



SOMETHING FOR EVERYONE

2024 SPRING PROGRAM GUIDE

SPRING I: March 16–April 19 (No classes March 30–April 5)

SPRING II: April 20–May 17

MEMBERSHIP INFORMATION

MORE INFORMATION
ON MEMBERSHIPS

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: (Rates are subject to change)

MEMBERSHIP TYPES	MONTHLY RATES	JOINER FEE
Youth (age 8- 18)	\$20	\$0
Young Adult (age 19-30)	\$30	\$25
Adult (age 31-64)	\$52	\$50
Senior (age 65+)	\$47	\$50
Family/Household	\$72	\$75
Senior Family/Household (primary member age 65+)	\$62	\$75
College (local, full-time undergraduate)	\$25	\$0

JOIN HERE

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:

Spring Session I: March 16–April 19
(No classes March 30–April 5)

Spring Session II: April 20–May 17

Gymnastics Session: April 6–May 17

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

Registration Opens: Y Members :: Monday, February 26

Community Participants :: Monday, March 4

*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:

BUILDING HOURS

Monday – Friday.....5:00 am to 9:00 pm
Saturday.....6:00 am to 6:00 pm
Sunday.....7:00 am to 4:00 pm

POOL HOURS

Monday – Thursday.....5:00 am to 8:30 pm
Friday.....5:00 am to 7:00 pm (Closed 2-4pm)
Saturday.....6:00 am to 5:30 pm
Sunday.....7:00 am to 3:30 pm

MEMBERSHIP DESK HOURS

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

FINANCIAL ASSISTANCE:

HOW TO APPLY:

1. Return completed **Membership For All** application and required copies of proof of income, to the Fond du Lac Family YMCA during membership hours.
2. Membership staff will determine your rate and set up your payment plan; same day approval is available during membership hours if all appropriate application materials are provided.
3. Payment/billing method must be provided to establish membership.

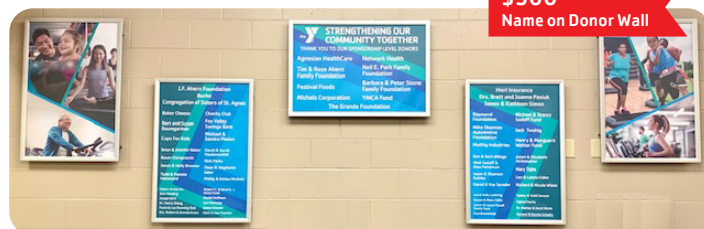
MORE INFORMATION ON FINANCIAL ASSISTANCE

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

ANNUAL CAMPAIGN
The Y. So Much More™

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

\$500
Name on Donor Wall



\$1,000
Banner Size: 36" x 48"

the Y
ENSURING A BRIGHTER FUTURE
Your Name Here

\$2,500
Banner Size: 36" x 60"

the Y
NURTURING THEIR FULL POTENTIAL
Your Name or Logo Here

\$5,000
Banner Size: 48" x 72"

the Y
BUILDING STRENGTH.
DEVELOPING YOUTH.
Your Name/Logo Here

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

CHILD WATCH

MONDAY – FRIDAY:

8:00 am – 1:00 pm

MONDAY-THURSDAY:

4:30 pm – 7:00 pm

SATURDAY:

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.



ON YOUR SCHEDULE.

fdlymca.org

24/7 ACCESS IS HERE! APPLY TODAY!

To apply for access, fill out the 24/7 application, sign a 24/7 access waiver agreeing to abide by our policies, pass a background check, take the 24/7 member orientation tour, and upgrade for \$5/month per member.

**Available to adult members of the Fond du Lac Family YMCA, ages 19+.*

LEARN MORE



BOYS & GIRLS CLUB
OF FOND DU LAC

**GREAT FUTURES
START HERE.**

VISIT BGCDFL.ORG



Spring Session I: March 16–April 19
Spring Session II: April 20–May 17

▶ **REGISTRATION OPENS:**
 ▶ Monday, February 26 (for members) &
 ▶ Monday, March 4 (for community)

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?



6 months–3 years
PARENT & CHILD



3 years–5 years
PRESCHOOL:
STAGES 1–4



6 years & up
SCHOOL AGE:
STAGES 1–6

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

- Fees per session:
- **PARENT/CHILD:**
- **\$40 Member / \$85 Community Participant**
- **Drop-in Option: \$4/class (member)**
- **\$8/class (community participant)**
- **Parent/Child lessons are 20 minutes**
- **STAGES 1–6:**
- **\$45 Member / \$95 Community Participant**
- **Stages 1–6 lessons are 30 minutes.**

**NEW! DROP-IN
 PARENT/CHILD
 OPTION!**

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?
 Is the student comfortable working with an instructor without a parent in the water?

YES

NOT YET

**WATER DISCOVERY/
 WATER EXPLORATION**

SWIM STARTERS

Will the student go underwater voluntarily?

YES

NOT YET

**1 / WATER
 ACCLIMATION**

SWIM BASICS

Can the student do a front and back float on his or her own?

YES

NOT YET

**2 / WATER
 MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

YES

NOT YET

**3 / WATER
 STAMINA**

Can the student swim 15 yards of front and back crawl?

YES

NOT YET

**4 / STROKE
 INTRODUCTION**

SWIM STROKES

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**5 & 6 / STROKE
 DEVELOPMENT &
 MECHANICS**

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.

NEW! DROP-IN PARENT/CHILD CLASSES

There are spots available each week for a drop-in option. Pay at the front desk before the lesson and bring receipt to the instructor. **Swim diapers required for those who are not potty trained.**

\$4/class (member)

\$8/class (community participant)

4 WEEK SESSIONS: MONDAY/WEDNESDAYS & TUESDAY/THURSDAYS

		Parent/Child*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
MONDAY/ WEDNESDAY	4:10-4:40pm		X		X	X	
	4:50-5:20pm		X	X			X
	5:30-6:00pm	X			X	X	
TUESDAY/ THURSDAY	4:10-4:40pm	X		X			X
	4:50-5:20pm		X		X	X	
	5:30-6:00pm		X		X		X
	6:10-6:40pm	X		X		X	

*Parent/Child lessons are 20 minutes long.

8 WEEK SESSIONS: TUESDAYS OR SATURDAYS

		Parent/Child*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
TUESDAY	10:00-10:20am	X					
	10:30-11:00am		X				
SATURDAY	9:00-9:30am	X		X		X	
	9:40-10:10am		X		X		X
	10:20-10:50am	X			X	X	
	11:00-11:30am		X	X			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.

SEMI-PRIVATE SWIM LESSONS:

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

Duration of Session	# of Sessions	
	(1) Session	(4) Sessions
30 Minute Private	\$25.00	\$100.00
45 Minute Private	\$35.00	\$140.00
Semi-Private	\$50.00	\$200.00



Gymnastics Spring Session: April 6–May 17

▶ **REGISTRATION OPENS:**
▶ Monday, February 26 (for members) &
▶ Monday, March 4 (for community)

****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 4 week 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. Child needs to be fully toilet-trained or parent available to assist. Child needs to be 3 years old by the start of class.

SPRING I: April 6–May 2

Fees: \$20 Member \$45 Community Participant

(6 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 toilet-trained.

Fees: \$42 Member \$90 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: \$42 Member \$90 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: \$42 Member \$90 Community Participant

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: \$48 Member \$102 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: \$48 Member \$102 Community Participant

ADAPTIVE PROGRAMS

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

Adaptive Gymnastics

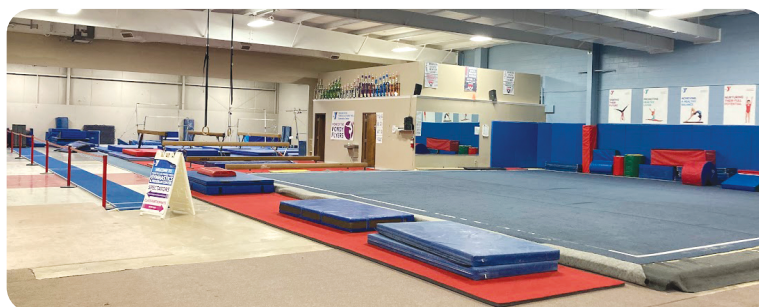
This class will focus on gross motor development, body awareness, strength, balances and overall coordination. Skills will be taught by an instructor in an individual 1:1 setting. Following directions will also be emphasized. Staff to student ratio is 1:1 and all ages are welcome. Day and time are scheduled by you and the instructor.

****Stop in at the Welcome Center Desk to sign up.****

Location: YMCA Gymnastic Center, (520 N. Main Street)

4 lessons: 30 minutes each

Fees: \$55 Member \$110 Community Participant



Saturday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
8:30 am		X				
8:45 am	X	X				
9:00 am				X		
9:15 am		X	X			
9:30 am		X				
10:00 am			X		X	
10:15 am			X			
10:30 am		X				
10:45 am						
11:00 am		X		X		
11:15 am			X		X	

Monday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm	X		X			
4:15 pm				X		
4:45 pm		X	X			
5:00 pm					X	
5:30 pm		X				

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

Wednesday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm	X		X	X		
4:15 pm		X				
4:30 pm		X				
4:45 pm		X		X		
5:00 pm			X			
5:15 pm		X				
5:30 pm		X				
5:45 pm					X	
6:00 pm			X	X		
7:00 pm						X

Thursday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm				X		
4:45 pm			X			
5:00 pm	X					X
5:15 pm			X			
5:30 pm		X	X			

YOUTH SPORTS

SPRING I:

Baller Basics

Take your basketball game to the next level. In this 4- week session participants will focus on the three fundamentals of basketball: dribbling, passing, and shooting. These skills will be taught though stations and games.

Grades 4K-K Saturdays 8:30 am-9:15 am
Grades 1-3 Saturdays 9:15 am-10:00 am

Location: YMCA Family Gym

Fees: \$30 Member

\$65 Community Participant

SPRING I:

Tee Ball

This beginner level class is designed for kids just beginning in the sport of baseball. Kids will learn the fundamentals of baseball; catching, throwing, fielding balls, hitting off tees or pitched balls, and base running. Kids will be divided into groups no more than 6 to allow for more opportunities during drills. The first 10 minutes of the session will be a parent/kid catch and throw warm up. Bring your own baseball glove, comfortable attire, tennis shoes, and water bottle.

Parent/child engagement is encouraged in this program, we ask to have a parent/guardian join in on drills with each participant.

Ages: 4-6 Saturdays 10:30 am-11:30 am

Location: TBD (indoor if weather does not permit, decision will be made 24 hours prior to class)

Fees: \$30 Member

\$65 Community Participant



YOUTH SPORTS PROGRAM SPONSORSHIPS

The generosity of others is at the core of the Y's existence as a non-profit. It is only through the support of our public and private donors that we are able to continue to support and give back to our community.

YOU CAN HELP US DO MORE.
SUPPORT YOUTH SPORTS PROGRAMS.

LEARN
MORE



PRESCHOOL ENRICHMENT WEEKLY CLASSES

REGISTER
HERE



Spring Session I: March 16–April 19
Spring Session II: April 20–May 17

▶ **REGISTRATION OPENS:**
▶ **Monday, February 26 (for members) &**
▶ **Monday, March 4 (for community)**

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

SPRING SESSION I:

Week 1: Shamrock Shuffle

Happy St. Patty's Day! We will all have a bit of the luck of the Irish today 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?! Will we see a leprechaun at the end of the rainbow too?! Don't forget to wear green to class!

Ages: 3-1/2 to 6 Tuesday, March 19 9:00 – 10:00 am
Ages: 2-3 w/parent Tuesday, March 19 9:15 – 10:00 am

Week 2: Easter Egg-stravaganza

Come and experience a morning of egg-citing adventures. In class today, we will decorate eggs, hop like the Easter Bunny as we go on an egg hunt, and listen to stories that will get us ready to have a "Hoppy" Easter!

Ages: 3-1/2 to 6 Tuesday, March 26 9:00 – 10:00 am
Ages: 2-3 w/parent Tuesday, March 26 9:15 – 10:00 am

Week 3: Games Galore (3-1/2-6 yr olds)

This morning we will explore games of all sorts with our class friends as we work on sharing, taking turns, working together and having fun. There will be a chance to check out some favorite active gross motor games, quiet cooperative games, recess/playground games, sports, and more! Please dress for an active morning. ***Class held in the YMCA Family Gym***

Ages: 3-1/2 to 6 Tuesday, April 9 9:00 – 10:00 am

Week 3: Color My Earth (2-3 yr olds)

Let's celebrate Earth Day today! It's a time to reflect on our planet and explore the colors in the environment around us. We'll learn about how we can "Go Green" and keep the Earth healthy while we explore the three R's: Reduce, Reuse, & Recycle.

Ages: 2-3 w/parent Tuesday, April 9 9:15 – 10:00 am

Week 4: Color My Earth (3-1/2-6 yr olds)

Ages: 3-1/2 to 6 Tuesday, April 16 9:00 – 10:00 am

Week 4: Games Galore (2-3 yr olds)

Ages: 2-3 w/parent Tuesday, April 16 9:15 – 10:00 am

Session I: Parent/Child Class Fees:

\$25 Members \$55 Community Participant

Session I: Preschool Class Fees:

\$30 Members \$65 Community Participant

SPRING SESSION II:

Week 1: Just Clowning Around (3-1/2-6 yr olds)

Come one, come all and we'll transform ourselves into circus stars. All morning we will be clowning around, performing our circus acts and having a fun time pretending to be stars under the big top! Please dress for an active class. ***Class held in the Family Gym***

Ages: 3-1/2 to 6 Tuesday, April 23 9:00 – 10:00 am

Week 1: A Camping We Will Go (2-3 yr olds)

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

Ages: 2-3 w/parent Tuesday, April 23 9:15 – 10:00 am

Week 2: Fiesta Fun!

Uno, dos, tres! We will gather together this morning for a Cinco de Mayo festival of fun. We'll celebrate all things Mexico as we learn some simple Spanish, taste authentic foods, break a pinata and listen & dance to mariachi music. Sombreros are optional.

Ages: 3-1/2 to 6 Tuesday, April 30 9:00 – 10:00 am
Ages: 2-3 w/parent Tuesday, April 30 9:15 – 10:00 am

Week 3: Flower Power

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

Ages: 3-1/2 to 6 Tuesday, May 7 9:00 – 10:00 am
Ages: 2-3 w/parent Tuesday, May 7 9:15 – 10:00 am

Week 4: A Camping We Will Go (3-1/2-6 yr olds)

Ages: 3-1/2 to 6 Tuesday, May 14 9:00 – 10:00 am

Week 4: Just Clowning Around (2-3 yr olds)

Ages: 2-3 w/parent Tuesday, May 14 9:15 – 10:00 am

Session II: Parent/Child Class Fees:

\$25 Members \$55 Community Participant

Session II: Preschool Class Fees:

\$30 Members \$65 Community Participant

PRESCHOOL CLASSES:

REGISTER
HERE

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 Wednesdays 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

Preschool Sampler Class (SPRING II ONLY)

Experience a sampling of some of our great Preschool Classes. Each week we will try out a different class including: Jump Around, Creative Arts, Kids in the Kitchen. Fun activities are planned each week for you. Class is geared for children 3-6 without a parent. **Child must be fully potty trained. Class held in YMCA Community Gym on April 23rd.**

Ages 3-6 Tuesdays 5:30 pm-6:15 pm

Location: Multi-purpose Room

Fees: \$30 Member \$65 Community Participant

COMMUNITY TRAINING

REGISTER
HERE

American Heart Association First Aid

The Heartsaver First Aid course trains participants first aid basics for the most common first aid emergencies, including how to recognize them, how to call for help, and how to perform lifesaving skills. The Heartsaver First Aid course trains participants first aid basics for the most common first aid emergencies, including how to recognize them, how to call for help, and how to perform lifesaving skills. *Upon completion of this course, participants receive a Heartsaver First Aid Course Completion Card which is valid for two years.* Ages 14+

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

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Preventing illness and injury

Saturday, March 9 11:30 am to 1:30 pm

Fees: \$30 Member \$50 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
- Feed, diaper and care for infants
- Basic First Aid
- Compression CPR

Saturday, April 6 9:00 am to 3:00 pm

Fees: \$55 Member \$75 Community Participant

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

Saturday, March 9 8:00 am to 11:00 am

Wednesday, May 15 6:00 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, May 4 9:00 am to 11:30 am

Fees: \$20 Member \$45 Community Participant

ADULT PICKLEBALL

REGISTER
HERE

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! Ages: 18+

SPRING I: 3/17, 3/24, 4/7, 4/14 – Sundays 9:00 am–10:00 am

SPRING II: 4/21, 4/21, 5/5, 5/12 – Sundays 11:30 am–12:30 pm

Location: YMCA Community Gym

Fees: \$25 Member/session \$55 Community Participant/session

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. The importance of having fun will be enforced. Limited spots available! Ages: 18+

SPRING I: 3/17, 3/24, 4/7, 4/14 – Sundays 10:15 am–11:15 am

SPRING II: 4/21, 4/21, 5/5, 5/12 – Sundays 10:15 am–11:15 am

Location: YMCA Community Gym

Fees: \$35 Member/session \$75 Community Participant/session

Skills & Drills

Recommended that you have at least one year playing experience (intermediate level player). This 4-week class will critique your skills through drills and game play. The importance of having fun will be enforced. Limited spots available! Ages: 18+

SPRING I: 3/17, 3/24, 4/7, 4/14 – Sundays 11:30 am–12:30 pm

SPRING II: 4/21, 4/21, 5/5, 5/12 – Sundays 9:00 am–10:00 am

Location: YMCA Community Gym

Fees: \$35 Member/session \$75 Community Participant/session

Spring 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 and will be coordinated by YMCA staff. ***If you cannot make over 50% of the nights please consider substituting.**

(Please give at least a 24-hour notice if you are unable to make league. Fill out substitution form if you need a sub. Form will be provided prior to league & will be available inside the gym.)

Location: YMCA Community Gym

BEGINNER LEVEL (AGES 18+)

Mondays 6:00–8:00 pm

Dates: March 18th – May 13th (NO LEAGUE APRIL 1ST)

Fees: \$50 Member \$75 Community Participant

INTERMEDIATE LEVEL (AGES 18+)

Tuesdays 6:00–8:00 pm

Dates: March 19th – May 14th (NO LEAGUE APRIL 2ND)

Fees: \$50 Member \$75 Community Participant

ADVANCED LEVEL (AGES 18+)

Wednesdays 6:00–8:00 pm

Dates: March 20th – May 15th (NO LEAGUE APRIL 3RD)

Fees: \$50 Member \$75 Community Participant

ACTIVE OLDER ADULTS

LEARN
MORE

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



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



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.



Balanced Health Series

Partners in Providing Community Wellness Information

FREE health seminars or chat sessions, offered to Y members and the community.



REGISTER HERE

Cardiac Rehab Phase 3

A Partnership with SSM Health



SSM Health currently offers two phases of cardiac rehab, featuring an exercise regimen and supervised by a team of nurses, physicians, dietitians, 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 help assist in long-term success.

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.

LEARN MORE

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.

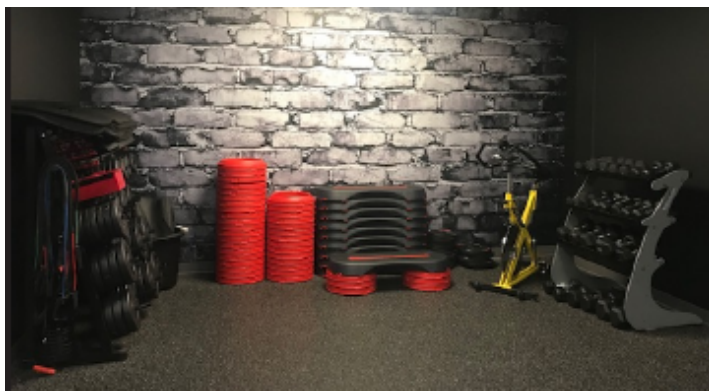
Contact Ericka Wawrzyn, Healthy Living Director, at 920.921.3330 ext. 348 or email ewawrzyn@fdlymca.org, to inquire about personal training, answer any questions you may have, and discuss your fitness goals.

INDIVIDUAL PERSONAL TRAINING RATES

PACKAGES FOR 30 NOW AVAILABLE!

Duration of Session	# of Sessions			
	(1) Session	(5) Sessions	(10) Sessions	(15) Sessions
30 Minute Session	\$25.00	\$117.50	\$230.00	\$341.25
45 Minute Session	\$37.50	\$176.25	\$345.00	\$511.88
60 Minute Session	\$50.00	\$235.00	\$460.00	\$682.50

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

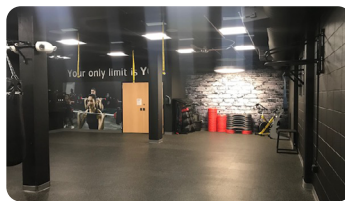
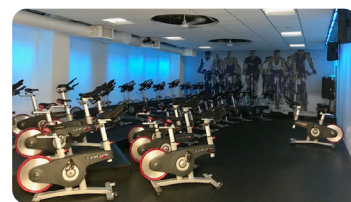
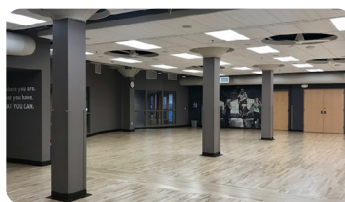


GROUP FITNESS CLASSES

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.

CLASS DESCRIPTIONS 

CLASS SCHEDULES 



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 



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



SPECIALTY CLASSES

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

- BUTTS & GUTS
- HIIT TRAINING
- INTERVAL TRAINING
- KETTLEBELLS
- TOTAL BODY BOOTCAMP



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.

• AERIAL ABS

Take your workout to the next level with removing the limitations the floor provides. Work, tone, and strengthen your abs in 360 degrees using an aerial hammock.

PLEASE SEE STUDIO 4 SCHEDULE FOR THE MOST UP-TO-DATE CLASS DATES & TIMES.



REGISTER HERE 

Sign up at the Welcome Center desk or at fdlymca.org.

MUST REGISTER & PAY 24 HOURS IN ADVANCE.

TRY THE LATEST CLASSES FROM LES MILLS!

LES MILLS DANCE

A 45-minute, high-energy workout that will reinvent the way you move and sweat! Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres.



LES MILLS 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 Development

LES MILLS

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.



BUTTS AND GUTS IS BACK!

STARTING MARCH 1ST

This 45 minute class is designed to strengthen, you got it, your butt and gut! In "Butts & Guts" we will use weights and our own body weight to focus on the two most talked about areas!

FRIDAYS :: 12:00 PM-12:45 PM :: STUDIO 3
INSTRUCTOR: DOUG O'LOUGHLIN :: \$6.00/CLASS



WATER FITNESS CLASSES

POOL SCHEDULES



CLASS DESCRIPTIONS



AQUA ABS & ARMS

AQUA FIT

DEEP WATER POWER

MID-TEMPO
AQUA BEATS

MORNING GRIND
WATER AEROBICS

POOL PARTY

SPLASH JAM

TONE & STRETCH

WATER AEROBICS

WATER YOGA



FITNESS AT HOME



Anywhere, Anytime

DISCOVER THE ADDED BENEFITS OF YMCA360



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.

GET STARTED TODAY!

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.



CELEBRATE WITH US

HOST YOUR NEXT BIRTHDAY PARTY AT THE Y!

SATURDAY OPTIONS:

COMMUNITY GYM 12:30–3:00 PM

FAMILY POOL 12:30–3:00 PM OR 1:30–4:00 PM

- 1.5 hour in party room
- 1 hour in Family Pool or Community Gym (see website for specific time)

SUNDAY OPTIONS:

FAMILY POOL 12:30–3:00 PM

BGC TEEN CENTER 11:30–2:00 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.
- 30 minute prep and clean up time is provided before and after party reservation times.

SCHEDULE YOUR PARTY

QUESTIONS?

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

EMPLOYMENT

VIEW
CURRENT
OPPORTUNITIES

A BETTER US STARTS WITH U



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

CONNECT WITH 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

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Amanda Bodden, Director of Youth Programs

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Emily Anton, Finance Director

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Michaela Buechler, Gymnastics Director & Head Coach

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Brittany Drews, Member Experience Director

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Sherry Ferraro, Family Director

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Sandi Harlan, Child Care Director

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Jeff Krantz, Property Director

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Jennie Mildebrandt, Aquatics Director

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Ericka Wawrzyn, Healthy Living Director

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Jake Berger, Healthy Living Program Coordinator

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Sam Gudex, Marketing Coordinator

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Barb Seidel, Group Exercise Coordinator

Email: bseidel@fdlymca.org

Lisa Wiercinski, HR & Volunteer Coordinator

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Nicole Winke, Child Care Coordinator

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Natalie Wondra, Youth Sports & Adaptive Program Coordinator

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James Yearwood, Maintenance Coordinator

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Ella Memmel, Aquatics Specialist

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Lydia Thompson, Gymnastics Specialist

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MaryAnn Schwark, Executive Assistant

Ext. 349 Email: mschwark@fdlymca.org

YMCA BOARD OF DIRECTORS

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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