



# 2024 WINTER PROGRAM GUIDE



**WINTER I: JANUARY 13–FEBRUARY 9, 2024**  
**WINTER II: FEBRUARY 10–MARCH 8, 2024**

# 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:

Winter Session I: January 13-February 9

Winter Session II: February 10-March 8

Gymnastics Session: January 13-March 8

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

**Registration Opens:** Y Members :: Monday, December 18

Community Participants :: Tuesday, December 26

\*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.

2 | 920.921.3330 :: [www.fdylymca.org](http://www.fdylymca.org)

## 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.

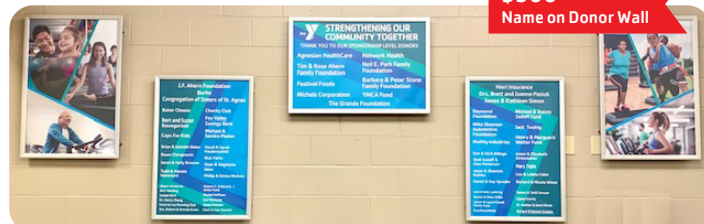
MORE INFORMATION ON FINANCIAL ASSISTANCE

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"

ENSURING A BRIGHTER FUTURE

Your Name Here

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

NURTURING THEIR FULL POTENTIAL

Your Name or Logo Here

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

BUILDING STRENGTH. DEVELOPING YOUTH.

Your Name/Logo Here

Contact: Katie McCormick, Director of Mission Advancement  
921.3330 ext 313 | [kmccormick@fdlymca.org](mailto: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](mailto:mschwark@fdlymca.org) for room availability, to book a rental, or for more information.



# ON YOUR SCHEDULE.

[fdlymca.org](http://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 [BGCFDL.ORG](http://BGCFDL.ORG)**



**Winter Session I: January 13–February 9**  
**Winter Session II: February 10–March 8**

▶ **REGISTRATION OPENS:**  
 ▶ Monday, December 18 (for members) &  
 ▶ Monday, December 26 (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:**  
**STAGES A–B**



**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
- *Parent/Child lessons are 20 minutes*
- **STAGES 1–6:**
- \$45 Member + \$5 PlayerSpace Registration Fee
- \$95 Community Participant + \$5 Registration Fee
- *Stages 1–6 lessons are 30 minutes.*

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

**YES**

**NOT YET**

**A / WATER  
DISCOVERY**

SWIM STARTERS

Is the student comfortable working with an instructor without a parent in the water?

**YES**

**NOT YET**

**B / WATER  
EXPLORATION**

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?

**YES**

**NOT YET**

**5 / STROKE  
DEVELOPMENT**

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

**NOT YET**

**6 / STROKE  
MECHANICS**



With [PlayerSpace](#), you'll get:

- Convenient 24/7 online access to program information such as schedules or lesson times
  - Progress report information
  - Emails and texts with updates on important information when necessary; for example: schedule changes and cancellations
- Account login information will be provided at the start of each session!*

## 4 WEEK SESSIONS: MONDAY/WEDNESDAYS & TUESDAY/THURSDAYS

## 8 WEEK SESSIONS: SATURDAYS

	Parent/Child A*	Parent/Child B*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
MONDAY/ WEDNESDAY	4:10-4:40pm		X		X			X
	4:50-5:20pm	X		X		X		
	5:30-6:00pm	X	X				X	
	Parent/Child A*	Parent/Child B*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
TUESDAY/ THURSDAY	4:10-4:40pm	X		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 A*	Parent/Child B*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
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 & Semi-Private Swim Lessons For Children & Adults (Lessons are 30 minutes)

Private lessons staff to student ratio is 1:1 & semi-private lessons are 1:2. Day and time are scheduled by you and the instructor. When an instructor is assigned to you, they will contact you for your first lesson. For semi-private lessons, the price listed includes both participants.

#### PRIVATE

1 Lesson	Fees: \$15 Member	\$30 Community Participant
4 Lessons	Fees: \$55 Member	\$110 Community Participant
8 Lessons	Fees: \$110 Member	\$220 Community Participant

#### SEMI-PRIVATE

1 Lesson	Fees: \$25 Member	\$50 Community Participant
4 Lessons	Fees: \$90 Member	\$180 Community Participant
8 Lessons	Fees: \$180 Member	\$360 Community Participant

### Log Rolling Classes (Classes are 30 minutes) Ages 8 & up

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.



**Wednesdays 7:00-7:30 pm**  
**Fees per session: \$15 Member**  
**\$25 Community Participant**

### NEW! ADULT GROUP LESSONS

Individuals choosing Beginner Swim Lessons may have a fear of the water, have very little to no swimming skills, and are ready to take the first step toward learning to swim. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills.

Individuals choosing Intermediate Swim Lessons are not fearful of the water, but want to gain confidence in their ability to stay safe in the water, swim further distances, and accomplish their personal goals.

**BEGINNER:** Mondays 5:45 pm-6:15 pm  
**INTERMEDIATE:** Mondays 6:25-6:55 pm

Fees: \$45 Member / \$95 Community Participant

### PRESCHOOL SWIMMING LESSONS

Preschoolers will learn water safety and acclimation skills in this 8 week session. Ages 3-5 years old.

**Tuesdays 9:00 am-9:30 am**

Fees: \$45 Member / \$95 Community Participant



## Gymnastics Winter Session (8 weeks): January 13–March 8

▶ **REGISTRATION OPENS:**  
▶ Monday, December 18 (for members) &  
▶ Monday, December 26 (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.

WINTER I: January 13–February 9

WINTER II: February 10–March 8

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 toilet-trained.

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 1:7. Classes are 45 minutes.

Fees: \$55 Member     \$115 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 45 minutes.

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

## ADAPTIVE PROGRAMS

### Adaptive Swim Lessons

Lessons are 30 minutes each

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. **\*\*Call or stop in at the Welcome Center Desk to sign up.\*\***

4 lessons

Fees: \$55 Member     \$110 Community Participant

### Adaptive Gymnastics

Lessons are 30 minutes each

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. **\*\*Call or stop in at the Welcome Center Desk to sign up.\*\***

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

4 lessons

Fees: \$55 Member     \$110 Community Participant





# 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 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

## Messy Adventures

Children will have a chance to explore their creative side in this fun-filled class. Each week your child will enjoy creating a "masterpiece" Using art, food, and fun. Let the adventure begin! Class held in the Multipurpose Room, child must be potty trained.

Ages 3-1/2-6 (without a parent)  
Thursdays 5:30 pm - 6:15 pm

Location: YMCA Multipurpose Room

Fees: \$30/session Member  
\$65/session Community Participant

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

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

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

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

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



**MORE PRESCHOOL CLASSES OFFERED ON PAGE 8!**

# PRESCHOOL ENRICHMENT WEEKLY CLASSES

REGISTER  
HERE



**Winter Session I: January 13–February 9**  
**Winter Session II: February 10–March 8**

▶ **REGISTRATION OPENS:**  
▶ **Monday, December 18 (for members) &**  
▶ **Monday, December 26 (for community)**

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

## WINTER SESSION I:

### Week 1: Let it Snow, Let it Snow, Let it Snow!

Time to bundle up – winter is here! Let's meet together to build an indoor snowman and design some sparkly snowflakes. We'll also snuggle up and enjoy a few chilly stories while we sip on hot cocoa. You may bring your favorite blanket or stuffed toy to class for snuggling.

Ages: 2-3 w/parent	Tuesday, January 16	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, January 16	10:15 – 11:00 am
Ages: 3-1/2 to 6	Tuesday, January 16	9:00 – 10:00 am

### Week 2: Fitness with Friends (3-1/2-6 yr olds)

Let's move, stretch and learn about building an active lifestyle through fitness & fun. We will participate in fitness activities, sports and games that focus on strength, body control, balance and coordination and most of all FUN! Socks and gym shoes are a must for this active class. \*\*\*Class held in the YMCA Family Gym\*\*\*

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

### Week 2: Animal Adventures (2-3 yr olds)

It's a zoo today at the YMCA! Come and play like the zoo animals this morning. We'll play games, learn songs, read books, and make fun animal crafts. We'll end our morning with a "wild" snack.

Ages: 2-3 w/parent	Tuesday, January 23	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, January 23	10:15 – 11:00 am

### Week 3: Animal Adventures (3-1/2-6 yr olds)

Ages: 3-1/2 to 6	Tuesday, January 30	9:00 – 10:00 am
------------------	---------------------	-----------------

### Week 3: Fitness With Friends (2-3 yr olds)

Ages: 2-3 w/parent	Tuesday, January 30	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, January 30	10:15 – 11:00 am

### Week 4: Touchdowns for Super Bowl Fun!

Come and enjoy a morning of football fun! We'll cheer on our favorite team as we play games, create football crafts and activities and enjoy a "tailgate" snack. Show off your team colors today when you come to class. Go Team!! \*\*\* Class will end in Family Gym\*\*\*

Ages: 2-3 w/parent	Tuesday, February 6	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, February 6	10:15 – 11:00 am
Ages: 3-1/2 to 6	Tuesday, February 6	9:00 – 10:00 am

#### Session I: Parent/Child Class Fees:

\$25 Members    \$55 Community Participant

#### Session I: Preschool Class Fees:

\$30 Members    \$65 Community Participant

## WINTER SESSION II:

### Week 1: Teddy Bear Valentine's Day

Bring your favorite teddy bear to the Y and join us for a morning of bear loving. We will go on a bear hunt, decorate heart shape cookies, and create some "bear-y" cute Valentines to give to your loved ones.

Ages: 2-3 w/parent	Tuesday, February 13	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, February 13	10:15 – 11:00 am
Ages: 3-1/2 to 6	Tuesday, February 13	9:00 – 10:00 am

### Week 2: Kids in Action (3-1/2-6 yr olds)

Get ready to move this morning as we work on building gross motor skills, strength, body control, balance and coordination through aerobic activities, cooperative games, sports and music. Dress for an active morning! \*\*\*Class held in the Family Gym\*\*\*

Ages: 3-1/2 to 6	Tuesday, February 20	9:00 – 10:00 am
------------------	----------------------	-----------------

### Week 2: Dr. Seuss is on the Loose (2-3 yr olds)

Join us today as we celebrate Dr. Seuss's birthday and all the rhyming and fun his books have shared with us. Whether we are looking for a "Cat in the Hat" or trying to find the "Wocket in My Pocket", we are sure to have a fun morning! We may snack on some "Green Eggs and Ham."

Ages: 2-3 w/parent	Tuesday, February 20	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, February 20	10:15 – 11:00 am

### Week 3: Dr Seuss is on the Loose (3-1/2-6 yr olds)

Ages: 3-1/2 to 6	Tuesday, February 27	9:00 – 10:00 am
------------------	----------------------	-----------------

### Week 3: Kids in Action (2-3 yr olds)

Ages: 2-3 w/parent	Tuesday, February 27	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, February 27	10:15 – 11:00 am

### Week 4: It's Time for 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.

Ages: 2-3 w/parent	Tuesday, March 5	9:00 – 9:45 am
Ages: 2-3 w/parent	Tuesday, March 5	10:15 – 11:00 am
Ages: 3-1/2 to 6	Tuesday, March 5	9:00 – 10:00 am

#### Session II: Parent/Child Class Fees:

\$25 Members    \$55 Community Participant

#### Session II: Preschool Class Fees:

\$30 Members    \$65 Community Participant







## Winter I: January 13–February 9

### Little Dribblers

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 through stations and games.

Grades 3K–4K      Thursdays      9:00 am–9:30 am  
Grades 3K–4K      Thursdays      9:30 am–10:00 am

Location: YMCA Family Gym

Fees: \$30 Member      \$65 Community Participant

### 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 through 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

### Co-Ed Tag Rugby Open Gyms

The FDL Rugby Academy offers FREE tag rugby gym time for kids in grades 1st –8th. Whether you have played before or are curious about the sport and want to try it out, this is a perfect opportunity! Come learn about rugby and join in on the fun this winter at NO COST!

Grades 1–8      Saturdays      10:00 am–12:00 pm

Location: YMCA Community Gym      **Fees: FREE FOR ALL**

## Winter II: February 10–March 8

### Little Dribblers

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 through stations and games.

Grades 3K–4K      Thursdays      9:00 am–9:30 am  
Ages 3K–4K      Thursdays      9:30 am–10:00 am

Location: YMCA Family Gym

Fees: \$30 Member      \$65 Community Participant

### 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.

Grade 1–2      Saturdays      8:30 am – 9:30 am  
Grade 3–5      Saturdays      9:30 am – 10:30 am  
Grade 6–8      Saturdays      10:30 am – 12:00 pm

Location: YMCA Family Gym

Fees: \$15 Member      \$30 Community Participant

# COMMUNITY TRAINING



### 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, January 20      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

Tuesday, January 16      6:00 pm to 9:00 pm

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

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, March 2      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+

Winter I: 1/14, 1/21, 1/28, 2/4

Winter II: 2/11, 2/18, 2/25, 3/3

Sundays 9:00 am–9:55 am

Location: YMCA Community Gym

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

## Skills & Drills – Level Intermediate & up

This 4-week class will critique your pickleball skills through drills; serving, return of a serve, dinking, technique, etc. The importance of having fun will be enforced. Limited spots available!! Ages: 18+

Winter I: 1/14, 1/21, 1/28, 2/4

Winter II: 2/11, 2/18, 2/25, 3/3

Sundays 10:00 am–10:55 am

Location: YMCA Community Gym

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

## Winter 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. Contact Natalie Wondra to get on the substitution list.**

(Please give at least a 24-hour notice if you are unable to make league. Contact Natalie Wondra [nwondra@fdlymca.org](mailto:nwondra@fdlymca.org) or 920-921-3330 ext. 306)

Location: YMCA Community Gym

### BEGINNER LEVEL (AGES 18+)

Mondays 6:00–8:00 pm

Dates: January 15th – March 4th

Fees: \$50 Member \$75 Community Participant

### INTERMEDIATE LEVEL (AGES 18+)

Tuesdays 6:00–8:00 pm

Dates: January 16th – March 5th

Fees: \$50 Member \$75 Community Participant

### ADVANCED LEVEL (AGES 18+)

Wednesdays 6:00–8:00 pm

Dates: January 17th – March 6th

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](mailto:nwondra@fdlymca.org)



## ACTIVE OLDER ADULTS

# 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

FOND DU LAC FAMILY YMCA

10 | 920.921.3330 :: [www.fdlymca.org](http://www.fdlymca.org)



## 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](mailto: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 STARTING JANUARY 29TH!

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.

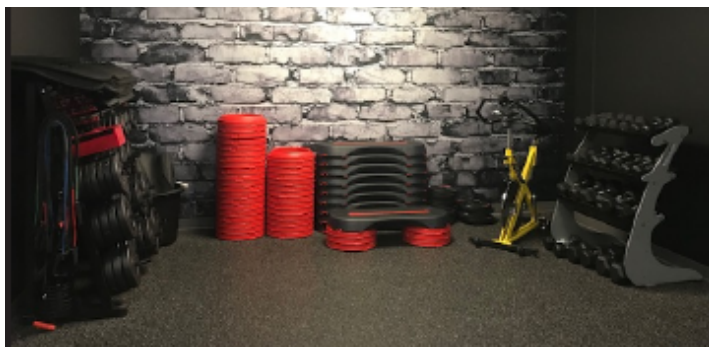
Contact Ericka Wawrzyn, Healthy Living Director, at 920.921.3330 ext. 348 or email [ewawrzyn@fdlymca.org](mailto:ewawrzyn@fdlymca.org), to inquire about personal training, answer any questions you may have, and discuss your fitness goals.

## 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](http://fdlymca.org).

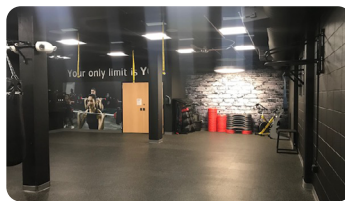
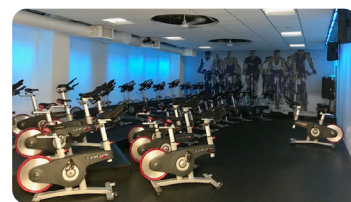
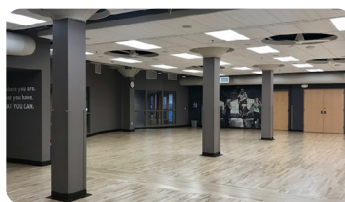


# GROUP FITNESS CLASSES

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](mailto: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](http://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

- 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](http://fdlymca.org).

**MUST REGISTER & PAY  
24 HOURS IN ADVANCE.**



## TRY THE LATEST CLASSES FROM LES MILLS STARTING IN JANUARY!

### 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.



## TRY OUT OUR NEW MATRIX EQUIPMENT IN THE WELLNESS CENTER!

### MATRIX

1 MAGNUM  
GLUTE TRAINER

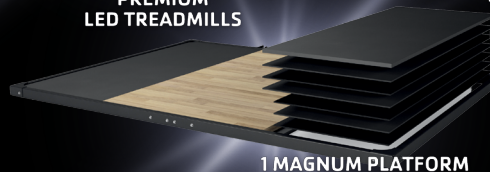
2 PERFORMANCE  
PREMIUM LED  
ASCENT TRAINERS



2 PERFORMANCE PLUS  
PREMIUM  
LED TREADMILLS



2 PERFORMANCE  
PREMIUM LED  
UPRIGHT CYCLES



1 MAGNUM PLATFORM

## FITNESS AT HOME

## 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



## 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](https://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](mailto: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](http://fdlymca.org/employment)**

# CONTACT US

CONNECT WITH US:



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

## FOND DU LAC FAMILY YMCA LEADERSHIP TEAM

**J.J. Raflik, CEO/Executive Director**

Ext. 318 Email: [jraflik@fdlymca.org](mailto:jraflik@fdlymca.org)

**Kristel Lougher, Associate Executive Director**

Ext. 326 Email: [klougher@fdlymca.org](mailto:klougher@fdlymca.org)

**Amanda Bodden, Director of Youth Programs**

Ext. 312 Email: [abodden@fdlymca.org](mailto:abodden@fdlymca.org)

**Katie McCormick, Director of Mission Advancement**

Ext. 313 Email: [kmccormick@fdlymca.org](mailto:kmccormick@fdlymca.org)

**Jen Memmel, Director of Marketing & Communications**

Ext. 322 Email: [jmemmel@fdlymca.org](mailto:jmemmel@fdlymca.org)

**Emily Anton, Finance Director**

Ext. 327 Email: [eanton@fdlymca.org](mailto:eanton@fdlymca.org)

**Brittany Drews, Member Experience Director**

Ext. 319 Email: [bdrews@fdlymca.org](mailto:bdrews@fdlymca.org)

**Sherry Ferraro, Family Director**

Ext. 303 Email: [sferraro@fdlymca.org](mailto:sferraro@fdlymca.org)

**Sandi Harlan, Child Care Director**

Ext. 320 Email: [sharlan@fdlymca.org](mailto:sharlan@fdlymca.org)

**Jeff Krantz, Property Director**

Ext. 335 Email: [jkrantz@fdlymca.org](mailto:jkrantz@fdlymca.org)

**Ericka Wawrzyn, Healthy Living Director**

Ext. 348 Email: [ewawrzyn@fdlymca.org](mailto:ewawrzyn@fdlymca.org)

**Jake Berger, Healthy Living Program Coordinator**

Ext. 336 Email: [jacob.berger@fdlymca.org](mailto:jacob.berger@fdlymca.org)

**Michaela Buechler, Gymnastics Coordinator & Head Coach**

Ext. 356 Email: [mbuechler@fdlymca.org](mailto:mbuechler@fdlymca.org)

**Sam Gudex, Marketing Coordinator**

Ext. 311 Email: [sgudex@fdlymca.org](mailto:sgudex@fdlymca.org)

**Barb Seidel, Group Exercise Coordinator**

Email: [bseidel@fdlymca.org](mailto:bseidel@fdlymca.org)

**Lisa Wiercinski, HR & Volunteer Coordinator**

Ext. 310 Email: [lwiercinski@fdlymca.org](mailto:lwiercinski@fdlymca.org)

**Nicole Winke, Child Care Coordinator**

Ext. 321 Email: [nwinke@fdlymca.org](mailto:nwinke@fdlymca.org)

**Natalie Wondra, Youth Sports & Adaptive Program Coordinator**

Ext. 306 Email: [nwondra@fdlymca.org](mailto:nwondra@fdlymca.org)

**James Yearwood, Maintenance Coordinator**

Ext. 372 Email: [jyearwood@fdlymca.org](mailto:jyearwood@fdlymca.org)

**Ella Memmel, Aquatics Specialist**

Ext. 317 Email: [ememmel@fdlymca.org](mailto:ememmel@fdlymca.org)

**Lydia Thompson, Gymnastics Specialist**

Ext. 356 Email: [lthompson@fdlymca.org](mailto:lthompson@fdlymca.org)

## SUPPORT STAFF

**Keith Amundson, Business Office**

Ext. 304 Email: [kamundson@fdlymca.org](mailto:kamundson@fdlymca.org)

**MaryAnn Schwark, Executive Assistant**

Ext. 349 Email: [mschwark@fdlymca.org](mailto:mschwark@fdlymca.org)

## YMCA BOARD OF DIRECTORS

Bill Everson, President

Christopher Badtke

Jason Bartelt

Connie Coon

Jenny Drake

Gus Garcia

Dr. Brenda Grass

Thomas Huempfer

Rob Hyland

Jim Jarvis

Kyle Jefferson

Brian Johnson

Steve Klein

Dr. Punit Kumar

Holly Luehring

Ryan McClone

Polly Nachreiner

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