FOND DU LAC FAMILY YMCA
2018 WINTER PROGRAM GUIDE
JANUARY THROUGH APRIL

SOMETHING FOR EVERYONE

NEW!
Check out our improved skill-based swim lessons on pages 12 & 13.

Registration for Members begins Tuesday, December 5th.
Registration for Community Participants begins Tuesday, December 12th.

A REGISTRATION FEE OF $5.00 PER PROGRAM SESSION WILL BE ADDED AFTER EARLY REGISTRATION DATES.

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.
MAKE A DIFFERENCE
BY HELPING OTHERS

With every new year we start out with the opportunity to make adjustments or set goals for the things we want to change in our personal life. Often we tell ourselves that this year will be the year I get everything back on track the way I want it to be. We design our plan, at least on paper, and it makes total sense in a perfect world, but then life gets in the way. Our plan skips a few steps.

We then push off some things, telling ourselves we will do that tomorrow. Next thing you know, we are completely off track from our original goal and find ourselves back in a rut, so we throw in the towel.

What if we thought about a different opportunity to focus on when the new year starts? What if instead of focusing on our own needs, we looked outward to the world and set a goal of trying to help others first? It could be a simple concept of opening a door for someone, or finding time to volunteer at school in the classroom one afternoon per month. Maybe it would be meeting a friend who is struggling to make healthy choices in life, for a work out at the Y. Writing a hand written note to someone you haven’t seen in a long time, just telling them that you are thinking about them. When we look outward to help others first, we ultimately will feel so much better with the life we live.

If our goal is to make a difference in the world then we can wake up on any given day and accomplish that goal. If we accomplish that goal then I bet we will want to accomplish even more. That is when your internal plans for yourself get accomplished. You can do great things... just start by helping others and it will ultimately help you.

Yours in Service,

Greg Giles
Executive Director/CEO

WHAT’S INSIDE

Program Registration, Child Watch & Hours of Operation.............................. 3
Membership Information ..................... 4
Membership Rates .................................. 5
Membership Information ..................... 6
Facility Rental & Birthday Parties ........ 7
A Place for Everyone............................. 8
Annual Campaign............................... 9
Employment, Volunteerism & Spiritual Health............................................ 10
Senior Programming............................. 11
Swim Lessons...................................... 12-13
Community Training............................ 14
Child Care Services............................. 15
Preschool Enrichment.......................... 16-17
Youth Basketball, Volleyball & Sponsorships............................................. 18
Youth Indoor Tee Ball, Cheerleading, Hip Hop Classes, USTA Tennis & Middle School Nights......................................................... 19
Youth Bowling, Adult/Child Bowling League, Youth Fitness, High School Girls Flag Rugby, Youth Flag Rugby & Racquetball .... 20
Youth Dance, Soccer, Home School P.E & Just Play................................. 21
Gymnastics ......................................................................................... 22-23
Healthy Living ..................................................................................... 24
Personal Training................................................................................. 25
Group Land & Water Fitness Classes & LES MILLS GRIT........ 26-27
Adult Sports & Recreation, Special Events .......................................... 28
Advocacy & Collaboration................................................................. 29
Boys & Girls Club Information........................................................... 30-31
Board of Directors & Leadership Team............................................... Back Page
Program Session Dates
Session I: Saturday, January 6 – Friday, February 16
Session II: Saturday, February 24 – Friday, April 13*
(no classes held the week of March 26)
Actual session dates may vary by program area; please refer to class schedule for applicable session dates.

Registration Dates & Fees:

Winter Session I
Early Registration dates:
Y Members :: Tuesday, Dec. 5 – Sunday, Dec. 31*
Community Participants :: Tuesday, Dec. 12 – Sunday, Dec. 31*
*Early Registration closes Dec. 31 at 1:30 pm
Registration fees added Dec. 31, 2017 – Jan. 12, 2018

Winter Session II
Early Registration dates:
Y Members :: Tuesday, Dec. 5 – Thursday, Feb. 15*
Community Participants :: Tuesday, Dec. 12 – Thursday, Feb. 15*
*Early Registration closes Feb. 15 at 10:00 pm
Registration fees added February 15 – March 2, 2018

Fees listed in the guide are for Early Registration. A registration fee of $5.00 per program session will be added after Early Registration dates. Registration for all programs is in person at the Y, or online registration is available for most programs at 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 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 credit will be given only if participation ceases due to medical reasons with a doctor’s excuse. No credits are given if classes are 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, 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.

Hours of Operation

<table>
<thead>
<tr>
<th></th>
<th>Winter</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUILDING</td>
<td>October 2 - May 27, 2018</td>
<td>May 29 - Sept. 23, 2018</td>
</tr>
<tr>
<td>HOURS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday to Friday</td>
<td>5:00 am to 10:00 pm</td>
<td>5:00 am to 9:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:00 am to 6:00 pm</td>
<td>6:00 am to 4:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 am to 4:00 pm</td>
<td>9:00 am to 2:00 pm</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Winter</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>POOL</td>
<td>October 2 - May 27, 2018</td>
<td>May 29 - Sept. 23, 2018</td>
</tr>
<tr>
<td>HOURS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday to Friday</td>
<td>5:00 am to 9:00 pm</td>
<td>5:00 am to 8:45 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:00 am to 5:45 pm</td>
<td>6:00 am to 3:45 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 am to 3:45 pm</td>
<td>Closed</td>
</tr>
</tbody>
</table>

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........ 8:15 am to 7:00 pm
Friday................................... 8:15 am to 6:00 pm
Saturday.......................... 8:00 am to 12:00 pm

Holiday Hours
The Y will observe the following hours during the upcoming holidays:
December 24 (Christmas Eve)......... Closed
December 25 (Christmas Day)......... Closed
December 31 (New Year’s Eve)....... Closed
January 1 (New Year’s Day).......... Closed
April 1 (Easter)........................ Closed
May 28 (Memorial 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.
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. The Joiner Fee is non-refundable.

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.

OPTUM® FITNESS ADVANTAGE – COMING JANUARY!
With Optum® Fitness Advantage, from UnitedHealthcare®, it’s easy to keep your fitness routine fresh and fun. You can visit the Fond du Lac Family YMCA at no additional cost to you. It is available to plan holders of select UnitedHealthcare Medicare Advantage insurance plans. If you have questions about the program, please call the Customer Service number printed on the back of your health plan ID card.

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 fitness classes.

NATIONWIDE MEMBERSHIP
Nationwide Membership, valid for active, full facility YMCA members, enables you to visit any participating YMCA in the United States through membership at your “home” YMCA. We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities. For more information about Nationwide Membership visit www.fdlymca.org.

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 letterhead indicating 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. 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 fdlymca.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 Mobile App!
We are excited to offer our 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 For All
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.

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. The Joiner Fee is non-refundable.

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.

OPTUM® FITNESS ADVANTAGE – COMING JANUARY!
With Optum® Fitness Advantage, from UnitedHealthcare®, it’s easy to keep your fitness routine fresh and fun. You can visit the Fond du Lac Family YMCA at no additional cost to you. It is available to plan holders of select UnitedHealthcare Medicare Advantage insurance plans. If you have questions about the program, please call the Customer Service number printed on the back of your health plan ID card.

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 fitness classes.

NATIONWIDE MEMBERSHIP
Nationwide Membership, valid for active, full facility YMCA members, enables you to visit any participating YMCA in the United States through membership at your “home” YMCA. We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities. For more information about Nationwide Membership visit www.fdlymca.org.

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 letterhead indicating 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. 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 fdlymca.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 Mobile App!
We are excited to offer our 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 For All
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 Rates

### Monthly Draft Plan—Joiner Fee Included
Pay your joiner fee over 12 consecutive months

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

The Monthly Draft Plan with joiner fee included is a continuous membership plan made through an automatic monthly draft charged to either a checking/savings account or a credit card account. 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 membership is prorated based on join date. A voided check or bank letterhead indicating your account and routing number or a credit card is required to establish a continuous membership plan. A $2 per month service fee is required for credit card drafting. Credit card drafts (Discover, MasterCard or VISA) must occur on the 1st of each month.

### Monthly Draft Plan
Joiner fee paid at time of joining

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

The Monthly Draft Plan is a continuous membership plan made through an automatic monthly draft charged to either a checking/savings account or a credit card account. 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 account thereafter. A voided check or bank letterhead indicating your account and routing number or a credit card is required to establish a continuous membership plan. A $2 per month service fee is required for credit card drafting. Credit card drafts (Discover, MasterCard or VISA) must occur on the 1st of each month.

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

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

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.
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
- Wellness Center offering LifeFitness cardio and strength training machines, free weights, and stretching area
- Two full-size gymnasiums and racquetball courts
- Four fitness studios, offering over 100 free weekly group fitness classes & paid personal training
- Twelve LES MILLS™ group fitness classes available
- Virtual fitness classes offering over 900 options
- Healthy Living Center
- 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 school-year 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

MEMBERSHIP INFORMATION

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 (age 16 and older) 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 Wellness Center, and teens under age 16 are not allowed in the free weight area.
- Youth ages 11 to 15 may workout in the Wellness 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 Wellness 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 materials.
- 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 and people with special needs only. Anyone under age 18 is 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 of the locker 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

Contact JJ Raflik at 920.921.3330 ext. 318 or jraflik@fdlymca.org.

Party Rental | We offer a 3 hour full–room & half–room rental on weekends to accommodate for the following—baby showers, bridal showers, graduations, first communions and confirmations. Contact MaryAnn Schwark at 920.921.3330 ext. 349 or email mschwark@fdlymca.org for room availability and more information.

Full-room rental—seats up to 80 people
Fee: $160 for members $320 for community members

Half-room rental—seats up to 40 people
Fee: $80 for members $160 for community members

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 for more information.

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

CELEBRATE WITH US

Host your next birthday party at the YMCA!

OPTION 1—Fond du Lac Family YMCA

<table>
<thead>
<tr>
<th>Days/Times</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>1:00-3:00 pm</td>
<td>12:30-3:30 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00-2:00 pm</td>
<td>12:00-3:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fees</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$80</td>
<td>$120</td>
</tr>
<tr>
<td>Community Participant</td>
<td>$160</td>
<td>$240</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Days/Times</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>1:00-3:00 pm</td>
<td>12:30-3:30 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00-2:00 pm</td>
<td>12:00-3:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fees</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$120</td>
<td>$180</td>
</tr>
<tr>
<td>Community Participant</td>
<td>$240</td>
<td>$360</td>
</tr>
</tbody>
</table>

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

OPTION 3—YMCA Gymnastics & Program Center

<table>
<thead>
<tr>
<th>Days/Times</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>12:00-2:00 pm</td>
<td>12:00-3:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fees</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$80</td>
<td>$120</td>
</tr>
<tr>
<td>Community Participant</td>
<td>$160</td>
<td>$240</td>
</tr>
</tbody>
</table>

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.

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.
WHAT YOU CAN DO AT THE Y... A Place For Everyone

If I am a baby
I CAN...
- Enroll in parent/child swim classes
- Attend Open Gym playtime with a parent at the Gymnastics Center
- Swim with mom, dad or an adult guardian in the pool
- Enjoy playtime and engagement activities in Child Watch
- Celebrate my birthday at the Y
- Attend a Family Strengthening event with my family

If I am 2–6 yrs. old
I CAN...
- Take a weekly preschool enrichment class
- Enroll in swim lessons
- Swim with mom, dad or an adult guardian in the pool
- Enjoy playtime and engagement activities in Child Watch
- Play youth sports at the Y
- Meet new friends during Family Sundays
- Celebrate my birthday at the Y
- Attend a Family Strengthening event with my family

If I am 7–12 yrs. old
I CAN...
- Participate in Just Play gym activities after school
- Enroll in swim lessons
- Participate in youth sports
- Swim with friends or family
- Get involved in competitive team gymnastics
- Play racquetball with a friend
- Participate in a cheer or dance
- Celebrate my birthday at the Y
- Hang out with friends at open gym
- Take a certified babysitting class (age 11 and up)
- Work out in the Wellness Center with a parent/guardian (age 11–15)
- Take the Youth Fitness Program and work out on my own in the Wellness Center (age 11–15)
- Meet new friends at Middle School Nights
- Take a home school P.E. class

If I am a teen
I CAN...
- Work out in the Wellness Center without a parent
- Participate in group exercise classes
- Work out with a personal trainer
- Enroll in swim lessons
- Participate in Youth In Government
- Take a certified babysitting class
- Get involved in competitive team gymnastics
- Learn how to become a certified lifeguard
- Enjoy swimming in the pool with friends
- Play racquetball with a friend
- Become a Y volunteer to earn service hours
- Find employment working to help make a difference in our community

If I am an adult
I CAN...
- Participate in a group exercise or water fitness class
- Work out with a personal trainer
- Take some time to socialize with friends while having coffee
- Drop my children off at Child Watch while working out or taking a class
- Take a virtual fitness class on demand
- Workout in the Wellness Center
- Participate in open Pickleball or Badminton
- Find support and make lasting friendships through the LIVESTRONG® at the YMCA program
- Volunteer on an event, on a committee or the Y Board
- Swim in the pool or walk in the current channel
- Participate in an adult sports league
- Perfect your jump shot during open gym or adult pick-up ball
- Volunteer to coach a youth sports team
- Attend a free Wellness Seminar
- Play racquetball with a friend
- Receive support through the YMCA’s Diabetes Prevention Program
- Bring a guest to the Y through the Buddy Program

If I am an active older adult
I CAN...
- Participate in a group exercise or water fitness class
- Work out with a personal trainer
- Find support and make lasting friendships through the LIVESTRONG® at the YMCA program
- Meet friends for a friendly card game
- Attend scheduled social outings & events
- Workout in the Wellness Center
- Take a virtual fitness class on demand
- Participate in a circuit class
- Swim in the pool or walk in the current channel
- Take some time to socialize with friends while having coffee
- Receive support through the YMCA’s Diabetes Prevention Program
- Participate in open Pickleball or Badminton
- Volunteer on a committee, the Y Board or help with fundraising
- Attend a free wellness seminar
- Spend some quiet, restful time in the Spiritual Nourishment Corner

My family CAN...
- Swim in the pool together
- Play a game of HORSE during open gym
- Attend a Family Strengthening event
- Host a birthday party for family and friends
- Volunteer as a family at a Y event
- Workout together in the Wellness Center (age 11 and up)
- Take a virtual fitness class together
- Enjoy time together during Family Sundays
- Take parent/child swim lessons
- Play a game of racquetball
- Attend Open Gym playtime with parent at the Gymnastics Center

At the Y, we want people of all ages to enjoy an active, healthy lifestyle. Use our program guide to find out what FUN activities and events you and your entire family can take advantage of at the Y!
Every day, the Fond du Lac Family YMCA strengthens our community for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It’s how we help our community and the “us” who live here realize their incredible possibilities.

But we can’t do it alone. Please consider joining our legion of community advocates whose gifts are making a difference and they are leading by example. Your $1,000 gift or more will be recognized through a banner that will hang in our YMCA for the year, positioning you, or your company, as a civic leader who cares about the health of our community.

No gift does more for “US.” DONATE FOR A BETTER US.

*All Annual Campaign gifts are 100% tax deductible.
For more information, please contact Kim Laws, Director of Mission Impact, at 920.921.3330 or email klaws@fdlymca.org.
SPIRITUAL HEALTH

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.

Watch for more details of upcoming seminars!

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 Sesing at jsesing@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.

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
- Wellness 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. 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, Director of Leadership Experience (HR), at 920.921.3330 ext. 326 or klougher@fdlymca.org or view our employment opportunities at fdlymca.org.

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

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, call Tyler Behling, Volunteer/Togetherhood Staff Advisor, at 920.921.3330 ext. 357, or email tbehling@fdlymca.org.
The YMCA Senior Programming classes and events welcome mature adults, AOA members, Optum® Fitness Advantage, 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.

**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.

- **Balance & Strength** :: Mondays & Wednesdays, 8:00 am to 8:45 am
  Designed to help make everyday activities easier by increasing your balance and strength with both traditional and functional exercises. All levels of fitness are welcome.

- **Yoga Stretch** :: Mondays, 8:00 am to 8:45 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.**

**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!

Winter Dates: January 25, February 22, March 22, April 26

5th Annual SENIOR PROM
Saturday, January 20th
More details to come!
Location TBD

Seniors are invited to attend this special event and ring in the New Year! Join us for a magical evening of dancing and fun. Theme colors for this event are blue and silver. Wear formal dress if you desire, wear a corsage or boutonnière, have pictures taken, and bring a date if you’d like. Bring an appetizer to pass. Sign up is required at the YMCA Welcome Center Desk. This event is open to members and community participants.

Tickets: $10 per person

**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.**

Winter Dates: January 9, February 6, March 6, April 3

**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!

Winter Dates: January 11, February 13, March 15, April 19

**Valentine’s Social**

MEET PEOPLE & HAVE FUN! Join the AOA group for this exciting event! Ice cream sundaes will be served. Watch for more details in February!
**SWIM LESSONS**

FEES LISTED ARE FOR EARLY REGISTRATION. A REGISTRATION FEE OF $5.00 PER PROGRAM SESSION WILL BE ADDED AFTER EARLY REGISTRATION DATES.

Winter Session I: Early Registration dates December 5-31, 2017 (members) & December 12-31, 2017 (community).
Winter Session II: Early Registration dates December 5 - February 15 (members) & December 12 - February 15 (community).

**NEW!**

**SKILL-BASED SWIM STAGES!**

Swim lessons are now organized into three phases, and each phase includes several stages focused on a specific skill set.

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months–3 years</td>
<td>A</td>
</tr>
<tr>
<td>3 years–5 years</td>
<td>B</td>
</tr>
<tr>
<td>6 years &amp; up</td>
<td>C</td>
</tr>
</tbody>
</table>

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

<table>
<thead>
<tr>
<th>Skill Description</th>
<th>Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can the student respond to verbal cues and jump on land?</td>
<td>A</td>
</tr>
<tr>
<td>Is the student comfortable working with an instructor without a parent in the water?</td>
<td>B</td>
</tr>
<tr>
<td>Will the student go underwater voluntarily?</td>
<td>C</td>
</tr>
<tr>
<td>Can the student do a front and back float on his or her own?</td>
<td>D</td>
</tr>
<tr>
<td>Can the student swim 10–15 yards on his or her front and back?</td>
<td>E</td>
</tr>
<tr>
<td>Can the student swim 15 yards of front and back crawl?</td>
<td>F</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool?</td>
<td>G</td>
</tr>
<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool and back?</td>
<td>H</td>
</tr>
</tbody>
</table>

**Fees per session:**
- $30 Member
- $65 Community Participant

All lessons are 30 minutes.

Winter Session I: Early Registration dates December 5-31, 2017 (members) & December 12-31, 2017 (community).
Winter Session II: Early Registration dates December 5 - February 15 (members) & December 12 - February 15 (community).

**FEES LISTED ARE FOR EARLY REGISTRATION. A REGISTRATION FEE OF $5.00 PER PROGRAM SESSION WILL BE ADDED AFTER EARLY REGISTRATION DATES.**

**NEW!**

**SWIM STARTERS**

**SWIM BASICS**

**SWIM STROKES**

12 | FOND DU LAC FAMILY YMCA :: 920.921.3330 :: www.fdlymca.org
### WINTER SESSION I — January 6 - Friday, February 16 (6-week session)

<table>
<thead>
<tr>
<th>Time</th>
<th>Parent/Child A</th>
<th>Parent/Child B</th>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
<th>Stage 4</th>
<th>Stage 5</th>
<th>Stage 6</th>
<th>Log Rolling</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:35pm</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:10pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### WINTER SESSION II — February 24 - Friday, April 13 (6-week session, no classes held week of March 26)

<table>
<thead>
<tr>
<th>Time</th>
<th>Parent/Child A</th>
<th>Parent/Child B</th>
<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
<th>Stage 4</th>
<th>Stage 5</th>
<th>Stage 6</th>
<th>Log Rolling</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:35am</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:10pm</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:45pm</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:20pm</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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 for more information.

<table>
<thead>
<tr>
<th>Class</th>
<th>Member Fees</th>
<th>Community Participant Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Class</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>3 Classes</td>
<td>$40</td>
<td>$80</td>
</tr>
<tr>
<td>6 Classes</td>
<td>$70</td>
<td>$140</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Class</th>
<th>Member Fees</th>
<th>Community Participant Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Class</td>
<td>$26</td>
<td>$52</td>
</tr>
<tr>
<td>3 Classes</td>
<td>$64</td>
<td>$128</td>
</tr>
<tr>
<td>6 Classes</td>
<td>$105</td>
<td>$210</td>
</tr>
</tbody>
</table>

### Special Needs Lessons (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. **Staff to student ratio is 1:1** and all ages are welcome.

Fees per session: $33 Member $68 Community Participant

### Log Rolling Classes (Classes are 45 minutes)

Log rolling helps improve balance, agility and concentration, all while having a good time. This class will follow a structured lesson plan to increase skill and development. Ages 8 & up are welcome. Log rolling is offered for both Winter I & II sessions.

Fees per session: $15 Member $25 Community Participant
American Heart Association BLS CPR & 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.

January 10  4:30 pm to 8:00 pm
March 7    4:30 pm to 8:00 pm
Fees: $20 Member $40 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.

April 8  9:00 am to 3:30 pm
Fees: $60 Member $90 Community Participant

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.

Must attend all 3 classes to obtain certification:
February 2   5:00 pm to 10:00 pm
February 3   8:00 am to 6:00 pm
February 4   8:00 am to 6:00 pm
Fees: $150 Member $180 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

February 10  10:00 am to 12:00 pm
April 7    10:00 am to 12:00 pm
Fees: $20 Member $45 Community Participant
CHILD CARE

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 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.

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 that are fully toilet-trained. Our three year old classroom will help prepare your child cognitively, emotionally and socially through play.

4K Registration begins in February
Parents should receive a letter from the FDL School District in January. If you are interested in care beyond the 4K hours, contact the Child Care Center at 920.921.3698.

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

FEES LISTED ARE FOR EARLY REGISTRATION.
A REGISTRATION FEE OF $5.00 PER PROGRAM SESSION WILL BE ADDED AFTER EARLY REGISTRATION DATES.

Winter Session I: Early Registration dates December 5-31, 2017 (members) & December 12-31, 2017 (community).
Winter Session II: Early Registration dates December 5 – February 15 (members) & December 12 – February 15 (community).

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.

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.

TOTS IN MOTION
Parents and children will get their bodies moving as they strengthen body awareness, flexibility, and motor skills through rhythm and play.

TOTS 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.

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.

NEW! CREATIVE ARTS—Come and join us for some fun and experience our creative art classes! We will have 2 weeks of Music, 2 weeks of Kinder-Art, and 2 weeks of Kids in the Kitchen!

NEW! EXPLORING MUSIC—Children will get their bodies moving as they are grooving to the beat. They will have fun playing instruments, games, and singing along! Activities will strengthen body awareness, flexibility, and motor skills.

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

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

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 Winter Session I & II
Fee: FREE for Members $6/family/visit Community Participant

KINDER-PLAY
Age 2 to 6, playtime with parent
Enjoy an hour of playtime with peers and 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 Winter Session I & II
Fee: FREE for Members $6/family/visit Community Participant

WEEKLY PROGRAM CLASSES

Winter Wonderland—Winter is here! Let’s meet together to build an indoor snowman & design some sparkly snowflakes. We’ll also snuggle up and enjoy a few chilly stories while we sip on hot cocoa. Bring your favorite blanket to class for snuggling.

SNACK ATTACK—Calling all junior chefs! We’ll experience the joy of cooking as we measure, mix, and learn about kitchen safety and clean up. Our morning will be filled with simple recipes and sampling our creations. *Please alert instructor to any food allergies prior to class.*

Alphabet Soup—It’s time to sing our ABC’s. We will explore the alphabet and make learning fun as we play games, make crafts and have fun with letters. Join us as we go on an adventure from A to Z.

Super Bowl Day—Come and enjoy a morning of football fun! We’ll cheer on our favorite team as we play games, create some football crafts and activities and enjoy a “tailgate” snack. Show off your team colors today when you come to class. Go Team!

Dinosaur Day—We will be preschool paleontologists as we dig into the past to learn about dinosaurs. We’ll romp and stomp our way through stories, songs and crafts.

Happy Valentine’s Day—Today we can create our own Valentine’s to share with the special people in our lives. After we are done with our artistic creations, we’ll take time to relax with stories and decorating heart shaped cookies.

Science Explorers—Nurture your little one’s curiosity in science this morning at the Y’s “science laboratory”! We’ll explore the world around us with hands-on experiments and sensory exploration. Our little scientists will create some exciting take home projects as well.

Let’s Jump & Read—Our favorite stories come alive as we wiggle and giggle in this fun-filled class. We will learn new songs, do fun movement activities, take a healthy snack break and hear many stories.

St. Patty’s Day—We’ll all have a bit of the luck of the Irish as we celebrate St. Patrick’s Day. It will be a class filled with learning about shamrocks, leprechauns and all things green. Who is ready to join us as we hunt for gold at the end of the rainbow?

Easter Egg-Stravaganza—Come and experience a morning of egg-citing adventures. Children will decorate eggs, go on an egg hunt and listen to stories that will get us ready to have a “Hoppy” Easter!

Spring is in the Air—Spring has sprung! As we welcome spring, we’ll explore and learn about flowers, plants, insects and all of the new things in the great outdoors that we start to see at this time of the year.

Outer Space Adventures—We are going to blast off in our rockets and head to outer space for an out-of-this-world adventure. Our mission will take us visiting planets and learning about the universe in which we live.
## WINTER SESSION I — January 6 – February 16 (6-week session)

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Winter I Pricing Per Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent/Child Classes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toddler Art</td>
<td>2-3</td>
<td>Mondays</td>
<td>9:15-9:45 am</td>
<td>FREE for Members, $45 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Super Tots</td>
<td>2-3</td>
<td>Wednesdays</td>
<td>9:15-9:45 am</td>
<td>FREE for Members, $45 Community Participant</td>
<td>YMCA Community/Family Gym</td>
</tr>
<tr>
<td><strong>Classes without Parent</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exploring Music</td>
<td>4-6</td>
<td>Mondays</td>
<td>10:00-10:45 am</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Kids in the Kitchen</td>
<td>4-6</td>
<td>Tuesdays</td>
<td>6:00-6:45 pm</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Kinder Gym</td>
<td>4-6</td>
<td>Thursdays</td>
<td>9:15-10:00 am</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Community/Family Gym</td>
</tr>
</tbody>
</table>

## WINTER SESSION II — February 24 – April 13 * (6-week session)

*No classes held the week of March 26

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Winter II Pricing Per Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent/Child Classes</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tots in the Kitchen</td>
<td>2-3</td>
<td>Mondays</td>
<td>9:15-9:45 am</td>
<td>FREE for Members, $45 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Tots in Motion</td>
<td>2-3</td>
<td>Wednesdays</td>
<td>9:15-9:45 am</td>
<td>FREE for Members, $45 Community Participant</td>
<td>YMCA Community/Family Gym</td>
</tr>
<tr>
<td><strong>Classes without Parent</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creative Arts</td>
<td>3½-6</td>
<td>Mondays</td>
<td>10:00-10:45 am</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Kinder Art</td>
<td>3½-6</td>
<td>Tuesdays</td>
<td>6:00-6:45 pm</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Kids in Motion</td>
<td>3½-6</td>
<td>Thursdays</td>
<td>9:15-10:00 am</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Community/Family Gym</td>
</tr>
</tbody>
</table>

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

*See Session Dates and pricing options below

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Date</th>
<th>Time</th>
<th>Pricing Per Class</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Classes without Parent</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter Wonderland</td>
<td>3½-6</td>
<td>January 9</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Snack Attack</td>
<td>3½-6</td>
<td>January 16</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Alphabet Soup</td>
<td>3½-6</td>
<td>January 23</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Super Bowl Day</td>
<td>3½-6</td>
<td>January 30</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Dinosaur Day</td>
<td>3½-6</td>
<td>February 6</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Happy Valentine's Day</td>
<td>3½-6</td>
<td>February 13</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Science Explorers</td>
<td>3½-6</td>
<td>February 27</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Let's Jump &amp; Read</td>
<td>3½-6</td>
<td>March 6</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>St. Patty’s Day</td>
<td>3½-6</td>
<td>March 13</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Easter Egg-stravaganza</td>
<td>3½-6</td>
<td>March 20</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Spring is in the Air</td>
<td>3½-6</td>
<td>April 2</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Outer Space Adventures</td>
<td>3½-6</td>
<td>April 10</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
</tbody>
</table>

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 Winter Session I:** January 9 – February 13
**Weekly Program Classes Winter Session II:** February 27 – April 10

**FEES:**

**OPTION 1 — By Session:** Purchase (5) weekly classes per session and receive (1) free.
Session Fee: $25 Member $50 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 preschool classes while in Child Watch. We will do this for you while you are working out at the Y. For more details, contact Sherry Ferraro at 920.921.3330 ext. 306 or email sferraro@fdlymca.org.
YOUTH SPORTS

FEES LISTED ARE FOR EARLY REGISTRATION.
A REGISTRATION FEE OF $5.00 PER PROGRAM SESSION WILL BE ADDED AFTER EARLY REGISTRATION DATES.

Winter Session I: Early Registration dates December 5 - 31, 2017 (members) & December 12 - 31, 2017 (community).
Winter Session II: Early Registration dates December 5 - February 15 (members) & December 12 - February 15 (community).

Rookies 4K Basketball
This basic and introductory level class is designed to give kids an overview of the sport of basketball. Smaller basketballs and shorter hoops will help us teach the kids proper techniques and skills to help maximize their understanding of the sport.

4K Sat 11:00 am - 11:30 am YMCA Family Gym
Session I: January 6 - February 10
Fees: $20 Member $45 Community Participant

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

5K-Grade 1 Sat 8:45 am - 9:30 am YMCA Family Gym
Sat 9:30 am - 10:15 am YMCA Family Gym
Session I: January 6 - February 10
Fees: $25 Member $55 Community Participant

Intermediate Rookies Basketball
Kids in this intermediate level class will build upon the basic skills that were learned in the Beginner Class as well as other basketball skills such as pivoting, rebounding, etc. Kids will also play controlled games beginning in week 4. This level is for 2nd graders, or a 1st grader that has completed two sessions of the Beginner class.

Grade 1-2 Sat 8:00 am - 8:45 am YMCA Family Gym
Sat 10:15 am - 11:00 am YMCA Family Gym
Session I: January 6 - February 10
Fees: $25 Member $55 Community Participant

Winner’s Basketball League Camp
Led by Glenn Eichstedt, this camp is for 2nd, 3rd & 4th graders. Each week the camp will start with skill instruction, followed by half court “controlled scrimmage” and then full court games utilizing or emphasizing the skills and rules that were introduced or practiced at the start of each camp night.

Grade 2-4 Wed 5:00 pm - 6:00 pm YMCA Family Gym
Session I: January 10 - February 14
Fees: $34 Member $68 Community Participant

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

Grade 2-4 Thu 5:30 pm - 6:15 pm YMCA Family Gym
Session I: January 11 - February 15
Fees: $25 Member $55 Community Participant

Rookies Intermediate Volleyball
This intermediate level class is designed for kids who are looking to advance their skills in the sport of volleyball. This level is for 5th graders, as well as 3rd or 4th graders who have completed the Beginner level class. More advanced fundamentals of the sport will be taught, but we will also split the kids up based on their skill level. Bumping, setting, and positioning will be heavily emphasized through drills and controlled game play.

Grade 3-5 Thu 6:15 pm - 7:00 pm YMCA Family Gym
Session I: January 11 - February 15
Fees: $25 Member $55 Community Participant

YOUTH SPORTS SPONSORSHIP OPPORTUNITIES
Consider a sponsorship package in one of our Youth Sports programs!

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!

In the past, we only offered the opportunity to sponsor at a team level. Now we offer multiple ways for you to get involved with these programs.

With sponsorship, your business logo will be printed on the back of the team jersey for everyone to see. Sponsorship package rates vary, depending on which level is chosen.

If you would like to sponsor a team, class or program, or have any other questions, please call Tyler Behling, Youth & Sports Director, at 920.921.3330 ext. 357.
**Beginners Indoor 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.

Age 4-5  Tue  5:30 pm - 6:30 pm  YMCA Family Gym
Session I:  January 9 – February 13
Fees:  $25 Member    $55 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 Session I and the youth basketball games in Session II.

**Beginners Cheer**
Designed for children who are new to cheerleading.
Age 5, 6, & 7  Mon  6:00 pm - 7:00 pm  YMCA
Session I:  January 8 – February 12
Fees:  $28 Member    $58 Community Participant

**Intermediate/Advanced Cheer**
6 and 7 year olds must have completed at least two previous cheer sessions.
Age 6-11  Mon  7:00 pm - 8:00 pm  YMCA
Session I:  January 8 – February 12
Fees:  $28 Member    $58 Community Participant

Sean Boogie Dance Studio and the Y present:

**Youth Hip Hop Classes**
Sean will introduce students to the fundamentals of dance in a nurturing classroom setting. Hip-Hop combines the styles of breaking, popping, and locking, while the students movement mixes gymnastics techniques with strength training and athleticism. Students will develop musicality, coordination, flexibility, and physical fitness in a fun environment!

Ages 6-12  Wed  6:30 pm - 7:30 pm  YMCA Studio 4
Session dates:  January 10 - April 11 (no class Feb. 21 & March 28)
Fees:  $100 Member    $150 Community Participant

**USTA Quick Start Tennis**
This program is designed and structured for kids to learn, rally and play quickly in a way that is both enjoyable and rewarding.

Only 30 spots are available in each session!
Participants in this program do not have to be USTA members. Upon registration, participants will receive a free USTA membership.
(further instruction will be given upon sign up).

**Session I:  January 6 – February 10**
Age 5-7  Sat  9:00 am – 9:45 am
Age 8-11  Sat  9:45 am – 10:30 am

**Session II:  February 24 – April 7**
Age 5-7  Sat  11:00 am – 11:45 am
Age 8-11  Sat  11:45 am – 12:30 pm

Fees:  $15 Member    $35 Community Participant

**Middle School Nights**
Join us the 3rd Saturday of each month beginning in October. Hang out with your friends and meet new ones during these fun theme-nights open to ALL middle schoolers!

Dates:  January 20  February 17
        March 17  April 21
Time:  6:30–9:00 pm
FREE for Members    $5/Community Participant

Online Registration available
NEW! Adult/Child Bowling League
Bowling is a great sport where you can participate with your kids! In this league, teams will consist of one adult/one child and will bowl against another team each week. One game per week with shoes included! Your child’s age will determine which league you are in.

Spare Bears Age 4-7 Mon 6:00 pm – 7:00 pm
Pin Pals Age 8–10 Mon 6:00 pm – 7:00 pm
Bowling Stones Age 11–15 Mon 6:00 pm – 7:00 pm

Session I: January 8 – February 12
Session II: February 26 – April 9 (no league held on March 26)

Location: Ledgeview Lanes
Fees: $20 Member $45 Community Participant

Youth Bowling
Bowling Lessons in partnership with Ledgeview Lanes
Are you looking for a great way to learn about Bowling? Our partnership with Ledgeview Lanes would be a great way to get started. A certified instructor will teach bowling skills and etiquette in this 6-week course. Sign up today as spots will fill up fast!

Age 7-10 Sat 10:00 am – 11:00 am Ledgeview Lanes

Session II: February 24 – April 7 (no class held on March 31)
Fees: $20 Member $45 Community Participant

NEW! High School Girls Flag Rugby
Coaching provided by Fond du Lac Rugby Inc.
Flag Rugby is a fast moving, non-contact, running and ball-carrying game. Players attempt to evade and pass a rugby ball while defenders attempt to prevent them scoring by pulling a flag from the player’s belt. The interchangeable nature of possession requires switching from offense to defense in an instant and helps to develop a wide range of skills. Cooperation and determination along with individual and collective responsibility are key elements in the game.

Grade 9-12 Tue 7:00 pm – 8:00 pm YMCA Community Gym
Session I: January 9 – February 13

Fees: $15 Member $35 Community Participant
*fee includes a t-shirt

Co-ed Flag Rugby
Do you want to play a game where you can be the quarterback, the running back and the receiver all at once? Then try Flag Rugby this winter! Flag Rugby is a fast moving, non-contact, running and ball-carrying game suitable for boys and girls to play together. The interchangeable nature of possession requires switching from defense to offense in an instant and helps to develop a wide variety of skills. Cooperation and determination along with individual and collective responsibility are key elements in the game of Flag Rugby.

Instructor: Ben Blanc from Fond du Lac Rugby Inc.

Grade 1-2 Sat 8:30 am – 9:30 am YMCA Family Gym
Grade 3-5 Sat 9:30 am – 10:30 am YMCA Family Gym
Grade 6-8 Sat 10:30 am – 12:00 pm YMCA Family Gym

Session II: February 24 – April 7 (no class held on March 31)
Fees: $15 Member $35 Community Participant
*fee includes a t-shirt

Youth Racquetball
Youth Racquetball Lessons
Kids will be taught the basic rules and skills of the sport during this class.

Grade 4-8 Thu 5:00 pm – 5:30 pm YMCA Racquetball Courts

Session I: January 11 – February 15
Session II: March 1 – April 12 (no classes March 29)
Fees: $15 Member $35 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!

**Home School Phy-Ed Classes**
The Y 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.

**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.

**12-Week Session: January 9 – April 10**
*(classes will not be held on February 20 & March 27)*

- **January 9–Gym Class**
- **February 27–Gym Class**
- **January 16–Water Activities**
- **March 6–Water Activities**
- **January 23–Fitness Fun**
- **March 13–Fitness Fun**
- **January 30–Gym Class**
- **March 20–Gym Class**
- **February 6–Water Activities**
- **March 27–OFF**
- **February 13–Fitness Fun**
- **April 3–Water Activities**
- **February 20–OFF**
- **April 10–Fitness Fun**

**Fee:** FREE for Members $40/session Community Participant

---

**Youth Dance**
The genres of dance that may be covered in YMCA Dance are Creative Movement, Ballet and Jazz. Students are welcome to wear traditional dance attire, including tights, leotards, and ballet slippers; this is not required. Any clothing that the student can move and have fun in is acceptable. Socks or softer shoes are recommended.

**Session II:** February 24 - April 7 (no class on March 31)

**Fees:** $25 Member $55 Community Participant

**Little Steppers**
Students will learn creative movements that are fun, educational and age appropriate. **Class sized is limited to 12 participants and held in Racquetball Court B.**

**Age 3–4**
Sat 10:30 am - 11:00 am Racquetball Court B
Sat 11:00 am - 11:30 am Racquetball Court B

**Intro to Dance**
Students will learn pre-Ballet and creative movements that are fun, educational and age appropriate for ages 5 and up. Students will also be introduced to Ballet terminology. A short dance will be performed on the last day of class.

**Age 5–6**
Sat 11:45 am - 12:30 pm YMCA Studio 4

**Beginner Rookies Soccer**
This beginner level class is designed for kids that are just beginning in the sport of soccer. Kids will be taught the fundamentals of the sport. Dribbling, passing, shooting, and defense will be heavily emphasized through drills and small-sided game play. This program relies on volunteer parent coaches to help kids learn and enjoy the game of soccer.

**Age 4–5**
Sat 8:45 am - 9:30 am YMCA Community Gym
Sat 9:30 am - 10:15 am YMCA Community Gym

**Session II:** February 24 – April 7 (no class on March 31)

**Fees:** $30 Member $60 Community Participant

**Advanced Rookies Soccer**
Kids in this advanced level class will build upon the basic skills that were learned in the Beginner Class. More advanced dribbling, passing, shooting, & defense drills will be taught. Kids will also play small-sided indoor games beginning in week 4. This program relies on volunteer parent coaches to help kids learn and enjoy the game of soccer.

**Age 6–7**
Sat 8:00 am - 8:45 am YMCA Community Gym
Sat 10:15 am - 11:00 am YMCA Community Gym

**Session II:** February 24 – April 7 (no class on March 31)

**Fees:** $30 Member $60 Community Participant

---

**Online Registration available**

---

**Afterschool Activities | Grade 1 to 12**

**Dates/Time:** Monday to Friday, 4:00 to 5:00pm

**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)
GYMNASTICS

FEES LISTED ARE FOR EARLY REGISTRATION. A REGISTRATION FEE OF $5.00 PER PROGRAM SESSION WILL BE ADDED AFTER EARLY REGISTRATION DATES.

Winter Session: Early Registration dates December 5-31, 2017 (members) & December 12-31, 2017 (community).
Winter Session: Registration fees added December 31, 2017 – January 12, 2018

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.

PROGRESSIVE GYMNASTICS CLASSES
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. All new entry level gymnasts must start at Rollers I regardless of age.

Tumble Tots I (Ages 3-4)
This class is for children ages 3 to 4 just starting out in the sport of 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. Classes are 45 minutes. Child needs to be fully toilet-trained.
Fees: $50 Member $110 Community Participant

Tumble Tots II (Ages 4-5)
This class is for 4 year old children who have passed Tumble Tots I or 5 year old children who are new to the sport of 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. Classes are 45 minutes. Child needs to be fully toilet-trained.
Fees: $50 Member $110 Community Participant

Rollers I (Ages 5-6)
This class is for 5 year old children who have passed Tumble Tots II or 6 year old children who are new to the sport of 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. Classes are 50 minutes.
Fees: $54 Member $120 Community Participant

Rollers II (Prerequisite Pass Rollers I)
This class is for children who have passed Rollers I. This class will focus on basic gymnastics skills. Our instructors will work on running mechanics for vault, mounting, hip circles and dismounting on uneven bars; mounting, balancing and dismounting on balance beam; and cartwheeling, rolls and handstands on floor exercise. Staff to child ratio is 1:6. Classes are 60 minutes.
Fees: $60 Member $134 Community Participant

Pre-Team (Prerequisite Pass Rollers II) (Swingers I & II are now part of Pre-Team)
This class is for children who have passed Rollers II and are interested in being a part of the Fondy Flyers Gymnastics Team. This class is a stepping stone from our progressive classes to the competitive team. We will focus on conditioning, strength, flexibility as well as developing skills and learning the routines in levels 1 and 2 of our competitive program. Staff to child ratio is 1:6. Classes are 60 minutes.
Fees: $70 Member $154 Community Participant
**WINTER SESSION — January 6 – Friday, April 13***  
*No classes held week of March 26*

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Tumble Tots I (Ages 3-4)</th>
<th>Tumble Tots II (Ages 4-5)</th>
<th>Rollers I (Ages 5-6)</th>
<th>Rollers II (Ages 6 &amp; up)</th>
<th>Pre-Team (Ages 7 &amp; up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Tumble Tots I (Ages 3-4)</th>
<th>Tumble Tots II (Ages 4-5)</th>
<th>Rollers I (Ages 5-6)</th>
<th>Rollers II (Ages 6 &amp; up)</th>
<th>Pre-Team (Ages 7 &amp; up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Tumble Tots I (Ages 3-4)</th>
<th>Tumble Tots II (Ages 4-5)</th>
<th>Rollers I (Ages 5-6)</th>
<th>Rollers II (Ages 6 &amp; up)</th>
<th>Pre-Team (Ages 7 &amp; up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>5:00 pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Tumble Tots I (Ages 3-4)</th>
<th>Tumble Tots II (Ages 4-5)</th>
<th>Rollers I (Ages 5-6)</th>
<th>Rollers II (Ages 6 &amp; up)</th>
<th>Pre-Team (Ages 7 &amp; up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Tumble Tots I (Ages 3-4)</th>
<th>Tumble Tots II (Ages 4-5)</th>
<th>Rollers I (Ages 5-6)</th>
<th>Rollers II (Ages 6 &amp; up)</th>
<th>Pre-Team (Ages 7 &amp; up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Tumble Tots I (Ages 3-4)</th>
<th>Tumble Tots II (Ages 4-5)</th>
<th>Rollers I (Ages 5-6)</th>
<th>Rollers II (Ages 6 &amp; up)</th>
<th>Pre-Team (Ages 7 &amp; up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>10:00 am</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
</tbody>
</table>

---

**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 1-8 and Xcel. For more information on our gymnastics program, call 920.933.3499 or email gymnastics@fdlymca.org.
HEALTHY LIVING

Cardiac Rehab Phase 3
Our Cardiac Rehab Phase 3 classes are offered through a partnership with Agnesian HealthCare. Agnesian HealthCare, through St. Agnes Hospital, currently offers two phases of cardiac rehab, featuring an exercise regimen and supervised by a team of nurses, physicians, dieticians, physical therapists and social workers, to help patients learn how to improve their health following a heart attack or heart procedure. The Fond du Lac Family YMCA helps patients maintain the healthier lifestyle they began in Phase 2, by offering Phase 3 rehab at the Y to assist in long-term success. Y membership is required.

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

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

Interested members may sign up at the Welcome Center Desk during business hours.

Parkinson’s Exercise Class
Our Parkinson’s Exercise Class is offered through a partnership with Agnesian HealthCare.

Research shows that exercise BENEFITS people with Parkinson’s Disease. The benefits of exercise can help protect certain areas of the brain involved in the disease process.

In this class we work on aerobic conditioning on treadmills, bikes, or the Nu-step, depending on your ability. Weight machines are used for upper and lower body strengthening. Classroom exercises emphasize range of motion, balance, posture, and body education.

Class participants must be approved to join the Parkinson’s Exercise class, prior to registration. Class size is limited. To be approved, please contact Joel Mason, DPT, at masonj@agnesian.com or 920.921.3330 ext. 337.

LIVESTRONG® at the YMCA
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. Participants work with trained YMCA staff to build muscle strength and endurance, increase flexibility, improve energy levels, reduce the severity of treatment side effects, restore balance, and improve functional ability to complete everyday tasks.

In addition to physical benefits, the program is also focused on the emotional well-being of survivors and their families by providing a supportive community environment.

LIVESTRONG® at the YMCA is for any adult who is currently going through cancer treatment or has gone through some form of cancer treatment in the past who wants to regain their health and well-being.

Contact Ali Harasha at 920.921.3330 ext. 329 or aharasha@fdlymca.org to learn more about the program.

Stronger Together
A Program For LIVESTRONG® at the YMCA Alumni
Members of our LIVESTRONG® at the YMCA program often make bonds, forming a community. Our STRONGER TOGETHER program enables LIVESTRONG® at the YMCA alumni to continue pursuing wellness and support after completion of the initial 12-week program. In our STRONGER TOGETHER program, alumni continue meeting weekly, remaining connected, while pursuing ongoing wellness.

You must be a Y member to participate in this program. The alumni class will be offered free to Fond du Lac Family YMCA members who are LIVESTRONG® at the YMCA alumni. For more questions, contact Ali Harasha at aharasha@fdlymca.org or 920.921.3330 ext. 329.

YMCA’S Diabetes Prevention Program
The YMCA’s Diabetes Prevention Program is an evidence-based program that helps those who have been diagnosed with prediabetes, or believe they may be at high risk of developing type 2 diabetes, adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

This program is a year-long program broken down into 16 core sessions. Each session is in a classroom setting where a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of one year.

For more information about the YMCA’S Diabetes Prevention Program and how you can take control and join our upcoming program, contact MJ Neumann at mjneumann@fdlymca.org or visit www.fdlymca.org.

FreshFit Meals now offered at the Y!
Healthy, individually packaged, ready to eat meals
A new meal option is available for purchase at the Y each week. Healthy eating made easy.

Purchase payments accepted via debit or credit card only.
For more information on Fresh Fit Meals, LLC, visit freshfitfdl.com.
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 Ericka Kramer, Personal Training Coordinator, at 920.921.3330 ext. 348 or email ekramer@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 our coordinator, 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

<table>
<thead>
<tr>
<th>Duration of Session</th>
<th>(1) Session</th>
<th>(5) Sessions</th>
<th>(10) Sessions</th>
<th>(15) Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minute Session</td>
<td>$17.50</td>
<td>$78.75</td>
<td>$148.75</td>
<td>$210.00</td>
</tr>
<tr>
<td>60 Minute Session</td>
<td>$35.00</td>
<td>$157.50</td>
<td>$297.50</td>
<td>$420.00</td>
</tr>
</tbody>
</table>

GROUP PERSONAL TRAINING RATES

<table>
<thead>
<tr>
<th>Duration of Session</th>
<th># of People</th>
<th>(1) Session</th>
<th>(5) Sessions</th>
<th>(10) Sessions</th>
<th>(15) Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minute Session</td>
<td>2</td>
<td>$25.00</td>
<td>$112.50</td>
<td>$212.50</td>
<td>$300.00</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>$30.00</td>
<td>$135.00</td>
<td>$255.00</td>
<td>$360.00</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>$35.00</td>
<td>$157.50</td>
<td>$297.50</td>
<td>$420.00</td>
</tr>
<tr>
<td>60 Minute Session</td>
<td>2</td>
<td>$50.00</td>
<td>$225.00</td>
<td>$425.00</td>
<td>$600.00</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>$60.00</td>
<td>$270.00</td>
<td>$510.00</td>
<td>$720.00</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>$70.00</td>
<td>$315.00</td>
<td>$595.00</td>
<td>$840.00</td>
</tr>
</tbody>
</table>

Group Training with Personal Trainers
You can join group training with personal trainers, which are held in our lower level in Studio 3.

DROP-IN Group Training
Class schedules are posted by the 15th 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. You can purchase a $20 card for $18 or $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 drop-in class.

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 Ericka Kramer, Personal Training Coordinator, at 920.921.3330 ext. 348 or email ekramer@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 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.

**COMING SOON! BODYSTEP™** is a full body cardio workout that gets everyone energized. Basic stepping, like walking up and down stairs, is at the heart of this workout.

**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.

**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.

**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

For more information, visit fdlymca.org.

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.

Spin & Sculpt is a total body workout incorporating squats, push-ups and lunges.

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.

Women & Weights is a workout where each week you will focus on different muscle groups (upper & lower body) through use of weights, bars and body weight exercises.

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

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.

The Fond du Lac Family YMCA is a licensed facility proud to offer these LES MILLS programs, taught by certified instructors:
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!

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.

Virtual Fitness Classes
Our new fitness suite offers virtual fitness in our group cycling and
small group/personal training room. Through our partner Wexer, a
market leader in virtual fitness, we are able to deliver virtual fitness
content using the latest technology. With over 900 virtual classes
to choose from, including Les Mills content, we guarantee there is
something for every member.

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.

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 Les Mills 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!

To schedule team GRIT training or find out more information, contact
Barb Seidel, Group Exercise Coordinator, at bseidel@fdlymca.org.

<table>
<thead>
<tr>
<th>GRIT Team Rates</th>
<th>Y member rate</th>
<th>Non-member rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 classes (30 min. classes)</td>
<td>$12</td>
<td>$24</td>
</tr>
<tr>
<td>6 classes (30 min. classes)</td>
<td>$18</td>
<td>$36</td>
</tr>
<tr>
<td>8 classes (30 min. classes)</td>
<td>$24</td>
<td>$48</td>
</tr>
<tr>
<td>12 classes (30 min. classes)</td>
<td>$33</td>
<td>$66</td>
</tr>
<tr>
<td>16 classes (30 min. classes)</td>
<td>$40</td>
<td>$80</td>
</tr>
</tbody>
</table>
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.

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 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

Women’s Volleyball League
Age 18 & up | Registration deadline: January 10
12-Week League: January 16 – April 3
Tuesday, 7:00 pm or 8:00 pm Location: YMCA Family Gym
Fee: $220 per team

Co-ed Recreational Volleyball Leagues
Age 18 & up | Registration deadline: January 12
10-Week League: January 18 – March 22
Thursday, 7:00 pm or 8:00 pm Location: YMCA Family Gym
Fee: $200 per team

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.

New to Pickleball? That’s ok! We have three courts set up to help you learn and grow. Each court is directed toward different skill levels: Beginner (B), Intermediate (I) and Advanced (A).

Monday – Friday 6:30 am – 9:00 am B/I/A
Tuesday & Thursday 11:00 am – 12:00 pm Beginner
12:00 pm – 3:00 pm Intermediate & Advanced

Location: YMCA Community Gym

NEW YEAR’S EVE BASH
December 31 | 3:00–6:00pm
Come and join us in celebrating the New Year! Spend a safe, fun evening participating in all the activities planned at the Y and the Boys & Girls Club, including princess and superhero lessons, open swim, inflatable obstacle course, nerf wars, pizza and much more. Stay till the end so you don’t miss the thrilling balloon drop!

FATHER DAUGHTER DATE NIGHT
January 19 | 6:00–8:00pm
Girls age 3 through grade 5 are invited to spend an exciting date night with their “Dad’s” at the Y and Boys & Girls Club. Enjoy an evening of splendid dessert, dancing, and other great activities. Please pre-register!

MOTHER SON OUTING
February 23 | 6:00–8:00pm
Boys age 5-11 are invited to hang out with their moms at this Amazing Race themed event. Join us as you race throughout the Y and Club completing adventures! Moms and sons will have a blast trying to be the fastest team to complete all the challenges. Please pre-register!

MULTICULTURAL EVENT
March 15 | 5:30–7:30pm
Experience the variety of cultures that are a part of the Fond du Lac community. Watch performances, sample ethnic foods and participate in make and take activities with your family. This event is open to the whole community and gives people of the Fond du Lac community a chance to show the uniqueness of their culture.

SPRING CARNIVAL
April 13 | 5:30–7:30pm
Spend time with your family participating in Circus and Carnival games and activities. Learn how to juggle, walk the tightrope, 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!
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 school-year 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 3rd grade, 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.

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

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 YMCA 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.

Youth Sports Collaborations

The Y Youth Sports programs maximize the positive effects of playing sports by emphasizing healthy competition and promoting teamwork along with individual development. With the help of local organizations, we are able to contribute even more to our youth sports programs.

The following organizations collaborate with the Y:
- Fond du Lac Dock Spiders
- Fond du Lac Recreation Department
- Fond du Lac Rugby Inc.
- Fond du Lac Soccer Association
- Fondy Junior Football League
- Get Handles/ Snake Basketball LLC
- Ledgeview Lanes
- Marian University
- Sean Boogie Dance Studio
- USTA Tennis
- UW-Fond du Lac

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 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 3rd grade, and monthly family strengthening events. Forms available at the Y Welcome Center Desk.

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

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 YMCA 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.

Youth Sports Collaborations

The Y Youth Sports programs maximize the positive effects of playing sports by emphasizing healthy competition and promoting teamwork along with individual development. With the help of local organizations, we are able to contribute even more to our youth sports programs.

The following organizations collaborate with the Y:
- Fond du Lac Dock Spiders
- Fond du Lac Recreation Department
- Fond du Lac Rugby Inc.
- Fond du Lac Soccer Association
- Fondy Junior Football League
- Get Handles/Snake Basketball LLC
- Ledgeview Lanes
- Marian University
- Sean Boogie Dance Studio
- USTA Tennis
- UW-Fond du Lac

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 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 3rd grade, and monthly family strengthening events. Forms available at the Y Welcome Center Desk.

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

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 YMCA members and non-members. To learn more or to schedule an appointment, call 920.923.7940.
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.

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.

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
• Volunteering
• 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.
Locations

**Johnsonville Club**
76 West 2nd Street
Fond du Lac, WI 54935
Phone: 920.924.0530
Fax: 920.926.7652
Contact: Pam Sippel

**Pier Afterschool Clubhouse**
259 Old Pioneer Road
Fond du Lac, WI 54935
Phone: 920.906.6700 ex. 5217
Contact: Kaitlyn Buchholz

**Chegwin Afterschool Clubhouse**
109 East Merrill Avenue
Fond du Lac, WI 54935
Phone: 920.906.6700 ex. 4029
Contact: Kari Baker

**Parkside Afterschool Clubhouse**
475 West Arndt St
Fond du Lac, WI 54935
Phone: 920.266.7925 ex. 5065
Fax: 920.926.7652
Contact: TBD

**Project Learn Tutoring Programs**
**Referral Needed**
Sabish Middle School
Theisen Middle School
Woodworth Middle School
Fond du Lac High School
Phone: 920.924.0530
Contact: Dillon Wiese

**Schools and Grades Served**

**Johnsonville Afterschool Clubhouse | Grades 1-5**
Evans*, Riverside*, Waters, Lakeshore, Roberts, Rosenow, STEM** and all Private Schools

**Chegwin Afterschool Clubhouse | Grades 1-5**
Chegwin & Area Private Schools

**Pier Afterschool Clubhouse | Grades 1-5**
Pier

**Parkside Afterschool Clubhouse | Grades 1-5**
Parkside & Area Private Schools

**Johnsonville Teen Center**
Woodworth*, Theisen*, Sabish*, FDL High*, STEM**, St. Mary’s Springs Academy, FDL Central, St. Mary’s Springs, WLA

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

**STEM provides its own transportation via bus to BGC.**

Membership Fees
$50 per child / $100 family maximum
*Scholarships are available through the Sadoff Iron & Metal Scholarship Fund.

Afterschool Program Dates and Hours

**Program Dates:** September 5 - May 24
**Project Learn Program Dates:** October 2 - May 24

**Program Hours:**
- **Johnsonville, Chegwin, Parkside & Pier Afterschool Clubhouses** 3:00 pm - 6:00 pm
- **Johnsonville Teen Center** 3:00 pm - 7:00 pm
- **Project Learn Sites*** 3:00 pm - 4:30 pm
  *Transportation provided to Johnsonville Teen Center at 4:30pm

Program Hours on Days off of School:
- **All sites attend Johnsonville Clubhouse** 9:00 am - 5:00 pm

Registration Information

Registration for the afterschool programs starts August 3. You may sign your child up for the Johnsonville Clubhouse, Chegwin Clubhouse, Parkside Clubhouse, Pier Clubhouse and the Teen Center by visiting the Johnsonville Clubhouse. All forms must be turned in and fees must be paid before your child is able to start the afterschool program. Parents of elementary-aged children must attend an orientation at the beginning of the school year.

Registration for the Project Learn programs in the middle schools and high school are by referral only. For more information on how to get your child involved in this program, please call 920.924.0530.

Membership forms are available on our website at www.kidsclubfdl.org.

Daily Schedule

**Grade 1-5 Programs:** Johnsonville, Chegwin, Parkside, Pier

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 - 4:00 pm</td>
<td>Meal or snack* and Organized Play</td>
</tr>
<tr>
<td>4:00 - 4:45 pm</td>
<td>Academic Enrichment Programming and Homework Help</td>
</tr>
<tr>
<td>4:45 - 5:45 pm</td>
<td>Boys &amp; Girls Club Activities</td>
</tr>
<tr>
<td>5:45 - 6:00 pm</td>
<td>Clean-up and Member Pick-up</td>
</tr>
</tbody>
</table>

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

**Johnsonville Teen Center**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 - 4:00 pm</td>
<td>Homework Help/Computer Tech.</td>
</tr>
<tr>
<td>4:00 - 4:30 pm</td>
<td>Organized Play/Recreation</td>
</tr>
<tr>
<td>4:30 - 5:30 pm</td>
<td>Meal and Clean-up</td>
</tr>
<tr>
<td>5:30 - 6:30 pm</td>
<td>Enrichment Programming</td>
</tr>
<tr>
<td>6:30 - 7:00 pm</td>
<td>Organized Play/Recreation</td>
</tr>
</tbody>
</table>

**Project Learn Program**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 - 4:30 pm</td>
<td>Academic Tutoring</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Van will transport to Johnsonville Teen Center</td>
</tr>
</tbody>
</table>
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

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

FOND DU LAC FAMILY YMCA LEADERSHIP TEAM

Greg Giles, CEO/Executive Director
Ext. 313    Email: ggiles@fdlymca.org

J.J. Raflik, Associate Executive Director
Ext. 318    Email: jraflik@fdlymca.org

Kim Laws, Director of Mission Impact
Ext. 315    Email: klaws@fdlymca.org

Kristel Lougher, Director of Leadership Experience (HR)
Ext. 326    Email: klougher@fdlymca.org

Jen Memmel, Director of Marketing & Communications
Ext. 322    Email: jmemmel@fdlymca.org

Tyler Behling, Youth & Sports Director
Volunteer/Togetherhood Staff Advisor
Ext. 357    Email: tbehling@fdlymca.org

Rick Cullen, Property Director
Ext. 335    Email: rcullen@fdlymca.org

Ben Giles, Member Engagement Director
Youth in Government Advisor
Ext. 319    Email: bgiles@fdlymca.org

Sandi Harlan, Child Care Director
Ext. 320    Email: sharlan@fdlymca.org

Jennie Mildebrandt, Aquatics and Family Director
Ext. 317    Email: jmildebrandt@fdlymca.org

Kate Mueller, Finance Director
Ext. 310    Email: kmueller@fdlymca.org

MJ Neumann, Healthy Living Director
Ext. 336    Email: mjneumann@fdlymca.org

Kim Dean, Gymnastics Coordinator
920.933.3499 Email: gymnastics@fdlymca.org

Shelli Dekker, Child Care Coordinator
Ext. 321    Email: sdekker@fdlymca.org

Sherry Ferraro, Family Enrichment Coordinator
Ext. 306    Email: sferraro@fdlymca.org

Jamie Gulbrand, Facilities Coordinator
Ext. 356    Email: jgulbrand@fdlymca.org

Ali Harasha, Wellness Coordinator
Ext. 329    Email: aharasha@fdlymca.org

Ericka Kramer, Personal Training Coordinator
Ext. 348    Email: ekramer@fdlymca.org

Cheyenne Malterer, Marketing Coordinator
Ext. 311    Email: cmalterer@fdlymca.org

Ricardo Rosado, Facilities Coordinator
Ext. 303    Email: rrosado@fdlymca.org

Barb Seidel, Group Exercise Coordinator
Ext. 339    Email: bseidel@fdlymca.org

Joyce Sesing, Active Older Adult Coordinator
Ext. 308    Email: jsesing@fdlymca.org

Jason Winkelman, Aquatics Coordinator
Ext. 309    Email: aquatics@fdlymca.org

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