



DISCOVER

SOMETHING NEW THIS FALL

2026 FALL PROGRAM GUIDE
FOND DULAC FAMILY YMCA | fdlymca.org



BECOME A MEMBER:

[MEMBERSHIP INFO](#)

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.

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
- WPS INSURANCE

FINANCIAL ASSISTANCE:

[LEARN MORE](#)

APPLY ONLINE:

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

APPLY IN PERSON:

- 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.
- 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.

PROGRAM INFORMATION:

PROGRAM SESSION DATES:

FALL I: September 19–October 16

FALL II: October 17–November 13

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

REGISTRATION OPENS:

Y Members :: Monday, August 24

Community Participants :: Monday, August 31

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

MEMBERSHIP

[JOIN ONLINE](#)

RATES: (EFFECTIVE SEPTEMBER 1, 2026)

MEMBERSHIP RATES:

MONTHLY
RATES:

JOINER
FEE:

Youth (age 8–18)	\$27	\$0
Young Adult (age 19–30)	\$37	\$25
Adult (age 31–64)	\$57	\$50
Senior (age 65+)	\$52	\$50
Family/Household	\$79	\$75
Senior Family/Household (primary member age 65+)	\$67	\$75
College (local, full-time undergraduate)	\$5 discount	\$0

HOURS OF OPERATION THROUGH SEPTEMBER 5TH



BUILDING HOURS

Monday – Friday 5:00 am to 9:00 pm

Saturday 6:00 am to 4:00 pm

Sunday 7:00 am to 2:00 pm

POOL HOURS

(FAMILY POOL CLOSED DURING SWIM LESSONS)

Monday – Thursday 5:00 am to 8:30 pm

Friday 5:00 am to 3:30 pm

Saturday 6:00 am to 3:30 pm

Sunday 7:00 am to 11:30 am

MEMBERSHIP DESK HOURS

Monday – Friday 8:30 am to 6:00 pm

Saturday 9:00 am to 12:00 pm

HOURS OF OPERATION STARTING SEPTEMBER 8TH



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

(FAMILY POOL CLOSED DURING SWIM LESSONS)

Monday – Thursday 5:00 am to 8:30 pm

Friday 5:00 am to 7:00 pm

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

HOLIDAY HOURS:

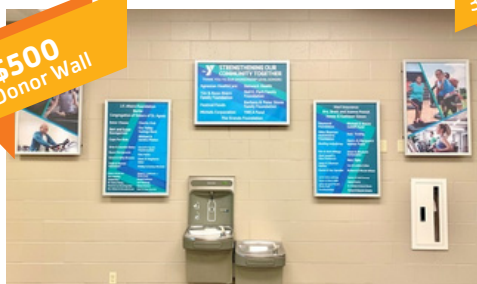
The Y will be closed on the dates below in observance of the following holidays:

- **Labor Day** – Sunday, Sept. 6 & Monday, Sept. 7
- **Thanksgiving** – Thursday, November 26
- **Christmas** – Thursday, Dec. 24 & Friday, Dec. 25
- **New Year's Eve** – Thursday, Dec. 31 **OPEN TILL 11:00 AM**
- **New Year's** – Friday, January 1

ANNUAL CAMPAIGN

The Y. So Much More™

\$500
Donor Wall



\$1,000
36"x48" Banner



\$2,500
36"x60" Banner



\$5,000
48"x72" Banner



WITH YOUR SUPPORT, WE CAN BUILD A Y THAT SERVES GENERATIONS TO COME.

Your generosity fuels our efforts to create real change.

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



FACILITY RENTALS:

[LEARN MORE](#)

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.

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.



UNLIMITED ACCESS ANY TIME,
DAY OR NIGHT, WHEN IT IS
CONVENIENT FOR YOU!

**ONLY \$5 PER MONTH
PER MEMBER!**

AVAILABLE TO ADULT
MEMBERS OF THE FOND DU LAC
FAMILY YMCA, AGES 19+.

- Over 100 pieces of cardio and strength training equipment
- Dumbbell sets, fixed weight barbells
- 45 lb Olympic size weight plates
- Studio 4 on-demand fitness classes
- Stretching area
- Open basketball & pickleball

**APPLY
NOW**

impact

facility rentals

YMCA BABYSITTING & FAMILY AND FRIENDS CPR COURSE

This course is designed for youth ages 11-18 who are interested in becoming safe, confident, and responsible babysitters. Participants will gain hands-on experience and practical skills needed to care for infants and children while learning how to respond calmly and effectively in emergency situations.

The course also includes the American Heart Association Friends and Family CPR program, providing instruction in CPR skills for infants, children, and adults. Participants will practice chest compressions, rescue breaths, and how to respond to choking emergencies. This training is intended for personal knowledge and preparedness.

Participants who successfully complete the course will receive a YMCA Babysitting Course Certificate and an American Heart Association Friends and Family CPR Certificate.

Topics covered include:

- Responding to emergencies
- Making good decisions under pressure
- Communicating effectively with adults and children
- Recognizing safety and hygiene concerns
- Managing and supervising young children
- Feeding, diapering, and caring for infants
- Basic first aid and sudden illness response
- Introductory babysitting business skills
- Infant, child, and adult CPR
- Choking response and emergency care

Saturday, September 19 8:30 am to 4:30 pm

***Please bring a lunch to class.**

Fees: \$65 Member \$85 Community Participant

NEED FIRST AID & CPR TRAINING?



The Y offers First Aid and CPR training for businesses, organizations, and community groups. If you're looking to certify or recertify your employees or group members, contact us to schedule a class. A minimum of six participants is required per class.

Please contact MaryAnn Schwark at 920.921.3330 ext. 349 or email mschwark@fdlymca.org.



ATTENTION BOY & 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.

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, October 27 6:00 pm to 9:00 pm

Fees: \$45 Member
\$75 Community Participant



FOND DU LAC FAMILY YMCA
IS ALIGNED WITH MORaine
PARK TECHNICAL COLLEGE
IN FOND DU LAC, WI, USA

STAY HOME ALONE CLASS

This class is for kids ages 9 and older and is offered through the Y to promote safety for children who may be home alone or in the Y and other community spaces without adult supervision.

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

- Internet safety
- Weather emergencies
- Basic First Aid
- Fire safety
- Safety in Community
- Stranger Danger

Saturday, October 24 9:00 am to 11:30 am

Fees: \$20 Member \$45 Community Participant

BASIC LIFE SUPPORT (BLS) CERTIFICATION COURSE

Be prepared to save a life. The American Heart Association's BLS Course equips participants with the critical skills needed to respond to cardiac and breathing emergencies. This course meets the requirements for healthcare students, nurses, CNAs, EMTs, paramedics, dental professionals, first responders, and anyone working in a healthcare or clinical environment. Gain confidence, build lifesaving skills, and earn your BLS certification. Ages 16+

What You'll Learn:

- High-quality CPR for adults, children, and infants
- Key BLS concepts from the Chain of Survival
- How to deliver effective breaths and ventilations
- The importance of early AED use and how to operate one
- Teamwork skills for multi-rescuer CPR situations
- How to relieve choking (foreign-body airway obstruction) in all age groups

Tuesday, January 12 5:30 pm to 9:00 pm

Fees: \$45 Member \$75 Community Participant

*Purchasing a book or ebook will also be required.



YOUTH PROGRAM SPECTATOR VERIFICATION FOND DU LAC FAMILY YMCA



To support the safety of our youth programs, a new spectator verification process will be required for all youth program spectators, both members and non-members.



CLICK HERE
to learn more and prepare.

WHO IS A YOUTH PROGRAM SPECTATOR?

A youth program spectator is any person, member or non-member, who accompanies a youth program participant into the facility. All spectators must check in at the Welcome Desk before entering the facility.

MEMBERS AGE 8+ WILL BE REQUIRED TO SCAN IN USING THEIR KEY CARD OR Y APP FOR ALL PROGRAMS

NON-MEMBER SPECTATORS WILL BE REQUIRED TO:

- Be added to non-member account or create a non-member account if they are not in the same household as the program participant
- Present a valid photo ID (age 16+)
- Complete spectator verification prior to facility entry
- Receive and use their own individual PIN for facility access (age 8+)



Thank you for helping us keep our Y safe and welcoming.



YOUTH PROGRAM SPECTATOR VERIFICATION

Which spectator are you?



Scans in using
Y app or member
key card



Must be added to
household account



Must create a
non-member account



Must show photo ID to be
verified by Y staff (age 16+)

Receive and use an individual PIN
for facility access, valid during
program session (age 8+)

PRIVATE SWIM LESSONS FOR CHILDREN & ADULTS

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.

[LEARN MORE](#)



aquatics

Duration of Session	(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

FREE! SWIM EVALUATIONS

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

- Drop in or email: kmatznick@fdlymca.org to schedule ahead
- Young children or those who are hesitant MUST have a parent accompany them in the water. Evaluators will remain on deck.
- Evaluations will last 5-10 minutes

SWIM LESSONS

FALL I: September 19–October 16

FALL II: October 17–November 13

Weekday classes will meet either Monday/Tuesday or Wednesday/Thursday for 4 weeks and a total of 8 classes. Weekend classes will meet either Saturday or Sunday, once a week for 8 weeks. Instructors will follow lesson plans that follow both safety topics as well as swimming skills that are age and level appropriate. Each stage builds on the previous one, so skills will need to be mastered before moving on to the next stage.

FEES PER SESSION:

Parent/Child:

\$40 Member/\$85 Community Participant
Parent/Child lessons are 20 minutes.

Stages 1–6:

\$50 Member/\$105 Community Participant
Stages 1–6 lessons are 30 minutes.

MORNING CLASSES (4 week session):

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
MONDAY/TUESDAY					X	X
9:00–9:30 am					X	X
9:35–10:05 am				X		
10:10–10:40 am		X	X			

AFTERNOON CLASSES (4 week session):

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
MONDAY/TUESDAY					X	X
4:30–5:00 pm					X	X
5:05–5:35 pm		X	X			
5:40–6:10 pm			X	X		
WEDNESDAY/THURSDAY						
4:30–5:00 pm		X	X			
5:05–5:35 pm				X	X	
5:40–6:10 pm	END AT 6:00 PM		X			

SATURDAY MORNING CLASSES (8 week session):

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
9:10–9:40 am		X	X			
9:45–10:15 am				X	X	
10:25–10:55 am	END AT 10:45 AM					X

SUNDAY AFTERNOON CLASSES (8 week session):

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
1:30–2:00 pm					X	X
2:05–2:35 pm		X	X			
2:40–3:10 pm	END AT 3:00 PM	X				
3:15–3:45 pm			X	X		

REGISTER HERE



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months to 3 years

PARENT & CHILD



3 years to 5 years

PRESCHOOL: STAGE 1–4



6 years & up

SCHOOL AGE: STAGES 1–6

WHAT 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?

NOT YET

WATER DISCOVERY/
WATER EXPLORATION

YES

Will the student go underwater voluntarily?

NOT YET

1/WATER ACCLIMATION

YES

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

NOT YET

2/WATER MOVEMENT

YES

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

NOT YET

3/WATER STAMINA

YES

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

NOT YET

4/STROKE INTRODUCTION

YES

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

NOT YET

5&6/STROKE DEVELOPMENT & MECHANICS

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aquatics

100 MILE SWIM GROUP

READY TO CHALLENGE YOURSELF AND ACCOMPLISH SOMETHING INCREDIBLE IN THE WATER?

Join our 100 Mile Swim Challenge—a great way to push your limits, build endurance, and stay on track with your fitness goals. Swim 100 miles at your own pace, on your own schedule.

Why join the 100 Mile Swim Challenge?

- **Total-Body Fitness:** Boost endurance, strength, and heart health.
- **Mental Grit:** Build focus and resilience through long-distance swimming.
- **For Everyone:** All skill levels welcome—swim your way, at your pace.
- **Bragging Rights:** Crush 100 miles and earn a t-shirt (and serious bragging rights).
- **Community Vibes:** Stay motivated with a supportive swim crew.

Sign up today at fdlymca.org or stop by the Welcome Center desk!

LEARN MORE 

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

LEARN MORE 

TUMBLE TOTS (AGES 18 MOS – 3 YEARS)

This playful, engaging class is designed for toddlers and their grown-ups to explore movement together in a fun and supportive environment. Our focus is to develop balance, coordination, and basic motor skills, while children enjoy climbing, jumping, rolling, and swinging on age-appropriate equipment. We will explore our 4 main apparatuses including bars, floor, vault, and balance beams, soft obstacle courses, and more, helping develop motor skills, strength, and flexibility. No experience is necessary—just bring your energy and be ready to move, play, and learn together! Must have a one to one, parent/child ratio.

Mondays 5:00 pm–5:30 pm
Wednesdays 4:45 pm–5:15 pm
Thursdays 4:45 pm–5:15 pm

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

Fees: \$25 Member \$55 Community Participant

ADAPTIVE GYMNASTICS LESSONS

This class provides a supportive and inclusive gymnastics experience designed to meet each participant's individual needs and abilities. Gymnasts will build confidence, coordination, strength, balance, body awareness, and foundational gymnastics skills. Lessons are individualized to accommodate each participant's abilities and comfort level. Activities may include rolls, jumps, flexibility, apparatus work, and other gymnastics skills, with modifications provided as needed. Staff to student ratio is 1:1 and all ages are welcome. Day and time are scheduled by you and the instructor. Contact Jenn at jdelloughary@fdlymca.org to sign up.

4 lessons: 30 minutes each
Fees: \$100 Member \$125 Community Participant

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

MINI MOVERS – THEMED ADVENTURE

Every week is a new adventure! Move, play, and grow together! This fun, play-based class is designed for parents and toddlers (18 mo.–3 years) to explore, play, learn and connect together with a weekly theme in a safe, welcoming space. Each class will feature creative activities that bring the theme to life while building balance, coordination, strength, and confidence. Children will climb, jump, roll, swing, crawl, and explore age-appropriate gymnastics equipment including the bars, beams, obstacle courses, tunnels, trampolines, and more. Along the way, they will develop gross motor skills, social interaction, imagination, and a love for active play. No experience is necessary—just bring your energy and be ready to move, play, and learn together!

Must have a one to one, parent/child ratio.

FALL I THEMES: ABC Adventure, Up, Up & Away!, Ocean Adventure, Dinosaurs

FALL II THEMES: P is for Pumpkin, Outerspace, Football, Thanksgiving

Wednesdays 9:00 am–9:45 am
Thursdays 9:00 am–9:45 am

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

Fees: \$35 Member \$75 Community Participant

**GYMNASTICS CONTINUED
ON NEXT PAGE**

*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.

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

PROGRESSIVE CLASSES (8 WEEKS)

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 1:4. 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: \$60 Member \$125 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: \$60 Member \$125 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: \$60 Member \$125 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: \$70 Member \$145 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: \$70 Member \$145 Community Participant

SATURDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
8:30 am			X	X		
8:45 am		X	X			
9:00 am					X	
9:15 am	X		X			
9:30 am	X	X				
10:00 am		X		X	X	
10:15 am			X	X		
MONDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm		X	X			
4:15 pm				X		
4:45 pm			X			
5:00 pm					X	
5:30 pm		X				
TUESDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:30 pm		X				
4:45 pm	X		X			
5:15 pm	X				X	
5:30 pm		X				
WEDNESDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm			X			
4:15 pm	X					
4:30 pm						X
4:45 pm				X		
5:15 pm		X				
THURSDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:45 pm		X				
5:00 pm					X	
5:00 pm						
5:30 pm			X			

Gymnastics

Weekly Theme Classes:

Geared for Preschoolers age 3 1/2-6 years old WITHOUT a parent. CHILD MUST BE FULLY TOILET-TRAINED OR PARENT MUST BE AVAILABLE TO ASSIST. Classes will be held in the Boys & Girls Club Art Room. We will meet in front of the Multi-Purpose Room.

FALL SESSION I:

WEEK 1: TUESDAY, SEPTEMBER 15 Stomp Our Way Back to School!

Join us for a dino-mite day of fun as we stomp our way back to school! Children will enjoy dinosaur-themed crafts, games, stories, and hands-on activities. We'll roar like dinosaurs, explore prehistoric fun, and create special projects to take home. This one-day class is a great way to celebrate the start of a new school year while learning, playing, and making new friends. Come ready for a day of dino fun and adventure!

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

WEEK 2: TUESDAY, SEPTEMBER 22 Autumn Adventures

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

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

WEEK 3: TUESDAY, SEPTEMBER 29 Ocean Fun

Spish Splash Splish Splash! It is that time of the year where the ocean is on our minds. Your child will have amazing under the sea adventures in this class with crafts, games and activities! Get ready to dive into a world of fun!

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

WEEK 4: TUESDAY, OCTOBER 6 Going to the Zoo

It is zoo day today at the YMCA! Come and play like zoo animals this morning. We'll have games, songs, stories, and make fun animal crafts. We will end our morning with a "wild" snack.

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

Session I: Preschool Class Fees:

\$35 Members \$75 Community Participant

FALL SESSION II:

WEEK 1: TUESDAY, OCTOBER 13 Cardio Kids

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

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

WEEK 2: TUESDAY, OCTOBER 20 3-2-1 Blast Off!

Grab your space helmet and get ready for launch! Our mission will take us on an exciting journey through the solar system as we explore planets, stars, and the wonders of outer space. We'll enjoy stories, crafts, games, and activities that are truly out of this world

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

WEEK 3: TUESDAY, OCTOBER 26 Spooktacular Party

Happy Halloween! Make sure to wear your favorite costume to class today to join in on all the Halloween Fun! We will be decorating pumpkins, playing party games, going on a costume parade, and enjoying all the excitement of this not-so-spooky day.

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

WEEK 4: TUESDAY, NOVEMBER 3 Little Turkeys Thanksgiving Fun

Come together for a fun-filled Thanksgiving adventure. We will practice gratitude and kindness through Stories, crafts and games. The fun will conclude with a delicious traditional thanksgiving treat.

Ages: 3-1/2 to 6 8:30-9:30 am BGC Art Room

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.



Parent/Child Weekly Theme Classes:

Geared for Preschoolers age 2-3 years old WITH a parent. Classes will be held in the Boys & Girls Club Art Room. We will meet in front of the Multi-Purpose Room.

FALL SESSION I:

WEEK 1: MONDAY, SEPTEMBER 14 Stomp Our Way Back to School!

Join us for a dino-mite day of fun as we stomp our way back to school! Children will enjoy dinosaur-themed crafts, games, stories, and hands-on activities. We'll roar like dinosaurs, explore prehistoric fun, and create special projects to take home. This one-day class is a great way to celebrate the start of a new school year while learning, playing, and making new friends. Come ready for a day of dino fun and adventure!

Ages: 2-3 9:30-10:15 am BGC Art Room

WEEK 2: MONDAY, SEPTEMBER 21 Autumn Adventures

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

Ages: 2-3 9:30-10:15 am BGC Art Room

WEEK 3: MONDAY, SEPTEMBER 28 Ocean Fun

Spish Splash Spish Splash! It is that time of the year where the ocean is on our minds. Your child will have amazing under the sea adventures in this class with crafts, games and activities! Get ready to dive into a world of fun!

Ages: 2-3 9:30-10:15 am BGC Art Room

WEEK 4: MONDAY, OCTOBER 5 Going to the Zoo

It is zoo day today at the YMCA! Come and play like zoo animals this morning. We'll have games, songs, stories, and make fun animal crafts. We will end our morning with a "wild" snack.

Ages: 2-3 9:30-10:15 am BGC Art Room

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

FALL SESSION II:

WEEK 1: MONDAY, OCTOBER 12 Cardio Kids

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

Ages: 2-3 9:30-10:15 am BGC Art Room

WEEK 2: MONDAY, OCTOBER 19 3-2-1 Blast Off!

Grab your space helmet and get ready for launch! Our mission will take us on an exciting journey through the solar system as we explore planets, stars, and the wonders of outer space. We'll enjoy stories, crafts, games, and activities that are truly out of this world!

Ages: 2-3 9:30-10:15 am BGC Art Room

WEEK 3: MONDAY, OCTOBER 25 Spooktacular Party

Happy Halloween! Make sure to wear your favorite costume to class today to join in on all the Halloween Fun! We will be decorating pumpkins, playing party games, going on a costume parade, and enjoying all the excitement of this not-so-spooky day.

Ages: 2-3 9:30-10:15 am BGC Art Room

WEEK 4: MONDAY, NOVEMBER 2 Little Turkeys Thanksgiving Fun

Come together for a fun-filled Thanksgiving adventure. We will practice gratitude and kindness through Stories, crafts and games. The fun will conclude with a delicious traditional thanksgiving treat.

Ages: 2-3 9:30-10:15 am BGC Art Room

Session II: Preschool Class Fees:
\$30 Members \$65 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.



3K PRESCHOOL

LEARN MORE

Our 3K program helps children develop friendships, build self-esteem, and gain self-help skills to prepare for school. Each child receives FREE swim lessons as part of the program. Enrollment is limited to 8 children on a first-come, first-served basis. Participants must be 3 years old and fully potty-trained.

PROGRAM DAYS: Mondays, Wednesdays, & Fridays following the Fond du Lac School District 2026-27 4K calendar.

PROGRAM TIME: 9:00 am - 11:30 am

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

BEFORE SCHOOL CARE

LEARN MORE

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.

***Please note that a minimum enrollment of five participants is required for the program to run.**

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. Includes a free Y membership while participating in the program.

This 8-week exercise and education based program offers:

- 1:1 coaching and accountability
- Cardio and resistance training
- Basic movement & exercise
- Nutrition information
- Connections and referrals to additional Y services, such as aquatic exercise or group fitness classes.

LEARN MORE

PARKINSON'S EXERCISE CLASS

A partnership with SSM Health

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

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

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

BALANCED HEALTH SERIES

**Partners in Providing
Community Wellness Information**

LEARN MORE

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

CHILD WATCH

LEARN MORE

HOURS:

MONDAY-FRIDAY: 8:00 AM-12:30 PM

TUESDAY & THURSDAY: 4:00 PM-7:00 PM

SATURDAY: 8:00 AM-11:00 AM STARTING SEPTEMBER 19

*Child Watch may close up to 30 minutes early if we do not have any children.

RATES:

- **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.
- **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.)



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 where people affected by cancer can connect during treatment and beyond.

WE ARE ACCEPTING INTEREST FORMS FOR THE FALL!

FALL II: September 14 - November 25
Mondays and Wednesdays, 6:00 pm - 7:30 pm



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

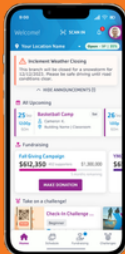
LEARN MORE

STAY STRONG

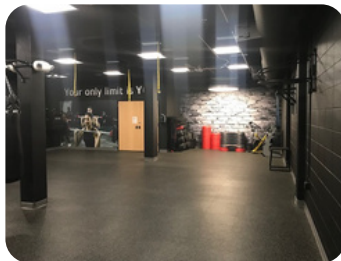
Stay Strong is a welcoming social program for adult cancer survivors who have completed LIVESTRONG® at the YMCA. It's a chance to stay connected, build friendships, enjoy time together, and be part of a supportive community that understands and uplifts one another. Through fun activities, conversation, and shared experiences, Stay Strong creates a space where survivors can connect, laugh, and continue their journey together.

DOWNLOAD OUR MOBILE APP!

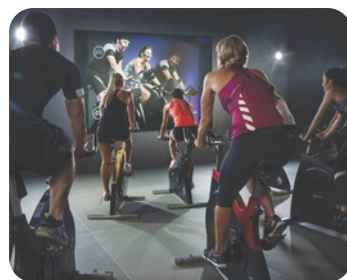
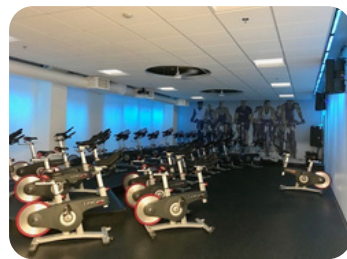
- CONNECT TO YOUR ONLINE MEMBER ACCOUNT
- SCAN IN YOURSELF & THE MEMBERS ON YOUR ACCOUNT
- BROWSE SCHEDULES FOR ALL CLASSES, PROGRAMS & AREAS
- VIEW YOUR YEAR-TO-DATE GIVING
- RESERVE A LANE FOR LAP SWIMMING



CLASS DESCRIPTIONS



MOBILE SCHEDULES



GROUP FITNESS CLASSES

Looking for a fun and motivating environment to work out in? The Y offers a wide variety of group fitness classes for all fitness levels. Our dynamic instructors will inspire you to stay active and achieve your goals. Most classes are free for members ages 13 and older. Members ages 11-12 may also participate with a parent or guardian.

For more information about group exercise classes, contact Barb Seidel, Group Exercise Coordinator, at bseidel@fdlymca.org.

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 and on-demand time to pick your own class.

Studio 4 offers scheduled virtual fitness classes and on-demand time to pick your own class.

LIMITED SERIES FITNESS CLASSES FROM LES MILLS!

LES MILLS PILATES

A 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 progressive full-body workout focusing on setting a strong foundation of good technique within a traditional compound strength training structure. This workout is off the beat of the music, and you decide the weight you would like to work with.

WATER FITNESS CLASSES

- AQUA ABS & ARMS
- AQUA FIT
- DEEP WATER POWER
- MID-TEMPO
- AQUA BEATS
- MORNING AQUABLAST WITH FRIENDS
- POOL PARTY
- SPLASH JAM
- TONE & STRETCH
- WATER AEROBICS
- WATER YOGA

CLASS DESCRIPTIONS

WATER AEROBICS SCHEDULE



PERSONAL TRAINING

LEARN MORE 

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 EFFECTIVE 1-1-2026:

PACKAGES
FOR 30 NOW
AVAILABLE!

DURATION OF SESSION	(1) Session	(5) Sessions	(10) Sessions	(15) Sessions
30 Minute Session	\$30.00	\$142.50	\$279.00	\$409.50
45 Minute Session	\$45.00	\$213.75	\$418.50	\$614.25
60 Minute Session	\$60.00	\$285.00	\$558.00	\$819.00

PERSONAL TRAINING STAFF

FOND DU LAC FAMILY YMCA



AERIAL YOGA

REGISTER HERE 

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.

MONDAYS 6:15 PM-7:15 PM

Location: Studio 4



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.

\$40 MONTHLY
UNLIMITED

OR \$8/CLASS DROP-IN FEE

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



**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. Enjoy thousands of on-demand virtual classes and participate in livestreamed classes every day, all led by experienced YMCA instructors. From yoga and youth sports to cooking and wellness, there's something new each week!

Use the email associated with your Y membership to log in at ymca360.org and start exploring today.



**Kids
FAMILY**

**MIND
&
BODY**

**FITNESS
FIRST**

**AROUND
The Y**

**BOOMERS
&
BEYOND**

**LIVE
STREAMING**

LES MILLS

personal training

FOREVERWELL® GROUP FITNESS CLASSES

Foreverwell® 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.

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 Katie Schingen for more information at kschingen@fdlymca.org

FOREVERWELL® BOOK CLUB

We meet the last Tuesday 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**



OUT TO LUNCH

The Foreverwell® 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.



THE
Make a
Living *and*
a Difference
PLACE

Join a team where
your work matters
—every day.

We're looking for passionate individuals who want to do meaningful work. When you join us, you'll become part of a supportive team dedicated to improving lives and strengthening communities. Your role isn't just a job, it's a chance to make a lasting difference.

**VIEW EMPLOYMENT
OPPORTUNITIES**



REGISTER HERE



CO-ED FALL PICKLEBALL

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 (sign up as an individual play as doubles. This is NOT an instructional class. Player substitutions are allowed.

If you can't attend over half the nights, please consider subbing instead. Contact Katie Schingen to join the sub list. Subs: FREE for members, Day Pass required for community participants.

BEGINNER LEVEL (AGES 18+)

Mondays 6:30-8:30 pm

Dates: October 19th – December 14th
(NO LEAGUE THANKSGIVING WEEK)

INTERMEDIATE LEVEL (AGES 18+)

Tuesdays 6:30-8:30 pm

Dates: October 20th – December 15th
(NO LEAGUE THANKSGIVING WEEK)

ADVANCED LEVEL (AGES 18+)

Wednesdays 6:30-8:30 pm

Dates: October 21st – December 16th
(NO LEAGUE THANKSGIVING WEEK)

Location: Family Gym

Fees: \$50 Member

\$75 Community Participant



foreverwell®

adult sports

FOND DU LAC FAMILY YMCA LEADERSHIP TEAM:

J.J. Raflik, CEO/Executive Director

Ext. 318 Email: jraflik@fdlymca.org

Kristel Lougher, Associate Executive Director

Ext. 326 Email: klougher@fdlymca.org

Amanda Bodden, Director of Youth Programs

Ext. 312 Email: abodden@fdlymca.org

Katie McCormick, Director of Mission Advancement

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Jen Memmel, Director of Marketing & Communications

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Emily Anton, Finance Director

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Michaela Buechler, Gymnastics Director & Head Coach

Ext. 355 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

Ext. 335 Email: jkrantz@fdlymca.org

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

Ext. 310 Email: lwiercinski@fdlymca.org

Nicole Winke, Child Care Coordinator

Ext. 321 Email: nwinke@fdlymca.org

James Yearwood, Maintenance Coordinator

Ext. 372 Email: jyearwood@fdlymca.org

Jenn Deloughary, Gymnastics Specialist

Email: jdeloughary@fdlymca.org

Katie Matznick, Aquatics Specialist

Email: kmatznick@fdlymca.org

Katie Schingen, Family & Sports Specialist

Email: kschingen@fdlymca.org

SUPPORT STAFF:

Keith Amundson, Business Office

Ext. 304 Email: kamundson@fdlymca.org

MaryAnn Schwark, Executive Assistant

Ext. 349 Email: mschwark@fdlymca.org

YMCA BOARD OF DIRECTORS:

Thomas Huempfer, President

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Connie Coon
Robb Duvenek
Bill Everson

Nicole Gill

Mike Hierl
Rob Hyland
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Brian Johnson

Dave Michalkiewicz
Debbie Ponath
Gina Popp
Kristen Quam

Nate Redig

Paul Reetz
Bonnie Schmitz
Lisa Shannon
Laurice Snyder

FOND DU LAC FAMILY YMCA

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

YMCA CHILD CARE CENTER

90 W. Second Street
Fond du Lac, WI 54935
Phone: 920.921.3698

YMCA GYMNASTICS CENTER

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

CONNECT WITH US:



fdlymca.org

