



EXPERIENCE SUMMER AT THE Y!

2025
SUMMER
PROGRAM
GUIDE

FOND DU LAC
FAMILY YMCA



MEMBERSHIP INFORMATION



BECOME A MEMBER:

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

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



MEMBERSHIP RATES:

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

FREE MEMBERSHIPS

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

- ACTIVE & FIT
- ONE PASS
- RENEW ACTIVE™
- SILVER&FIT® PROGRAM

PROGRAM INFORMATION

PROGRAM SESSION DATES:

KIWANIS WEEK: June 9–June 13

SUMMER I: June 16–July 18 (No classes June 30–July 6)

SUMMER II: July 21–August 15

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

Registration Opens: Y Members :: Monday, May 12th

Community Participants :: Monday, May 19th

*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.

MEMBERSHIP PRICING POLICY:

To qualify for member pricing on programs or rentals, participants must maintain an active membership for the entire duration of the class, session, or rental period. If membership is canceled during this time, the price difference between the member and non-member rate will be charged.

HOURS OF OPERATION

through May 24th:

BUILDING HOURS

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

POOL HOURS (FAMILY POOL CLOSED DURING SWIM LESSONS)

Monday – Thursday5:00 am to 8:30 pm
Friday5:00 am to 7:00 pm
Saturday.....6:00 am to 5:30 pm
Sunday7:00 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

HOURS OF OPERATION starting May 27th:

BUILDING HOURS

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

POOL HOURS (FAMILY POOL CLOSED DURING SWIM LESSONS)

Monday – Thursday5:00 am to 8:30 pm
Friday5:00 am to 3:30 pm
Saturday.....6:00 am to 3:30 pm
Sunday7:00 am to 11:30 am
(Steam room & Whirlpool.....7:00 am to 1:30 pm)

MEMBERSHIP DESK HOURS

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

HOLIDAY HOURS:

The Y will be closed on the following holidays:

May 25 & 26 (Memorial Day) CLOSED
July 4 (Independence Day) CLOSED

FINANCIAL ASSISTANCE:

APPLY ONLINE:

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

APPLY IN PERSON:

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



CHILD WATCH



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

FRIDAY: 8:00 am-12:30 pm

SATURDAY: CLOSED Saturdays from May 24-September 6

Starting May 27th:

MONDAY & WEDNESDAY: 8:00 am-1:15 pm

TUESDAY & THURSDAY: 8:00 am-1:15 pm & 4:00 pm-7:00 pm

FRIDAY: 8:00 am-12:30 pm

SATURDAY: CLOSED Saturdays from May 24-September 6

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.

24/7 ACCESS

ON YOUR SCHEDULE.

fdlymca.org

LEARN MORE

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"



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



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



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

SWIM LESSONS

Summer I: June 16–July 18
Summer II: July 21–August 15



SKILL-BASED SWIM STAGES

Swim lessons are 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.

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 combined into one 20-minute session, with an adult required in the water throughout. Instructors will adapt skills and games to participants' ages and abilities, focusing on water safety, following verbal cues, and building comfort with the instructor. Stay after class to enjoy the "fish slide" area and help your child become more familiar with the water.

STAGE 5/6 CLASSES:

Stages 5 & 6 are 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.

Fees per session:

PARENT/CHILD:

\$20 Member / \$40 Community Participant
Parent/Child lessons are 20 minutes

STAGES 1–6:

\$30 Member / \$55 Community Participant
Stages 1–6 lessons are 30 minutes.

**To qualify for member pricing on programs or rentals, participants must maintain an active membership for the entire duration of the class, session, or rental period. If membership is canceled during this time, the price difference between the member and non-member rate will be charged.*

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: \$100 Member \$125 Community Participant

SUMMER SWIM LESSONS:

Classes meet once a week for 4 weeks focusing on swimming skills and water safety. Instructors follow a modified lesson plan covering topics like survival floats, safe rescues ("Reach or Throw, Don't Go"), swimming with a buddy, and water rules. Both Summer I and Summer II sessions offer the same curriculum, designed to help participants enjoy the water safely.

MORNING CLASSES:

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
MONDAY	9:00-9:30am	(ends at 9:20am)			X	
	9:40-10:10am		X	X		
	10:20-10:50am		X	X		
	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
TUESDAY	9:00-9:30am		X	X		
	9:40-10:10am		X			X
	10:20-10:50am		X		X	
	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
WEDNESDAY	9:00-9:30am		X	X		
	9:40-10:10am		X			
	10:20-10:50am	(ends at 10:40am)			X	
	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
THURSDAY	9:00-9:30am	(ends at 9:20am)				X
	9:40-10:10am		X			
	10:20-10:50am		X		X	

AFTERNOON CLASSES:

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
MONDAY	4:00-4:30pm	(ends at 4:20pm)		X		X
	4:40-5:10pm		X			
	5:20-5:50pm		X		X	
	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
TUESDAY	4:00-4:30pm		X		X	
	4:40-5:10pm		X	X		
	5:20-5:50pm	(ends at 5:40pm)				X
	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
WEDNESDAY	4:00-4:30pm		X	X		
	4:40-5:10pm	(ends at 5:00pm)		X		
	5:20-5:50pm		X		X	
	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
THURSDAY	4:00-4:30pm		X			X
	4:40-5:10pm		X		X	
	5:20-5:50pm		X	X		

SUNDAY CLASSES:

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
11:30-12:00pm		X		X		
12:00-12:30pm	(ends at 12:20pm)		X			
12:30-1:00pm						X
1:00-1:30pm					X	

*Parent/Child lessons are 20 minutes long.

CLASES DE NATACIÓN EN ESPAÑOL

Estas clases son para participantes que hablan poco o nada de inglés. Las clases se reunirán todos los miércoles durante 4 semanas. Los instructores cubrirán todos los mismos temas que las lecciones en inglés.

VERANO 1: Junio 16th-Julio 18th
VERANO 2: Julio 21st-Agosto 15th

4 a 7 años: Miércoles 4-4:30pm
8 a 14 años: Miércoles 4:40-5:10pm
14+ incluyendo adultos: Miércoles 5:20-5:50pm



FREE! SWIM EVALUATIONS

If you are unsure of your child's ability in the water, stop by for a swim evaluation. Evaluators are trained to be able to place participants into the right swimming stage.

Thursday: May 22, May 29 & June 5 - 5:00 pm-7:00 pm

Tuesday: May 27 & June 3 - 5:00 pm-7:00 pm

Saturday: June 7 - 9:00 am-11:00 am

- Drop in or email: aschroeder@fdlymca.org to schedule ahead.
- Young children or those who are hesitant MUST have parent accompany them in the water. Evaluators will remain on deck.
- Evaluations will last 5-10 minutes.
- Feel free to stay and swim after!



PRIVATE SWIM LESSONS ALSO AVAILABLE!

»»»»»»»»» See page 6

PRIVATE SWIM LESSONS:

Private lessons are offered for children 3+, as well as adults. Both English and Spanish lessons are available. Lessons are offered any hours the pool is open and scheduled based on instructor and participant availability.

BEGINNER LESSONS These 30 minute lessons are intended for beginner swimmers with little or no prior swimming knowledge. Instructors focus on safety in and around the water, basic swimming skills and stroke development. 1:1 ratio.

ADVANCED LESSONS These 45 minute lessons are intended for advanced swimmers. Instructors will focus on stroke development, technique and endurance. 1:1 ratio.

SEMI-PRIVATE LESSONS These 45 minute lessons are intended for beginner swimmers with little or no prior swimming knowledge. Instructors focus on safety in and around the water, basic swimming skills and stroke development. 2:1 or 3:1 ratio.

Duration of Session	# of Sessions	
	(1) Session	(4) Sessions
30 Minute Private	\$25 Member \$35 Community	\$100 Member \$125 Community
45 Minute Private	\$35 Member \$45 Community	\$140 Member \$165 Community
Semi-Private	\$50 Member \$75 Community	\$200 Member \$250 Community



CELEBRATE WITH US HOST YOUR NEXT PARTY AT THE Y!

SATURDAY OPTIONS:

COMMUNITY GYM OR FAMILY POOL

11:30 AM-2:00 PM

- 1.5 hour in party room
- 1 hour in Family Pool or Community Gym (1:00-2:00 pm)

FAMILY POOL

12:30 PM-3:00 PM

- 1.5 hour in party room
- 1 hour in Family Pool (2:00-3:00 pm)

RATES:

Y Members: \$125 | Community Participants: \$200

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

WATCH FOR FLAG FOOTBALL REGISTRATION!

Flag Football program registration will start in August!

More information to follow.



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.



BOYS & GIRLS CLUB
OF FOND DU LAC

**GREAT FUTURES
START HERE.**

VISIT BGCDFL.ORG

YOUTH SPORTS

SUMMER I:

First Tee Golf (8 weeks)

In partnership with Rolling Meadows Golf Course & The First Tee



The First Tee coaches are trained to create positive relationships that inspire youth to discover their individual potential. Our programs help young people build confidence, develop respect and appreciate the value of giving back to our community all while learning the lifelong sport of golf. The First Tee emphasizes Nine Core Values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment.

June 11 – July 30 (There WILL be class on July 2nd)

Ages: 4–14 years old Wednesdays 5:30–6:30 pm

Location: Rolling Meadows Golf Course

Fees: \$40 Member & Community Participant

Sports Mania

Come explore the world of sports! Children will engage in drills and small group activities. We foster a positive and nurturing environment where children can discover their love for sports while developing essential body awareness skills. Each week we will focus on a different team sport; basketball, tee ball, flag football, and soccer.

Mondays

Grades completed: 3k – K 5:15–6:00 pm

Grades completed: K – 3rd 6:00–6:45 pm

Location: YMCA Family Gym

Fees: \$40 Member \$85 Community Participant

Volleyball Camp

This volleyball camp emphasizes the development of basics skills in each aspect of the game; passing, setting, hitting, blocking, digging, and serving. The athlete will become knowledgeable of the rules of the game, tactics and various offensive/defensive strategies.

Monday, July 14th – Thursday, July 17th

Ages: 9 – 14 years old 1:00–2:00 pm

Ages: 14+ years old 2:00–3:00 pm

Location: YMCA Family Gym

Fees: \$40 Member \$85 Community Participant

Basketball Private Lessons

YMCA offers the chance to gain knowledge, skills, and develop a bond with the game of basketball. We will help young athletes reach their potential and achieve their athletic goals. A basketball trainer will teach the skills that will give each player an advantage on the court! Time & date will be scheduled with you and the instructor. Lessons are open to grades 3 & up.

4 lessons: 45-minute each

Fees: \$140 Member \$165 Community Participant

Volleyball Private Lessons

YMCA offers the chance to gain knowledge and skills in volleyball. We will help young athletes reach their potential and achieve their athletic goals. A volleyball trainer will teach the skills that will give each player an advantage on the court! Time & date will be scheduled with you and the instructor. Lessons are open to ages 9 & up.

4 lessons: 45-minute each

Fees: \$140 Member \$165 Community Participant

Summer I: June 16–July 18
Summer II: July 21–August 15

SUMMER II:



Baseball Skills Clinic

In partnership with the Dock Spiders

- Introduction of the fundamentals of baseball through stations
- Drills directed by coaches & players from the Dock Spider team
- Participate on the Dock Spider Field
- Pictures & autographs from the players
- Say HI to Weaver

T-shirt included with registration. Bring a water bottle, comfortable attire, & baseball glove!



July 23, 2025

Grade Entering: 4K – 5th

Time: 10:00–11:30 am (11:30–12:00 pictures/autographs)

Location: Dock Spider Field

Fees: \$20 Members \$55 Community Participants

Camp Buckets

This basketball camp is designed to bring your game to the next level! Fundamentals, skill drills, shooting form and daily contests will help you discover your true potential. This camp will give kids the opportunity to stay sharp during the off season! T-shirt included with registration.

Thursdays

Grades completed: 3k – K 4:00–4:45 pm

Grades completed: K – 3rd 4:45–5:30 pm

Location: YMCA Community Gym

Fees: \$40 Member \$85 Community Participant

Rookies T-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. Each participant will receive a voucher for a free ticket to a Dock Spiders game. T-shirts with a Y and Dock Spiders logo are included with registration.

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 Wednesdays 5:00–6:00 pm

Location: Pier Elementary School

Fees: \$40 Member \$85 Community Participant

Volleyball Preseason Camp

This volleyball camp emphasizes the development of basics skills in each aspect of the game; passing, setting, hitting, blocking, digging, and serving. The athlete will become knowledgeable of the rules of the game, tactics and various offensive/defensive strategies.

Monday, August 11th – Thursday, August 14th

Ages: 9 – 14 years old 6:00–7:00 pm

Ages: 14+ years old 7:00–8:00 pm

Location: YMCA Family Gym

Fees: \$40 Member \$85 Community Participant

PRESCHOOL CLASSES WITH A PARENT

Summer Session I: June 16–July 18
Summer Session II: July 21–August 15



Parent/Child Weekly Classes: Weekly Classes are geared for 2–3 year olds WITH a parent.

SUMMER SESSION I:

Week 1: Tuesday, June 17 A Camping We Will Go

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

Ages: 2–3 10:30 – 11:30 am Family Gym

Week 2: Tuesday, June 24 Happy Birthday America!

We will show our USA pride by wearing red, white and blue! Learn about our country’s flag and let freedom ring at our early Independence Day celebration. Sing, march and play the all-American way. We’ll end our celebration with some indoor “fireworks” of our own.

Ages: 2–3 10:30 – 11:30 am Family Gym

Week 3: Tuesday, July 8 Ready, Set, GO!

Get ready to go, go, go 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. Please no flip flops.*

Ages: 2–3 10:30 – 11:30 am Family Gym

Week 4: Tuesday, July 15 Amazing Bugs!

Along with the beautiful summer weather come a variety of bugs and insects. Come and be a busy bee as we learn about everything from pretty butterflies to pesky mosquitoes. We’ll even dig up some gummy worms for a snack.

Ages: 2–3 10:30 – 11:30 am Family Gym

Session I: Parent/Child Class Fees:
\$30 Members \$65 Community Participant

SUMMER SESSION II:

Week 1: Tuesday, July 22 World of Make Believe

Calling all Princesses and Princes! Join us today and explore the world of make believe through stories, crafts and play. Dressing up is encouraged. Imaginations soar as we explore “Once Upon a Time”.

Ages: 2–3 10:30 – 11:30 am Family Gym

Week 2: Tuesday, July 29 Fun in the Sun!

It’s “Sum Sum Summertime” fun today! Join us this morning for a YMCA style beach party. We will celebrate summer, sunshine & fun! Kids will take part in summertime games and adventures. Wear your favorite summer hat or sunglasses to class.

Ages: 2–3 10:30 – 11:30 am Family Gym

Week 3: Tuesday, August 5 Fitness with Friends

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: 2–3 10:30 – 11:00 am Family Gym

Week 4: Tuesday, August 12 3–2–1 Little Learners

This morning we will focus on our ABC’s, 1,2,3’s shapes, colors, animals and more! Kids will see how fun learning can be as we use crafts, songs, stories and activities to get our minds working.

Ages: 2–3 10:30 – 11:30 am Family Gym

Session II: Parent/Child Class Fees:
\$30 Members \$65 Community Participant

Parent/Child Classes: Parent/Child classes provide opportunity for parents & children to engage and participate together.



Splash and Play at Fairgrounds Park

Join us at Fairgrounds Park for some family playtime. Kids learn by seeing, hearing, touching, exploring and having fun. You and your child will have fun socializing with other kids and families. The zero-depth pool and the sandbox will be available for your child’s use. We will have lifeguards available, but a parent must be in the water and with their child watching them at all times. A one-to-one ratio is preferred. If you cannot do the one-to-one ratio, a life jacket or puddle jumper must be on your children. Life jackets will be available for your use if you need. Each week we will end with a story and have bubbles and chalk available for activities. Y staff members will be there for guidance and support. Each child must be registered for this class. Class will meet in the Family Gym in case of inclement weather.

Mondays 10:30 am–11:15 am

Session I Fees: \$20 per child/Members \$45 per child/Community
Session II Fees: \$20 per child/Members \$45 per child/Community

PRESCHOOL CLASSES WITHOUT A PARENT

Summer Session I: June 16–July 18
Summer Session II: July 21–August 15



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

SUMMER SESSION I:

Week 1: Tuesday, June 17

A Camping We Will Go

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

Ages: 3-1/2 to 6 9:00 – 10:00 am Family Gym

Week 2: Tuesday, June 24

Happy Birthday America!

We will show our USA pride by wearing red, white and blue! Learn about our country's flag and let freedom ring at our early Independence Day celebration. Sing, march and play the all-American way. We'll end our celebration with some indoor "fireworks" of our own.

Ages: 3-1/2 to 6 9:00 – 10:00 am Family Gym

Week 3: Tuesday, July 8

Ready, Set, GO!

Get ready to go, go, go 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. Please no flip flops.*

Ages: 3-1/2 to 6 9:00 – 10:00 am Family Gym

Week 4: Tuesday, July 15

Amazing Bugs!

Along with the beautiful summer weather come a variety of bugs and insects. Come and be a busy bee as we learn about everything from pretty butterflies to pesky mosquitoes. We'll even dig up some gummy worms for a snack.

Ages: 3-1/2 to 6 9:00 – 10:00 am Family Gym

Session I: Preschool Class Fees:

\$35 Members \$75 Community Participant

SUMMER SESSION II:

Week 1: Tuesday, July 22

World of Make Believe

Calling all Princesses and Princes! Join us today and explore the world of make believe through stories, crafts and play. Dressing up is encouraged. Imaginations soar as we explore "Once Upon a Time".

Ages: 3-1/2 to 6 9:00 – 10:00 am Family Gym

Week 2: Tuesday, July 29

Fun in the Sun!

It's "Sum Sum Summertime" fun today! Join us this morning for a YMCA style beach party. We will celebrate summer, sunshine & fun! Kids will take part in summertime games and adventures. Wear your favorite summer hat or sunglasses to class.

Ages: 3-1/2 to 6 9:00 – 10:00 am Family Gym

Week 3: Tuesday, August 5

Fitness with Friends

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 9:00 – 10:00 am Family Gym

Week 4: Tuesday, August 12

3-2-1 Little Learners

This morning we will focus on our ABC's, 1,2,3's shapes, colors, animals and more! Kids will see how fun learning can be as we use crafts, songs, stories and activities to get our minds working.

Ages: 3-1/2 to 6 9:00 – 10:00 am Family Gym

Session II: Preschool Class Fees:

\$35 Members \$75 Community Participant

**To qualify for member pricing on programs or rentals, participants must maintain an active membership for the entire duration of the class, session, or rental period. If membership is canceled during this time, the price difference between the member and non-member rate will be charged.*



GYMNASTICS

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



PROGRESSIVE CLASSES: (4 week session: July 21-August 16)

Tiny Tumblers (Ages 3)

This class is for children age 3. This class will focus on basic body awareness by means of stretching, jumping, rolling, balancing, swinging and supporting themselves. This class will teach the children the basic structure of classes as our instructors take them to uneven bars, balance beam and floor exercise. Staff to child ratio is 1:5. Classes are 30 minutes and will meet 4 times. Child needs to be fully toilet-trained or parent available to assist. Child needs to be 3 years old by the start of class.

Fees: \$25 Member \$55 Community Participant

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: \$30 Member \$63 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: \$30 Member \$63 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: \$30 Member \$63 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: \$45 Member \$73 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: \$45 Member \$73 Community Participant

Monday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
11:00 am		X				
11:45 am			X			
12:30 pm				X		
1:00 pm						X
2:00 pm				X		
2:45 pm			X			
3:00 pm	X					
3:30 pm		X				
4:15 pm			X			

Tuesday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
8:30 am	X					
9:00 am			X			
9:45 am					X	
12:45 pm				X		
1:30 pm		X				
2:00 pm				X		
2:15 pm			X			
2:45pm		X				
3:00 pm			X			
3:30 pm					X	

Wednesday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
8:30 am		X				
9:15 am				X		
10:00 am	X					
10:30 am		X				
11:15 am			X			
12:15 pm		X				
1:00 pm					X	

Thursday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
8:30 am			X			
9:15 am					X	
10:15 am				X		
1:00 pm	X					
1:30 pm			X			
2:15 pm		X		X		
3:00 pm		X			X	
4:00 pm	X					



TEAM & PRE-TEAM FONDY FLYERS GYMNASTICS CAMP

Come join the Fondy Flyers gymnastics team for an exciting week of summer gymnastics. Campers will focus on improving their gymnastics skills on each apparatus, as well as, participate in other games and activities during the week.

- ✓ Bring a bagged lunch each day.
- ✓ Every camper will get a t-shirt.

JULY 7-11, 2025
9:30 AM – 4:30 PM



Fond du Lac Family YMCA
Gymnastics & Program Center
520 N Main Street, Fond du Lac



Ages 6 & up
Fee: \$200 Team & Pre-Team
Registration opens: Monday, May 12th
Register at: fdlymca.org



CHILD CARE

3K PRESCHOOL

Up to 20 children will be accepted on a first-come, first-serve basis. Children need to be 3 years old and fully potty-trained. Waiting lists will be created; fees will not be collected in advance for waiting lists.

PROGRAM DAYS: Mondays, Wednesdays, & Fridays following the Fond du Lac School District 2025-26 4K calendar.

PROGRAM TIME: 9:00 am – 11:30 am

Register in person at the Fond du Lac Family YMCA Child Care Center.

LEARN MORE

BEFORE SCHOOL CARE

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

LEARN MORE

4K ENROLLMENT IS OPEN FOR THE 2025-2026 SCHOOL YEAR!

You can contact the YMCA Child Care or the School District Administrative office.

COMMUNITY TRAINING

American Heart Association Adult/Child/Infant CPR and AED

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

Participants will learn about:

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

Tuesday, July 22 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

Wednesday, June 18 9:00 am to 11:30 am

Wednesday, July 30 5:30 pm to 8:00 pm

Fees: \$20 Member \$45 Community Participant

**To qualify for member pricing on programs or rentals, participants must maintain an active membership for the entire duration of the class, session, or rental period. If membership is canceled during this time, the price difference between the member and non-member rate will be charged.*

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

Wednesday, July 16

9:00 am to 3:00 pm

Wednesday, August 6

9:00 am to 3:00 pm

Fees: \$55 Member

\$75 Community Participant



ATTENTION BOY SCOUT & GIRL SCOUT LEADERS!

Enhance your troop's skills and earn badges with Community Training Classes tailored to your needs. Contact MaryAnn Schwark at mschwark@fdlymca.org for troop pricing and more information.

HEALTHY LIVING

Healthy Living Program

Wellness Coaches at the Fond du Lac Family YMCA will work one on one with members to set healthy SMART goals, make healthier nutritional choices and increase physical activity in a safe and engaging program.

This program incorporates:

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

Parkinson's Exercise Class A partnership with SSM Health

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

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

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

Healthy Hearts

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

Balanced Health Series Partners in Providing Community Wellness Information

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



LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is a free 12-week small-group fitness program that engages adult cancer survivors through an approach that focuses on the whole person. Participants work with trained YMCA staff to build muscle strength and endurance, increase flexibility, improve energy levels, reduce the severity of treatment side effects, restore balance, and improve functional ability to complete everyday tasks.

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

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

WE ARE ACCEPTING INTEREST FORMS FOR THE SUMMER SESSION!

June 2-August 20, 2025

Mondays & Wednesdays :: 8:30 am – 9:30 am

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



STAY STRONG

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

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.

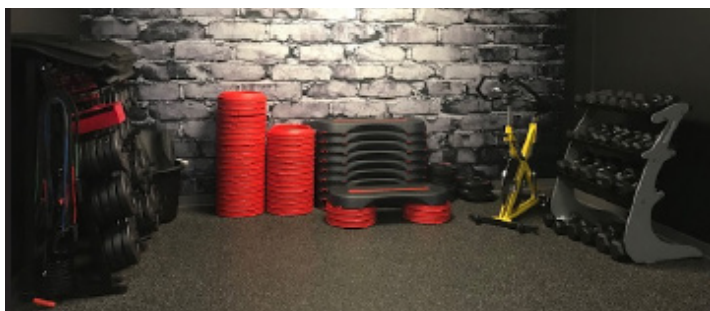
Contact Ericka Wawrzyn, Healthy Living Director, at 920.921.3330 ext. 348 or email ewawrzyn@fdlymca.org, to inquire about personal training, answer any questions you may have, and discuss your fitness goals.

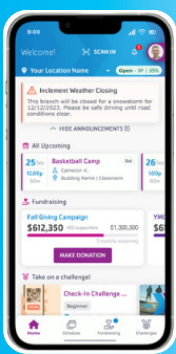
INDIVIDUAL PERSONAL TRAINING RATES

PACKAGES
FOR 30 NOW
AVAILABLE!

Duration of Session	# of Sessions			
	(1) Session	(5) Sessions	(10) Sessions	(15) Sessions
30 Minute Session	\$27.50	\$130.63	\$255.75	\$375.38
45 Minute Session	\$41.25	\$195.94	\$383.63	\$563.06
60 Minute Session	\$55.00	\$261.25	\$511.50	\$750.75

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





OUR NEW APP IS HERE!

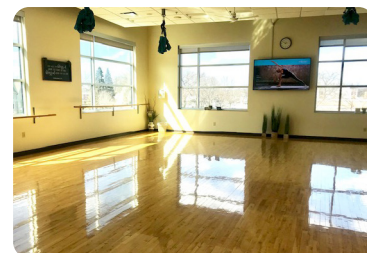
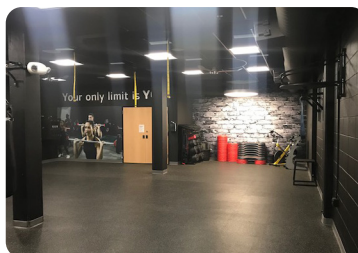
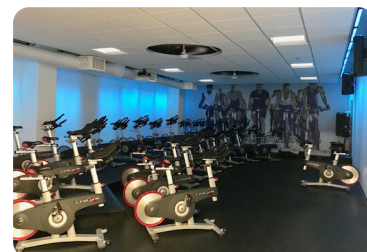
- CONNECT TO YOUR ONLINE MEMBER ACCOUNT
- SCAN IN YOURSELF & THE MEMBERS ON YOUR ACCOUNT
- BROWSE SCHEDULES FOR ALL CLASSES, PROGRAMS & AREAS
- VIEW YOUR YEAR-TO-DATE GIVING
- RESERVE A LANE FOR LAP SWIMMING

Download our
NEW Mobile App!



GROUP FITNESS CLASSES

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



VIRTUAL FITNESS CLASSES

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

Studio 1 offers scheduled virtual fitness classes.

Studio 2 offers scheduled virtual cycling fitness classes.

Studio 4 offers scheduled virtual mind/body fitness classes.

SCHEDULES

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



FITNESS AT HOME

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

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



LIMITED SERIES FROM LES MILLS!

LES MILLS PILATES

A 45-minute mind-body workout designed to improve strength, mobility and happiness with slow, simple movements to tone your abs, glutes, back, and hips.



LES MILLS FUNCTIONAL STRENGTH

A workout that uses unique super sets of tempo-focused loaded compound moves with single-sided (unilateral) movements to challenge members in new ways - all while improving coordination, stability, and strength symmetry.



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.



LES MILLS Strength Development

A 12-week, 45 minute progressive full-body workout focusing on setting a strong foundation of good technique within a traditional compound strength training structure. This entire workout is in intervals of time, with tempo guides for certain exercises. This workout is off the beat of the music, and you decide the weight you would like to work with.



SPECIALTY CLASSES

AERIAL YOGA

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.

TUESDAY 7:30-8:30 PM STUDIO 4

INTRO TO AERIAL YOGA FOR BEGINNERS

Introduction of using a silk hammock to gently start stretching and strengthening the whole body in a supportive way. Instructor will help students learn aerial yoga basics, focusing on safety and comfort. New students welcome. A MUST for those starting their aerial yoga journey.

MONDAY 6:15-7:15 PM STUDIO 3



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

MONTHLY UNLIMITED SMALL GROUP TRAINING

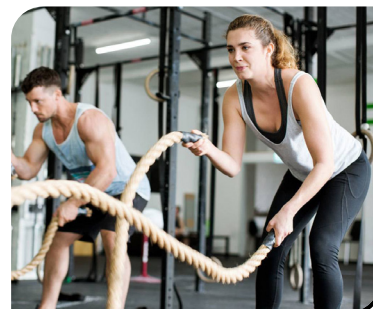
The Y offers Monthly Unlimited Small Group Training. You may also purchase a single class for a one time drop-in fee. All purchases can be made at the Welcome Center desk. Purchase before the month begins for maximum value.

SMALL GROUP TRAINING

\$40.00 | MONTHLY UNLIMITED

OR \$8.00/CLASS DROP-IN FEE

- HIIT TRAINING
- INTERVAL TRAINING
- KETTLEBELLS
- TOTAL BODY BOOTCAMP



WATER FITNESS CLASSES

AQUA ABS & ARMS

AQUA FIT

DEEP WATER POWER

MID-TEMPO

AQUA BEATS

MORNING AQUABLAST
WITH FRIENDS

POOL PARTY

SPLASH JAM

TONE & STRETCH

WATER AEROBICS

WATER YOGA



FOREVER FIT

GROUP FITNESS CLASSES:

Forever Fit 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 Forever Fit group and others who are 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.

FOREVER FIT BOOK CLUB

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

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



PICKLEBALL:

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

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

ADULT SPORTS

Let's Play Pickleball!

Join the summer fun in our 4 - week evening pickleball! Players will get a number each week and play round-robin (sign up as an individual play as doubles). More information will be sent out to those who signed up prior to the start.

BEGINNER LEVEL (AGES 18+): Mondays 6:30-8:30 pm

Summer I: June 16 - July 14 (no play June 30)

Summer II: July 21 - August 11

INTERMEDIATE LEVEL (AGES 18+): Tuesdays 6:30-8:30 pm

Summer I: June 17 - July 15 (no play July 1)

Summer II: July 22 - August 12

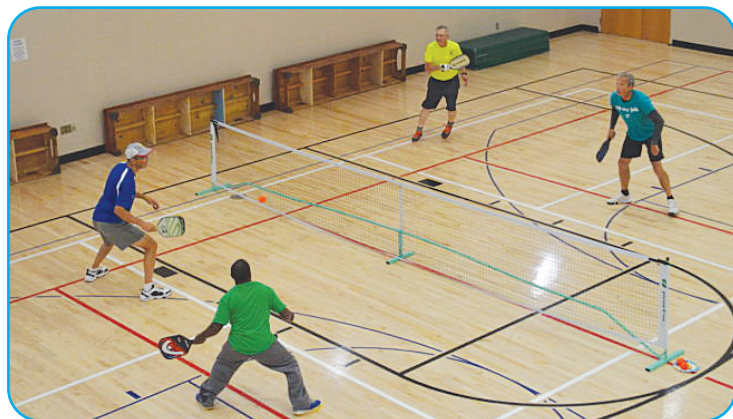
ADVANCED LEVEL (AGES 18+): Wednesdays 6:30-8:30 pm

Summer I: June 18 - July 16 (no play July 2)

Summer II: July 23 - August 13

Location: Fond du Lac Family YMCA Community Gym

Fees: \$25 Member \$40 Community Participant



**To qualify for member pricing on programs or rentals, participants must maintain an active membership for the entire duration of the class, session, or rental period. If membership is canceled during this time, the price difference between the member and non-member rate will be charged.*

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.

**VIEW
CURRENT
OPPORTUNITIES**



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

Ext. 312 Email: abodden@fdlymca.org

Katie McCormick, Director of Mission Advancement

Ext. 313 Email: kmccormick@fdlymca.org

Jen Memmel, Director of Marketing & Communications

Ext. 322 Email: jmemmel@fdlymca.org

Emily Anton, Finance Director

Ext. 327 Email: eanton@fdlymca.org

Michaela Buechler, Gymnastics Director & Head Coach

920.933.3499 Email: mbuechler@fdlymca.org

Brittany Drews, Member Experience Director

Ext. 319 Email: bdrews@fdlymca.org

Sherry Ferraro, Family Director

Ext. 303 Email: sferraro@fdlymca.org

Sandi Harlan, Child Care Director

Ext. 320 Email: sharlan@fdlymca.org

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

Lydia Thompson, Gymnastics Coordinator & Assistant Coach

920.933.3499 Email: lthompson@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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Jenn Deloughary, Gymnastics Specialist

Email: jdeloughary@fdlymca.org

Addie Schroeder, Aquatics Specialist

Ext. 315 Email: aschroeder@fdlymca.org

SUPPORT STAFF:

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Ext. 304 Email: kamundson@fdlymca.org

MaryAnn Schwark, Executive Assistant

Ext. 349 Email: mschwark@fdlymca.org

YMCA BOARD OF DIRECTORS:

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Connie Coon

Robb Duveneck

Bill Everson

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Mike Hierl

Rob Hyland

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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