



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# HELPING YOU LIVE BETTER

FOND DU LAC FAMILY YMCA

2017 SPRING & SUMMER PROGRAM GUIDE | APRIL THROUGH AUGUST

Registration for Members begins Tuesday, March 21<sup>st</sup>, Community Participants begins Tuesday, March 28<sup>th</sup>

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

# PROGRAMS FOCUSED ON HEALTHY LIVING



My promise to my family when I took this job as CEO at the Fond du Lac Family YMCA in September of 2003, was to find ways to make the YMCA a connected part of this community through programs that are impactful in the lives of those we touch. Fourteen years later we are really starting to see that approach compound itself in all of the collaborative programs we offer at the Y.

Our collaborative spirit took flight about 7 years ago when the Y and the Boys and Girls Club came together to serve a greater good for the community. Since that time, the YMCA has continued to find other ways to partner in order to make Fond du Lac a healthy community. From youth sports to aquatics, and fitness classes to support groups, the Y continues to look at ways to strengthen the health and wellbeing of individuals, families and the community as a whole, by listening to what the needs are and finding ways to approach those needs through programs focused on healthy living.

During the last year the Y started programs like LIVESTRONG at the YMCA and Cardiac Rehab III as a way to help those in need regain their health. The Y has partnered with local physicians in order to provide coaching support for individuals looking to improve their health. The Y is all about community and through your support as members, community participants and donors we can collectively make a difference. Thanks for being a part of something bigger.

Yours in Service,

Greg Giles  
Executive Director/CEO

## WHAT'S INSIDE

|   |       |   |           |
|---|-------|---|-----------|
| Program Registration, Child Watch & Hours of Operation..... | 3     | Child Care Services .....   | 15        |
| Membership Information .....                                | 4     | Preschool Enrichment .....  | 16-17     |
| Membership Rates.....                                       | 5     | Youth Flag Football, Tee Ball, Racquetball & Home School P.E..... | 18        |
| Membership Information .....                                | 6     | Youth Cheer, Fitness, Middle School Nights & Just Play.....       | 19        |
| Facility Rental & Birthday Parties .....                    | 7     | Youth Sports Camps .....  | 20        |
| Advocacy & Collaborations.....                              | 8     | Summer Leagues & Adult Sports & Recreation .....                  | 21        |
| Annual Campaign .....                                       | 9     | Gymnastics .....  | 22-23     |
| Employment, Volunteerism & Spiritual Development .....      | 10    | Healthy Living .....  | 24        |
| Senior Programming.....                                     | 11    | Personal Training.....  | 25        |
| Swim Lessons.....   | 12-13 | Group Land & Water Fitness Classes & LES MILLS GRIT.....          | 26-27     |
| Community Training .....                                    | 14    | Special Events.....   | 28-29     |
|   |       | Boys & Girls Club Information.....                                | 30-31     |
|   |       | Board of Directors & Management Staff .....                       | Back Page |

## Program Session Dates

### Spring Session I :: April 17 – May 27

(no classes May 27, Make-up date is June 3)

### Summer Session I :: June 19 – July 20

(no classes will be held the week of July 3-7)

### Summer Session II :: July 24 – August 17

Actual session dates may vary by program area; please refer to class schedule for applicable session dates.

## Registration Dates:

### Spring Session I

Y Members :: Tues, March 21 – Wed, April 12

Community Participants :: Tues, March 28 – Wed, April 12

### Summer Session I

Y Members :: Tues, March 21 – Wed, June 14

Community Participants :: Tues, March 28 – Wed, June 14

### Summer Session II

Y Members :: Tues, March 21 – Wed, July 19

Community Participants :: Tues, March 28 – Wed, July 19

Registration for all programs is in person at the Y, or online registration is available for most programs at [fdlymca.org](http://fdlymca.org). An active account and email address is required for online registration. Phone-in or mail-in registrations are not accepted.

## Program Cancellations

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.

## Fitness Class Cancellations

The Y reserves the right to cancel fitness classes at any given time. In the event of a cancellation, information will be posted on the Fond du Lac Family YMCA's Facebook page, the homepage of our website, [fdlymca.org](http://fdlymca.org), on signage outside of Fitness Studios, or via push notifications from the Fond du Lac YMCA app.

## Child Watch Drop-off

### **WE'LL WATCH YOUR KIDS WHILE YOU FOCUS ON YOU.**

Located off the main lobby of the Y, Child Watch is an on-site, drop-off babysitting service for children ages 6 weeks to 8 years. This service is available to our members and community participants while they are working out at the Y.

Hours and pricing are available on our website at [fdlymca.org](http://fdlymca.org).

### **NEW! EARLY MORNING SUMMER PROGRAM**

Looking for a safe place for your child to go before the Boys & Girls Club opens? Register for our new program at the Y! From 7:00-9:00am we will have a room available supervised by Y staff to watch your child(ren) and activities to keep them occupied until it's time to go over to the Club.

Fee: \$100 for Y/Club members  
Dates: June 12 – August 18

## Hours of Operation

| BUILDING HOURS   | Winter               | Summer               |
|------------------|----------------------|----------------------|
|                  | Through May 28, 2017 | May 29-Sept 24, 2017 |
| Monday to Friday | 5:00 am to 10:00 pm  | 5:00 am to 9:00 pm   |
| Saturday         | 6:00 am to 6:00 pm   | 6:00 am to 4:00 pm   |
| Sunday           | 9:00 am to 4:00 pm   | 9:00 am to 2:00 pm   |

All program areas close 15 minutes prior to building close, including the gyms, racquetball courts and Life Management Center.

| POOL HOURS       | Winter               | Summer               |
|------------------|----------------------|----------------------|
|                  | Through May 28, 2017 | May 29-Sept 24, 2017 |
| Monday to Friday | 5:00 am to 9:00 pm   | 5:00 am to 8:45 pm   |
| Saturday         | 6:00 am to 5:45 pm   | 6:00 am to 3:45 pm   |
| Sunday           | 9:00 am to 3:45 pm   | Closed               |

### Winter Membership Hours

Monday to Thursday..... 8:15 am to 8:00 pm  
Friday..... 8:15 am to 7:00 pm  
Saturday..... 9:00 am to 2:00 pm

### Summer Membership Hours

Monday to Thursday..... 8:00 am to 7:00 pm  
Friday..... 8:00 am to 6:00 pm  
Saturday..... 9:00 am to 12:00 pm

### Holiday Hours

The Y will observe the following hours during the upcoming holidays:  
April 16 (Easter)..... Closed  
May 29 (Memorial Day)..... Closed  
July 4 (Independence Day)..... Closed  
September 4 (Labor Day)..... Closed

## The Y is for All!

Every year, members and friends of the Y come together to make a difference.



The Annual Campaign is the Y's yearly appeal to raise funds that provide financial assistance to those individuals and families who otherwise could not afford a membership. Funds support YMCA programs and services for youth and adults and offer community outreach programs that help to strengthen Fond du Lac and surrounding areas. These opportunities make a difference in people's lives every day.

When you see the Annual Campaign symbol, it notates programs and events that are supported by these campaign funds, as well as the youth programs in which Annual Support scholarship funds are available to participants.

# MEMBERSHIP INFORMATION

Any person, regardless of religion or creed, may become a member of the Y. A membership card is issued to every member age 8 years and older, which must be presented at the Welcome Center Desk each time you enter. Children under age 8 may participate as part of a family membership.

A Family membership is defined as one adult, or two adults in a committed relationship, and dependent children less than age 19, unless child is a full-time college student under age 25, 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.

The Joiner Fee is paid upon joining the Y by all new members, defined as any person who has not been a member of a YMCA 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 \$30 fee is charged for all returned checks or NSF bank draft.

## SILVER&FIT® PROGRAM

Health plans offer the Silver&Fit program to eligible Medicare Advantage/Supplement beneficiaries and group retirees. It can help you improve the quality of your life. As a Silver&Fit® member, you'll get to work out more, meet new friends, and be more social.

## 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.

## MEMBER REFERRAL

### Refer A Friend And Earn \$20 In Y-Bucks!

Here's how it works:

1. As a current Y member, you invite a friend to join by giving him or her a referral form found at the Welcome Center Desk.
2. Your friend brings the referral form to the Y when he or she joins.
3. If your friend joins, you receive \$20 in Y-Bucks to be used towards program registrations, Child Watch punch cards or GRIT punch cards (see full rules at [www.fdlmca.org](http://www.fdlmca.org)).

## 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 time of 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.

## Financial Assistance

We're proud to ensure that the YMCA is accessible to all, giving everyone an opportunity to learn, grow and thrive. Through our Annual Support Campaign, financial assistance is provided for YMCA programs and membership to those in need.

Any individual or family whose total combined **gross household income is less than \$45,000 per year** may qualify for financial assistance, dependent upon household size. A sliding scale is used to determine how much assistance is awarded.

## MEMBERSHIP CHANGES/CANCELLATION

Cancellation of membership requires a minimum of ten (10) days written notice prior to the monthly draft date.

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 submit a new Bank Draft Agreement form a minimum of **ten (10) days prior** to their next draft date and provide a voided check or bank issued savings card for the new bank account.

## MEMBERSHIP HOLDS

Members may put their membership on hold for up to three (3) months during any calendar year for major medical reasons with a doctor's excuse, a family emergency or if leaving the area for an extended period of time (snowbird or reverse snowbird). Membership privileges are revoked while your membership is on hold.

## DAY PASSES

Guests are welcome to purchase daily or monthly use passes that are available. Guests 16 years and older **must present a photo ID** each time they enter the Y. Availability of purchasing a day pass may be limited on certain days. **Day or monthly guest pass rates are available on our website at [fdlmca.org](http://fdlmca.org).**

## Guest Requirements

- Guest must provide valid photo identification (driver's license or student ID) and emergency contact information
- Guest must register at the Welcome Center and sign the Guest Waiver for using the facility
- Youth guests younger than age 8 must have an adult (16 or older) remain at the Y with the youth guest at all times.
- Guests must adhere to all Y policies and usage guidelines or they will be asked to leave the facility.

## Grandparents

Y members who have grandchildren may bring their grandchildren to the Y as guests. Grandchildren ages 0-7 will be allowed in with a grandparent at no charge. Grandchildren ages 8 and up will pay the appropriate Day Pass rate if they are not Y members. Grandparents who are not Y members, who bring their grandchildren to the Y, must pay the appropriate Day Pass rate for their grandchildren ages 4 and up (3 and under are free), or may purchase a Family Day Pass to use for the day.

## KEEPING YOU CONNECTED

### Download our New Mobile APP!

We are excited to launch our new mobile app, which has great features to help you make the most of your membership. Available in the Android & Apple markets! Download the app by searching for "Fond du Lac YMCA".



# MEMBERSHIP RATES

## BANK DRAFT PLAN—JOINER FEE INCLUDED

Pay your joiner fee over 12 consecutive months

| Membership Type                                  | Initial Monthly Member Rate for 12 consecutive months | Monthly Member Loyalty Rate after 12 consecutive months | Paid at time of joining        |
|--|---|---|--------------------------------|
| Youth (age 8-18)                                 | \$21.99   | \$19.99   | Prorated 1 <sup>st</sup> month |
| Young Adult (age 19-24)                          | \$29.99   | \$25.99   | Prorated 1 <sup>st</sup> month |
| Adult (age 25-64)                                | \$47.99   | \$41.99   | Prorated 1 <sup>st</sup> month |
| Senior (age 65+)                                 | \$41.99   | \$35.99   | Prorated 1 <sup>st</sup> month |
| Family/Household                                 | \$65.99   | \$57.99   | Prorated 1 <sup>st</sup> month |
| Senior Family/Household (primary member age 65+) | \$59.99   | \$51.99   | Prorated 1 <sup>st</sup> month |

The Bank Draft Plan with joiner fee included is a continuous membership plan made through an automatic monthly bank draft. The joiner fee is divided over 12 months and is added to the monthly member loyalty rate for 12 consecutive months. After 12 months, the rate will drop and members will pay the regular monthly member loyalty rate. First month rate is prorated based on join date. A voided check or bank issued letter is required to establish Bank Draft Plan with joiner fee included.

## BANK DRAFT PLAN

Joiner fee paid at time of joining

| Membership Type                                  | Joiner Fee | Monthly Member Loyalty Rate | Paid at time of joining                     |
|--|------------|-----------------------------|---|
| Youth (age 8-18)                                 | \$24       | \$19.99                     | Joiner fee + prorated 1 <sup>st</sup> month |
| Young Adult (age 19-24)                          | \$48       | \$25.99                     | Joiner fee + prorated 1 <sup>st</sup> month |
| Adult (age 25-64)                                | \$72       | \$41.99                     | Joiner fee + prorated 1 <sup>st</sup> month |
| Senior (age 65+)                                 | \$72       | \$35.99                     | Joiner fee + prorated 1 <sup>st</sup> month |
| Family/Household                                 | \$96       | \$57.99                     | Joiner fee + prorated 1 <sup>st</sup> month |
| Senior Family/Household (primary member age 65+) | \$96       | \$51.99                     | Joiner fee + prorated 1 <sup>st</sup> month |

The Bank Draft Plan is a continuous membership plan made through an automatic monthly bank draft. Joiner fee is paid at time of joining along with the prorated first month rate, based on join date. The monthly member loyalty rate is withdrawn from your bank account thereafter. A voided check or bank issued letter is required to establish a continuous membership plan.

## ANNUAL MEMBERSHIP PLAN

Annual payment and joiner fee paid in full at time of joining

| Membership Type                                  | Joiner Fee | Annual Payment | Paid at time of joining |
|--|------------|----------------|-------------------------|
| Youth (age 8-18)                                 | \$24       | \$239.88       | \$263.88                |
| Young Adult (age 19-24)                          | \$48       | \$311.88       | \$359.88                |
| Adult (age 25-64)                                | \$72       | \$503.88       | \$575.88                |
| Senior (age 65+)                                 | \$72       | \$431.88       | \$503.88                |
| Family/Household                                 | \$96       | \$695.88       | \$791.88                |
| Senior Family/Household (primary member age 65+) | \$96       | \$623.88       | \$719.88                |

Annual payment and joiner fee is paid in full at time of join by cash, check, Discover, 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 for more than 30 days, the joiner fee must be paid again.** All membership fees are non-refundable and non-transferable.

Membership rates are subject to change at any time at the discretion of the Fond du Lac Family YMCA. A \$30 fee is charged for all returned checks or NSF bank draft.

# MEMBERSHIP INFORMATION

## JOINING THE CAUSE

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 our neighbors. As a member, you will create meaningful change not just for you, but also for your community.

Among our offerings:

- 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 over 100 free weekly group fitness classes
- Twelve LES MILLS™ group fitness classes available
- Personal Training room
- Family Fitness Center, offering WELLBEATS™ virtual fitness class options
- Discounted program fees and priority registration
- Free youth and adult health and wellness orientations
- Free 12-week Healthy Living Exercise Program
- Child Watch drop-off babysitting service
- Multi-purpose room for special events and programs
- Separate locker rooms for adult men, adult women, boys, girls, and family/special needs
- Licensed Child Care Center with on-site Fond du Lac Public School District 4K program
- Collaboration with Boys & Girls Club of Fond du Lac offers a \$20 voucher to youth in grades 1 to 12 with a full-paid youth or family YMCA membership
- Volunteer opportunities
- Financial assistance for membership or programs

## TOUR OUR FACILITY

If interested in receiving a tour of the Fond du Lac Family YMCA, stop by our Welcome Center Desk during business hours and we will gladly give you a tour.

## 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 Welcome Center 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 Welcome Center desk for \$7 each. A Lost & Found is located at the Welcome Center desk.

## FACILITY USE GUIDELINES

- All members must present their membership card at the Welcome Center desk each time they enter. Guests must register with Member Services to gain access. **Guests 16 years and older must present a photo ID.**
- All persons using the Y are expected to behave in a way that shows respect, responsibility, honesty, 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.
- 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 11 are not allowed in the Life Management Center, and teens under age 16 are not allowed in the free weight area.
- Youth ages 11 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 successfully completed the Youth Fitness Program.
- Carrying any concealed 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 building close, including the gyms, racquetball courts and Life Management Center. Check Pool Hours for pool times.
- The Y reserves the right to take photographs and videos of members and guests participating in YMCA activities to be used in promotional literature.
- 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 and guests 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.

## LOCKER ROOM USE

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 in adult locker rooms at any time.

Family locker room is for use by an adult with small children of the opposite gender and people with special needs only. Adults with children of the same gender and anyone under age 18 are to use the appropriate Boy's or Girl's locker room.

**THE USE OF CELL PHONES OR CAMERAS OF ANY KIND IS PROHIBITED IN THE LOCKER ROOMS.**

Lockers are for daily use only, and unauthorized locks left overnight will be cut and the contents removed. Kit lockers in the Men's and Women's locker rooms may be rented for a fee of \$4 per month, or \$48 annually.

## FACILITY RENTAL OPPORTUNITIES

The Y and Boys & Girls Club offer several rental options of various rooms within our facility, subject to availability.

**Meeting Room** | Located on the main level of the Y, the meeting room seats up to 24 people. This space is ideal for staff or board meetings, group trainings, seminars or presentations, and much more.

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

**Multi-Purpose Room** | Located in the lower level of the Y, this space is perfect for large group meetings, seminars or activities. This room seats up to 80 people or can be divided in half to seat up to 40 people. (not available Saturdays or Sundays during birthday party times, 11:15 am - 4:00 pm)

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

**Staff Room** | Located in the lower level of the Y, the staff room seats up to 6 people.

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

**Teen Center** | Located in the Boys & Girls Club, this space is perfect for birthday parties, graduation parties, family gatherings, office parties and much more. Complete access to all Teen Center equipment including table games, video game systems, computer and projector, etc. Contact Karissa Schneider at the Club at 920.924.0530 ext. 353 or email [kschneider@kidsclubfdl.org](mailto:kschneider@kidsclubfdl.org) for more information.

Fee: \$50/hour for YMCA or BGC members  
\$75/hour for community members

**Party Rental** | We offer a full room rental on weekends to accommodate for the following—baby showers, bridal showers, graduations, first communions and confirmations. This room seats up to 80 people. Contact MaryAnn Schwark at 920.921.3330 ext. 349 or email [mschwark@fdlymca.org](mailto:mschwark@fdlymca.org) for more information.

Room rental only (offered year round)

Fee: \$160 for members \$320 for community members

Room rental and use of the facility, including gym & pool\*  
\*(offered only during winter hours)

Fee: \$240 for members \$480 for community members

# CELEBRATE WITH US

## Host your next birthday party at the YMCA!



### OPTION 1—Fond du Lac Family YMCA

| Days/Times                            | 2 hours       | 3 hours       |
|---------------------------------------|---------------|---------------|
| Saturday<br>(Available all year long) | 1:00-3:00 pm  | 12:30-3:30 pm |
| Sunday<br>(Available October-May)     | 12:00-2:00 pm | 12:00-3:00 pm |

| Fees                  | 2 hours | 3 hours |
|-----------------------|---------|---------|
| Member                | \$80    | \$120   |
| Community Participant | \$160   | \$240   |

Prices are for a maximum of 20 children and 20 adult chaperones.

### OPTION 2—Fond du Lac Family YMCA plus the Boys & Girls Club Teen Center

| Days/Times                            | 2 hours       | 3 hours       |
|---------------------------------------|---------------|---------------|
| Saturday<br>(Available all year long) | 1:00-3:00 pm  | 12:30-3:30 pm |
| Sunday<br>(Available October-May)     | 12:00-2:00 pm | 12:00-3:00 pm |

| Fees                  | 2 hours | 3 hours |
|-----------------------|---------|---------|
| Member                | \$120   | \$180   |
| Community Participant | \$240   | \$360   |

Prices are for a maximum of 20 children and 20 adult chaperones.

### OPTION 3—YMCA Gymnastics & Program Center

| Days/Times                        | 2 hours       | 3 hours       |
|-----------------------------------|---------------|---------------|
| Sunday<br>(Available October-May) | 12:00-2:00 pm | 12:00-3:00 pm |

| Fees                  | 2 hours | 3 hours |
|-----------------------|---------|---------|
| Member                | \$80    | \$120   |
| Community Participant | \$160   | \$240   |

Prices are for a maximum of 10 children and 4 adult chaperones. Minimum age requirement is 6 years old.

**CHILD MUST BE A Y MEMBER OR LIVE IN THE SAME HOUSEHOLD OF A Y MEMBER TO RECEIVE MEMBER RATE.**

**ALL PARTIES MUST BE BOOKED AT LEAST 2 WEEKS IN ADVANCE.**

To learn more about the Y's birthday parties go to [fdlymca.org](http://fdlymca.org).

To make birthday party arrangements, please stop in at the Y Welcome Center to fill out the birthday party agreement form.

For more information about Y birthday parties, contact MaryAnn at 920.921.3330 ext. 349 or email [mschwark@fdlymca.org](mailto:mschwark@fdlymca.org).

# ADVOCACY & COLLABORATION

Through strong community collaborations and partnerships, the Y works to meet the needs of the community and those we serve through a variety of avenues and opportunities.

## Boys & Girls Club of Fond du Lac

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. All youth in grades 1 to 12 with a full-paid YMCA membership receive a \$20 voucher towards the Club, entitling the child to participate in the Club afterschool program (based on space availability), and on days off and half-days of school.



A few of the other programs we have developed as a result of this revolutionary collaboration include Just Play, a free afterschool program that encourages youth to stay active by doing some sort of physical activity, Y5210, a physical activity, nutrition and lifestyle program for children in third grade, Teen fitness classes, and monthly family strengthening events. Forms available at the Y Welcome Center Desk.

## Fond du Lac Area School District

The YMCA Child Care Center is a community partner site for the Fond du Lac School District 4-year-old kindergarten (4K) program, which is a free, half-day, experience for children that are 4 years old by September 1 and are a Fond du Lac School District resident or have completed the Open Enrollment form.



## Well City Fond du Lac Initiative

The YMCA is part of a coalition of Fond du Lac area businesses working with Fond du Lac Area Businesses on Health (FABOH) to achieve a Well City designation. The program seeks to enhance employee wellness while reducing healthcare costs.

To receive a Well City designation, at least 20 employers – or about 6,000 employees – need to meet wellness program requirements set by the Well Council of America (WELCOA). The YMCA is a proud winner of the WELCOA Gold Award which Recognizes organizations developing comprehensive programs producing results.



## Agnesian HealthCare

The Fond du Lac Family YMCA and Agnesian HealthCare collaborate to offer on-site physical therapy services – conveniently located at the Y!

A physical therapist with the Agnesian HealthCare Sports, Spine & Work Center, sees patients at the Y, helping to get them back to doing the things they love most. Whether recovering from an injury, learning how to prevent future or reoccurring injuries, or interested in enhancing overall fitness and sports performance, personalized care is given to patients. Available on Tuesdays and Thursdays from 7:00 a.m. to 6:30 p.m. with services available to both Y members and non-members. To learn more or to schedule an appointment, call 920.923.7940.



## Living Well FDL Coalition

The Living Well FDL coalition is a combination of the Healthy Kids & Community Coalition as well as additional key stakeholders in the Fond du Lac community. The coalition is comprised of individuals representing multiple sectors within Fond du Lac county, including healthcare, education, business, parents, not-for-profit agencies, recreation/fitness, and government. As community volunteers, the coalition is working to positively affect community wellness, by promoting and facilitating system changes in order to make it easier for Fond du Lac residents to live a healthier lifestyle.



As was evidenced by the key findings in the most recent County Health Priorities Survey, obesity remains a top concern in Fond du Lac County with 30% of residents being obese. The goal of the coalition is to increase the number of people in our county who are at a healthy weight for their height.

## Healthy Living Starts at the Y

At the Y, we are committed to helping kids, and their families, to get healthier. Y5210 was developed to encourage children to make healthy choices in order to decrease their risk of obesity and improve their health. Although the program was originally developed for children, the core principals can be applied to all ages.

The Y5210 program recommends that each day people should have at least:

- 5 servings of fruits or vegetables
- 2 hours or less of "screen time"
- 1 hour or more of physical activity
- 0 sugar-sweetened drinks



## Girls on the Run

Girls on the Run is a 501c3 youth development program with a mission to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The 24-lesson curricula empowers girls with a greater sense of self-awareness, a sense of achievement, a foundation in team building and a commitment to enhancing their communities, all in order to help them become strong, content, healthy, confident women.

Girls on the Run of Fond du Lac is proud to be partnering with the Fond du Lac School District, Fond du Lac School District Recreation Department, Fond du Lac Family YMCA, Boys & Girls Club of Fond du Lac and Women's Fund of the Fond du Lac Area Foundation.





Annual Campaign



# GIVE THE GIFT OF BELONGING

When you donate to the Y, you're supporting programs and services that help strengthen your community. Give for a better us.

The Y.™ For a better us.™

[www.fdlymca.org](http://www.fdlymca.org)

## TOGETHER, WE CAN CREATE A BETTER US

The Y is a positive force in this community. Together, we take on the challenges that shape our community's future. From financial assistance to youth programs... **LIVESTRONG** at the Y to Parkinson's Disease Exercise program... Free Middle School Nights to Free Swim Lessons... everything the Y does is in service of building a better us.

Every day, our community faces new challenges that create a greater need for the work we do. Because you believe everyone has the power to make their lives and community better, we are able to open our doors to all. Your support makes a better us possible. YMCA donors, volunteers, members, and partners like you make the difference. Your gift can help Fond du Lac and everyone in it shine.

For more information please contact Kim Laws, Director of Financial Development, at [klaws@fdlymca.org](mailto:klaws@fdlymca.org).

For a better you. For a better community. For a better Fond du Lac. **The Y.™ For a better us.™**

### Your tax deductible donation:

- **Ensures** our children's safety by providing swim lessons.
- **Connects** families by providing a year-round healthy place to play.
- **Builds** self-confidence in a child as she participates in youth sports programs.
- **Helps** a senior maintain flexibility, strength and balance through yoga.

## OUR COMMUNITY IS BETTER BECAUSE OF YOU

Please return the completed form to:  
**FDL Family YMCA, Attn: Kim Laws**  
90 W. Second Street  
Fond du Lac, WI 54935

\$2500.00     \$1000.00     \$500.00     \$250.00     \$150.00     \$25.00     Other \$ \_\_\_\_\_

(36"x60" Banner)    (36"x48" Banner)

Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
E-mail \_\_\_\_\_

Check Enclosed Ck # \_\_\_\_\_  Cash  
 Credit Card  Visa  Mastercard  Use account currently on file  
Acct # \_\_\_\_\_ Exp Date \_\_\_\_ / \_\_\_\_ CVV # \_\_\_\_\_  
 Bank Draft  Use account currently on file  
Acct # \_\_\_\_\_ Routing # \_\_\_\_\_

Bill me starting \_\_\_\_\_  Monthly  Quarterly  In full

My employer has a gift matching program.

**\*ALL DONATIONS ARE TAX DEDUCTIBLE.**

# EMPLOYMENT

You'll find some of the best people around working for the Fond du Lac Family YMCA. Our employees are passionate about our mission, and can be found building positive relationships with members and non-members alike.

The Fond du Lac Family YMCA is a place where value-based behavior is the norm and you can expect to be treated with CARING, HONESTY, RESPECT and RESPONSIBILITY. The Y is an equal opportunity employer and welcomes a diverse workforce.

There are several different areas to work in at the Fond du Lac YMCA. Some of these areas are:

- Aquatics
- Building Supervising
- Child Care
- Fitness
- Life Management Center
- Maintenance
- Membership
- Welcome Center
- Youth Sports
- And many more!



The Fond du Lac Family YMCA offers a comprehensive wellness program to our employees and has been awarded the Gold Well Workplace Award by the Wellness Council of America. This has ranked our organization among America's Healthiest Companies.

For a list of current employment opportunities, visit [www.fdlymca.org/employment-opportunities](http://www.fdlymca.org/employment-opportunities). If interested in applying for a position, please stop in to pick up an application at the Welcome Center desk. All applications will be kept on file for one year.

For any further questions regarding employment opportunities, please contact Kristel Lougher, Human Resources Director, at 920.921.3330 ext. 326 or [klougher@fdlymca.org](mailto:klougher@fdlymca.org) or view our employment opportunities at [fdlymca.org](http://fdlymca.org).

The Fond du Lac Family YMCA is an equal opportunity employer.

# SPIRITUAL DEVELOPMENT

## Spiritual Nourishment Seminars

The Y is pleased to offer spiritual nourishment seminars free to our members and the community. Each seminar will meet at the Y from 12:15 to 1:00 pm. If you have 45 minutes, you've got time to feed not only your body but your soul as well. Feel free to bring a bag lunch.

March 28

Jeremy Thompson—Edgewood Community Church speaking on "Resolving Guilt & Shame"

## Prayer Group

For the Christian, prayer is our lifeline between us and God. If you feel led, please join this group as we lift the needs of our Y, community, individuals, and our nation to the Lord. This group is open to all Y members. **The Spiritual Enrichment Committee meets at various times during the month to pray.** If you would like to join us, contact Joyce Sasing at [jsasing@fdlymca.org](mailto:jsasing@fdlymca.org).

Location YMCA North Atrium Spiritual Corner

## Spiritual Nourishment Corner

The Spiritual Corner, located in the YMCA North Atrium, is a place for members seeking some quiet and restful time. It has Bibles and other Christian literature for our members to read while at the Y. There are also Daily Bread Booklets available to take home.

If you have a prayer need, please fill out a prayer request card and drop it in the Prayer Box. These requests are prayed for by the Y Spiritual Enrichment Committee.



# VOLUNTEERISM

## Volunteer Opportunities

Volunteers are at the heart of the YMCA. 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.

Some examples of volunteer opportunities include assisting with youth sports, child care, laundry and towel folding, fund-raising, and governance. Through volunteering, you can make a difference for our Y and the community as a whole.

If interested in volunteering, pick up a volunteer application at the Welcome Center Desk or contact Todd Hayes, Togetherhood Coordinator, at 920.921.3330 ext. 347, or email [volunteer@fdlymca.org](mailto:volunteer@fdlymca.org).



The YMCA Senior Programming classes and events welcome mature adults, AOA members, Silver&Fit®, SilverSneakers® members and seniors. Through physical activity, classes and social events, the YMCA Senior Programming provides you with a strong sense of belongingness and a network of friends who provide supportive communities for sustained health and well-being. On-going fun, safe, and engaging programs, activities, and events help to encourage older adults to take greater control of their health. For more information or questions, please contact Joyce Sesing, AOA Coordinator, at [jsesing@fdlymca.org](mailto:jsesing@fdlymca.org).

## Group Fitness Classes

AOA group 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 benefit 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 a class.

**Land Fitness** :: Tuesdays & Thursdays, 10:15 to 11:00 am  
Low impact workouts that incorporate weights, stretch bands and low intensity cardio. Classes held in the Community Gym.

**Water Fitness** :: Monday to Thursday, 11:15 am to 12:00 pm  
Water exercise helps develop strength, increase muscle tone and flexibility, and provides a great aerobic workout.

**Pickleball** :: Tuesdays & Thursdays, 11:00 am to 12:00 pm  
Thursdays, 9:00 am to 10:00 am

## Meet and Greet Days

The AOA group meets on various dates and times during the month to partake in a wide range of activities. All members interested in Senior Programming are encouraged to participate in activities such as the senior cook book, book club, Halloween party, crafts, potlucks, baseball game outing, Senior Prom, plays and so much more. **We are currently looking for cook book creators.**

Cribbage :: Tuesdays & Thursdays, 11:15 am

May 8 :: Lunch & Amish Spring Gardens

June 30 :: Timber Rattlers Baseball Game Outing  
(bus provided to and from the game)

## Mystery Tour

Join the AOA group for this exciting event! Where the tour goes, nobody knows, though you should expect to be entertained along the way! Details to be announced.

Tuesday, August 15 :: 8:00 am to 6:00 pm

## Birthday Celebrations

Once a month we will “embrace our age” for an evening of celebrating at a local eatery. The “Birthday Person” will be crowned and honored with balloons, candy and a homemade cake, complimented with good cheer of health and well wishes!



Spring/Summer Dates: May 18, June 15, July 20, August 10

## Anita’s Log Cabin MOTHER’S DAY OUTING

Thursday, May 11

12:00 pm – 3:30 pm



Come join us on this special day for lunch specials at Anita’s Log Cabin (210 N. Main St, Oakfield). We will finish off the afternoon playing cards with friends! Mothers will be honored with a small gift. Sign up for a fun afternoon at the Welcome Center Desk. Watch for more details and menu options to come!

## Schwarz’s Supper Club FATHER’S DAY OUTING

Thursday, June 22

Meet in the southeast corner of Festival Foods at 3:00 pm for carpooling

We will celebrate this special day enjoying a magnificent meal at Schwarz’s Supper Club in St. Anna (W1688 Sheboygan Road, New Holstein).

## Out to Lunch

The AOA group and others interested in YMCA Senior Programming gather at a local eatery at 12:30 pm to share food, fun and fellowship. Sign up at the Welcome Center Desk. **Locations to be determined.**



Spring/Summer Dates: May 2, June 6, July 11, August 1

## Book Club

Join us one Thursday of each month for our Book Club. Books will be provided. Each member will take a turn 1-2 times during the year to bring a snack for the group. Fabulous reads and group discussions!

Spring/Summer Dates: May 25, June 29, July 27, August 17

# SPRING SWIM LESSONS

Spring Session I: April 17 - May 27\*

6-week session

\*No classes May 27

Make-up date is June 3



|                  | Shrimp          | Perch | Pike | Eel | Ray | Starfish | Polliwog | Guppy | Minnow | Fish | Fly Fish | Shark | Special | Log Roll |
|------------------|-----------------|-------|------|-----|-----|----------|----------|-------|--------|------|----------|-------|---------|----------|
| <b>MONDAY</b>    | 4:00pm          | X     |      |     |     |          |          |       |        |      |          |       |         |          |
|                  | 4:25pm          |       |      | X   |     |          | X        |       |        |      |          |       |         |          |
|                  | 5:00pm          |       |      |     | X   | X        |          |       |        |      |          |       |         |          |
|                  | 5:20pm          |       |      |     |     |          |          |       |        | X    |          |       |         |          |
|                  | 5:35pm          |       |      | X   |     | X        |          |       |        |      |          |       |         |          |
|                  | 6:10pm          |       |      | X   | X   |          |          | X     |        |      |          |       |         |          |
|                  | 6:45pm          |       |      |     |     |          | X        |       |        |      |          | X     |         |          |
| <b>TUESDAY</b>   | 5:10pm          |       |      | X   |     | X        | X        |       |        |      |          |       |         |          |
|                  | 5:30pm          |       |      |     |     |          |          | X     | X      |      |          |       |         |          |
|                  | 5:45pm          |       |      | X   |     | X        |          |       |        |      |          |       |         |          |
|                  | 6:20pm          |       |      |     | X   |          | X        |       |        |      | X        |       |         |          |
|                  | 7:15pm          |       |      |     |     |          |          |       |        |      |          | X     |         |          |
| <b>WEDNESDAY</b> | 9:00a           |       |      | X   |     |          |          |       |        |      |          |       |         |          |
|                  | 9:35a           |       |      |     |     | X        |          |       |        |      |          |       |         |          |
|                  | 10:10a          |       |      | X   |     |          |          |       |        |      |          |       |         |          |
|                  | 10:45a          |       |      |     |     | X        |          |       |        |      |          |       |         |          |
|                  | 4:00pm          | X     |      |     |     |          |          |       |        |      |          |       |         |          |
|                  | 4:25pm          |       |      | X   |     |          |          |       |        |      |          |       | X       |          |
|                  | 4:30pm          |       |      |     |     |          |          |       | X      |      |          |       |         |          |
|                  | 5:00pm          |       |      |     | X   |          |          |       |        |      |          |       |         |          |
|                  | 5:20pm          |       |      |     |     |          |          |       |        | X    |          |       |         |          |
|                  | 5:35pm          |       |      | X   |     |          |          |       |        |      |          |       |         |          |
|                  | 6:10pm          |       |      |     | X   |          | X        |       |        |      | X        |       |         |          |
| <b>THURSDAY</b>  | 5:10pm          |       |      | X   |     | X        | X        |       |        |      |          |       |         |          |
|                  | 5:30pm          |       |      |     |     |          |          | X     | X      |      |          |       |         |          |
|                  | 5:45pm          |       |      | X   |     | X        |          |       |        |      |          |       |         |          |
|                  | 6:20pm          |       |      |     | X   |          | X        |       |        |      |          | X     |         |          |
|                  | 7:00pm          |       |      |     |     |          |          |       |        |      |          |       |         | X        |
|                  | 7:15pm          |       |      |     |     |          |          |       |        |      | X        |       |         |          |
|                  | <b>SATURDAY</b> | 9:00a | X    |     |     |          |          | X     | X      |      |          |       |         |          |
| 9:25a            |                 |       | X    |     |     |          |          |       |        |      |          |       |         |          |
| 9:50a            |                 |       |      | X   |     | X        |          |       |        |      |          | X     |         |          |
| 10:25a           |                 |       |      |     | X   |          | X        |       |        |      |          |       |         |          |
| 10:40a           |                 |       |      |     |     |          |          |       |        | X    |          |       |         |          |
| 11:00a           |                 |       |      | X   |     |          | X        |       |        |      |          |       |         |          |
| 11:30a           |                 |       |      |     |     |          |          |       | X      |      |          |       | X       |          |

## Private & Semi-Private Swim Lessons

(Classes are 30 minutes)

Private lessons staff to student ratio is 1:1 & semi-private lessons are 1:2, scheduled by you and the instructor. Contact our Aquatics Coordinator Jason Winkelman at 920.921.3330 ext. 309 or email [aquatics@fdlymca.org](mailto:aquatics@fdlymca.org) for more information.

### Private

|           |                   |                             |
|-----------|-------------------|-----------------------------|
| 1 Class   | Fees: \$15 Member | \$30 Community Participant  |
| 3 Classes | Fees: \$40 Member | \$80 Community Participant  |
| 6 Classes | Fees: \$70 Member | \$140 Community Participant |

### Semi-Private

|           |                    |                             |
|-----------|--------------------|-----------------------------|
| 1 Class   | Fees: \$26 Member  | \$52 Community Participant  |
| 3 Classes | Fees: \$64 Member  | \$128 Community Participant |
| 6 Classes | Fees: \$105 Member | \$210 Community Participant |

# SUMMER SWIM LESSONS

Summer Session I: June 19 - July 20\* | Summer Session II: July 24 - August 17

(2) 4-week sessions

\*No classes the week of July 3-7



|                  | Shrimp | Perch | Pike | Eel | Ray | Starfish | Polliwog | Guppy | Minnow | Fish | Fly Fish | Shark | Special | Log Roll | Adult |
|------------------|--------|-------|------|-----|-----|----------|----------|-------|--------|------|----------|-------|---------|----------|-------|
| MONDAY/WEDNESDAY | 9:00a  | X     |      |     |     |          | X        |       | X      |      | X        |       | X       |          |       |
|                  | 9:30a  |       |      | X   |     | X        |          |       |        |      |          |       |         |          |       |
|                  | 9:50a  |       |      |     |     |          |          | X     |        | X    |          | X     |         |          |       |
|                  | 10:05a |       |      |     | X   |          | X        |       |        |      |          |       |         |          |       |
|                  | 4:00p  |       | X    |     |     |          |          |       |        |      |          |       |         |          |       |
|                  | 4:15p  |       |      |     |     |          | X        |       | X      |      | X        |       | X       |          |       |
|                  | 4:30p  |       |      | X   |     | X        |          |       |        |      |          |       |         |          |       |
|                  | 5:05p  |       |      |     | X   |          | X        | X     |        | X    | X        | X     |         |          |       |
|                  | 5:40p  |       |      | X   | X   | X        |          |       |        |      |          |       |         |          |       |
|                  | 5:55p  |       |      |     |     |          | X        | X     |        |      |          |       |         |          | X     |
| 6:00p            |        |       |      |     |     |          |          |       |        |      |          |       | X       |          |       |

|                  | Shrimp | Perch | Pike | Eel | Ray | Starfish | Polliwog | Guppy | Minnow | Fish | Fly Fish | Shark | Special | Log Roll | Adult |
|------------------|--------|-------|------|-----|-----|----------|----------|-------|--------|------|----------|-------|---------|----------|-------|
| TUESDAY/THURSDAY | 9:00a  |       | X    |     |     |          |          | X     |        | X    |          | X     |         |          |       |
|                  | 9:30a  |       |      |     | X   |          | X        |       |        |      |          |       |         |          |       |
|                  | 9:50a  |       |      |     |     |          | X        |       | X      |      | X        |       | X       |          |       |
|                  | 10:05a |       |      | X   |     | X        |          |       |        |      |          |       |         |          |       |
|                  | 4:00p  | X     |      |     |     |          |          |       |        |      |          |       |         |          |       |
|                  | 4:15p  |       |      |     |     |          |          | X     |        | X    |          | X     |         |          |       |
|                  | 4:30p  |       |      |     | X   |          | X        |       |        |      |          |       |         |          |       |
|                  | 5:05p  |       |      | X   |     |          | X        | X     |        |      | X        |       | X       |          |       |
|                  | 5:40p  |       | X    |     |     | X        |          |       | X      |      |          |       |         |          |       |

The Fond du Lac Family YMCA Progressive Swim Lessons Program is designed for children to learn at their own pace. Advancing to the next level is dependent on the child's completion of required skills. **Are you unsure what level swim lessons your child needs? To arrange a FREE swim assessment given by a qualified swim instructor, contact Jennie Mildebrandt at 920.921.3330 ext. 317 or email [jmildebrandt@fdlymca.org](mailto:jmildebrandt@fdlymca.org) for more information.** [Online Registration available](#)

## Parent/Child Swim Lessons (Classes are 20 minutes)

Parent and child are in the water together learning basic movements and water safety. Swim diapers are required if child is not potty trained.

**Shrimp-** Basic skills and water safety using instructional toys and floatation devices.

**Perch-** Introduce kicking, blowing bubbles, floating, and water movement.

Fees per session: \$21 Member \$45 Community Participant

## Beginner Swim Lessons (Classes are 30 minutes)

Children learn independence in the water without parents. Children develop confidence and joy towards water through games and stroke development. Children must pass each level before moving on. **Staff to child ratio is 1:5.**

**Pike-** This class is intended for children ages 3 or older. Learn to submerge head, flutter kick, reach and pull, float front and back with assistance.

**Eel-** Learn forward movement and coordinating arms and legs with assistance.

**Ray-** Learn front and back strokes, forward movement, front and back float without assistance.

**Starfish-** Learn complete front crawl and backstroke without assistance.

Fees per session: \$27 Member \$59 Community Participant

## Special Needs (Classes are 30 minutes)

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

Fees per session: \$33 Member \$68 Community Participant

## Intermediate Swim Lessons (Classes are 45 minutes)

The YMCA progressive swim lessons teach personal growth, personal safety, and stroke development. Each skill level builds on the preceding skill. Skills that will be covered are all the strokes, diving fundamentals, safety and an overall joy for the water. **Staff to child ratio is 1:8.**

**Polliwog-** Need to be 6 years old or pass Starfish to register for this class. Learn front crawl with rotational breathing, front and back float, and increase independence and endurance.

**Guppy-** Learn to increase endurance, swim 15-20 yards of front and back crawl without assistance.

**Minnow-** Swim 25 yards of front and back crawl without assistance, refine strokes, and learn butterfly kick.

**Fish-** Swim 50 yards of front crawl with rotary breathing, sidestroke, backstroke, and breaststroke. Learn butterfly stroke.

Fees per session: \$33 Member \$68 Community Participant

## Advanced Swim Lessons (Classes are 45 minutes)

This class introduces participants to skills that are utilized on a swim team. Flip turns, starts stream lining, and pacing. **Staff to student ratio is 1:10.**

**Fly Fish-** Swim 100 yards of freestyle, backstroke, breaststroke, and sidestroke and 15 yards of butterfly stroke; introduce starts and turns.

**Shark-** Learn rescue skills, increase endurance with competitive strokes, and master starts and turns.

Fees per session: \$33 Member \$68 Community Participant

## Adult Swim Lessons (Classes are 30 minutes)

For adults 18 & older who are looking to do anything from gain confidence and comfort in the water to improve strokes and skills while swimming.

Fees per session: \$33 Member \$68 Community Participant

**LOG ROLLING CLASSES AVAILABLE!**

Offered Spring & Summer Sessions. See page 29 for more details

# COMMUNITY TRAINING

Class registration closes at 9:00pm, two days prior to class start date.

## Lifeguarding Course

Interested in a great summer job or a challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue, and surveillance skills. First Aid and CPR/AED and other skills needed to work as a professional lifeguard.

Prerequisites:

- Must be 15 or older by the last day of the class
- Swim 300 yards continuously
- Tread water for 2 minutes
- Swim 20 yards, surface dive, retrieve a 10lb brick, swim 20 yards back and exit the water without using ladder.

|                      |                    |
|----------------------|--------------------|
| May 13, 14, 20 & 21  | 9:00 am to 3:30 pm |
| July 10, 11, 12 & 13 | 9:00 am to 3:30 pm |

Fees: \$150 Member     \$180 Community Participant

## Lifeguarding Recertification Course

This course is designed to review the lifeguarding skills and core knowledge points required to recertify in lifeguarding.

Prerequisites:

- Current Red Cross Lifeguarding/First Aid/CPR/AED Certification

|              |                    |
|--------------|--------------------|
| May 6 & 7    | 9:00 am to 3:00 pm |
| July 13 & 14 | 9:00 am to 3:00 pm |

Fees: \$75 Member     \$90 Community Participant

## American Red Cross CPR and AED

Would you know what to do in a cardiac or breathing emergency? The right answer could help you save a life. This class offers hands on training. Upon completion of this class you will receive the American Red Cross certification in CPR and AED.

|         |                    |
|---------|--------------------|
| May 13  | 9:00 am to 3:30 pm |
| July 10 | 9:00 am to 3:30 pm |

Fees: \$60 Member     \$90 Community Participant

## American Red Cross Babysitting

This class is designed for students ages 11 and older. In this class you will learn the skills necessary to safely and responsibly care for infants and children.

Within this class you will be learn how to:

- Respond to emergencies
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants

|          |                    |
|----------|--------------------|
| June 3   | 8:30 am to 1:30 pm |
| July 12  | 8:30 am to 1:30 pm |
| August 1 | 8:30 am to 1:30 pm |

Fees: \$55 Member     \$75 Community Participant

## Stay Home Alone Class

This class is designed for kids ages 8-12. The class is run through our Y to promote safety for kids who are old enough to be home alone as well as in the Y and other places in the community without an adult or someone directly watching over them.

Within this class, some of the topics covered will be:

- Internet safety
- Fire safety
- Weather emergencies
- Stranger Danger

|           |                      |
|-----------|----------------------|
| May 6     | 10:00 am to 12:00 pm |
| June 20   | 10:00 am to 12:00 pm |
| August 16 | 10:00 am to 12:00 pm |

Fees: \$20 Member     \$45 Community Participant

## American Heart Association CPR and AED

Because an Emergency Can Occur ANYTIME...

The American Heart Association's CPR and AED learning programs helps increase survival rates by training people just like you to respond quickly. The truth is most people don't survive a cardiac arrest. Four to six minutes is the window of opportunity for someone to act before it's too late, but fewer than one-third of cardiac arrest victims get CPR from someone nearby. This course teaches hands-on lifesaving skills. Upon completion of this 3 hour class you will receive the American Heart Association Basic Life Support (BLS) for Healthcare Providers (CPR and AED) certification.

|         |                    |
|---------|--------------------|
| May 17  | 4:30 pm to 7:30 pm |
| July 18 | 4:30 pm to 7:30 pm |

Fees: \$20 Member     \$40 Community Participant



The YMCA Child Care Center provides children with a safe, comfortable, supportive and nurturing environment to learn, grow and thrive. The Center is open Monday through Friday from 6:30 am to 6:30 pm, **offering full-day child care services for children ages 6 weeks through 4K.** We also provide the added benefit of an on-site Fond du Lac School District 4K program. If you are looking for school age child care, the Boys & Girls Club offer programs for children age 7 and up. Visit them at [www.kidsclubfdl.org](http://www.kidsclubfdl.org) for more information.

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.

A 70% discount on a Family YMCA membership is included with full-time enrollment, along with plenty of physical activity both inside and out. Enrollment is based on limited space availability.

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

**Stop in for a tour, or call 920.921.3698 for more information on our full-day child care programs. Rates are available at [fdlymca.org](http://fdlymca.org).**

## 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

12 to 24 months

Introduction of a flexible daily routine and structure. Class size is limited to 8 children to allow our teachers sufficient time with each child. The day consists of activities designed to help children develop a variety of abilities.

## Juniors

24 to 36 months

Routine and structure within the classroom are established, and verbal, social and self-help skills are reinforced, with a focus on toilet-training. Weekly swim lessons are included in this program.

## Seniors

36 to 48 months

Designed to enhance their learning skills from our junior preschool room, this class develops independence and social emotion skills. Weekly swim lessons are included in this program. **Child needs to be fully toilet-trained.**



## Child Care Openings!

**The center currently has openings for three year old children, as well as additional openings in September! Our three year old classroom will help prepare your child cognitively, emotionally and socially through play.**

If you are interested in our 4K program starting in September 2017, please contact Nancy Hackbarth, the Fond du Lac School District's 4K Coordinator, at 920.929.2900.

## Transitional

Pre-4K

Designed to teach children the skills needed for a successful year in 4K. Weekly swim lessons are included in this program. In order to enroll in this program, children must turn 4 years old on or before September 1 of the following year. **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 are included. Weekly swim lessons are included in this program from May through September. To enroll in this program, child must turn 4 years old on or before September 1 of the current year. This program is offered through the summer months.

## 4 Year Old Kindergarten

The YMCA Child Care Center is a community partner site for the Fond du Lac School District 4-year-old kindergarten (4K) program, which is a free, half-day, experience for children that are 4 years old by September 1 of the current school year. To enroll in this program, phone 920.929.2900.

Mornings 8:20 am - 11:00 am  
Afternoons 12:20 pm - 3:00 pm

# PRESCHOOL ENRICHMENT



**Spring Session I: April 17 – May 27\*** (6-week session, No classes May 27, Make-up date is June 3)

**Summer Session I: June 19 – July 20\*** (4-week session, No classes will be held the week of July 3-7)

**Summer Session II: July 24 – August 17** (4-week session)

YMCA Preschool Enrichment classes provide knowledge, character development, guidance and encouragement to help youth develop and realize their potential. Younger children participate with a parent, while older children take classes on their own. (A perfect time for mom to join a free group exercise class!)

## FIRST GYM

Parent/Child Classes

30-minute classes designed to enhance parallel playtime and introduce interaction with other children. Parents are expected to be active participants in class, guiding their child in the activities and explorations. Due to the nature of these parent and child classes, we do not allow siblings to tag along in class unless they are within the age group and are registered participants.

### FIRST GYM SAMPLER

Sample some of our toddler classes! Each week will feature a different class, including Toddler Art, Super Tots, Tots in Motion, and Tots in the Kitchen.

### SUPER TOTS

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

### TODDLER ART

Don't be afraid to get your hands dirty! Parents will assist their children in the creation of a colorful art project each class. Expect to get messy, so dress accordingly.

## OPEN GYM

**Age 0 to 6, playtime with parent**

Enjoy an hour of fun where your child can run, jump and play at the YMCA Gymnastics Center (520 N Main Street).

Friday, 9:30 to 10:30 am  
April 18 - May 27

Fee: FREE for Members  
\$6/family/visit Community Participant

## STROLLER AEROBICS

A stroller-based fitness program designed for moms with young children. Each 60 minute, total-body workout incorporates power walking, strength, toning, songs and activities. It is a fun, family-friendly atmosphere that anyone with an infant or toddler is welcome to participate in. Participants are required to bring their own stroller. Class will meet at the YMCA Gymnastics Center (520 N Main Street). Weather permitting, class will be outside.

Summer Session I & II

Fridays, 10:00-11:00 am

Fee: FREE for Members  
\$5/class for Community Participant

## MOVING UP

Classes without Parent

**Child needs to be fully toilet-trained.**

45-minute classes are 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 their parents.

### KIDS IN THE KITCHEN

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

### KINDER ART

Our little artists will create and explore using crayons, markers, paint and glue. We will provide art shirts, but please be dressed for mess!

### KINDER GYM

Move, stretch and build an active lifestyle together through fitness fun. Activities focus on strength, body control, balance, and coordination through fitness activities, sports, and games. Socks and gym shoes are a must!

### MOVING UP SAMPLER

Experience a sampling of some of our great Moving Up classes. Each week we try out a different class including Kinder Gym, Kids in Motion, Kinder Art, and Kids in the Kitchen.

## KINDER-PLAY

**Age 2 to 6, playtime with parent**

Enjoy an hour of playtime with peers & parents in the gym. A variety of equipment will be out for some free play. Parents must remain in the gym supervising their children.

Monday, 10:15 to 11:15 am  
April 18 - May 27

Fee: FREE for Members  
\$6/family/visit Community Participant

## SAFETY DAYS | Age 3½-8

We will learn to be "Safety Patrol" this summer with the help of some of our local experts. We will learn how to be safe on our bike, by fires, in the pool or lake, and at home. Please bring your bike, helmet, swim suit and towel. Each week will be a different safety topic. Dates of classes will be posted on our Facebook page & website. Stay tuned for more information!

Summer Session I: Dates to come!

Ages 3½-5

Thursdays  
9:00-9:45 am

Fee: \$5/class

Ages 5-8

Thursdays  
10:00-10:45 am

\$20 for all four classes

## WEEKLY PROGRAM CLASSES

**A CAMPING WE WILL GO-** Hi, ho the derry-o, a camping we will go! Bring your flashlight for a night under the "stars" as we camp out at the Y for the morning. We'll sit around the campfire, make some s'mores and enjoy some fun camp games and projects.

**BUG OFF-** Along with the beautiful summer weather comes a variety of bugs and insects. Come and learn about everything from pretty butterflies to pesky mosquitoes. We'll dig up some gummy worms for a snack!

**FLOWER POWER-** Ever wonder how a tiny seed blooms into a beautiful flower? We'll learn about a plant's life cycle and identify different flowers. We will make an edible flower-inspired snack. It's almost Mother's Day, so we will also make a flower treat to take home for Mom!

**HAPPY BIRTHDAY AMERICA-** Show your American pride by wearing red, white, and blue! We'll learn about our country's flag and let freedom ring as we celebrate Independence Day! Have a blast as we sing, march, and play the all-American way. We'll end our celebration with some indoor "fireworks" of our own.

**LET'S JOIN THE CIRCUS-** Come one, come all and we'll transform ourselves into circus stars. We will be clowning around, making crafts, and be treated to fun in the inflatable maze!

**LET'S MOVE-** Join us for a kids-only fitness time with a focus on fun! We will concentrate on building gross motor skills, strength, body control, balance & coordination through aerobic activities, cooperative games, sports and music. Please dress for an active morning.

**LUAU UNDER THE SEA-** We will limbo and hula on land, and then dive into the ocean to discover fascinating creatures that live there. Story, song, craft, snack, and more will keep us busy on our island adventure.

**MEXICAN FIESTA FUN-** Uno, dos, tres! We will have an early Cinco de Mayo festival. We will celebrate all things Mexico as we learn some simple Spanish, taste authentic foods, break a piñata and listen & dance to mariachi music. Sombreros are optional.

**MOVE TO THE MUSIC-** This class will be music to your ears as we explore some real instruments and make music of our own. Children will get their bodies moving as they are grooving to the beat.

**MOVING & GROOVING-** It's time to get our bodies moving as we are grooving to the beat. We will work on strengthening body awareness, flexibility, and motor skills while listening to fun music. This will be an active class so please dress for movement.

**SCIENCE EXPLORERS-** Calling all scientists! This morning we will explore the world around us with hands on experiments and sensory explorations. We will mix & observe, create & test our curiosity.

**SPORTS OF ALL SORTS-** Through demonstration and participation your child will learn about a sport such as soccer, football, baseball, or basketball. We will focus on one of these sports using skills, drills, and simple games. Please dress for an active class.

**SUM, SUM, SUMMERTIME-** Come and join us as we celebrate summer! We will make homemade ice cream, play games and make summertime crafts.

**SUPER HERO ADVENTURE-** Calling all Super Kids! Come and join us for a fun filled class of secret powers and adventure! We will play games, make crafts and use our super strength for a fun adventure in this class. Dressing up is encouraged!

## SPRING SESSION I — April 17 - May 27\* (6-week session)

\*No classes May 27, Make-up date is June 3

|                              | Class               | Ages | Day        | Time           | Spring I Pricing Per Session                 | Location               |
|------------------------------|---------------------|------|------------|----------------|--|------------------------|
| Parent/<br>Child<br>Classes  | Toddler Art         | 2-3  | Mondays    | 9:30-10:00 am  | FREE for Members, \$45 Community Participant | YMCA Multipurpose Room |
|                              | Super Tots          | 2-3  | Wednesdays | 9:30-10:00 am  | FREE for Members, \$45 Community Participant | YMCA Community Gym     |
| Classes<br>without<br>Parent | Kinder Art          | 4-6  | Mondays    | 10:15-11:00 am | \$25 Member, \$55 Community Participant      | YMCA Multipurpose Room |
|                              | Kinder Gym          | 4-6  | Wednesdays | 10:15-11:00 am | \$25 Member, \$55 Community Participant      | YMCA Community Gym     |
|                              | Kids in the Kitchen | 4-6  | Wednesdays | 6:00-6:45 pm   | \$25 Member, \$55 Community Participant      | YMCA Multipurpose Room |

## SUMMER SESSION I — June 19 - July 20\* (4-week session)

\*No classes will be held the week of July 3-7

## SUMMER SESSION II — July 24 - August 17 (4-week session)

|                              | Class             | Ages | Day      | Time           | Summer I & II Pricing Per Session            | Location           |
|------------------------------|-------------------|------|----------|----------------|--|--------------------|
| Parent/<br>Child<br>Classes  | First Gym Sampler | 2-3  | Tuesdays | 9:30-10:00 am  | FREE for Members, \$30 Community Participant | YMCA Community Gym |
| Classes<br>without<br>Parent | Moving Up Sampler | 4-6  | Tuesdays | 10:15-11:00 am | \$18 Member, \$38 Community Participant      | YMCA Community Gym |

## WEEKLY PROGRAM CLASSES — Individual class or 4-week/6-week session options\*

\*See Session Dates and pricing options below

|  | Class                  | Ages | Date      | Time          | Pricing Per Class                      | Location                   |
|--|------------------------|------|-----------|---------------|--|----------------------------|
| SPRING<br>SESSION<br>(Classes<br>without<br>Parent)    | Let's Move             | 3½-6 | April 18  | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Community Gym         |
|  | Science Explorers      | 3½-6 | April 25  | 9:30-10:30 am | \$5 Member, \$10 Community Participant | Boys & Girls Club Art Room |
|  | Mexican Fiesta Fun     | 3½-6 | May 2     | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
|  | Flower Power           | 3½-6 | May 9     | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
|  | Moving & Grooving      | 3½-6 | May 16    | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Community Gym         |
|  | A Camping We Will Go   | 3½-6 | May 23    | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
| SUMMER<br>SESSION I<br>(Classes<br>without<br>Parent)  | Sum, Sum, Summertime   | 3½-6 | June 21   | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
|  | Happy Birthday America | 3½-6 | June 28   | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
|  | Luau Under the Sea     | 3½-6 | July 12   | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
| SUMMER<br>SESSION II<br>(Classes<br>without<br>Parent) | Let's Join the Circus  | 3½-6 | July 19   | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
|  | Bug Off                | 3½-6 | July 26   | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
|  | Sports of all Sorts    | 3½-6 | August 2  | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Community Gym         |
|  | Move to the Music      | 3½-6 | August 9  | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |
|  | Super Hero Adventure   | 3½-6 | August 16 | 9:30-10:30 am | \$5 Member, \$10 Community Participant | YMCA Multipurpose Room     |

Weekly program classes are geared for preschoolers ages 3½-6 years old without a parent.

Pre-registration is required. Please alert us to any food allergies prior to each class.

Weekly Program Classes Spring Session I: April 18 - May 23

Weekly Program Classes Summer Session I: June 21 - July 19

Weekly Program Classes Summer Session II: July 26 - August 16

### FEES:

**OPTION 1 — By Spring Session:** Purchase (5) weekly classes per session and receive (1) free.  
 Session Fee: \$25 Member \$50 Community Participant

**By Summer Session:** Purchase (3) weekly classes per session and receive (1) free.  
 Session Fee: \$15 Member \$30 Community Participant

**OPTION 2 — By Class:** Purchase individual classes.  
 Class Fee: \$5 Member \$10 Community Participant

**CHILD WATCH DROP-OFF**  
 WE'LL WATCH YOUR KIDS WHILE  
 YOU FOCUS ON YOU.

For your convenience, our staff can accompany your child to and from any of the following preschool classes while in Child Watch. We will happily do this for members or community participants while you are working out at the Y. For more details, contact Sherry Ferraro at 920.921.3330 ext. 306.

# YOUTH SPORTS

**Spring Session I: April 17 – May 27\***

**Summer Session: See program for dates**

\*No classes May 27, Make-up date is June 3

**Volunteer coaches are needed** for all of our Youth Sports programs. Appropriate lesson plans and training are provided. If you are interested in volunteering as a coach, please contact Tyler Behling at 920.921.3330, ext. 357 or email [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org).



## Flag Football

The YMCA Flag Football program uses volunteer coaches to develop skills through modified, age-appropriate game activities.

### K - Grade 1

Teams will practice for the first two weeks and play games for the final four weeks. Please arrive 15 minutes before start time on first scheduled day of program.

K-Grade 1      Mon      5:00 pm      **SPRING ONLY**  
Location: Rosenow Elementary

Fees: \$26 Member      \$57 Community Participant



### Grade 2-4

6-on-6 league uses real game play to teach football rules, strategies and skills. Kids set plays, running or passing to achieve first downs and to score. Teams will practice for the first two weeks and play games for the final four weeks.

Grade 2-4      Wed      5:00 pm      **SPRING ONLY**  
Location: Rosenow Elementary

(Actual practice and game times may vary depending on the number of teams. Players will receive a game schedule at the first night of practice. Please arrive 15 minutes before start time on first scheduled day of program.)

Fees: \$26 Member      \$57 Community Participant

## Beginners Tee Ball

This beginner level program is designed for kids who are just beginning in the sport of baseball. Kids will be taught the fundamentals of the sport. Throwing, catching, fielding balls, hitting off tee and pitched ball, and base-running will be heavily emphasized through drills and controlled game play. Teams will consist of no more than 6 players per team to allow for more opportunities to hit and field the ball during game play.

**Summer Session will run June 21–August 3** (no classes July 4 & 5).

Age 4-5      Tue      5:30 – 6:15 pm      **Spring & Summer**  
Wed      5:30 – 6:15 pm      **SUMMER ONLY**  
Location: Rosenow Elementary

Fees: \$25 Member      \$55 Community Participant



## Youth Racquetball

### Youth Racquetball Lessons

These lessons are designed to teach kids the basic rules and skills of the great sport of racquetball!

Grade 4-8      Thu      5:00 – 5:30 pm      **SPRING ONLY**

Fees: \$15 Member      \$35 Community Participant



## Team Sponsorship Opportunities

Consider sponsoring a team in our Flag Football, Youth Soccer & Youth Basketball Leagues! With the increasing costs to run these programs each year, the Y is committed to continue to provide these programs at affordable rates for all families. We can continue to do this with your help!

With the team sponsorship, your business logo will be printed on the back of the team jersey for everyone to see. If you would like to sponsor a team (or specific team), or have any other questions, please call Tyler Behling, Sports Coordinator, at 920.921.3330 ext. 357.

Team Sponsorship:      \$100 / team

## Home School Phy-Ed Classes

The YMCA strives to provide a quality homeschool, physical education program. Students will rotate through a variety of sports and training disciplines with a focus on fundamental skills and team building. Any questions regarding this program, please contact Tyler Behling 920.921.3330 ext. 357 or email [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org).

Water Activities will be led by Jennie Mildebrandt, Aquatics and Family Director, & Gym Class and Fitness Fun will be led by Tyler Behling, Sports Coordinator.

**AGE 5-9**      Tuesday, 1:45 to 2:30 pm

**AGE 10-18**      Tuesday, 2:45 to 3:30 pm

Pre-registration is required. Sign up at the Welcome Center Desk.

### **6-Week Session — April 18 - May 23** (Spring ONLY)

- April 18th – Gym Class
- April 25th – Water Activities
- May 2nd – Fitness Fun
- May 9th – Gym Class
- May 16th – Water Activities
- May 23rd – Fitness Fun

**Fee: FREE for Members**  
**\$20/session Community Participant**

## Youth Cheerleading

YMCA youth cheerleading is recreational and is designed to teach cheerleading fundamentals. Participants will learn chants, jumps, basic stunts, and dance. Participants will also get the opportunity to cheer at the flag football games in the Spring Session.

### Beginners Cheer

Designed for children who are new to cheerleading.

Age 5-7      Mon      5:00 pm - 6:00 pm      **SPRING ONLY**  
Location: Rosenow Elementary

Fees: \$26 Member      \$57 Community Participant

### Intermediate/Advanced Cheer

6 and 7 year olds must have completed at least two previous YMCA cheer sessions.

Age 6-7      Wed      5:00 pm - 6:00 pm      **SPRING ONLY**  
Location: Rosenow Elementary

Fees: \$26 Member      \$57 Community Participant

# YOUTH FITNESS PROGRAM

Designed for youth ages 11 to 15 that are interested in working out in the Life Management Center, this fun and informative program consists of three classes that provide youth with the knowledge and confidence necessary to safely exercise on their own. Register at the Welcome Center Desk. **Free** to members.



## Join us for our MIDDLE SCHOOL NIGHTS

Join us the 3<sup>rd</sup> Saturday of each month during the school year. Hang out with your friends and meet new ones during these fun events open to ALL middle schoolers!

**Date:** April 15

**Time:** 6:00-9:00 pm

**FREE for Members      \$5/Community Participant**



Just Play is a concept that has been brought together by both the Y and Boys & Girls Club of Fond du Lac to encourage the youth of Fond du Lac to “just play.” In today’s society, kids spend too much time

watching TV or playing video games, and not enough time playing or doing some sort of physical activity. Youth obesity is a growing concern and this concept is our way to encourage kids to keep moving!

### Afterschool Activities | Grade 1 to 12

Spring Dates/Times: Monday to Friday, 4:00 to 5:00pm  
Summer Dates/Times: Monday to Thursday, 1:00 to 2:00pm

Afterschool activities are **FREE** for Y and Club members. Youth that are not members of the Y or Club may purchase a Y day pass for \$9/day.

Activities are held in the Community Gym on Monday to Thursday and in the Pool on Friday.

|           |   |
|-----------|---|
| Monday    | PE Games (activity varies each week)        |
| Tuesday   | Dodgeball                                   |
| Wednesday | Kickball/Soccer                             |
| Thursday  | PE Games (activity varies each week)        |
| Friday    | Open Swim (volleyball & basketball in pool) |

Looking to keep busy with fun sports in the summer? Then try one or all of our expanded Youth Sports Camps. Kids in these camps will learn the basics of the sport and also build upon their skill level with drills and organized games. Age groups will be split up within each of the camps for age appropriate activities and drills.

### Cheer Camp

Do you love cheerleading, or have you always wanted to try it? Then this is the camp for you. Get into the spirit with this instructional cheer camp that will teach basic techniques and cheers. Kids will be split into age and experience levels if appropriate.



Age 6-12      Mon-Fri      June 19-23      9:00 am - 10:30 am  
Location: Fond du Lac YMCA

Fees: \$25 Member      \$55 Community Participant

### Golf Camp

Are you looking for a fun and affordable way to introduce your child to the sport of golf? With this new partnership with Oak Green Golf Course, we are providing kids an opportunity to learn about golfing techniques, concepts and etiquette. Bring your own clubs, if you have them, or clubs will be available for use. Enjoy this introduction to golf, then come back to Oak Green the rest of the summer to improve your skills!



Age 7-12      Mon-Fri      June 19-23      1:00 pm - 3:00 pm  
Location: Oak Green Golf Course (North Fond du Lac)

Fees: \$35 Member      \$65 Community Participant

### Flag Football Camp

This camp gives kids the opportunity to continue playing the sport they love during the summer. Kids will practice basic fundamentals through drills and activities, as well as game play.



Age 6-12      Mon-Fri      June 26-30      9:00 am - 10:30 am  
Location: Rosenow Elementary

Fees: \$25 Member      \$55 Community Participant

### Soccer Camp

Can't get enough soccer during the summer? Come join us for even more during this camp where drills and game play will be heavily focused on each day.



Age 5-10      Mon-Fri      July 10-14      9:00 am - 10:30 am  
Location: Rosenow Elementary

Fees: \$25 Member      \$55 Community Participant

### Volleyball Camp

This camp combines basic fundamentals with easy to learn drills that help players improve upon their skills and/or learn more about the sport. Bumping, setting and serving are all heavily emphasized.



Age 7-12      Mon-Fri      July 17-21      9:00 am - 10:30 am  
Location: Fond du Lac YMCA

Fees: \$25 Member      \$55 Community Participant

### DRIBBLING CAMP

Come join Jesse "Snake" Muench and you'll discover new tips and information on how to improve your ball handling and learn basketball tricks. This camp will give kids the opportunity to stay sharp during the offseason!



Age 6-9      9:00 am - 10:30 am  
Age 10-15      10:30 am - 12:00 pm

Mon-Fri      July 24-28  
Location: Fond du Lac YMCA

Fees: \$35 Member      \$65 Community Participant



### Fitness Camp

Want to learn different forms of exercise? Join this new week-long camp where you will learn the rules of our Life Management Center and be able to participate in different fitness classes.



Age 7-10      Mon-Fri      July 31-Aug 4      10:30 am - 12:00 pm  
Location: Fond du Lac YMCA

Fees: \$25 Member      \$55 Community Participant

### Pickleball Camp

Pickleball is the fastest growing sport in America that combines tennis and ping pong, played on a badminton-sized court with a paddle and whiffleball. Come see what the buzz is all about!



Age 10-14      Mon-Fri      August 7-11      9:00 am - 10:30 am  
Location: Fond du Lac YMCA

Fees: \$25 Member      \$55 Community Participant

# SUMMER LEAGUES

## High School Basketball Leagues

These leagues are designed to help high school basketball teams stay competitive over the summer months. Contact your Varsity coach to get your team into these leagues. For more information, please contact Tyler Behling at 920.921.3330 ext. 357 or email [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org).

**Registration deadline: June 12**

## 3 on 3 Adult/High School Basketball League

3 on 3 basketball is a half-court game played by two teams of three players each. Games are played to 16 points or 30 minutes in length. Each team will play two games per night against different opponents. If you are interested, please contact Tyler Behling at 920.921.3330 ext. 357 or email [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org).

**Registration deadline: June 16**

Ages: 16 & up  
Dates: June 22 – August 3  
Day/Time: High School– Thursday, 6:00 pm – 7:00 pm  
Adult– Thursday, 7:00 pm – 8:00 pm

Team Fee: \$100

**Captain/Coaches Meeting: Thursday, June 8 at 6:00 pm**

Each team is required to provide a captain or coach for this meeting. We will go over league rules and discuss other league topics.

## Co-ed Church Softball League

Join us for another fun and exciting year of Church League Softball. Form a team today! If you are interested, please contact Tyler Behling at 920.921.3330 ext. 357 or email [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org).

**Registration deadline: May 2**

Ages: 16 & up  
Dates: May 8 – August 7  
(no games May 29 & July 3)  
Day/Time: Monday, 6:00 pm games begin  
Team Fee: \$200

**Captain/Coaches Meeting: Monday, April 24 at 6:00 pm**

Each team is required to provide a captain or coach for this meeting. We will go over league rules and discuss other league topics.



# ADULT SPORTS & RECREATION

## FREE Adult Racquetball Orientations

These FREE orientations are designed to teach basic rules and skills of the great sport of racquetball! Limited spots are available! Orientations are available by appointment. Contact Tyler Behling at 920.921.3330 ext. 357 or email [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org).

## Adult Racquetball Leagues

If you are interested in joining or forming a racquetball league, or if you are looking for opponents for a pick-up game, contact Tyler Behling at 920.921.3330 ext. 357 or email [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org).



## Lap Swim

Lap swimming is available at various times throughout the day. 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 during program time.



## Adult Water Walking

This is a basic, low-impact workout using the natural resistance of the water in the current channel in the Family Pool.

## Adult Pick-up Ball

Adult pick-up ball is scheduled at various times during the week. **Pick-up ball is only available to YMCA members.**

Location: YMCA Family Gym



## Open Pickleball

Pickleball is a fun game for all ages that combines elements of tennis, table tennis and badminton. The game is easy to learn and is played indoors with a wooden paddle and wiffleball. Equipment is provided, but you are welcome to bring your own.

Location: YMCA Community Gym

## Open Badminton

Badminton is a recreational activity for all ages that is both fun and physically challenging. Bring the whole family or just yourself and enjoy the game of badminton! Equipment is provided, but you are welcome to bring your own.

Location: YMCA Community Gym

# GYMNASTICS

Spring Session I: April 17 - May 27\*

6-week session  
 \*No classes May 27  
 Make-up date is June 3



|                  | Tumble Tots I<br>(Ages 3-4) | Tumble Tots II<br>(Ages 4-5) | Rollers I<br>(Ages 6 & up) | Rollers II<br>(Ages 6 & up) | Swingers I<br>(Ages 6 & up) | Swingers II<br>(Ages 6 & up) | Kippers<br>(Ages 6 & up) |
|------------------|-----------------------------|------------------------------|----------------------------|-----------------------------|-----------------------------|------------------------------|--------------------------|
| <b>MONDAY</b>    | 4:00pm                      |                              | X                          | X                           | X                           | X                            |                          |
|                  | 4:10pm                      | X                            |                            |                             |                             |                              |                          |
| <b>TUESDAY</b>   | 4:00pm                      |                              |                            | X                           |                             |                              | X                        |
|                  | 4:10pm                      |                              | X                          |                             |                             |                              |                          |
| <b>WEDNESDAY</b> | 4:00pm                      | X                            | X                          |                             | X                           |                              |                          |
|                  | 5:00pm                      | X                            | X                          |                             |                             | X                            |                          |
|                  | 5:10pm                      |                              |                            |                             | X                           |                              |                          |
|                  | 5:45pm                      |                              |                            |                             |                             |                              | X                        |
|                  | 6:00pm                      |                              | X                          |                             |                             | X                            | X                        |
|                  | 6:10pm                      |                              |                            | X                           | X                           |                              |                          |
| <b>THURSDAY</b>  | 4:00pm                      |                              |                            | X                           |                             |                              |                          |
|                  | 4:10pm                      | X                            |                            | X                           |                             |                              |                          |
| <b>FRIDAY</b>    | 4:00pm                      |                              |                            |                             | X                           | X                            |                          |
|                  | 4:10pm                      |                              | X                          | X                           | X                           |                              |                          |
| <b>SATURDAY</b>  | 9:00am                      | X                            |                            |                             | X                           |                              |                          |
|                  | 9:10am                      |                              |                            |                             | X                           |                              |                          |
|                  | 10:00am                     |                              | X                          |                             |                             | X                            |                          |
|                  | 10:10am                     |                              |                            | X                           |                             |                              |                          |

All gymnastics classes are held at the YMCA Gymnastics & Program Center located at 520 N. Main Street in Fond du Lac. Registration for all classes is in person at the Y or online at [www.fdlymca.org](http://www.fdlymca.org). Fees are per session.

## Join the YMCA Gymnastics Team!

Gymnasts who are ready to take their skills to the next level can get involved in competitive gymnastics. The YMCA Gymnastics Team follows the USAG Junior Olympic Competitive Program, starting with Level 2-8 and Xcel. For more information on our gymnastics program, call 920.933.3499 or email [gymnastics@fdlymca.org](mailto:gymnastics@fdlymca.org).

# GYMNASTICS

Summer Session I: June 19 - July 20\* | Summer Session II: July 24 - August 17

(2) 4-week sessions

\*No classes the week of July 3-7



|                  | Tumble Tots I<br>(Ages 3-4) | Tumble Tots II<br>(Ages 4-5) | Rollers I<br>(Ages 6 & up) | Rollers II<br>(Ages 6 & up) | Swingers I<br>(Ages 6 & up) | Swingers II<br>(Ages 6 & up) | Kippers<br>(Ages 6 & up) |
|------------------|-----------------------------|------------------------------|----------------------------|-----------------------------|-----------------------------|------------------------------|--------------------------|
| <b>MONDAY</b>    | 11:00am                     | X                            | X                          |                             |                             |                              |                          |
|                  | 3:00pm                      |                              |                            | X                           | X                           | X                            | X                        |
|                  | 6:00pm                      |                              |                            | X                           | X                           | X                            | X                        |
|                  | 6:15pm                      | X                            | X                          |                             |                             |                              |                          |
| <b>TUESDAY</b>   | 11:00am                     |                              |                            | X                           | X                           |                              | X                        |
|                  | 4:00pm                      | X                            | X                          |                             |                             | X                            | X                        |
| <b>WEDNESDAY</b> | 11:00am                     |                              |                            | X                           | X                           | X                            |                          |
|                  | 3:00pm                      | X                            | X                          |                             |                             |                              |                          |
|                  | 6:00pm                      |                              |                            | X                           | X                           |                              | X                        |
|                  | 6:15pm                      | X                            | X                          |                             |                             |                              |                          |
| <b>THURSDAY</b>  | 11:00am                     | X                            | X                          |                             |                             | X                            | X                        |
|                  | 4:00pm                      |                              |                            | X                           | X                           |                              | X                        |

The Fond du Lac Family YMCA Progressive Gymnastics Lessons Program is designed for children to learn at their own pace. Advancing to the next level is dependent on the child's completion of required skills. If your child is new to gymnastics and are 6 years or older, you must enroll in Rollers I. 📄 Online Registration available

### Tumble Tots I (Ages 3-4) (Classes are 45 minutes) 📄

This class is for children ages 3 to 4 just starting out in gymnastics. This class will focus on basic body awareness by means of stretching, jumping, rolling, balancing, swinging and supporting themselves. This class will teach the children the basic structure of classes as our instructors take them to uneven bars, balance beam and floor exercise. Staff to child ratio is 1:5. Child needs to be fully toilet-trained.

Fees per Spring Session: \$25 Member \$55 Community Participant  
Fees per Summer Session: \$17 Member \$37 Community Participant

### Tumble Tots II (Ages 4-5) (Classes are 45 minutes) 📄

This class is for 4 year old children who have passed Tumble Tots I or 5 year old children who are new to gymnastics. This class will continue to work on basic body awareness and will continue to teach basic class structure as our instructors take them to uneven bars, balance beam and floor exercise. Staff to child ratio is 1:5.

Fees per Spring Session: \$25 Member \$55 Community Participant  
Fees per Summer Session: \$17 Member \$37 Community Participant

### Rollers I (Ages 5-6) (Classes are 50 minutes) 📄

This class is for 5 year old children who have passed Tumble Tots II or 6 year old children and up who are new to gymnastics. This class will continue to work on basic body awareness but also start to teach the children the skills that they will need to succeed in the sport of gymnastics. This class will continue to work on class structure as our instructors introduce vault to the children and take them to uneven bars, balance beam and floor exercise. Staff to child ratio is 1:6.

Fees per Spring Session: \$27 Member \$60 Community Participant  
Fees per Summer Session: \$18 Member \$40 Community Participant

### Rollers II (Ages 6 and Up) (Classes are 50 minutes) 📄

This class is for 4 year old children who have passed Tumble Tots I or 5 year old children who are new to gymnastics. This class will continue to work on basic body awareness and will continue to teach basic class structure as our instructors take them to uneven bars, balance beam and floor exercise. Staff to child ratio is 1:6.

Fees per Spring Session: \$27 Member \$60 Community Participant  
Fees per Summer Session: \$18 Member \$40 Community Participant

### Swingers I (Ages 6 and Up) (Classes are 60 minutes) 📄

This class is for children who have passed Rollers II. Our instructors will review the skills from Rollers II. They will start to work on the beginning vault, new circling skills on uneven bars, continuing with the mount; work on more balancing skills and furthering dismounts on balance beam; and introduce round offs, and further their handstands and rolls on floor exercise. Staff to child ratio is 1:6.

Fees per Spring Session: \$30 Member \$67 Community Participant  
Fees per Summer Session: \$20 Member \$45 Community Participant

### Swingers II (Ages 6 and Up) (Classes are 60 minutes) 📄

This class is for children who have passed Swingers I. This class will continue to develop the children's gymnastics skills with instructors reviewing the skills from Swingers I. They will continue with the basics to vault, continue working on mounting, circling and dismounting on uneven bars; continue with mounts, balancing and dismounting on balance beam; and further their handstands, round offs and rolls on floor exercise. Staff to child ratio is 1:6.

Fees per Spring Session: \$30 Member \$67 Community Participant  
Fees per Summer Session: \$20 Member \$45 Community Participant

### Kippers (Ages 6 and Up) (Classes are 75 minutes) 📄

This class is for children who have passed Swingers II. This class will continue to develop the children's gymnastics skills with instructors reviewing the skills from Swingers II. They will continue with new vaulting skills; continue their progress with mounting, circling and dismounting on uneven bars; continue progress with mounting, balancing and dismounting on balance beam; and further their progress with rolls, handstands, and round offs. They will start back handsprings on floor exercise. Staff to child ratio is 1:6.

Fees per Spring Session: \$35 Member \$77 Community Participant  
Fees per Summer Session: \$23 Member \$52 Community Participant

# HEALTHY LIVING

## Equipment Orientation

The YMCA Life Management Center offers a wide variety of cardio and weight training equipment, such as treadmills, bikes, ellipticals, free weights, strength training, and more. Our staff will take you on a guided tour of the Life Management Center, show you how to operate various pieces of equipment and explain what you need to know to help you feel comfortable utilizing the Life Management Center. Sign up in-person or contact our Welcome Center at 920.921.3330 to schedule your **free** orientation.

## Healthy Living Exercise Program

Our members often wonder “Where do I get started?” The Y’s Healthy Living Exercise Program is offered **free** to members and will help you answer that question.

### What is it?

Wellness Coaches at the Fond du Lac Family YMCA will work one on one with members for 12 weeks to increase physical activity in a safe and engaging program.

### This program incorporates:

- 1:1 coaching and accountability
- Cardio and resistance training
- An exercise plan tailored to your level
- Connections and referrals to additional Y services, such as aquatic exercise or group fitness classes

### Who is it for?

If you are a member **new to exercise** or have **started and stopped** various exercise routines or weight loss plans, this program is right for you. Get the support you need to meet your health goals.

Contact our Welcome Center at 920.921.3330 or Ali Harasha, Fitness Coordinator, at 920.921.3330 ext. 329 for more information about this program and how we can help you reach your health and wellness goals, or to schedule your first appointment.

## Youth Fitness Program

Designed for youth ages 11 to 15 that are interested in working out in the Life Management Center, this fun and informative program consists of three classes that provide youth with the knowledge and confidence necessary to safely exercise on their own. Register at the Welcome Center Desk. **Free** to members.



**Youth ages 11–15 may work out in the Life Management Center or attend a Group Fitness Class if supervised by a parent or guardian.**

If you are a youth, age 11–15, and would like to work out on your own in the Life Management Center, you must first complete the **Youth Fitness Program.**

## LIVESTRONG® AT THE YMCA



### NEW SESSIONS FORMING FOR 2017

LIVESTRONG® at the YMCA is a free 12 week small-group fitness program that engages adult cancer survivors through an approach that focuses on the whole person.

### This program includes:

- Free 12-week YMCA family membership
- Two 90-minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching, and balance work

LIVESTRONG® at the YMCA is for any adult who is currently going through cancer treatment or has gone through some form of cancer treatment (i.e. surgery, chemotherapy, radiation, etc.) in the past that wants to regain their health and well-being.

Program proudly sponsored by CD Smith Construction.

Contact Ali Harasha at 920.921.3330 ext. 329 or email [aharasha@fdlymca.org](mailto:aharasha@fdlymca.org) to learn more about the program.

## YMCA'S DIABETES PREVENTION PROGRAM CHANGE TODAY FOR A HEALTHIER FUTURE

### DID YOU KNOW?

- About 79 million American adults have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 5 years, unless they take action to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease.

### TAKE CONTROL OF YOUR HEALTH

There are many factors that determine if you are at risk for type 2 diabetes – lifestyle, age, family history and weight to name a few. Take the first step toward controlling your health—visit our website at [fdlymca.org](http://fdlymca.org) to take a short quiz and learn your risk.



### WE CAN HELP

With the YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk. This evidence-based program, which is led by a trained Lifestyle Coach, is delivered over a 12-month period, beginning with 16 weekly sessions, followed by 3 sessions every other week, and then monthly maintenance sessions.

### Program goals:

- Increase physical activity to at least 150 minutes per week
- Reduce body weight by 7%

Contact Mary Jo Neumann at 920.921.3330 ext. 336 or email [mjneumann@fdlymca.org](mailto:mjneumann@fdlymca.org) to learn more. Classes are forming now and will begin based on demand. YMCA membership is not required.

Check to see if your insurance provider will cover the cost of the program by calling 1.800.237.4942. If the program is not covered by insurance, the program is still available to you.

# PERSONAL TRAINING

## Personal Training Services

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.

### GETTING STARTED ON PERSONAL TRAINING

#### Step One

Contact Ali Harasha, Fitness Coordinator, at 920.921.3330 ext. 329 or email [aharasha@fdlymca.org](mailto:aharasha@fdlymca.org), to inquire about Personal Training, answer any questions you may have, and discuss your fitness goals.



#### Step Two

After discussing your goals with Ali, she will determine the personal trainer that matches your individual needs. A Personal Trainer will contact you to schedule your initial assessment and personal training sessions.

#### Step Three

Purchase Personal Training at the Y Welcome Center desk. Inform our Welcome Center staff of the name of the personal trainer you will be working with. Bring receipt with you to your first personal training session.

### INDIVIDUAL PERSONAL TRAINING RATES

| Duration of Session | # of Sessions |              |               |               |
|---------------------|---------------|--------------|---------------|---------------|
|                     | (1) Session   | (5) Sessions | (10) Sessions | (15) Sessions |
| 30 Minute Session   | \$17.50       | \$78.75      | \$148.75      | \$210.00      |
| 60 Minute Session   | \$35.00       | \$157.50     | \$297.50      | \$420.00      |

### GROUP PERSONAL TRAINING RATES

| Duration of Session | # of People | # of Sessions |              |               |               |
|---------------------|-------------|---------------|--------------|---------------|---------------|
|                     |             | (1) Session   | (5) Sessions | (10) Sessions | (15) Sessions |
| 30 Minute Session   | 2           | \$25.00       | \$112.50     | \$212.50      | \$300.00      |
|                     | 3           | \$30.00       | \$135.00     | \$255.00      | \$360.00      |
|                     | 4           | \$35.00       | \$157.50     | \$297.50      | \$420.00      |
| 60 Minute Session   | 2           | \$50.00       | \$225.00     | \$425.00      | \$600.00      |
|                     | 3           | \$60.00       | \$270.00     | \$510.00      | \$720.00      |
|                     | 4           | \$70.00       | \$315.00     | \$595.00      | \$840.00      |

## Group Training with Personal Trainers

You can join group training with personal trainers, which are held in our personal training room. There are two options to choose from for these classes:

#### • PAY-IN-ADVANCE Group Training

Each monthly session begins on the 1<sup>st</sup> of the month, and is either 4 or 5 weeks. Class schedules are posted by the 15<sup>th</sup> of the month for the following month. Class space is limited to 15 people per class and accommodated on a first-come, first-served basis with registration. Fees can be paid for in-person at the Y or online.  
Member Fee: \$20/4-week session  
\$25/5-week session

#### • DROP-IN Group Training

Class schedules are posted by the 15<sup>th</sup> of the month for the following month. Class space is limited to 15 people per class and accommodated on a first-come, first-served basis. Punch cards for DROP-IN classes are sold at the Welcome Center desk for \$20 or you can purchase a \$50 card for \$45.  
Member Fee: \$3/30-minute class  
\$5/45-minute class

#### How to attend DROP-IN Group Training

To attend a DROP-IN Group Training class, purchase a punch card at the Welcome Center Desk.

Cards are punched at the beginning of each class by the personal trainer.

Cash payments are accepted at the Welcome Center Desk only. A cash receipt will be given upon payment.

Bring cash receipt or punch card to trainer at the beginning of class to attend in drop-in class.

### FREE! LMC Circuit Class

Lead by the Life Management Center staff, this 30-minute class will utilize 8 strength machines and 8 cardio machines. Each station will be utilized during the 30-minute workout.

**Benefits include:** accountability, supervised workout, small group atmosphere, learning proper weight lifting techniques, benefits of interval training. See new times below:

|           |                   |
|-----------|-------------------|
| Monday    | 9:00 am - 9:30 am |
| Wednesday | 8:30 am - 9:00 am |
| Friday    | 9:00 am - 9:30 am |

### 30-Minute Fitness Assessment

Conducted by a personal trainer, the assessment includes: body composition, cardiovascular fitness, flexibility and muscular endurance. This is highly recommended and will be conducted by the personal trainer you are set up with. Assessment will be done before your first session.

For more information regarding personal training services contact Ali Harasha, Fitness Coordinator, at 920.921.3330 ext. 329 or email [aharasha@fdlymca.org](mailto:aharasha@fdlymca.org).

Fee: \$10 Member \$25 Community Participant

# GROUP FITNESS CLASSES

Are you looking for an environment to work out in that is fun and stimulating? The Y currently offers a large variety of group fitness classes for people of all fitness levels. Our dynamic team of instructors will motivate and inspire you to get the results you are looking for. The majority of our classes are free to members age 16 and older. Youth ages 11–15 may participate in a group fitness class with their parent or guardian. Community Participants may purchase a day pass to attend a class. Contact Barb Seidel, Group Exercise Coordinator, at 920.921.3330 ext. 339 or email [bseidel@fdlymca.org](mailto:bseidel@fdlymca.org) for more information regarding any of our group exercise classes.

## Land Fitness Class Descriptions

### LES MILLS™ PROGRAMS

**BODYATTACK™** combines athletic aerobic movements with strength and stabilization exercises. This high-energy interval-training class features a different exercise focus with each track.

**BODYCOMBAT™** is the fiercely energetic martial arts workout where you are totally unleashed and empowered.

**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

**BODYPUMP™** is the original barbell class that strengthens your entire body. This 60-minute workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

**NEW! BODYVIVE 3.1™** is the low-impact, whole body workout for everyone designed to boost fitness and core strength. You'll leave feeling thoroughly invigorated, rejuvenated and energized so that you can really 'Take Life On'.

**CXWORX™** is the revolutionary way to train your core. Based on cutting edge scientific research, each CXWORX™ class will challenge you to strengthen and tone all the muscle groups in your core.

**RPM™** is an indoor cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high.

**SH'BAM™** is the ultimate fun and sociable way to exercise, featuring simple but seriously hot dance moves.

**NEW! SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. HIIT uses intervals of maximum effort followed by complete recovery.

**Athletic Step** is an energizing workout using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning to shape and tone your body.

**Cardio Jam** is a calorie-burning workout that combines kickboxing, dance and martial arts.

**NEW! Feldenkrais** is recognized for the strategies it employs to improve posture, flexibility, coordination, and athletic and artistic ability and to help those with restricted movement, chronic pain and tension.

**Fitness Mix** combines cardio and strength training using weights, ending with stretching and yoga poses for a complete finish!

**Group Cycling** simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding. "Discover your athlete within - sweat and burn to reach your endorphin high."

**Pilates** improves muscle strength, core stability, posture and flexibility, as well as breathing and relaxation techniques.

**SilverSneakers® Cardio Circuit** combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

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

**Vinyasa Yoga** is a strengthening flow class. Postures lead into postures. Yoga works on the body and mind in distinct ways, promoting a healthy body and mind.

**Yoga** postures focus on correct alignment, strength building, range of motion, breathing techniques and deep, revitalizing relaxation.

**Yoga Foundations** is a series of six classes that will build the basic foundation of yoga poses. This class will help to develop the confidence needed in other yoga classes.

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

**Zumba Gold®** is a Latin inspired dance workout for the active older adult or anyone that may need modifications for success.

**Zumba Toning®** combines targeted body-sculpting exercises and high-energy cardio work.

### WELLBEATS™

#### Virtual presentation • Live experience

WELLBEATS™ offers you the chance to take a wide variety of quality fitnesses classes led by certified instructors in a thrilling, virtual, yet live class experience. It is perfect for the individual who is unable to attend class at the normally scheduled time, as well as offer youth, teens and families primetime fitness classes. **Over 200 classes to choose from!** Visit [www.fdlymca.org/wellbeats.html](http://www.fdlymca.org/wellbeats.html) to learn more.

### Family Fitness Classes

This is a great opportunity for you to create healthy, life-long memories. Check the schedule/website for times and classes offered.

### SMART START™

The first step to fitness isn't a leap. The key is to start slow, keep it fresh but most importantly, have fun and the results should follow!

- **Start slow** – Don't push your body too soon, leave classes when things are feeling tough
- **Build gradually** – Aim towards staying for a full workout as your fitness builds
- **Mix it up** – Include a mix of strength, cardio and flexibility training

## LES MILLS GRIT™ SERIES

### LES MILLS GRIT™ STRENGTH

**Builds strength and muscle.**

Uses barbells, plates and the bench to take training to the next level. Blasts all major muscle groups, leaving muscles shaped and toned. Puts your metabolism into overdrive to burn fat hours after the workout. Stimulates the production of the growth hormone which reduces fat and helps you develop lean muscle.



### LES MILLS GRIT™ PLYO

**Builds a powerful, agile, athletic body.**

Based on the principles of plyometrics, uses a bench to build power, increase speed and leg strength. Power agility training transforms up to 40% more muscle fibre, producing a lean, athletic shape. Increases muscular endurance, intensify your energy and increase your stamina for a competitive or sports event.



### LES MILLS GRIT™ CARDIO

**Burns fat and rapidly improves athletic capability.**

No equipment needed, this session combines high-impact body weight exercise with an explosive workout. Get the double whammy of maximizing your calorie burn within the workout, followed by burning fat for hours afterwards. Cardio is scientifically proven to deliver results, fast.



### HOW DO I ATTEND PAID GRIT CLASSES?

To attend a GRIT class, purchase a punch card at the YMCA Welcome Center Desk. Cards will be punched at the beginning of each class by the instructor. Cash payments are accepted at the Welcome Center Desk only. A receipt will be given to you for cash payments. Bring cash receipt or punch card to instructor at the beginning of class to attend a GRIT class. Limited space available for each GRIT class! **New prices effective September 1, 2016.**

Available cards for purchase:

- \$15 card for \$15
- \$30 card for \$27
- \$60 card for \$54

You can purchase an individual GRIT class for \$3.00.

### TEAM GRIT TRAINING

Take your sports team to the next level! Spending 40 minutes per week in the 85-100% maximum heart rate zone can significantly improve cardiovascular fitness and lean muscle tissue. The Les Mills GRIT Series workouts are designed to have you working in that zone for at least 20 minutes per session. Replacing one 60-minute cardio workout with two LesMills GRIT sessions is the ideal way to take your training to the next level, even for elite athletes! Get your team to add GRIT twice a week along with their existing workout program, and you will be amazed at the results!

Team rates are available upon request. Contact Barb Seidel, Group Exercise Coordinator, at 920.921.3330 ext. 339 or email [bseidel@fdlymca.org](mailto:bseidel@fdlymca.org) for more information.

## Water Fitness Class Descriptions

**Aqua Abs & Arms** is a 45-minute moderate ab workout class.

**Deep Water Power** is a more intense cardio and muscular strength workout combining cardiovascular work, deep-water running, jogging, bicycling, and cross-country skiing movements. Focus is on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance.

**Mid-Tempo Aqua Beats** is a great way to energize your day by starting it out in the pool with a fun total-body workout to a great moderate beat.

**Splash Cats** is great for beginners! Join the Splash Cat Pack for a fun and energetic water fitness session. The class works all muscle groups, provides effective aerobic training, and increases your flexibility. The Splash Cat's Class presents opportunities to make friends who can loyally keep each other motivated and cheer each other on!

**Splash Jam** is an aerobic workout that develops strength, increases muscle tone and flexibility. This hour long class is a total body workout. Class uses noodles, water weights and resistant straps.

**Water Aerobics** is an aerobic workout that develops strength, increases muscle tone and flexibility. This hour long class is a total body workout. This class uses noodles, water weights and resistant straps.

**Water Yoga** is designed to teach all the fundamentals of asana yoga: how to breathe, move, stretch and relax. End results show gains in flexibility and strength.

## Land & Water Fitness Schedule

Download at [fdlymca.org](http://fdlymca.org)

The Fond du Lac Family YMCA is a licensed facility and we are proud to offer these LES MILLS programs:

**BODYATTACK™, BODYCOMBAT™, BODYFLOW™, BODYPUMP™, BODYVIVE 3.1™, CXWORX™, GRIT™ SERIES, RPM™, SH'BAM™ and SPRINT™!**

All classes are taught by certified instructors who have completed intensive training to bring you the quality programs that LES MILLS offers.



## SPECIAL EVENTS



# SAVE THE DATE!

**Saturday, July 29, 2017**

Light up the night with us at our first-ever 5K glow run/walk, an event designed for kids and families of all ages and athletic abilities. Runners and walkers are welcome to join in for an evening filled with glow sticks, black lights, great music, and an after party sure to keep you dancing through the night. Watch for more details!



## KIWANIS LEARN-TO-SWIM SWIM SAFETY PROGRAM

**JUNE 12 - 15, 2017**

**8:00 am - 8:00 pm**

**FREE** for everyone ages 4-12!

Sponsored by Fond du Lac Noon Kiwanis and the Fond du Lac Family YMCA, this program provides free swimming lessons and water safety for youngsters in the Fond du Lac area. Registration is required and begins May 2.



# NATIONAL DAY OF PRAYER

**THURSDAY, MAY 4**

**5:30am - 7:30am | YMCA Gym**

National Day of Prayer calls on Christians in the United States to pray for the nation and its leaders. Join with leaders from our Community, State and Nation as we gather:

**For Your Great Name's Sake!  
Hear Us... Forgive Us... Heal Us!**

**"O Lord, Listen! O Lord, Forgive!  
O Lord, Hear and Act! For Your  
Sake, O My God..."**

-Daniel 9:19



## YMCA FAMILY SUNDAYS THROUGH MAY

**12:00pm - 3:00pm**

**Open Family Swim | 12:00-3:00pm**

- Water Slide
- Volleyball net
- One open lap lane
- Bring your own water floatables and toys! (Allowed during Family Sundays only)

**Open Family Gym | 12:00-3:00pm**

- Basketball, lowered hoops, soccer nets

**Open Community Gym | 12:00-3:00pm**

- Bounce House (10 & under)
- Preschool Gym Activities
- Family Pickleball

## STROLLER AEROBICS

A stroller-based fitness program designed for moms with young children. Each 60 minute, total-body workout incorporates power walking, strength, toning, songs and activities. It is a fun, family-friendly atmosphere that anyone with an infant or toddler is welcome to participate in. Participants are required to bring their own stroller. Class will meet at the YMCA Gymnastics Center (520 N Main Street). Weather permitting, class will be outside.

Summer Session I & II

Fridays, 10:00-11:00 am

Fee: FREE for Members \$5/class for Community Participant

## SPECIAL EVENTS



### LOG ROLLING CLASSES

Spring Session I: April 17 – May 27

Summer Session I: June 19 – July 20\*

\* (No classes will be held the week of July 3-7)

Summer Session II: July 24 – August 17

Spring Session—Thursdays, 7:00pm

Summer Sessions—Mon/Wed, 6:00pm

Ages 8 & up

Fees: \$15 Member, \$25 Community Participant

Come and try something new and fun in our pool! Log rolling helps improve balance, agility and concentration, all while having a good time. This 45-minute class will follow a structured lesson plan to increase skill and development. There will be opportunities for you to enter in local competitions.



Register online or in person at the Y Welcome Center Desk.

Save the date for the

## WALLEYE WEEKEND BIKE RIDE!

Sunday, June 11, 2017

Starts at 8:00 a.m.

More details to come!



# family

## Strengthening



### SPRING CARNIVAL

April 7 | 5:30–7:30pm

Spend time with your family participating in circus and carnival games and activities. Learn how to juggle, get your face painted or get a balloon animal, play all your favorite carnival games and then use your tickets to win great prizes! Of course we will have the inflatable obstacle course and pool open too. This event is great for people of all ages!

### HEALTHY KIDS DAY BLOCK PARTY

April 29 | 11:00am–2:00pm

Come out for this fun block party and enjoy the beautiful spring weather! There will be all kinds of activities for families to participate in, such as water games and playground games. Watch for fliers with more activity details!

### EAT. PLAY. LIVESTRONG.

Save the date for an uplifting evening with live entertainment. This FUNdraising event benefits LIVESTRONG® at the YMCA, a cancer survivor exercise program.

Friday, September 29

Stay “tuned” for  
more details!



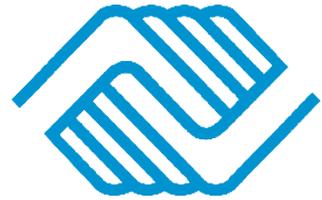


### Mission Statement

Our mission is to empower all young people to reach their full potential as productive, caring, responsible citizens through academic, social and emotional support.

### Vision Statement

Where each child and young adult in our community grows to live a healthy and productive life.



# BOYS & GIRLS CLUB OF FOND DU LAC

## GREAT FUTURES START HERE



### ACADEMIC SUCCESS

Our Academic Programs, provided in strong partnership with the FDL School District, help our members find success in the following areas:

- Grade Progression
- School Attendance
- Reading and Math Proficiency
- Summer Learning Loss
- Expectations of Success

Our Formula for Impact indicates that children who participate in our programs regularly will achieve positive results in these areas, building a strong academic foundation for the future.

### HEALTHY LIFESTYLES

Young people who develop healthy eating and exercise habits during childhood and adolescence are more likely to maintain these habits into adulthood. Through our programs, our members learn about and experience the benefits of:

- Physical Activity
- Physical Fitness
- Nutrition Education
- Avoiding Risky Behaviors
- Healthy Habits

Monitoring health-related factors such as physical activity, nutrition and physical fitness enables our Club to demonstrate our positive impact on the health and well-being of members.



### CHARACTER AND LEADERSHIP

Good Character and Leadership is integral to a young person's ability to become a productive, caring and responsible citizen. Our members experience:

- Club Service
- Service Learning
- Volunteerism
- Job Readiness
- Life Skills

All of these skills are experienced through focused programming that teaches our members to reach out to others to give, not to take.



**BOYS & GIRLS CLUB**  
OF FOND DU LAC

# GREAT FUTURES START HERE.



## Summer Program Information:

Program Dates: **June 12 - August 18**

Program Hours: **Monday - Friday, 9:00 am - 5:00 pm**

**\*The YMCA will be running an early morning drop-in program from 7:00 am - 9:00 am, open to children going into 2nd grade through 12th grade. Please see page 3 for details.**

Youth Served: **Elementary - going into 2nd-5th grade  
Teen - going into 6th-12th grade**

### Elementary Program Daily Schedule:

| <u>Time</u>            | <u>Activity</u>                      |
|------------------------|--------------------------------------|
| <b>9:00 - 11:00 am</b> | <b>Breakfast Snack/Summer School</b> |
| <b>11:00 - 1:00 pm</b> | <b>Lunch/Recess</b>                  |
| <b>1:00 - 2:30 pm</b>  | <b>Enrichment Program</b>            |
| <b>2:30 - 3:30 pm</b>  | <b>Snack/Recess</b>                  |
| <b>3:30 - 4:45 pm</b>  | <b>Mini-Camps</b>                    |
| <b>4:45 - 5:00 pm</b>  | <b>Clean-up and Member Pick-up</b>   |

Field trips offered: Brewer game, Timber Rattlers game, Mount Olympus, Fond du Lac Public Library, 4-H Camp, Fire Department, Milwaukee Zoo (field trips may have an extra cost)

Activities offered: Dance, Torch Club (community service groups), Swimming, Little Brewers Youth Baseball, Gardening, Cooking Club, Flag Football, Cheerleading

### Teen Program Daily Schedule:

| <u>Time</u>            | <u>Activity</u>  |
|------------------------|--|
| <b>9:00 - 12:00 pm</b> | <b>Breakfast Snack/Organized Play</b>                  |
| <b>12:00 - 1:00 pm</b> | <b>Lunch</b>   |
| <b>1:00 - 2:00 pm</b>  | <b>Summer School Clubs/<br/>Enrichment Programming</b> |
| <b>2:00 - 3:00 pm</b>  | <b>Just Play</b>                                       |
| <b>3:00 - 3:30 pm</b>  | <b>Snack</b>   |
| <b>3:30 - 5:00 pm</b>  | <b>Organized Play/Recreation</b>                       |

Field trips offered: Brewer game, Timber Rattlers game, Noah's Ark, 4-H Camp, Milwaukee Zoo, Hobb's Woods, College visits (field trips may have an extra cost)

Activities offered: Dance, Spin, Keystone Club (community service groups), Swimming, Gardening, Cooking Club, Drama, Fond du Lac Public Library Career Launch, Art, Racquetball, Minute to Win It, Youth Leadership Week

## Registration Information:

Registration Dates

**April 5-7  
After April 7**

Registration Times

**8:00 am - 6:00 pm  
10:00 am - 6:00 pm**

Save yourself time and visit our website at [www.kidsclubfdl.org](http://www.kidsclubfdl.org), download, print and bring in a completed summer membership form when you come to register.

Please come prepared with the summer program fee money or scholarship form with appropriate documentation and emergency information for our records (names, phone numbers, allergies, etc.) at time of sign up.

**2017 Summer Program Fee: \$150 per child  
Family Maximum: \$400**

Partial scholarships are available and are based on your family's income level, reflecting Fond du Lac county data for average household income. If you will be requesting a scholarship, you must fill out the Boys & Girls Club of Fond du Lac Scholarship Form and attach the appropriate documentation. Incomplete scholarship forms will not be considered.

Fee Scale: program fee includes a daily breakfast snack, lunch and afternoon snack.

| <u>Family Income Level*</u> | <u>Cost per Child</u> |
|-----------------------------|-----------------------|
| \$75,000+                   | \$150.00              |
| \$30,000-\$75,000           | \$100.00**            |
| Less than \$30,000          | \$50.00**             |
| Special Circumstances       | \$0.00**              |

\*Family income levels are based on a FDL county average household income for a family of 4

\*\*Scholarship Form Required

If you will be applying for a scholarship, the scholarship form is available at the front desk at your child's site or online at [www.kidsclubfdl.org/scholarship.html](http://www.kidsclubfdl.org/scholarship.html). Please note that you will need to attach appropriate documentation to the scholarship form **before** you come to register your child. All scholarship requests will be evaluated within 24 business hours.

Due to limited space, there are a limited number of slots available by grade in our elementary program. Please sign up early in the registration period to reserve your spot. A waiting list will be created after the grade levels reach capacity during the registration period and the list will be reviewed periodically throughout the summer when additional space becomes available.

**Field trip and activity sign up information will be available at the parent orientation sessions.**

# CONTACT US

## FOND DU LAC FAMILY YMCA

90 W. Second Street  
Fond du Lac, WI 54935  
Phone: 920.921.3330  
Fax: 920.921.3376  
Website: [www.fdlymca.org](http://www.fdlymca.org)

## 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

## YMCA BOARD OF DIRECTORS

**Dr. Shayne Bauer**, President  
**Rose Ahern**  
**Charlie Averbeck**  
**Jon Mark Bolthouse**  
**Dr. Mike DeGere**  
**Sara Hathaway**  
**Mike Hierl**  
**Dean Jaber**  
**Bill Lamb**  
**Dr. Thurmond Lanier**  
**Holly Luehring**  
**David Michalkiewicz**  
**Kevin Ruby**  
**Greg Sabel**  
**Dr. Richard Schaefer**  
**Bonnie Schmitz**  
**Becki Schultz**  
**Ross Stewart**  
**Adam Stone**  
**Kelly Twohig**  
**Dominic Weber**

## FOND DU LAC FAMILY YMCA DIRECTORS

**Greg Giles**  
CEO/Executive Director  
Ext. 313  
Email: [ggiles@fdlymca.org](mailto:ggiles@fdlymca.org)

**Kim Laws**  
Director of Financial Development  
Ext. 315  
Email: [klaws@fdlymca.org](mailto:klaws@fdlymca.org)

**Rick Cullen**  
Property Director  
Ext. 335  
Email: [rcullen@fdlymca.org](mailto:rcullen@fdlymca.org)

**Kristel Lougher**  
Human Resources Director  
Ext. 326  
Email: [klougher@fdlymca.org](mailto:klougher@fdlymca.org)

**Kate Mueller**  
Finance Director  
Ext. 310  
Email: [kmueller@fdlymca.org](mailto:kmueller@fdlymca.org)

**J.J. Raflik**  
Associate Executive Director  
Ext. 318  
Email: [jraflik@fdlymca.org](mailto:jraflik@fdlymca.org)

**Jen Memmel**  
Director of Membership Development  
Ext. 322  
Email: [jmommel@fdlymca.org](mailto:jmommel@fdlymca.org)

**Sandi Harlan**  
Child Care Director  
Ext. 320  
Email: [childcare@fdlymca.org](mailto:childcare@fdlymca.org)

**Jennie Mildebrandt**  
Aquatics and Family Director  
Ext. 317  
Email: [jmildebrandt@fdlymca.org](mailto:jmildebrandt@fdlymca.org)

**MJ Neumann**  
Healthy Living Director  
Ext. 336  
Email: [mjneumann@fdlymca.org](mailto:mjneumann@fdlymca.org)

## FOND DU LAC FAMILY YMCA COORDINATORS

**Tyler Behling**  
Sports Coordinator  
Ext. 357  
Email: [tbehling@fdlymca.org](mailto:tbehling@fdlymca.org)

**Kim Dean**—Gymnastics Coordinator  
**Theresa Gerner**—Gymnastics Administrator  
920.933.3499  
Email: [gymnastics@fdlymca.org](mailto:gymnastics@fdlymca.org)

**Sherry Ferraro**  
Family Enrichment Lead  
Ext. 306  
Email: [sferraro@fdlymca.org](mailto:sferraro@fdlymca.org)

**Ben Giles**  
Member Engagement Coordinator  
Ext. 319  
Email: [bgiles@fdlymca.org](mailto:bgiles@fdlymca.org)

**Jamie Gulbrand**  
Facilities Coordinator  
Ext. 356  
Email: [jgulbrand@fdlymca.org](mailto:jgulbrand@fdlymca.org)

**Ali Harasha**  
Fitness Coordinator  
Ext. 329  
Email: [aharasha@fdlymca.org](mailto:aharasha@fdlymca.org)

**Todd Hayes**  
Togetherhood Coordinator  
Ext. 347  
Email: [volunteer@fdlymca.org](mailto:volunteer@fdlymca.org)

**Cheyenne Malterer**  
Marketing Coordinator  
Ext. 311  
Email: [marketingassistant@fdlymca.org](mailto:marketingassistant@fdlymca.org)

**Ricardo Rosado**  
Facilities Coordinator  
Ext. 303  
Email: [rrosado@fdlymca.org](mailto:rrosado@fdlymca.org)

**Barb Seidel**  
Group Exercise Coordinator  
Ext. 339  
Email: [bseidel@fdlymca.org](mailto:bseidel@fdlymca.org)

**Joyce Sesing**  
Active Older Adult Coordinator  
Ext. 308  
Email: [jsesing@fdlymca.org](mailto:jsesing@fdlymca.org)

**Jason Winkelman**  
Aquatics and Family Coordinator  
Ext. 309  
Email: [aquatics@fdlymca.org](mailto:aquatics@fdlymca.org)