2024 FALL PROGRAM GUIDE

FOND DU LAC FAMILY YMCA fdlymca.org

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EXPLORE NEW POSSIBILITIES

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MEMBERSHIP INFORMATION





BECOME A MEMBER:

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 the facility. Children under age 8 may participate as part of a family membership. All membership fees are non-refundable and non-transferrable.

- ANNUAL MEMBERSHIPS Paid and renewed annually by cash, check, VISA, MasterCard or Discover.
- MONTHLY DRAFT PLAN Paid through automatic bank or credit card drafts.

MEMBERSHIP RATES: (Effective September 1, 2024)

MEMBERSHIP TYPES	MONTHLY RATES	JOINER FEE
Youth (age 8–18)	\$25	\$0
Young Adult (age 19–30)	\$35	\$25
Adult (age 31–64)	\$55	\$50
Senior (age 65+)	\$50	\$50
Family/Household	\$75	\$75
Senior Family/Household (primary memberage 65+)	\$65	\$75
College (local, full-time undergraduate)	\$5.00 discount	\$0

FREE MEMBERSHIPS

Enjoy a FREE membership if you participate in the following plans. Ask a Membership Representative for more details.

- AARP[®] MEDICARE SUPPLEMENT PROGRAM
- NIHCA FITNESS INCENTIVE PROGRAM
- RENEW ACTIVE™
- SILVER&FIT[®] PROGRAM
- SILVERSNEAKERS[®]

PROGRAM INFORMATION

PROGRAM SESSION DATES: FALL I: September 21–October 18 FALL II: October 19–November 15

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

Registration Opens: Y Members :: Monday, August 26 Community Participants :: Monday, September 2

*Registration deadline is 3 days prior to the start of the class.

If you are a member "ON HOLD" you will not receive member pricing for program fees.

HOURS OF OPERATION through August 31st: BUILDING HOURS

Monday – Friday.....5:00 am to 9:00 pm Saturday.....6:00 am to 4:00 pm Sunday7:00 am to 2:00 pm

POOL HOURS

Monday – Thursday	. 5:00 am to 8:30 pm
Friday	5:00 am to 3:30 pm
Saturday	
Sunday	

MEMBERSHIP DESK HOURS

Monday	- Friday	8:30 am to 6:00 pm	
Saturday	/	. 9:00 am to 12:00 pm	

HOURS OF OPERATION starting Sept. 3rd: BUILDING HOURS

Monday - Friday	5:00 am to 9:00 pm
Saturday	
Sunday	

POOL HOURS

Monday – Thursday	. 5:00 am to 8:30 pm
Friday	. 5:00 am to 7:00 pm
Saturday	
Sunday	

MEMBERSHIP DESK HOURS

Monday – Friday	8:30 am to 6:00 pm
Saturday	9:00 am to 12:00 pm

FINANCIAL ASSISTANCE:



- FILM CAL ASSIST
- 1. Complete the ONLINE MEMBERSHIP FOR ALL APPLICATION and upload all income verification documents, as applicable.
- After your application is reviewed you will receive an email within 1-3 business days, indicating whether your application was approved or denied. Membership for All approvals require membership enrollment within 30 days of approval or re-application is required.

APPLY IN PERSON:

- 1. Download and complete the MEMBERSHIP FOR ALL APPLICATION and return it to the Y during Membership Hours, along with the most current income verification documentation, as applicable. Applications are also available at the Welcome Center desk.
- 2. A membership representative will meet with you one-onone to help you determine your monthly membership rate. Applications will be kept on file for 30 days.



CHILD WATCH

MONDAY-THURSDAY: 8:00 am-1:15 pm 4:00 pm-7:00 pm

FRIDAY: 8:00 am-1:30 pm

SATURDAY through September 7th: CLOSED SATURDAY starting September 14th: 7:45 am-12:00 pm

MONTHLY UNLIMITED:

Rate is \$25 for 1 child, \$40 for 2 children, \$45 for 3 or more children a month. Schedule bank draft payments at the Y Welcome Center desk. (*Only available with a monthly bank draft.*)

DAILY PER VISIT RATE:

Rate is \$4 per child per visit. Payment is made at the Y Welcome Center desk after child is picked up.

PUNCH CARDS:

\$20 for 5 visits or \$50 for 15 visits Purchase at the Y Welcome Center desk.

FACILITY RENTALS

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

BOARD 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 plus tax for Y members*

\$40/hour plus tax for community members* *Please include set-up and take down time needed when booking your rental time.

Accommodations: Wi-Fi, 65" TV with HDMI cord Projector and screen, Whiteboard, Sink & Coffee Maker.

MULTI-PURPOSE ROOM

Located in the lower level of the Y, this room is perfect for large group meetings, seminars or family events including baby showers, bridal showers, graduations, first communions and confirmations.

FULL-ROOM RENTAL – seats up to 80 people

Fee: \$55/hour plus tax for Y members* \$110/hour plus tax for community members*

HALF-ROOM RENTAL - seats up to 40 people

Fee: \$27.50/hour plus tax for Y members*

\$55/hour plus tax for community members* *A minimum booking of 3 hours is required on the weekend. Please include set-up and take-down time needed when booking your rental time.

Accommodations: Wi-Fi, 65" TV with HDMI cord Projector and screen, Sink & Coffee Maker.

Contact MaryAnn Schwark at 920.921.3330 ext. 349 or email mschwark@fdlymca.org for room availability, to book a rental, or for more information.



With your support, TOGETHER we can provide a Y for generations to come.



Please consider joining our legion of community donors whose gifts are making a difference.



Contact: Katie McCormick, Director of Mission Advancement 921.3330 ext 313 | kmccormick@fdlymca.org

SWIM LESSONS

REGISTRATION OPENS: Monday, August 26th :: Y Members Monday, September 2nd :: Community Participants

Fall Session I: September 21–October 18 Fall Session II: October 19–November 15



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?



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

\$45 Member / \$95 Community Participant

Stages 1–6 lessons are 30 minutes.

WHICH STAGE IS THE STUDENT READY FOR?



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PARENT CHILD (P/C) CLASSES:

Parent/child classes are now all one class. The instructor will modify skills and games based on participant's ages and skills for those in the class. These classes will remain 20 minutes long and require one adult per child to be IN the water with them for the entire 20 minutes of class. Instructors will work on water safety skills, teaching children to follow verbal cues and encouraging them to become comfortable being in the water with an instructor. We encourage you to attend class and stay after to play with your child in the "fish slide" area to help them become more familiar with the water.

STAGE 5/6 CLASSES:

Stages 5 & 6 are now combined into one class. Teachers will modify skills and requirements based on the participant's abilities. Teachers will focus on stroke development, building endurance and stroke mechanics. Goggles are recommended for this class.

4 WEEK SESSIONS: MONDAY/WEDNESDAYS & TUESDAY/THURSDAYS 8 WEEK SESSIONS: SATURDAYS

~		P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
AY/ SDA/	4:10-4:40pm	X			X		
ND	4:45-5:15pm		X				X
MONDAY/ WEDNESDAY	5:20-5:50pm			X		X	
		P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
≥≯	4:30-5:00pm		X			x	
	5:05-5:35pm			Х	x		
TUESDAY/ THURSDAY	5:40-6:10pm	X	X				
\vdash	6:15-6:45pm			Х			X
		P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
×	9:00-9:30am			X			X
RD⊿	9:35-10:05am	x			x		
SATURDAY	10:10-10:40am		X			x	
S	10:45-11:15am				X		

*Parent/Child lessons are 20 minutes long.

PRIVATE SWIM LESSONS:

Beginner lessons are 30 minutes and Advanced lessons are 45 minutes. Lessons can be purchased in packages of 1 or 4.

BEGINNER LESSONS are \$25/lesson. These are intended for becoming comfortable in the water, learning water safety and swim strokes with no or minimal prior knowledge/skills of the strokes.

ADVANCED LESSONS are \$35/lesson. These are intended for those looking to building endurance and improve stroke development and mechanics.

Duration of	# of Sessions				
Session	(1) Session	(4) Sessions			
30 Minute Private					
45 Minute Private					
Semi-Private	\$50 Member \$75 Community	\$200 Member \$250 Community			

SEMI-PRIVATE SWIM LESSONS:

SEMI-PRIVATE LESSONS are 45 minutes long and are \$50/ lesson for members & \$75/lesson for community participants. They can be purchased in packages of 1 or 4. Semi-private lessons have one instructor to 2-3 parcipants.

ADAPTIVE SWIM LESSONS

This class encourages participants to use their physical attributes to the best of their abilities while enhancing their spirits and minds with positive reinforcement. Basic skills such as; being comfortable in the water, water safety, floating, etc. are practiced but not limited too. All lessons are altered to each student's needs. Staff to student ratio is 1:1 and all ages are welcome. Day and time are scheduled by you and the instructor. ***Stop in at the Welcome Center Desk to sign up.***

4 lessons: 30 minutes each Fees: \$55 Member \$110 Community Participant

PRESCHOOL ENRICHMENT WEEKLY CLASSES

The Y now offers Parent/Child Weekly Classes in addition to the Preschool Weekly Classes!!

Fall Session I: September 21–October 18 Fall Session II: October 19–November 15



Parent/Child Classes are geared for 2-3 year olds WITH a parent. Preschool Classes are geared for 3-1/2 to 6 year olds WITHOUT a parent. CHILD MUST BE FULLY TOILET-TRAINED OR PARENT MUST BE AVAILABLE TO ASSIST.

FALL SESSION I:

Week 1: Tuesday, September 24 Red Light, Green Light, Go, Go, Go!

It's back to school time and the yellow school busses are out and about! Climb aboard as we watch the wheels on the bus go round and round. We'll also talk about planes, trains, automobiles and other things that take us places. We're sure to have a zooming good time!

9:15 - 10:15 am Multi-Purpose Room Ages: 3–1/2 to 6 Ages: 2–3 w/parent 9:15 – 10:00 am Multi-Purpose Room

Week 2: Tuesday, October 1 Wiggle & Giggle (3–1/2–6 yr olds)

This fun movement class get us moving & laughing while enhancing physical skills. Kids will play games, pretend, imagine, run, jump, roll & see how staying active & fit can be FUN! Dress for an active morning. **Class held in the Family Gym**

Ages: 3–1/2 to 6 9:15 - 10:15 am Family Gym

A is for Apple (2–3 yr olds)

An apple a day will make for a fun class at the Y today. This morning we will climb "way up high in the apple tree" while we explore and learn about different kinds of apples. We will have apple taste testing, crafts, stories, games and more.

Ages: 2-3 w/parent 9:15 - 10:00 am Multi-Purpose Room

Week 3: Tuesday, October 8

A is for Apple (3-1/2-6 vr olds) Ages: 3–1/2 to 6 9:15 - 10:15 am Multi-Purpose Room

Wiggle & Giggle (2–3 yr olds)

Ages: 2–3 w/parent 9:15 – 10:00 am Family Gym

Week 4: Tuesday, October 15 **Kids in the Kitchen**

Come join us for a morning of measuring, mixing and fun! Children will experience the fun of cooking in this class as we prepare simple ingredients to make delicious and nutritious foods to taste and enjoy. They will also learn about kitchen safety and clean up.

Ages: 3-1/2 to 6 9:15 - 10:15 am Multi-Purpose Room Ages: 2–3 w/parent 9:15 – 10:00 am Multi-Purpose Room

Session I: Preschool Class Fees: \$30 Members \$65 Community Participant

Session I: Parent/Child Class Fees: \$55 Community Participant \$25 Members

FALL SESSION II:

Week 1: Tuesday, October 22 Fall Leaves Fall

Leaves are changing colors and falling from the trees as seasons are changing around us. It's time to "fall" into class this morning as we explore autumn leaves, trees, squirrels, scarecrows and more. We will enjoy crafts, snacks and fun as we learn about this colorful season.

Ages: 3–1/2 to 6 9:15 - 10:15 am Multi-Purpose Room Ages: 2–3 w/parent 9:15 – 10:00 am Multi-Purpose Room

Week 2: Tuesday, October 29 Jumpin'Jack O Lanterns

Happy Halloween! It's time for a pumpkin party, so make sure to wear your favorite costume to class today. We will be decorating pumpkins, playing party games, going on a costume parade and enjoying all the fun of this not-so-spooky day.

Ages: 3–1/2 to 6 9:15 - 10:15 am Multi-Purpose Room Ages: 2–3 w/parent 9:15 – 10:00 am Multi-Purpose Room

Week 3: Tuesday, November 5 Cardio Kids (3-1/2-6 yr olds)

Join us for a kids-only fitness time with a focus on fun! We will concentrate on building gross motor skills, strength, body control, balance and coordination through aerobic activities, cooperative games, sports and music. Please dress for an active morning. ***Class held in the Family Gym***

Ages: 3–1/2 to 6 9:15 - 10:15 am Family Gym

Silly Scientist (2–3 yr olds)

Calling all Jr. Scientists to the YMCA Laboratory! We will discover and explore the world around us in a fun and exciting way with hands on experiments and sensory explorations.

Ages: 2–3 w/parent 9:15 – 10:00 am Multi-Purpose Room

Week 4: Tuesday, November 12

Silly Scientist (3–1/2–6 yr olds) Ages: 3–1/2 to 6

9:15 - 10:15 am Family Gym

Cardio Kids (2–3 yr olds)

Ages: 2–3 w/parent 9:15 – 10:00 am Multi-Purpose Room

Session II: Preschool Class Fees: \$30 Members \$65 Community Participant

Session II: Parent/Child Class Fees: \$25 Members \$55 Community Participant

FOND DU LAC FAMILY YMCA

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PRESCHOOL CLASSES

Let's Get Rolling-Open Gym

Open Gym and Let's Get Rolling all together in one class! Children will learn by seeing, hearing, touching, doing, and having fun. The parent participates with the child in climbing, jumping, and balancing. (All equipment available). Coordination is learned and developed through fun, and active activities. Learning to follow simple directions is emphasized. **You must register for this class.**

Ages 0–5	Mondays	9:15 am - 10:00 am
Ages 0–5	Fridays	9:00 am - 9:45 am
Ages 0-5	Fridays	10:00 am - 10:45 am

Location: YMCA Gymnastics Center (520 N. Main Street)

Fees: \$5/class Member\$12/class Community Participant\$15/session Member\$35/session Community Participant

Let's Dance

Just Dance and Let's Get Rolling rolled into one class! This class will be part Dance and part Let's Get Rolling. This will be a fun and interactive class that will work on simple movements with the help of fun songs. This will help kids break out of their shells and gain self confidence. Coordination is learned and developed through fun and active activities. Learning to follow simple directions and rules is emphasized. **Please wear athletic clothes and bring a water bottle.**

Ages 2-5 (with a parent) Mondays 10:15 am - 11:00 am

Location: YMCA Gymnastics Center (520 N. Main Street)

Fees: \$25 Member \$55 Community Participant

YOUTH BASKETBALL CLINICS



Bucks Clinic

Milwaukee Bucks Fall Clinics are an excellent opportunity for kids ages 5-12 to sharpen their basketball skills. These one-day clinics help players improve their fundamental skills in a fun and engaging environment. Bucks clinic staff are selected for their basketball knowledge and ability to coach kids of all ages. All fall clinic registrants will have the option to add a Milwaukee Youth Basketball branded basketball or performance t-shirt to their clinic package for an additional fee.

OCTOBER 19, 2024 10:00 am-12:00 pm

Ages: 5–12 Location: YMCA Family Gym Fees: \$50 Member & Community Participant



Basketball Clinic

Great opportunity to continue to improve your basketball skills during this one-day clinic! Participants will focus on the three fundamentals of basketball: dribbling, passing, and shooting. These skills will be taught though stations and gameplay.

NOVEMBER 2, 2024 Location: YMCA Community Gym

Grades K-1 10:00 am-10:45 am Fees: \$15 Member \$25 Community Participant

Grades 2–5 11:00 am–12:00 pm Fees: \$20 Member \$30 Community Participant

FREE! YOUTH FITNESS ORIENTATION PROGRAM

Designed for youth ages 11 to 13 that are interested in working out in the Wellness Center, this free, fun and informative program consists of one session that provides youth and teens with the

knowledge and confidence necessary to safely exercise on their own.

Register at the Welcome Center Desk or call 920.921.3330.

FREE TO MEMBERS.



GYMNASTICS

**All gymnastics classes are held at the YMCA Gymnastics & Program Center located at 520 N. Main St., Fond du Lac.

PROGRESSIVE CLASSES:

(4 week sessions)

Tiny Tumblers (Ages 3)

This class is for children age 3. 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 30 minutes and will meet 4 times. Child needs to be fully toilet-trained or parent available to assist. Child needs to be 3 years old by the start of class.

Fees: \$20 Member \$45 Community Participant

(8 week sessions)

Beginner (Ages 4–5)

This class is for 4 & 5 year old children. 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. floor exercise and vault. Staff to child ratio is 1:5. Classes are 45 minutes. Child needs to be fully toilettrained.

Fees: \$55 Member \$115 Community Participant

Intermediate (Ages 6+)

This class is for 6 year old children who are new to the sport of gymnastics or have passed Beginner. 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 clinic will continue to work on class structure as the children get more familiar with uneven bars, balance beam, floor exercise and vault. Staff to child ratio is 1:6. Classes are 45 minutes.

Fees: \$55 Member \$115 Community Participant

Advanced

This class is for children who have passed Intermediate. This class will focus on basic gymnastics skills. Our instructors will work on running mechanics for vault; mounting, hip circles and strength on uneven bars; mounting, balancing and dismounting on balance beam; and handstands, cartwheels, and kick-overs on floor exercise. Each week will focus on a different event. Staff to child ratio is 1:8. Classes are 45 minutes.

Fees: \$55 Member \$115 Community Participant Fall Session I: September 21–October 18 Fall Session II: October 19–November 15



(8 week sessions)

Advanced II

This class is for children who have passed Advanced and wish to improve their gymnastics further. They will work to master the basics on all four events, as well as learn new skills and strength to get ready for our Pre-Team class. Staff to child ratio is 1:8. Classes are 1 hour.

Fees: \$65 Member \$135 Community Participant

Recreation I

This class is designed for gymnasts ages 9+ who would like to either try gymnastics or continue with gymnastics recreationally. This class is for gymnasts with all experience levels. Classes are 60 minutes.

Fees: \$65 Member \$135 Community Participant

Saturday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
8:30 am	X					
9:00 am		X				
9:45 am			X			
10:45 am				X		

Monday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm				X		
4:45 pm				X		
5:30 pm					X	

Tuesday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm		X	X			
4:45 pm		X	X			
5:00 pm	X			X		
5:30 pm			X			
5:45 pm		X			X	

Wednesday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm		X				X
4:45 pm	X					
5:15 pm			X			
6:00 pm			X			

Thursday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
5:00 pm		X		X		
5:45 pm		X	X			

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COMMUNITY TRAINING

American Heart Association Adult/Child/Infant CPR and AED

The AHA's Heartsaver CPR AED Course is designed for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. Upon completion this course, participants receive a Heartsaver Adult/ Child/Infant CPR AED Course Completion Card which is valid for two years. Ages 14+

Participants will learn about:

- Adult/Child/Infant CPR and AED Choking
- Opioid-associated life-threatening emergencies

Wednesday, October 96:00 pm to 9:00 pmWednesday, November 66:00 pm to 9:00 pm

Fees: \$45 Member \$75 Community Participant

Stay Home Alone Class

This class is designed for kids ages 9 and older. 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 • Weather emergencies • Basic First Aid • Fire safety • Stranger Danger

Saturday, October 5	9:00 am to 11:30 am
Saturday, November 2	9:00 am to 11:30 am
Fees: \$20 Member	\$45 Community Participant





Y Babysitting Certification

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

Within this class you will learn how to:

- Respond to emergencies
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues

Manage young children

Saturday, September 21 Saturday, October 19

Fees: \$55 Member \$7

• Feed, diaper and care for infants

- Basic First Aid
- Compression CPR

9:00 am to 3:00 pm 9:00 am to 3:00 pm

\$75 Community Participant

CHILD CARE



BEFORE SCHOOL CARE

The Fond du Lac Family YMCA and the Fond du Lac School District have partnered to offer the Y's Before School Care program. Offered in six elementary schools for the 2024–2025 school year, this program ensures children start their day on the right foot. With our convenient drop-off service, parents can rest assured that their children are in safe hands before the school bell rings. Join us this Fall and experience the peace of mind knowing your child is well-cared for and ready to tackle the day ahead.

Currently offered at the following Elementary Schools: EVANS, PARKSIDE, PIER, ROBERTS, ROSENOW & WATERS



HEALTHY LIVING

Healthy Living Program

Wellness Coaches at the Fond du Lac Family YMCA will work one on one with members to set healthy SMART goals, make healthier nutritional choices and 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 Nutrition information
- Stress management tactics
- · Connections and referrals to additional Y services, such as aquatic exercise or group fitness classes.

Parkinson's Exercise Class A partnership with SSM Health

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, contact Joel Mason, DPT, at Joel.Mason@ssmhealth.com or 920.921.3330 ext. 337.

Healthy Hearts

An 8-week cardiac rehab maintenance program to be proactive and reactive to our heart health. This is a semi-independent exercise class that meets two times a week and will have an emphasis on cardiovascular exercise, building muscular strength, flexibility, and nutrition. A typical session includes: dynamic stretching, cardio, resistance training & static stretching. To inquire about this program, contact Jake Berger at jacob.berger@fdlymca.org or 920.921.3330 ext 336.

Balanced Health Series Partners in Providing

Community Wellness Information FREE health seminars or chat sessions. offered to Y members and the community.



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.

WE ARE ACCEPTING INTEREST FORMS FOR THE NEXT SESSION!

To be considered for this program, please complete the participant interest form.



Fall Session: September 23–December 20 5:15 pm-6:45 pm :: Mondays & Wednesdays

NEW! STAY **STRONG**

The new Stay Strong program is a comprehensive fitness and community-building initiative designed to empower adult cancer survivors. Available to YMCA members who have completed the LiveSTRONG[®] at the YMCA program, the Stay Strong program focuses on building strength and endurance in a community that understands and uplifts one another.

Mondays & Wednesdays 3:00–4:15 pm September 21–November 15

PERSONAL TRAINING

Let the Y's team of personal trainers use their specialized training and experience to create a personalized program designed to help you reach your fitness goals.

Contact Ericka Wawrzyn, Healthy Living Director, at 920.921.3330 ext. 348 or email ewawrzyn@fdlymca.org, to inquire about personal training, answer any questions you may have, and discuss your fitness doals.

INDIVIDUAL PERSONAL TRAINING RATES					
Duration of	# of Sessions				
Session	(1) Session	(5) Sessions	(10) Sessions	S	
30 Minute	\$25.00	\$117.50	\$230.00		

\$176.25

\$235.00

\$345.00

\$460.00

AGES **30 NOW** ABLE!

> (15) essions \$341.25

\$511.88

\$682.50

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Group Personal Training Rates and more info can be found at follymca.org.

\$37.50

\$50.00

10

Session 45 Minute

Session 60 Minute

Session



KEEPING YOU CONNECTED

Download our Mobile App!

Our mobile app has great features to help you make the most of your membership. Available in the Android & Apple markets!

Download the "Daxko" app and then search for Fond du Lac Family YMCA.

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. Contact Barb Seidel, Group Exercise Coordinator, at bseidel@fdlymca.org for more information regarding any of our group exercise classes.











VIRTUAL FITNESS CLASSES

Through our partners Les Mills and Wexer, we are able to deliver virtual fitness content using the latest technology. We guarantee there is a class for every member!

Studio 1 offers scheduled virtual fitness classes. **Studio 2** offers scheduled virtual cycling fitness classes. **Studio 4** offers scheduled virtual mind/body fitness classes.

SCHEDULES

Find our virtual fitness classes on our Mobile App or on our Schedules page at fdlymca.org. Virtual classes are indicated with a ()





FITNESS AT HOME

YMCA360. ANYWHERE. ANYTIME. FREE MEMBER-ONLY ACCESS TO FITNESS AT HOME.

Experience the Y like never before! YMCA360 provides a way for members of all ages, interests, and activity levels to engage with the Y anytime, anywhere. A growing library of more than 700 on-demand exercise classes and programs is accessible 24/7 on mobile devices, TV, and web. From yoga to youth sports, new content will be added weekly, so there's something for everyone! All you need is the email address tied to your Y account, to verify your membership. Access at ymca360.org.



THE LATEST CLASSES FROM LES MILLS!

FUNCTIONAL STRENGTH

A workout that uses unique super sets of tempo-focused loaded compound moves with single-sided

(unilateral) movements to challenge members in new ways – all while improving coordination, stability, and strength symmetry.

Lesmills Shapes



An invigorating blend of Pilates, Barre, and Power Yoga set to modern beats. With small,

controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

Strength LEEMILLE Development



A 12-week, 45 minute progressive full-body workout focusing on setting a strong foundation of

good technique within a traditional compound strength training structure. This entire workout is in intervals of time, with tempo guides for certain exercises. This workout is off the beat of the music, and you decide the weight you would like to work with.

WATER FITNESS CLASSES

AQUA ABS & ARMS AQUA FIT DEEP WATER POWER MID-TEMPO AOUA BEATS

MORNING GRIND WATER AEROBICS POOL PARTY SPLASH JAM TONE & STRETCH WATER AEROBICS WATER YOGA



SPECIALTY CLASSES

AERIAL YOGA IN STUDIO 4

STRENGTH & TRICKS

Safely build upper body and core strength while having fun adding tricks to your Aerial Yoga workout. Inversions, basic tricks, fitness and strength training. Aerial experience not necessary.

TUESDAYS 7:30 PM-8:30 PM

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MUST REGISTER & PAY 24 HOURS IN ADVANCE.



MONTHLY UNLIMITED SMALL GROUP TRAINING

The Y offers Monthly Unlimited Small Group Training cards. You may also purchase a single class for a one time drop-in fee. All purchases can be made at the Welcome Center desk. Get your cards before the month begins for maximum value. Cards for the next month will be available for purchase a week prior to the month starting. Each month is a different color card and is only valid for that month.

SMALL GROUP TRAINING \$35.00* | MONTHLY UNLIMITED OR \$6.00*/CLASS DROP-IN FEE

• HIIT TRAINING • INTERVAL TRAINING • KETTLEBELLS

• TOTAL BODY BOOTCAMP



FOND DU LAC FAMILY YMCA 920.921.3330 :: www.fdlymca.org

ACTIVE OLDER ADULTS

GROUP FITNESS CLASSES:

Active Older Adult group fitness classes are designed to improve cardiovascular fitness as well as muscular strength and endurance while increasing range of motion and flexibility. Our self-paced conditioning classes are suitable for all fitness levels with the added benefit of being low impact and gentle on the joints.

OPEN WALKING:

The Y offers open walking in the gyms for members looking for a place to walk other than the treadmill.

WALK A MILE: About 20 times around the gym, following the basketball court lines, equals 1 mile.

OUT TO LUNCH:

The AOA group and others interested gather at a local eatery to share food, fun and fellowship. Locations are pre-determined each month. Sign up at the Welcome Center Desk.

PICKLEBALL:

Pickleball is fun, social and friendly! It's a fun sport that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game.

LEAGUE & CLASSES AVAILABLE! Contact Natalie Wondra for more information at nwondra@fdlymca.org

ADULT SPORTS



Intro to Pickleball

Thinking about playing pickleball, but don't know how?? NOW IS THE TIME! This 4-week class will introduce the basics of pickleball; including but not limited to the fundamentals of serving, return of a serve, dinking, scoring, etc. The importance of having fun will be enforced. Paddles will be provided, but are welcome to bring your own. Limited spots available! Instructors: Jeanne Hellman & Kevin Berger

Sundays 9:00 am - 10:00 am

FALL I: September 22, September 29, October 6, October 13 FALL II: October 20, October 27, November 3, November 11

Ages: 18+ Location: YMCA Community Gym Fees: \$25 Member / \$55 Community Participant

Pickleball 101

Must have completed "Intro to Pickleball" or have knowledge of scoring and rules. This 4-week class will help you advance your pickleball knowledge. Skills such as; serving, return of a serve, dinking, technique, etc. will be developed. Groups and drills will be divided by skill level. The importance of having fun will be enforced. Limited spots available! Instructors: Jeanne Hellman & Kevin Berger

Sundays 10:15 am – 11:15 am

FALL I: September 22, September 29, October 6, October 13 FALL II: October 20, October 27, November 3, November 11

Ages: 18+ Location: YMCA Community Gym Fees: \$35 Member / \$75 Community Participant



ACTIVE OLDER ADULT BOOK CLUB

We meet the last Thursday of each month to discuss the book we're reading and to pick a new one! We will choose a new book every 1–2 months. Books will be provided. Join us for some fabulous reads and good discussions!

Last Tuesday of each month 11:30 am – 12:30 pm Healthy Living Center



Fall Co-Ed Pickleball League

Register to play in our recreational 8-week pickleball league. This is a self-officiated league, with winners earning bragging rights! Players will get a number each week and play round-robin style (signed up as an individual play as doubles). Play up to 7 games in the timeframe. Players will tally individual win/loss in provided score sheet. YMCA team member will update standings each week. This is NOT an instructional class. Player substitutions are allowed. **ONLY 14 SPOTS AVAILABLE PER LEVEL!**

Location: YMCA Community Gym

BEGINNER LEVEL (AGES 18+)

Mondays 6:00–8:00 pm Dates: September 23rd – November 11th Fees: \$50 Member \$75 Community Participant

INTERMEDIATE LEVEL (AGES 18+)

Tuesdays 6:00-8:00 pm Dates: September 24th – November 12th Fees: \$50 Member \$75 Community Participant

ADVANCED LEVEL (AGES 18+)

Wednesdays 6:00–8:00 pm Dates: September 25th – November 13th Fees: \$50 Member \$75 Community Participant







CELEBRATE WITH US HOST YOUR NEXT BIRTHDAY PARTY AT THE Y!

SEPTEMBER-DECEMBER 2024

SATURDAY OPTIONS: COMMUNITY GYM 12:30 PM-3:00 PM FAMILY POOL 12:30 PM-3:00 PM OR 1:30 PM-4:00 PM

1.5 hour in party room

 1 hour in Family Pool or Community Gym (see website for specific time)

SUNDAY OPTIONS: FAMILY POOL 12:30 PM-3:00 PM BGC TEEN CENTER 11:00 AM-2:00 PM

- 1.5 hour in party room or BGC Teen Center
- 1 hour in Family Pool (see website for specific time)

RATES:

COMMUNITY GYM OR FAMILY POOL Y Members: \$125 | Community Participants: \$200 BGC TEEN CENTER

Y Members: \$175 | Community Participants: \$250

- Prices are for one birthday child with a maximum of 20 children. (up to 10 adult chaperones)
- Child must be a Y member or live in the same household of a Y member to receive member rate.
- 45 minute prep and clean up time is provided before and 30 minute after party reservation times.

SCHEDULE YOUR PARTY

QUESTIONS?

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Can't find your party date or have questions, please contact MaryAnn Schwark at 920.921.3330 ext. 349 or email mschwark@fdlymca.org.





WORK THAT MATTERS

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job – you'll enjoy the opportunity to make a lasting difference in the lives of those around you.

WHAT WE STAND FOR AS A COMMUNITY ORGANIZATION

The Y is a leading non-profit committed to strengthening community by connecting all people to their potential, purpose and each other. We focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing people together from different backgrounds, perspectives and generations, we ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

WE WANT YOU ON OUR TEAM

The Y is now hiring! Please visit our website for our list of current opportunities:

fdlymca.org/employment

CONTACT US

www.fdlymca.org

FOND DU LAC FAMILY YMCA LEADERSHIP TEAM:

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

Kristel Lougher, Associate Executive Director Ext. 326 Email: <u>klougher@fdlymca.org</u>

Amanda Bodden, Director of Youth Programs Ext. 312 Email: <u>abodden@fdlymca.org</u>

Katie McCormick, Director of Mission Advancement Ext. 313 Email: <u>kmccormick@fdlymca.org</u>

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

Emily Anton, Finance Director Ext. 327 Email: <u>eanton@fdlymca.org</u>

Michaela Buechler, Gymnastics Director & Head Coach Ext. 355 Email: <u>mbuechler@fdlymca.org</u>

Brittany Drews, Member Experience Director Ext. 319 Email: <u>bdrews@fdlymca.org</u>

Sherry Ferraro, Family Director Ext. 303 Email: <u>sferraro@fdlymca.org</u>

Sandi Harlan, Child Care Director Ext. 320 Email: <u>sharlan@fdlymca.org</u>

Jeff Krantz, Property Director Ext. 335 Email: jkrantz@fdlymca.org

Jennie Mildebrandt, Aquatics Director Ext. 315 Email: jmildebrandt@fdlymca.org

Ericka Wawrzyn, Healthy Living Director Ext. 348 Email: ewawrzyn@fdlymca.org

SUPPORT STAFF:

Keith Amundson, Business Office Ext. 304 Email: <u>kamundson@fdlymca.org</u>

YMCA BOARD OF DIRECTORS:

- Bill Everson, President Jason Bartelt Connie Coon Jenny Drake Dr. Brenda Grass
- Mike Hierl Thomas Huempfner Rob Hyland Jim Jarvis Kyle Jefferson

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Sam Gudex, Marketing Coordinator Ext. 311 Email: <u>sgudex@fdlymca.org</u>

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- Brian Johnson Steve Klein Holly Luehring Polly Nachreiner Gina Popp
- Bonnie Schmitz Lisa Shannon Laurice Snyder Adam Stone

FOND DU LAC FAMILY YMCA

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

YMCA CHILD CARE CENTER

90 W. Second Street Fond du Lac, WI 54935 Phone: 920.921.3698 Fax: 920.921.3376 YMCA GYMNASTICS CENTER

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