expand on your child's comfort level in the water and be introduced to pre-swimming skills through games, songs, and other activities. One adult must accompany each child; swimming diaper is required.

Member Fee: \$21/session

Community Participant Fee: \$42/session

Monday	4:00 to 4:20 pm
Tuesday	9:00 to 9:20 am
Thursday	6:15 to 6:35 pm

### Special Needs

This class encourages participants to use their physical attributes to the best of their abilities while enhancing their spirits and minds with positive reinforcement.

Member Fee: \$25/session

Community Participant Fee: \$50/session

Saturday	11:15 to 11:55 am
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### Preschool

Provides an individualized program that is developmentally appropriate and allows children to be successful as they progress.

Member Fee: \$21/session

Community Participant Fee: \$42/session

### Age 2½ to 3

Monday	4:00 to 4:20 pm 5:10 to 5:30 pm
Tuesday	9:00 to 9:20 am 11:00 to 11:20 am 5:40 to 6:00 pm
Wednesday	9:50 to 10:10 am 10:15 to 10:35 am 4:45 to 5:05 pm 5:10 to 5:30 pm
Thursday	9:00 to 9:20 am 9:25 to 9:45 am 6:15 to 6:35 pm
Saturday	9:20 to 9:40 am 10:00 to 10:50 am 10:55 to 11:15 am

The Fond du Lac Family YMCA has partnered with *Make a Splash*, a national child-focused water safety initiative created by the USA Swimming Foundation. Launched in 2007, *Make a Splash* works by aligning the nation's top learn-to-swim resources in an effort to save lives. *Make a Splash* educates parents through a national awareness campaign, saves lives by joining forces with grassroots learn-to-swim programs and reaches thousands of children through wide-reaching in-school materials.

By partnering with the USA Swimming Foundation in activating the *Make a Splash* initiative, the Y will be able to deliver programs designed to:

- Reduce drowning
- Increase participation of underrepresented populations in the sport of swimming
- Expand the use of swimming as a means to lifetime health and fitness





### Youth and Adult

The YMCA progressive swim lessons teach personal growth, personal safety, and stroke development. Each skill level builds on the preceding skill, with skills that cover all the strokes, diving fundamentals and safety.

Member Fee: \$25/session

Community Participant Fee: \$50/session

#### Age 4 to Kindergarten

Monday	4:25 to 5:05 pm 5:10 to 5:50 pm
Tuesday	11:00 to 11:40 am 5:30 to 6:10 pm 6:15 to 6:55 pm 7:00 to 7:40 pm
Wednesday	9:00 to 9:40 am 10:15 to 10:55 am 4:00 to 4:40 pm 4:45 to 5:25 pm
Thursday	9:00 to 9:40 am 5:30 to 6:10 pm 6:40 to 7:20 pm
Saturday	9:00 to 9:40 am 9:45 to 10:25 am 10:30 to 11:10 am

#### Grade 1 to 5

Monday	4:25 to 5:05 pm 5:10 to 5:50 pm
Tuesday	6:15 to 6:55 pm 7:00 to 7:40 pm
Wednesday	4:00 to 4:40 pm 4:45 to 5:25 pm
Thursday	5:30 to 6:10 pm 6:40 to 7:20 pm
Saturday	9:45 to 10:25 am 10:30 to 11:10 am

#### Grade 6 to Adult

Tuesday	7:00 to 7:40 pm
Wednesday	9:00 to 9:40 am
Saturday	11:15 to 11:55 am

## 100 MILE SWIM CLUB

**Swim and Have Fun!**

See a Lifeguard for details and  
Join The Swim Club.

### Double Your Learning With Class 2 Days Per Week

Member Fee: \$40/session

Community Participant Fee: \$80/session

#### Monday & Wednesday

Age 4 to Kindergarten	5:35 to 6:05 pm
Grade 1 to 5	5:55 to 6:25 pm
Grade 6 to Adult	5:55 to 6:25 pm

#### Viewing Area

We have two areas for pool viewing. The first is in the main lobby and the second for adults only is along the windows in the Life Management Center. Parents/Guardians should accompany children on pool deck the first day of class. Street clothes are permitted when accompanying your child on the pool deck, but we ask that you remove your street shoes. Strollers and car seats are not allowed past the locker room doors. The splash zone is available during all hours of operation. Your child may swim before or after their scheduled class, however children under 8 years old must be accompanied by an adult in the water and actively supervised at all times. We ask that parents remain in the building while your child is in class should they need assistance in the bathroom or locker room.

#### Instructor Requests

Due to staffing limitations, we are not able to take special requests for instructors. Classes are assigned to instructors according to specific teaching styles and comfort levels with certain age groups, and their expertise.

#### Class Ratios, Missed Classes

For optimal safety, we maintain a 3:1 ratio for 2½ to 3 year old classes, a 5:1 ratio for 4 year old and Kindergarten classes, and a 6:1 ratio for 1st grade and up. We guarantee a spot for the day and time you registered for, and are not able to accommodate make-ups for missed classes. Refunds will not be given for missed classes. For extended medical reasons, a credit will be given for the remainder of classes from the time of notification and presentation of a Doctor's note.

# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### Youth Sports

The Y Youth Sports program maximizes the positive effects of playing sports by emphasizing healthy competition and promoting teamwork along with individual development. The Y focuses on the life lessons to be learned from sports and coaches strive to instill a positive self-image in each player. Playing time is guaranteed for everyone. Of course, family involvement is always welcomed and encouraged.

### Flag Football

#### Kindergarten

This program uses volunteer coaches to develop skills through modified, age-appropriate games. Teams will practice for the first three weeks and play games for the final four weeks.

Session I: September 10 to October 22

Saturday, 10:30 am, Pier Elementary School

Member Fee: \$26

Community Participant Fee: \$52

#### Grade 1 and 2

This program uses volunteer coaches to develop skills through modified, age-appropriate games. Teams will practice for the first two weeks and play games for the final five weeks.

Session I: September 12 to October 24

Monday, 5:00 pm, Pier Elementary School

Member Fee: \$26

Community Participant Fee: \$52

#### Grade 3 and 4

This 6 on 6 flag football league uses real game play to teach football rules, strategies and skills. Teams will practice one night each week for seven weeks and play actual games the last six Saturdays of the session. Actual practice and game times may vary depending on number of teams. Players will receive game schedules at the first night of practice. Please arrive 15 minutes before start time on first scheduled day of program.

Session I: September 7 to October 22

Practices: Wednesday, 5:00 pm, Pier Elementary School

Games: Saturday, 9:00 am, Pier Elementary School

Game Dates: September 24, October 1, 8, 15, 22

Member Fee: \$30

Community Participant Fee: \$60

#### Flag Football Coaches Meeting

Wednesday, August 31

6:30 pm at the Y

NOTE: All who are interested in coaching in any of the youth flag football programs must attend this meeting!

### Youth Soccer

Each of our soccer programs use volunteer coaches to develop skills through modified, age-appropriate games. Teams will practice for the first two weeks and play games for the final five weeks.

Session I: September 6 to October 18

Member Fee: \$26

Community Participant Fee: \$52

#### U6 League: Age 5 and 6

Tuesday, 5:00 pm, Fond du Lac Soccer Association Youth Fields

#### U8 League: Age 7 and 8 \* NEW TIME!

Tuesday, 5:00 pm, Fond du Lac Soccer Association Youth Fields



### Youth Cheerleading

This is a recreational program designed to teach cheerleading fundamentals. Participants will learn chants, jumps, basic stunts, and dance. They will also get the opportunity to cheer at the flag football games in Session I and the youth basketball games in Session II.

Session I: September 7 to October 22

Session II: October 26 to December 14 (no classes Nov 21 to 26)

#### Beginners Cheer

Age 5 to 7

This class is designed for children new to cheerleading.

Session I: Saturday, 10:30 am, Pier Elementary School

Session II: Wednesday, 6:00 pm, YMCA Family Gym

Member Fee: \$26/session

Community Participant Fee: \$52/session

#### Intermediate/Advanced Cheer

Age 6 to 11

Participants in this level will be split into two cheer squads based on experience and skill level. 6 and 7 year olds must have previously completed two YMCA cheer sessions.

Session I: Wednesday, 5:00 pm and Saturday, 8:30 am,  
Pier Elementary School

Session II: Wednesday, 5:00 pm and Saturday, 8:30 am,  
YMCA Family Gym

Member Fee: \$30/session

Community Participant Fee: \$60/session

### Youth Racquetball

#### Youth Racquetball Lessons

Grade 4 to 8

Participants will be taught the basic rules and skills of the sport.

Session I: September 15 to October 20

Thursday, 5:00 to 5:30 pm, Racquetball Courts

Session II: October 25 to December 6 (no classes Nov 21 to 26)

Thursday, 5:00 to 5:30 pm, Racquetball Courts

Member Fee: \$12/session

Community Participant Fee: \$24/session

#### Youth Racquetball League

Grade 4 to 8

Want to take your racquetball experience to the next level? Then try a youth racquetball league. We will play with a two bounce rule, and participants will be split according to their age and ability level for the games. The first 2 weeks will be practice games and rule explanations, followed by 8 weeks of game play.

Dates: October 4 to December 12 (no classes Nov 21 to 26),

Tuesday, 5:00 to 6:00 pm, Racquetball Courts

Member Fee: \$25

Community Participant Fee: \$50



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SWIM, SPORTS & PLAY

Positive, fun activities that build athletic, social and interpersonal skills.

### Youth Sports

#### Youth Basketball 🏀

##### Rookies Beginners

5K and Grade 1

This beginner level class is designed for kids who are just beginning in the sport of basketball. Kids will be taught the fundamentals of the sport. Dribbling, passing, shooting, and defense will be heavily emphasized through drills and controlled game play.

Session II: October 29 to December 17 (no classes Nov 21 to 26)  
Saturday, 8:30 am or 9:15 am, YMCA Family Gym

Member Fee: \$25

Community Participant Fee: \$50

##### Rookies Advanced

Grade 2, or 1st grader who completed two sessions of Beginners  
Kids in this advanced level class will build upon the basic skills that were learned in the Beginner Class as well as other basketball skills such as pivoting, rebounding, etc. Kids will also play controlled games beginning in week 4.

Session II: October 29 to December 17 (no classes Nov 21 to 26)  
Saturday, 10:00 am or 10:45 am, YMCA Family Gym

Member Fee: \$25

Community Participant Fee: \$50

##### Winner's Basketball League (Coed)

Grade 3 and 4, or 2nd grader who completed Advanced class  
Actual practice and game times may vary depending on number of teams. Players will be notified of their first practice time and will receive game and practice schedules at the first day of practice.

Session II: October 29 to December 14 (no classes Nov 21 to 26)  
Practices: Saturday, 8:00, 9:00, 10:00 or 11:00 am (time dependent on coach availability), YMCA Community Gym  
Games: Wednesday, 5:00 or 6:00 pm, YMCA Family Gym

Member Fee: \$30

Community Participant Fee: \$60

#### Youth Volleyball 🏐

##### Rookies Beginners

Grade 2 to 4

This beginner level class is designed for kids who are just beginning in the sport of volleyball. Kids will be taught the fundamentals of the sport. Bumping, setting, and positioning will be heavily emphasized through drills and controlled game play.

Session II: October 27 to December 15 (no classes Nov 21 to 26)  
Thursday, 5:30 to 6:15 pm, YMCA Community Gym

Member Fee: \$25

Community Participant Fee: \$50

##### Rookies Intermediate

Grade 4 to 5

This intermediate level class is designed for kids who are looking to advance their skills in the sport of volleyball. More advanced fundamentals of the sport will be taught. Bumping, setting, and positioning will be heavily emphasized through drills and controlled game play. 4th graders must have previous volleyball experience.

Session II: October 27 to December 15 (no classes Nov 21 to 26)  
Thursday, 6:15 to 7:00 pm, YMCA Community Gym

Member Fee: \$25

Community Participant Fee: \$50



## Youth Dance

The genres of dance that may be covered in YMCA Dance are Ballet, Jazz, Hip-Hop/Funk, Pom, and Kick. All participants receive report cards at the end of the session stating which dance class each participant may register for in the next session.

Session II: October 25 to December 13 (no classes Nov 21 to 26)

Member Fee: \$25

Community Participant Fee: \$50

## Little Steppers

Age 3 to 5

This class offers creative movement, simple dance steps, and rhythm and coordination skills. Students will learn many "Across the Floor" drills preparing them to learn dance sequences. Little Steppers will learn that dancing can be fun and will hopefully build their love of dance. A perfect class for younger dancers with little or no dance experience.

Saturday, 10:30 to 11:15 am, Studio A

## Intro to Dance

Age 5 and up

This is the foundation of our dance program. Previous dance experience is not required; however participants must be a minimum of 5 years old. Students will learn dance basics including: counting and finding the beats in music; basic dance positions, kicks, splits, gliding, and pencil turns; learning and putting simple combinations to music. This class will be completely focused on technique, therefore the participants will not learn a full dance routine. Graduation to Intermediate Dance is the sole discretion of the dance instructor.

Saturday, 11:15 to 12:00 pm, Studio A

## Intermediate Dance

Age 5 and up

Intermediate Dance will build off of Intro to Dance. Students will learn the following skills (but not limited to): Single Pirouette, Toe Touch, Split Leaps, Chaine (3-step turn). These skills will then be incorporated into a routine to music which will be shown to spectators on the last day of class. Must have successfully passed Intro to Dance.

Tuesday, 6:00 to 6:45 pm, Studio C

## Advanced Dance

Age 5 and up

Advanced Dance will focus on performing and precise technique. Students will learn the following skills (but not limited to): Arabesque, Double Pirouette, Fouette, Switch Leap, Pique Turn, and Turning Leap. These skills will be incorporated into a routine to music which will be shown to spectators on the last day of class. Advanced Dancers will get a taste of the true "dance team experience". They will work on uniformity, technique, placement, and precision. Must have successfully passed Intermediate Dance.

Tuesday, 6:45 to 7:30 pm, Studio C

## Afterschool Sports

Age 8 to 16

Looking for something fun to do after school? Then come join us for these after school sports! You can just drop in and join in these organized games. No pre-registration required.

Session II: October 25 to December 13 (no classes Nov 21 to 26)  
4:00 to 5:00 pm, YMCA Community Gym

Tuesday, Dodgeball

Wednesday, Kickball

Member Fee: FREE

Community Participant Fee: \$9/day (fee covers YMCA day pass!)

## Homeschool Physical Education

Session I: September 13 to October 18

Session II: October 25 to December 6 (no classes Nov 21 to 26)

Age 5 to 9

Tuesday, 1:45 to 2:30 pm

Age 10 and up

Tuesday, 2:45 to 3:30 pm

Member Fee: FREE

Community Participant Fee: \$36/session



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## EDUCATION & LEADERSHIP

Knowledge, character development, guidance and encouragement to help youth develop and realize their potential.

### Preschool Enrichment

Session I: September 12 to October 22

Session II: October 31 to December 17 (no classes Nov 21 to 26)

#### Monthly Program Classes

These monthly programs are geared for preschoolers 3½ to 6 years old without a parent. During each program children will play games, read stories, make art projects, and enjoy a snack around that day's theme. Pre-registration is required. Please alert us to any food allergies prior to each class. Classes meet in the YMCA Multi-purpose Room.

Member Fee: \$9/class    Community Participant Fee: \$18/class

#### The Wheels on the Bus

It is back to school time so we'll see the big yellow school busses out! We will also talk about planes, trains, automobiles and other things that take us places. We will have a zooming good time!

September 13, 1:00 to 2:30 pm or 5:00 to 6:30 pm

#### Autumn Adventures

Leaves will be falling and animals will be preparing for winter. We'll explore all that this season has to offer.

September 27, 1:00 to 2:30 pm

#### Spooky Spider Webs

Halloween will be here soon along with all the creepy crawlies that come out to spook us. We will learn how spiders are not so scary and celebrate the fun side of Halloween. Wear your costume to class!

October 18, 1:00 to 2:30 pm or 5:00 to 6:30 pm

#### Turkey Day

On this day we are going to learn about Thanksgiving and turkeys! There is so much to be thankful for.

November 15, 1:00 to 2:30 pm or 5:00 to 6:30 pm

#### Holiday Gifts

The children will learn about gift giving and will make a gift for someone special.

November 29, 1:00 to 2:30 pm

#### Mrs. Claus' Kitchen

Everyone should bring a bag of candy to share and decorate your very own Ginger Bread House. We'll have a holly jolly good time!

December 13, 1:00 to 2:30 pm or 5:00 to 6:30 pm

#### Open Gym

Age 1 to 6: An hour of fun where kids can run, jump, and play.

Session I & II: Friday, 9:30 am, Gymnastics Center

Member Fee: FREE    Community Participant Fee: \$6/visit

#### First Gym

Parent and Child classes

30 minute classes designed to enhance parallel playtime and introduce interaction with other children. Parents are active participants in class.

Member Fee: \$20/session    Community Participant Fee: \$40/session

#### Little Movers

Walking to 2 years

In this semi-structured class, parents and children will enjoy play equipment, balls, parachutes, and creative enrichment activities in an atmosphere that encourages play, play, and more play!

Session I: Tuesday, 10:00 am, Gymnastics Center

#### Tiny Tots

Walking to 2 years

Join in activities that build hand-eye coordination, motor skills, and social development. Great for walking children beginning to discover coordination!

Session II: Tuesday, 10:00 am, YMCA Community Gym

#### Movin' & Groovin'

Age 2 and 3

Parents and children will get their bodies moving as they are grooving to the beat. Activities will strengthen body awareness, flexibility, and motor skills around musical themes.

Session I & II: Thursday, 10:00 am, YMCA Community Gym

Session I: Saturday, 9:30 am, YMCA Community Gym

#### Super Tots

Age 2 and 3

Stretch, hop, and run your way through group activities while learning coordination and enhance cooperation skills with peers.

Session I & II: Friday, 10:45 am, Gymnastics Center

#### Toddler Art

Age 2 and 3

Don't be afraid to get your hands dirty! Parents will assist their children in the creation of a colorful art project each class. Session I focuses on a different color each week, and Session II explores seasonal art with all the holidays and weather changes we see during that time. Expect to get messy, so dress accordingly.

Session I Color Art: Thursday, 9:00 am, YMCA Multi-purpose Room

Session II Seasonal Art: Saturday, 9:00 am, YMCA Multi-purpose Room

### NEW CLASS! We're Moving Up 🏠

Age 2½ to 3 years

A half-hour beginner class without parent designed to help transition into the moving up classes but with a shorter time frame. Children must be potty trained. We will explore body awareness and socialization through movement, music, and games revolving around weekly themes.

Session I & II: Wednesday, 10:00 am, YMCA Community Gym

Member Fee: \$20/session      Community Participant Fee: \$40/session



### Moving Up 🏠

Classes without Parent

45 minute classes designed to help children learn to follow directions, play cooperatively, and enhance social skills. It is recommended that these children have had some prior experience in group settings or First Gym classes, and are ready to be apart from parents.

Member Fee: \$25/session      Community Participant Fee: \$50/session

### Kids in Motion

Age 3 to 5

A health and movement class for your preschooler where discovery of body awareness is combined with rhythm, balance, games, and activities designed to provide cooperation and socialization with others.

Session I & II: Wednesday, 9:00 am, YMCA Community Gym

### Balls of Fun

Age 3 and 4

Children will focus on fun while exploring skills like running, jumping, throwing, catching and playing games with balls. Please wear socks and gym shoes. Get ready to have a ball!

Session I & II: Monday, 9:00 am, YMCA Community Gym

Session I: Saturday, 10:15 am, YMCA Community Gym

Session II: Wednesday, 1:00 pm, YMCA Community Gym

### Jump and Read

Age 3 to 5

Our favorite stories come alive as we giggle and wiggle in this fun-filled class! Children will hear stories, learn songs, and do movement activities related to the stories.

Session I: Monday, 10:15 am, YMCA Multi-purpose Room

### Let's Build a Rainbow

Age 4 to 6

Each week we will learn about a different color with related crafts and song. Children can wear the color of the day. We'll paint, color, cut, stamp and draw our way through the rainbow. Please dress for mess!

Session II: Monday, 10:15 am, YMCA Multi-purpose Room

### Kindersports

Age 4 to 6

Be just like the big kids when you try these sports basics through demonstration and participation. Each week we will focus on a different sport using skills, drills, and simple games. Socks and gym shoes are a must!

Session I: Wednesday, 1:00 pm, YMCA Community Gym

Session II: Thursday, 9:00 am, YMCA Community Gym

### Kids in the Kitchen

Age 3½ to 6

Children experience the joy of cooking as they measure and mix simple ingredients to make delicious and nutritious foods to taste and enjoy.

Session I: Thursday, 1:00 pm, YMCA Multi-purpose Room

### Science Explorers

Age 3 to 5

Nurture your little one's curiosity in science at an early age! We'll explore the world around us with hands on experiments and sensory explorations, and we'll create an exciting take home project.

Session II: Thursday, 1:00 pm, YMCA Multi-purpose Room

### NEW! Story Adventures

Age 3½ to 6

Each week will feature a different author such as Eric Carle and Dr. Seuss. Along with reading the books, we will also make crafts and play games to extend the stories.

Session II: Saturday, 10:15 am, YMCA Multi-purpose Room

# HEALTHY LIVING

Improving the nation's health and well-being.

## SPORTS AND RECREATION

Healthy lifestyle activities that bring together people with shared athletic and recreational interests.

### Adult Racquetball

#### FREE Adult Racquetball Clinics

Are you interested in learning about racquetball? These FREE clinics are designed to teach basic rules and skills of the great sport of racquetball. Limited spots available!

Saturday, 8:15 to 9:00 am, Racquetball Courts  
September 17, October 29 or December 10

### Adult Racquetball League

If you and a group of friends are interested in forming a racquetball league, or if you are looking to join a league or are looking for opponents, call J.J. Raflik at 920.921.3330 extension 318.

### Women's Volleyball League

October 25 to January 31 (12 week league)  
Tuesday, games begin at 6:00 or 7:00 pm, YMCA Family Gym  
(start time is dependent upon the number of teams;  
no games November 22, December 20 or 27)

Fee: \$220/team

Deadline to enter is Monday, October 17



### Adult Basketball

We offer a number of opportunities for adults to get together for a game of full-court "pick-up" basketball. All competitors age 16 or older, of any skill level, are allowed an equal opportunity to become involved in games taking place during adult basketball.

#### Noon Ball

Monday, Wednesday and Friday  
11:00 am to 1:00 pm, Family Gym

#### Pick-up Ball

Tuesday and Thursday  
5:00 to 7:00 am, Family Gym

### Lap Swim

Lap swimming is available throughout the day in both the Family Pool and the Lap Pool. During peak times swimmers are asked to circle swim and share the lanes. At least one lap lane will remain open in the Lap Pool for lap swimming during program time. Check the Pool Schedule on the message board or our website for applicable times.

### Adult Water Walking

The Current Channel in the Family Pool will be open during program times for Adult Water Walking only. Check the Pool Schedule on the message board or our website for applicable times.

### 100 Mile Swim Club

Swim and have fun! For every mile you swim, check a box on the tracking sheet. 33 laps, or 66 lengths, is 1 mile. After you reach a milestone of 100, 250, 500, 1,000, 2,500, or 5,000 miles, redeem your points for a prize. Miles are not cumulative for prizes. This program is on the honor system, so please respect the rules. See a lifeguard for complete details and to get a form.

### Turkey Trot

Save the date for the 4th annual Festival Foods Turkey Trot on Thanksgiving Day. All proceeds from this fund-raising event benefit the Y and Boys & Girls Club.

Thursday, November 24, 8:00 am

## FAMILY TIME

Bringing families together to have fun and grow together.

### First Friday Family Nights

Join us for these fun-filled family nights and create memories that will last a lifetime.

Every First Friday Family Night includes:

- Inflatable Maze
- Open Family Gym
- Water Sports (volleyball / basketball)
- Open Swim and Water Slide
- Walleyball
- Family Adventure Center

November 4, December 2, February 3, and March 2  
5:30 to 7:30 pm

Member Fee: FREE

Community Participant Fee: \$20/family/event

### Themed First Friday Family Nights

In collaboration with the Boys & Girls Club, the Y has planned the following Themed First Friday Family Nights, which also include:

- Arts and craft activities
- Movie showing
- Toddler play area
- Gym games
- Teen Center

**Fall Fest:** October 7, 5:30 to 7:30 pm

**New Year's Eve Bash:** December 31, 3:00 to 6:00 pm

**Happy Easter:** April 6, 5:30 to 7:30 pm

Member Fee: \$5/family/event

Community Participant Fee: \$20/family/event

### National Family Week

To celebrate family and thank the community for their continued support, the Y is offering free admission before the Thanksgiving holiday. The goal is to encourage people to be active and make better choices in nutrition, exercise and overall well-being.

Take part in an exercise class, workout in the life management center, or go for a swim. Check the current schedules on the message board or our website for applicable times. Guests must present a photo ID to gain access. Children under age 8 must be accompanied and actively supervised by an adult at all times.

Monday to Wednesday, November 21 to 23

### Birthday Parties

Looking for something fun and exciting to do for your child's birthday? Then have your birthday party here at the Y! Here's what we can provide for you.

Facility Usage

- Birthday Party Room
- Open Swim and Water Slide (must be 48" tall to go down slide)
- Scheduled Gym Time
- Shared usage of Family Adventure Center
- Racquetball Courts

Other Inclusions

- Up to 20 kids, and unlimited adults for supervision!
- Birthday T-shirt for Birthday Child
- Set of up to 20 "Thank You" cards to send out
- Kitchen supplies such as paper plates, plastic utensils, and napkins
- Bring your own food or cake and utilize our refrigerator

Times: Saturday, 1:00 to 3:00 pm or 1:00 to 4:00 pm

Sunday, 12:00 to 2:00 pm or 12:00 to 3:00 pm

Member Fee: \$100 for 2 hours, \$150 for 3 hours

Community Participant Fee: \$200 for 2 hours, \$300 for 3 hours

### Open Gym

Shoot some hoops or do some drills to sharpen your skills. For children age 7 and under, parents may rent the portable basketball hoop at no charge from the member services desk. Check the Gym Schedule on the message board or our website for applicable open gym times. Please note that an adult must be present with children under age 8 at all times.

### Family Swim

Bring the entire family for some splash time in the pool. Family swim is free for YMCA members. Community participants may purchase a day pass to join in the fun. Check the Pool Schedule on the message board or our website for applicable times. Please note that an adult must be present in the water with children under age 16 during Family Swim.

### Aquatic Game Time

Play water basketball and volleyball, or splash down the water slide (must be 48" tall to go down slide). Game time in the pool is free for YMCA members. Community participants may purchase a day pass to participate. Check the Pool Schedule on the message board or our website for applicable times. Please note that an adult must be present in the water with children under age 8 at all times.

### Family Adventure Center

Designed for school-age children, the Family Adventure Center is a place for youth to play Wii, PS3, video games, foosball or board games, climb on the climbing structure, or read books. The center is not fully staffed, and play is at your own risk. Children under the age of 8 must be accompanied and actively supervised by an adult at all times. The center closes at 8:00 pm on weekdays.

# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL-BEING & FITNESS

Resources and guidance to maintain or improve physical activity, health and wellness.

### Group Fitness

#### Group Fitness Classes

The Y offers a variety of group fitness classes free to Members. Community Participants may purchase a day pass to attend any fitness class. Members ages 12 to 15 may participate in any group exercise class with their parent or guardian.

We're sure to have a class to meet all your needs. Check the message board or our website for a current Fitness Class Schedule.

#### Land Fitness

Body Pump is a toning and conditioning class with weights for men and women wanting to add strength training into their aerobic workout.

NEW! CX30 hones in on the torso and sling muscles that connect your upper body to your lower body, tightening your tummy and butt helping you run faster, play harder and stand stronger.

Group Cycling is for adults and teens of all fitness levels and simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding.

Kickboxing combines basic non-contact boxing moves and martial arts kicks with simple aerobic-type movements that emphasize building cardio fitness while still maintaining the precision of the punches and kicks.

Pilates is designed to promote flexibility and tone and strengthen all of your muscles, with an emphasis on breathing, core conditioning and body awareness.

Step Class is an energizing workout using a height-adjustable step and simple movements on, over and around the step.

Yoga focuses on improving proper body alignment while increasing strength, flexibility, and range of motion through gentle static stretches and relaxation exercises.

Zumba is a fusion of Latin and International music-dance that creates a dynamic fitness system that features aerobic/fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body.

#### Water Fitness

H2O Exercise develops strength, increases muscle tone and flexibility, giving you a great aerobic workout.

Aqua Abs & Stretch gives you a great abdominal workout in the water, doing stretches you could never do on land.

Tone & Stretch revitalizes your workouts with the latest combinations of shallow water, low- and no-impact workouts.

Boot Camp is a great aerobic workout while developing strength, muscle tone, and flexibility, offering 45 minutes of aerobics and ab exercises you could never do on land.

### Active Older Adults

#### Fitness Classes

Active Older Adults fitness classes are designed to improve cardiovascular fitness as well as muscular strength and endurance while increasing range of motion and flexibility. These self-paced conditioning classes are suitable for all fitness levels with the added benefits of being low impact and gentle on the joints. A variety of equipment will be utilized to personalize your workout. All group fitness classes are free to Members. Community Participants may purchase a day pass to attend any fitness class.

#### Land Fitness

Low impact workouts that incorporate weights, stretch bands and low intensity cardio.

Tuesday and Thursday, 10:15 to 11:00 am

#### Water Fitness

H2O Exercise helps develop strength, increase muscle tone and flexibility, and provides a great aerobic workout.

Monday to Thursday, 11:15 am to 12:00 pm

#### Holiday Potluck

Calling all Active Older Adult members! Please join us for this special Holiday Potluck event. Bring your favorite dish to pass and enjoy a lovely time with good friends and the Y staff.

Wednesday, December 14, 12:30 to 2:30 pm

#### Meet and Greet Days

Join the Active Older Adults community on the second Friday of each month, from 10:00 to 11:30 am. Come socialize, hear program updates, and meet other Active Older Adults at the Y. Enjoy fun games and trivia questions. Refreshments are provided.

#### Out to Lunch

Each month our Active Older Adults community gathers at 12:30 pm at a local eatery to share food, fun, and fellowship with one another. Fitness, Fun, and Friends ... with the Y! Check the Calendar of Events for Active Older Adults on the message board or our website for the current schedule.

#### Slidefest Fridays

On the third Friday of each month, from 10:00 to 11:00 am, our Active Older Adults community gathers in the pool for an hour of fun on the twisting water slide.

## Personal Fitness

### Personal Training

Let the Y's team of personal trainers use their specialized training and experience to create a personalized program designed to help you reach your fitness goals. Group sessions are also available for groups of 3 to 5 people.

Member Fee: \$30/hour

Community Participant Fee: \$60/hour

**Book a 2-person Personal Training Session and Save \$10 per person!**

Member Fee: \$40/hour

Community Participant Fee: \$100/hour

### Private Yoga Lessons

Private Yoga lessons are a perfect fit for beginners to yoga, advanced practitioners looking to deepen their personal practice, individuals rehabilitating an injury, or for those whose schedules make regular group class attendance difficult.

During these individualized sessions we will discuss your goals and create a program designed to meet your needs.

Member Fee: \$30/hour

Community Participant Fee: \$60/hour

**Book a 2-person Private Yoga Lesson and Save \$10 per person!**

Member Fee: \$40/hour

Community Participant Fee: \$100/hour

### TRX Suspension Training

Suspension training is a revolutionary method of leveraged bodyweight exercise that builds power, strength, flexibility, balance, mobility, and prevents injuries, all at the intensity you choose. Classes are conducted by a personal trainer in Studio C, with a maximum of 12 people per class.

Session I: September 6 to October 24

Session II: October 25 to December 19 (no classes Nov 21 to 26)

Monday, 9:00 to 9:45 am, Jeff Barnes

Monday, 5:15 to 6:00 pm, Jeff Barnes

Tuesday, 3:30 to 4:15 pm, Jessica Lawrence

Wednesday, 5:15 to 6:00 am, Doug O'loughlin

Wednesday, 5:30 to 6:15 pm, Jeff Barnes

Friday, 5:15 to 6:00 am, Jenny Baker

Member Fee: \$25/session

Community Participant Fee: \$50/session

### Life Management Center

Located on the second floor, the Life Management Center offers over 100 pieces of cardio and strength training equipment as well as a stretching area. For safety reasons, children under the age of 12 are not allowed in the Life Management Center. Youth ages 12 to 15 may workout with their parent or guardian, or on their own if they have completed the Youth Health & Wellness Program. Teens under age 16 are not allowed in the free weight area.

### Health & Wellness Orientation

Membership at the Y includes a FREE Health & Wellness Orientation. New members meet with a Life Management staff member who will set you up with a beginner fitness program that is right for you.

They will teach you about cardio, strength training principles, and the basics of stretching and flexibility. Registration is at the member services desk.

### Youth Health & Wellness Program

Designed for youth ages 12 to 15 that are interested in working out in the Life Management Center, this fun and informative program consists of three classes that provide teens with the knowledge and confidence necessary to safely exercise on their own.

Member Fee: \$19

Community Participant Fee: \$38



# HEALTHY LIVING

Improving the nation's health and well-being.

## HEALTH, WELL-BEING & FITNESS

Resources and guidance to maintain or improve physical activity, health and wellness.

### Healthy Lifestyles

#### Seminars

The Y is pleased to offer free seminars to our members and community participants. All seminars are held at the Y in the Multi-purpose Room.

#### Families Eating Healthy

Presenter: Dr. Oliver Clements

Making changes to your family's diet is not an easy task. Come and find out what it is you are actually feeding your body, specifically looking at how sugar and its different forms can affect us. Then learn some easy and practical ways to implement changes in your family that will provide them with lifelong health.

Thursday, October 6, 6:00 to 7:00 pm

#### National Diabetes Month: Living With Diabetes

Presenter: Louise Borzcik, Registered Dietician & Diabetes Educator

Almost everyone knows someone who is living with diabetes or is affected themselves. Unfortunately diabetes is one of the fastest growing epidemics in our society today. Louise will discuss exactly what diabetes is as well as the importance of diet and exercise, weight management and some healthy eating options.

Thursday, November 3, 6:00 to 7:00 pm

#### Surviving the Holidays

Presenter: Jessica France, Personal Trainer

'Tis the season for food temptations! Do you struggle eating healthy and staying physically active during one of our busiest times of the year, not to mention the cold weather. Then this class might be just what you are looking for. Jessica will offer helpful strategies and insight so that not only do you enjoy the holidays more, but you stay healthy too.

Thursday, December 1, 6:00 to 7:00 pm

### Spiritual Development

#### Prayer Group

For the Christian, prayer is our lifeline between us and God. We have the privilege of communicating our needs with a living God. If you feel lead, please join this group each Wednesday morning as we lift the needs of our Y, community, individuals, families, and our nation to our Lord. This group is open to all Y members.

Wednesday, 7:00 am, Health Enhancement Room (lower level)



# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## SOCIAL SERVICES

Training, resources and support to empower our neighbors to achieve to be healthy, confident and connected.

### Community Training & Resources

#### American Red Cross Babysitting Course

This program teaches teens safety in general and the safety of the children in their care. In a fun, interactive environment, participants will learn the responsibilities and qualities of being a good babysitter. Please bring your own lunch.

Age 11 to 14

Thursday, October 27 or Wednesday, December 27

9:00 am to 3:30 pm

Member Fee: \$50

Community Participant Fee: \$60

#### Facility Rental Opportunities

The Y offers several rental options of various rooms within our facility, subject to availability.

##### Board Room

Located on the main level, the board room seats up to 24 people.

Fee: \$20/hour; \$50/day

##### Multi-purpose Room

Located in the lower level, the multi-purpose room seats up to 80 people. The room may also be divided in half to seat up to 40 people.

Fee: Half-room: \$20/hour; Full-room: \$30/hour

##### Staff Room

Located in the lower level, the staff room seats up to 6 people.

Fee: \$10/hour; \$25/day

### Volunteerism & Giving

#### Financial Support

Financial assistance keeps the Y available for kids, individuals and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood.

Your investment in others through the Strong Kids campaign will have a long-lasting impact by providing financial support for programs like swimming lessons, or family nights, or membership assistance.

Become part of something great. To make a gift online, visit [www.YMCAstrongkids.org/wi](http://www.YMCAstrongkids.org/wi) or if you would like more information, please contact Greg Giles by phone at 920.921.3330 or email [ggiles@fdlymca.org](mailto:ggiles@fdlymca.org).

#### Volunteers

Volunteers are at the heart of the YMCA. We were founded by a volunteer, and we continue to be governed by volunteers. A great many of our programs for children, families and people with disabilities are only possible because of the incredible people in our community who volunteer their time.

The Fond du Lac Family YMCA could not function without the help of able, dedicated volunteers. There is something for all abilities at the Y. Some examples of volunteer opportunities include:

- Assistance with youth sports
- Child care
- Laundry and towel folding
- Fund-raising
- Governance

For a complete list of current open volunteer opportunities, visit the Volunteer Center website at [www.1-800-volunteer.org](http://www.1-800-volunteer.org).

If you have a few hours to spare and would like to help carry out the mission of the Y, please stop at the member services desk and request a Volunteer Application.

#### Volunteer Coaches Needed

Volunteer coaches are needed for all of our Youth Sports programs. Appropriate lesson plans and training are provided for the programs. This small investment of your time will have a great impact on the children enrolled in the program. If you are interested in volunteering as a coach or have any other questions on coaching, please contact J.J. Raflik, Senior Program Director, at [jraflik@fdlymca.org](mailto:jraflik@fdlymca.org).

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## ADVOCACY

Collaborations with policy makers, community leaders and private and public organizations to develop youth, prevent chronic disease, and build healthier communities and encourage social responsibility.

### Boys & Girls Club of Fond du Lac

Through a collaborative effort between the Y and Boys & Girls Club, we were able to bring to Fond du Lac a community center that allows us to serve children and families in one location.

The Y and Boys & Girls Club are committed to strengthening our community through programs that nurture the full potential of our youth, providing guidance and support to help them lead healthy and enriching lives. Working together, we are able to reach more kids and have a greater impact on the community than either organization could dream of doing alone.

As part of a full-paid Youth or Family YMCA membership, all youth in grades 1 to 12 receive a complimentary school year membership to the Boys & Girls Club of Fond du Lac. This entitles the child to participate in the Club afterschool program, based on space availability, and on days off and half-days of school.

Here are a few of the programs we have developed as a result of this revolutionary collaboration.

### Kidz Fit

Kidz Fit is a physical activity, nutrition and lifestyle program for elementary age children. This one hour class meets twice a week and emphasizes on strength, cardio vascular endurance as well as flexibility and balance. Every class also offers a discussion on basic nutrition.

The Kidz Fit concept is designed to engage young children in physical activity in order to combat the trend of obesity in younger generations. In addition, kids are introduced to simple fun and play through various games and group activities. The goal is to build healthy habits in children so that they reach their own goals and live an overall healthy lifestyle.

### Sports & Fitness

#### Yoga

Focusing on improving proper body alignment while increasing strength, flexibility, and range of motion, Yoga is a series of gentle static stretches and relaxation exercises.

#### Body Pump

A toning and conditioning class with weights, Body Pump combines strength training with an aerobic workout.

#### Strength Training & Cardio

This class utilizes the circuit training machines in the Life Management Center, then moves into Studio C for a cardio workout followed by abdominal exercises and stretching.

#### Group Cycling

Also referred to as Spin, this class simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding.



### Dance

Hip Hop and a variety of other dance classes are offered to children of all ages and skill levels throughout the year.

### Afterschool Sports

Twice a week we offer organized games of dodgeball and kickball after school for youth age 8 to 16.

### Open Swim

Throughout the week, children are given the opportunity to jump, splash and play in the Y pool, and slide down the water slide.

### Swim Lessons

During the school year, students at Riverside School were provided with free swim lessons through a joint collaboration with the Boys & Girls Club, Riverside and the Y.

### Racquetball Clinics

Free racquetball clinics are offered to middle school and high school Boys & Girls Club members.

### Day for Kids

This annual event allows kids and families from the Club to run and play at the Y free for the day.

### Corporate Challenge

Presented by the Boys & Girls Club and Fond du Lac Family YMCA

Are you looking for a great way to get your staff together in a social environment. Or do you want an opportunity to have fun with your coworkers. Maybe you could use some team-building skills to help your organization run more effectively.

If yes, then the 2011 Corporate Challenge is the event for you. This program is a series of physical and mental challenges designed to promote teamwork and, more importantly, fun and positive interaction among your staff members.

Corporate Challenge is set to begin in September so sign your business up today! Events consist of bowling, dodgeball, team pictinary, volleyball, 2-ball hotshot b'ball, and a trivia challenge.

For more information, call J.J. Raflik at the Y at 921.3330 or Dan Hebel at the Boys & Girls Club at 924.0530.

**2011-2012 Special Events**

**Lights On Afterschool**

**October 20, 2011**

Join 1 million Americans and 7,500+ communities nationwide in celebrating the afterschool programs that keep our kids safe, inspire them to learn and help working families. This community wide event is an open house held at the Johnsonville Boys & Girls Club. Bring your families and participate in various activities, while learning about all that Fond du Lac offers in afterschool programming.

**Boys & Girls Club Multicultural Event**

**February 16, 2011**

Experience the various cultures that are a part of the Fond du Lac community. Watch performances, sample ethnic foods and participate in make and take activities with your family. This event is open to the whole community and gives both Club members and community members a chance to show the uniqueness of their culture.



**Daily Schedule**

**K-5 Programs - Johnsonville, Chegwin, Pier**

Time	Activity
2:30 p.m. – 3:00 p.m.	Organized Play/Recreation
3:00 p.m. – 4:00 p.m.	Meal* and Organized Play
4:00p.m. – 4:45 p.m.	Homework Help and Tutoring
4:45 p.m. – 5:45 p.m.	Enrichment Programming
5:45 p.m. – 6:00 p.m.	Clean-Up and Member Pick-Up

\*Meal is a fully balanced, nutritious meal provided by Aramark.

**Johnsonville Club Teen Center**

Time	Activity
3:00 p.m. – 4:00 p.m.	Homework Help/Computer Tech.
4:00 p.m. - 4:30 p.m.	Organized Play/Recreation
4:30 p.m. – 5:30 p.m.	Meal and Clean-Up
5:30 p.m. – 6:30 p.m.	Enrichment Programming
6:30 p.m. – 8:00 p.m.	Organized Play/Recreation



**Club Locations**

Johnsonville Club  
76 West 2nd Street  
Fond du Lac, WI 54935  
Phone: 920-924-0530  
Fax: 920-926-7652  
Contact: Pam Atkinson

Chegwin Afterschool Clubhouse  
109 East Merrill Avenue  
Fond du Lac, WI 54935  
Phone: 920-906-6700 EX: 4029  
Contact: Kari Baker

CD Smith Teen Center  
76 West 2nd Street  
Fond du Lac, WI 54935  
Phone: 920-924-0530  
Fax: 920-926-7652  
Contact: Kevin Miles

Pier Afterschool Clubhouse  
259 Old Pioneer Road  
Fond du Lac, WI 54935  
Phone: 920-906-6700 EX: 5310  
Contact: Destiny Sorensen

**Schools and Grades Served**

**Johnsonville Afterschool Clubhouse:** Grades 1-5  
Evans\* Parkside\* Waters Lakeshore  
Roberts Riverside\* Rosenow

**Chegwin Afterschool Clubhouse:** Grades 1-5  
Chegwin

**Pier Afterschool Clubhouse:** Grades K-5  
Pier

**Johnsonville Teen Center:**  
Woodworth\* Theisen\* Sabish\* FDL Central WLA  
FDL High St. Mary's Middle School St. Mary's Springs

\* Denotes schools that BGC provides transportation from. Schools without that notation do not have transportation, and families/members would be responsible for transportation to the program location. Also, current transportation routes are based on availability and need. These patterns are always subject to change as the availability of vans, funding, staffing, or regular attendance is not constant.

**Registration Information**

Registration for the afterschool programs starts August 1. You may sign your child up for the Johnsonville Clubhouse, Chegwin Clubhouse, Pier Clubhouse and the teen center by visiting the Johnsonville Clubhouse. You may also sign your child up at the August Open Houses at the following schools: Parkside, Evans, Riverside, Chegwin, Sabish, Theisen, and Woodworth. All parents of elementary aged children must attend an orientation at the beginning of the school year.

Membership forms are available on our website at [www.kidsclubfdl.org](http://www.kidsclubfdl.org).

**Membership Fees**

\$20 per child / \$40 family maximum

**Afterschool Program Dates and Hours**

Program Dates:  
September 1st - May 25th

Program Hours:  
Johnsonville Afterschool Clubhouse 2:30PM - 6:00PM  
Teen Center 3:00PM - 8:00PM  
Chegwin Afterschool Clubhouse & Pier Afterschool Clubhouse 2:30PM - 5:30PM

Program Hours on Days off of School:  
All sites attend Johnsonville Clubhouse 9:00 AM - 5:00 PM



## Mission Statement

The Boys & Girls Club of Fond du Lac is dedicated to guiding and supporting all youth, especially those from disadvantaged circumstances, toward the discovery and fulfillment of their individual potential.

## Vision Statement

To promote and support the community's investment in life, enriching opportunities for all.

## WHAT WE DO

### Education & Career Programs

These programs help youth create aspirations for the future, providing opportunities for career exploration and educational enhancement.

- **BE GREAT: Graduate** This program uses the early warning signals -- attendance, behavior and course failure -- to identify youth at risk of dropping out of school.
- **Power Hour: Making Minutes Count** Power Hour: Making Minutes Count provides Club professionals with the strategies, activities, resources and information to create an engaging homework help and tutoring program that encourages Club members at every age to become self-directed learners.
- **CareerLaunch** CareerLaunch is a career exploration and mentoring program for teens ages 13-18.

### Character & Leadership Programs

Helping youth become responsible, caring citizens and acquire skills for participating in the democratic process is the main thrust of these programs. They also develop leadership skills and provide opportunities for planning, decision-making, contributing to Club and community and celebrating our national heritage.

- **Torch Clubs** Torch Clubs are chartered, small-group leadership and service clubs for boys and girls ages 11 to 13. A Torch Club is a powerful vehicle through which Club staff can help meet the special character development needs of younger adolescents at a critical stage in their life.
- **Keystone** Keystoning is the Boys & Girls Club Movement's ultimate teen program. This unique leadership development experience provides opportunities for young people ages 14 to 18.

### Health & Life Skills

These initiatives develop young people's capacity to engage in positive behaviors that nurture their own well-being, set personal goals and live successfully as self-sufficient adults.

- **NetSmartz** NetSmartz teaches Internet safety skills through engaging multimedia activities and offline interaction with Club professionals in three age-appropriate groups.
- **Healthy Habits: A Triple Play Program** Designed to incorporate healthy living and active learning in every part of the Club experience, Healthy Habits emphasizes good nutrition, regular physical activity and improving overall well-being.

### The Arts Programs

Programs in this core area enable youth to develop their creativity and cultural awareness through knowledge and appreciation of the visual arts, crafts, performing arts and creative writing.

- **DramaMatters Afterschool** DramaMatters Afterschool is a drama education program for Clubs that encourages members ages 6 to 18 to engage in hands-on activities. Drama education builds self-confidence, sparks creativity and boosts academic achievement.
- **National Fine Arts Exhibit Program** This year-round program encourages artistic expression among Club members ages 6 to 18 through drawing, painting, printmaking, collage, mixed media and sculpture displayed at local and regional exhibits.

### Sports, Fitness and Recreation

These Club programs help develop fitness, a positive use of leisure time, reduction of stress, appreciation for the environment and social and interpersonal skills.

- **Triple Play: A Game Plan for Mind, Body and Soul** Triple Play, a comprehensive health and wellness program, strives to improve the overall health of Club members ages 6-18 by increasing their daily physical activity, teaching them good nutrition and helping them develop healthy relationships.