



SPRING INTO SOMETHING NEW

2026 SPRING PROGRAM GUIDE

FOND DU LAC FAMILY YMCA

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:

SPRING I: March 21-April 24
SPRING II: April 25-May 22

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

REGISTRATION OPENS:

Y Members :: Monday, February 23
Community Participants :: Monday, March 2

*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.

JOIN ONLINE!

MEMBERSHIP RATES:

MONTHLY RATES: JOINER FEE:

| MEMBERSHIP RATES: | MONTHLY RATES: | JOINER FEE: |
|--|----------------|-------------|
| Youth (age 8-18) | \$26 | \$0 |
| Young Adult (age 19-30) | \$36 | \$25 |
| Adult (age 31-64) | \$56 | \$50 |
| Senior (age 65+) | \$51 | \$50 |
| Family/Household | \$77 | \$75 |
| Senior Family/Household (primary member age 65+) | \$66 | \$75 |
| College (local, full-time undergraduate) | \$5 discount | \$0 |



ON YOUR SCHEDULE.

[LEARN MORE!](#)

HOURS OF OPERATION



BUILDING HOURS

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

POOL HOURS

(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

SLIDE HOURS

Wednesdays 6:00 pm to 7:00 pm
Saturdays 1:00 pm to 3:00 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:

- **Easter** - Sunday, April 5th
- **Memorial Day** - Sunday, May 24 & Monday, May 25

membership

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.

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 60 people

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

\$110/hour plus tax for community members*

HALF-ROOM RENTAL - seats up to 30 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.



CELEBRATE WITH US HOST YOUR NEXT PARTY AT THE Y!

SATURDAY OPTIONS:

COMMUNITY GYM OR FAMILY POOL | 12:30 PM-3:00 PM

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

FAMILY POOL | 1:30 PM-4:00 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.
- Pool rules apply to all birthday party participants.

**GYM PARTY
+ BOUNCE
HOUSE
OPTION*!**

*\$80 add-on fee.
(Select Saturdays only)

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.

**SCHEDULE
YOUR PARTY**



A BETTER US STARTS WITH U

WORK THAT MATTERS

At the Y, your work makes a real impact. Every day, you help strengthen your community and change lives for the better.

OUR MISSION

As a leading nonprofit, the Y connects people to their potential, purpose, and each other. We empower youth, improve health, and bring communities together so everyone can learn, grow, and thrive.

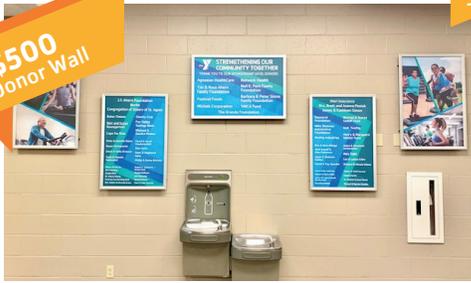
**VIEW CURRENT
EMPLOYMENT
OPPORTUNITIES**

facility rentals

ANNUAL CAMPAIGN

The Y. So Much More™

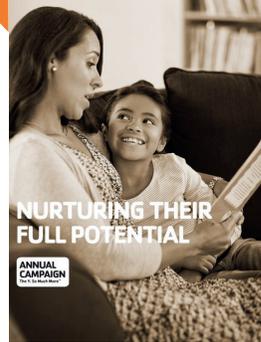
\$500
Donor Wall



\$1,000
36" x 48" Banner



\$2,500
36" x 60" Banner



\$5,000
48" x 72" Banner



impact

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
kmcormick@fdlymca.org

[REGISTER HERE](#)

Y BABYSITTING CERTIFICATION

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

Within this class you will learn how to:

- Respond to emergencies
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Basic First Aid
- Compression CPR

Saturday, March 28 9:00 am to 3:00 pm
Saturday, May 2 9:00 am to 3:00 pm

Fees: \$55 Member \$75 Community Participant

AMERICAN HEART ASSOCIATION ADULT/CHILD/INFANT CPR AND AED

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

Participants will learn about:

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

Tuesday, April 14
6:00 pm to 9:00 pm

Tuesday, May 12
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

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.

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
- Stranger Danger

Saturday, April 11 9:00 am to 11:30 am
Saturday, May 16 9:00 am to 11:30 am

Fees: \$20 Member \$45 Community Participant

LIFEGUARD TRAINING

Watch for upcoming dates!

TRAINING PREREQUISITES:

- Must be 15 or older by the last day of the class.
- Jump into the water from the side in the deep end, fully submerge, recover to the surface and swim 150 yds. Tread water for 2 minutes without arms, and swim 50 more yds. Goggles allowed.
- In 1 minute, 40 seconds: Start in the water in the shallow end, swim 20 yds., surface dive to retrieve a 10 lb. object, return to the surface and swim back 20 yds. (holding the object at the surface with both hands, keeping face above water). No goggles allowed.
- Exit water without using a ladder or steps.
- The online portion of this course is 7 hours in length and MUST be completed prior to the first meeting.

Fees: \$50 Member & Community Participant

community training



REQUIRED STARTING
MARCH 21ST!

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.



REQUIRED STARTING
MARCH 21ST!

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+)

SWIM LESSONS

MARCH 21–MAY 22 (no classes March 30–April 5): Classes meet once a week for 8 weeks.

[REGISTER HERE](#)

FEES PER SESSION:

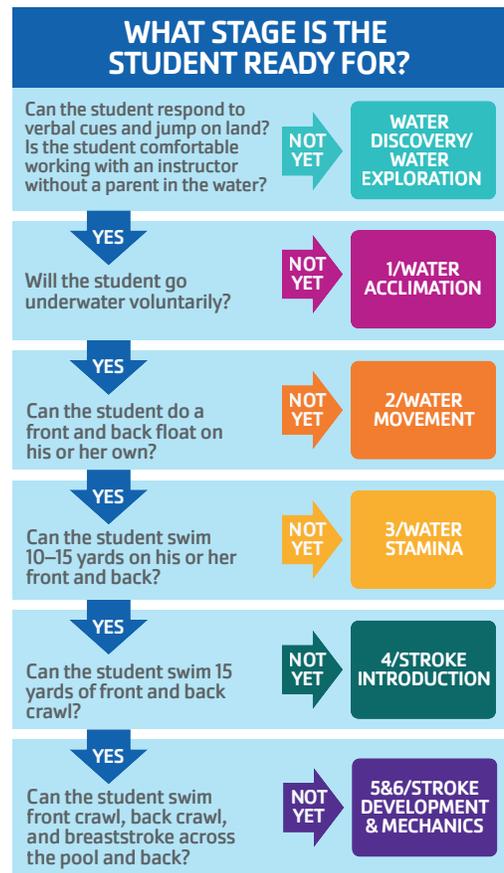
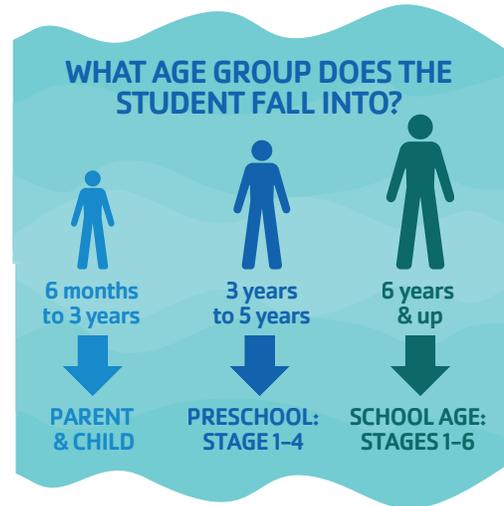
Parent/Child:

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

Stages 1–4 & Swim Team Prep:

\$50 Member/\$105 Community Participant
Stages 1–4 & Swim Team Prep lessons are 30 minutes.

| | P/C* | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Swim Team Prep |
|-----------|----------------|---------|---------|---------|---------|----------------|
| MONDAY | 4:10–4:40 pm | X | | | X | |
| | 4:45–5:15 pm | | X | | | X |
| | 5:20–5:50 pm | | | X | | X |
| TUESDAY | 4:10–4:40 pm | | X | | X | |
| | 4:45–5:15 pm | | | X | X | |
| | 5:20–5:50 pm | X | | | | X |
| | 5:55–6:25 pm | X | | | | X |
| WEDNESDAY | 4:10–4:40 pm | | X | X | | |
| | 4:45–5:15 pm | X | | | X | |
| | 5:20–5:50 pm | | | X | X | |
| THURSDAY | 4:10–4:40 pm | | X | | | X |
| | 4:45–5:15 pm | | | X | | X |
| | 5:20–5:50 pm | | X | | X | |
| | 5:55–6:25 pm | X | | | X | |
| SATURDAY | 8:35–9:05 am | | | | | X |
| | 9:10–9:40 am | | | X | | X |
| | 9:45–10:15 am | | X | | X | |
| | 10:20–10:50 am | X | | | X | |
| SUNDAY | 2:00–2:30 pm | | | | X | X |
| | 2:35–3:05 pm | | X | | X | |
| | 3:10–3:40 pm | X | | X | | |



*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.

FREE! SWIM EVALUATIONS

If you're unsure of your child's swimming ability, schedule a swim evaluation. Our trained evaluators will place participants in the appropriate swimming stage. Email: jmildebrandt@fdlymca.org

aquatics

HOMESCHOOL SWIM LESSONS

REGISTER HERE 

SPRING I: March 21–April 24 (no classes March 30–April 5)

SPRING II: April 25–May 22

Classes meet once a week for 4 weeks.

FEES PER SESSION:

\$25 Member/\$55 Community Participant

| | | P/C* | Stage 1 | Stage 2 | Stage 3 | Stage 4 |
|----------|----------------|---------------|---------------|---------------|---------------|-----------|
| TUESDAY | 9:00–9:30 am | SPRING II | | SPRING I & II | | |
| | 9:30–10:00 am | | SPRING II | | SPRING I & II | |
| | 10:00–10:30 am | SPRING I & II | | | | SPRING II |
| THURSDAY | 9:00–9:30 am | | SPRING I & II | | SPRING II | |
| | 9:30–10:00 am | | | SPRING I & II | | SPRING II |

UNDERWATER EASTER EGG HUNT



FRIDAY, APRIL 3RD
4:00 – 7:00 PM

Oh no! The Easter Bunny tripped and spilled his eggs into the pool! Now he needs brave swimmers to help retrieve them. Dive into the water, search for the missing eggs and return them for special prizes. Join the rescue mission for a silly, splashy Easter adventure.

Ages 0–5: 4:00–4:45 pm (Adult must be in water)
Ages 6–8: 5:00–5:45 pm (Adult must be in water)
Ages 9+: 6:00–6:45 pm

Fees: \$5 Member \$10 Community Participant



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.



FOND DU LAC FAMILY YMCA

STAY ON TRACK WITH FELLOW 100 MILE SWIMMERS!

Join group swims with reserved lanes and a 1-mile (36 lap) workout provided:

FRIDAYS: 5 PM – 7 PM
(Lanes 3 & 4): March 13, 20, 27, April 3, 10, 24, May 1, 8, 15, 22 & 29.

*No Saturdays for Spring due to Redline & Swim Lessons.

GARBAGE GRAB: EARTH DAY POOL PARTY



WEDNESDAY, APRIL 22ND
6:00–7:30 pm

Celebrate Earth Day with a splash! Kids are invited to dive in and rescue “trash” from the pool in our fun, hands-on cleanup challenge. Each item pulled from the water teaches the importance of keeping our oceans and waterways clean. It’s a meaningful way to learn, play, and make a difference – one dive at a time!

Ages 14 & under
(7 & under must have adult in the water)

Fees: \$5 Member \$10 Community Participant



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

ADAPTIVE SWIM LESSONS

LEARN MORE 

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



SPLASH & SPROUT



FRIDAY, MAY 15TH
Ages 0–7: 5:00–5:45 pm (Adult must be in water)
Ages 8+: 6:00–6:45 pm

Calling all farmers! The pool turned into an underwater garden filled with fruits and veggies. Each child will be given their own crop to collect. After gathering the right number of matching pieces, they’ll receive a garden starter kit to plant their own real garden at home!

Fees: \$5 Member \$10 Community Participant



aquatics

PRIVATE SWIM LESSONS FOR CHILDREN & ADULTS

[LEARN MORE](#) 

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 | (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 |

aquatics

[REGISTER HERE](#) 

PROGRESSIVE CLASSES

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

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

| | SATURDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
|----------|----------|---------------|----------|--------------|----------|-------------|--------------|
| 8:30 am | | | X | | | | |
| 8:45 am | | | X | X | X | | |
| 9:00 am | | X | | | | | |
| 9:30 am | | | | X | | X | |
| 9:45 am | | X | X | X | | | |
| 10:30 am | | | X | | | | |
| 10:45 am | | | X | X | X | X | |
| | MONDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 4:00 pm | | | X | | | | |
| 4:30 pm | | | | X | | | |
| 4:45 pm | | | | X | | | |
| 5:00 pm | | | | | X | | |
| 5:30 pm | | | | | X | | |
| 5:45 pm | | | X | | | | |
| | TUESDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 4:30 pm | | | | X | | | |
| 4:45 pm | | | X | | | | |
| 5:00 pm | | X | | | | | |
| 5:30 pm | | | X | | X | | |
| 5:45 pm | | | | X | | | |
| 6:00 pm | | | | | | | X |

gymnastics

CONTINUED ON NEXT PAGE

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

| WEDNESDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
|-----------|---------------|----------|--------------|----------|-------------|--------------|
| 10:00 am | X | | | | | |
| 4:45 pm | | X | | | | |
| 5:45 pm | | | X | | | |
| 6:00 pm | | | | X | | |

| THURSDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
|----------|---------------|----------|--------------|----------|-------------|--------------|
| 10:00 am | X | | | | | |
| 4:45 pm | | X | | | | |
| 5:00 pm | X | | X | | | |
| 5:30 pm | | X | | | | |
| 5:45 pm | | | | X | | |
| 6:00 pm | | | | | X | |

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.

Tuesday 5:30 pm–6:00 pm
 Wednesday 9:30 am–10:00 am or 5:30 pm–6:00 pm
 Thursday 9:30 am–10:00 am

Location: YMCA Gymnastics Center (520 N. Main Street)
 Fees: \$25 Member \$55 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.



ART AND ACTION ADVENTURE

Discover the joy of art and movement! During class, children will develop a creative artistic foundation, self-confidence, strength, and balance. The first part of class children will create an art piece. The second part of class children will focus on body awareness through new games, activities, and movement challenges.

Ages: 3K – 4K Thursdays 10:15- 11:00 am

**Location: Multipurpose Room
Fees: \$35 Member \$75 Community Participant**

VOLLEYBALL SKILLS

This volleyball class 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 basic to advanced form and techniques of the game. This class is open to everyone.

Ages: 9 – 14 years old Wednesdays 4:00 pm – 5:00 pm

**Location: YMCA Family Gym
Fees: \$40 Member \$85 Community Participant**



BASKETBALL PRIVATE LESSONS

Fond du Lac Family 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.

**Grades 3 & up 4 lessons: 45 minutes each
Fees: \$140 Member \$165 Community Participant**



VOLLEYBALL PRIVATE LESSONS

Fond du Lac Family 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.

**Ages 9 & up 4 lessons: 45 minutes each
Fees: \$140 Member
\$165 Community Participant**

CO-ED FLAG RUGBY

Do you want to play a game where you can be the quarterback, the running back, and the receiver all at once? Then try Flag Rugby this winter! Flag Rugby is a fast moving, non-contact, running and ball-carrying game suitable for boys and girls to play together. The interchangeable nature of possession requires switching from defense to offense in an instant and helps to develop a wide variety of skills. Cooperation and determination along with individual and collective responsibility are key elements in the game of Flag Rugby.

**Grade 1-2 Saturdays 8:30 am – 9:30 am
Grade 3-5 Saturdays 9:40 am – 10:40 am
Grade 6-8 Saturdays 10:50 am – 12:00 pm**

**Location: YMCA Community Gym
Fees: \$15 Member \$30 Community Participant**

TEE BALL CO-ED

This beginner level class is designed for all kids just beginning in the sport of baseball. Individuals will learn the fundamentals of baseball; catching, throwing, fielding balls, hitting off tees or pitched balls, and base running. Individuals will be divided into groups of 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, and a water bottle. Parent/child engagement is encouraged in this program; we ask to have a parent/guardian join in on drills with each participant.

Ages 4 – 6 years old Saturdays 10:00 am – 11:00 am

**Location: Pier Elementary School
Fees: \$40 Member \$85 Community Participant**

SUMMER DOCK SPIDERS BASEBALL CLINIC
Watch for details coming soon!



OPEN PLAY VOLLEYBALL

Come hang out with us for a fun, casual game of volleyball –everyone is welcome! It’s a great way to stay active, meet new people, and enjoy the sport in a relaxed, welcoming environment. Whether you’re brand-new to the game or have been playing for years, we’d love to have you join in. There are no instructions or coaching during this time. There will be a staff member on sight to set up and take down the net. You must register to attend.

AGES: 14 YEARS AND OLDER

**Sunday, March 29 2:00 pm – 4:00 pm
Sunday, April 26 2:00 pm – 4:00 pm**

AGES: 10-18 YEARS OLD

**Sunday, March 22 2:00 pm – 4:00 pm
Sunday, April 19 22:00 pm – 4:00 pm**

**Location: YMCA Family Gym
Fees: FREE Members and
\$5 Community Participants**

Parent/Child Weekly Theme Classes: Geared for Preschoolers age 2-3 years old WITH a parent.

SPRING SESSION I:

WEEK 1: TUESDAY, MARCH 24

Healthy Kids

Join us for a morning of getting our bodies moving and learning about being healthy through fun activities and good choices. We'll also work in the kitchen to create some healthy snacks to enjoy. Please come dressed for movement. ** Alert instructor prior to class for any food allergies. ***

Ages: 2-3 9:30- 10:15 am Multi-Purpose Room

WEEK 2: TUESDAY, APRIL 7

Eggsplore Easter!

Come and hop into spring with us! We'll decorate eggs, search for hidden treasures on a bunny-style egg hunt and enjoy cheerful stories that will make you feel ready for a Hoppy Easter! Join us for a morning packed with creativity, giggles, and springtime fun.

Ages: 2-3 9:30- 10:15 am Multi-Purpose Room

WEEK 3: TUESDAY, APRIL 14

Ready, Set, Move!

Join us today for a cheerful movement class made just for little kids! We'll run, jump, balance, and play our way through simple games, beginner sports, and fun music. It's a great way to move, explore, and grow strong! Dress for an active morning. *** Class held in Family Gym***

Ages: 2-3 9:30- 10:15 am Family Gym

WEEK 4: TUESDAY, APRIL 21

Earth Day Explorers

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

Ages: 2-3 9:30- 10:15 am Multi-Purpose Room

Session I: Parent/Child Class Fees:

\$30 Members \$65 Community Participant

SPRING SESSION II:

WEEK 1: TUESDAY, APRIL 28

Creative Construction

Can you build it? Yes, you can! We'll unleash our imaginations this morning and use a variety of materials to explore construction, shapes, and creativity. This class will have us learning and growing through the fun of our imaginations.

Ages: 2-3 9:30- 10:15 am Multi-Purpose Room

WEEK 2: TUESDAY, MAY 5

Fiesta Fun!

Uno, dos, tres—fiesta! Join us this morning for a cheerful Cinco de Mayo celebration. We'll explore a bit of Mexican culture as we learn simple Spanish words, taste kid-friendly authentic foods, break a piñata, and listen and dance to lively mariachi music. Sombreros optional!

Ages: 2-3 9:30- 10:15 am Multi-Purpose Room

WEEK 3: TUESDAY, MAY 12

Little Garden Growers

In this playful class, we'll be busy bees buzzing through simple garden-themed crafts and activities that help us explore seeds, flowers, and how plants grow. Children will also plant their own seeds to take home and watch grow.

Ages: 2-3 9:30- 10:15 am Multi-Purpose Room

WEEK 4: TUESDAY, MAY 19

Circus Fun Day!

Get ready to move! During Circus Fun Day, kids will leap, tumble, giggle, and clown around as they take on different circus-style activities. We'll play, pretend, and shine like stars under the big top. Dress for active fun! *** Class held in the Family Gym ***

Ages: 2-3 9:30- 10:15 am Family Gym

Session II: Parent/Child 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.

Preschool Class: Geared for Preschoolers age 2-3 years old WITH a parent.

LITTLE MOVERS CLUB

Come join us for a morning full of energy and excitement! Each week brings new games, activities, and movement challenges designed to build strength, balance, creativity, and confidence. We will warm up, move to music and enjoy interactive play that keeps kids active and smiling. Dress for an active adventure.

Geared for Preschoolers age 2-3 with a parent

Thursdays 9:30 am - 10:00 am

Location: Multi-Purpose Room

Fees: \$25 Member \$55 Community Participant

COFFEE AND PLAY

Come join us for a relaxed morning of connection and fun! We'll have coffee for the grown-ups and plenty of activities to keep your little ones busy. Children can explore tumbling mats, a bounce house, and other age-appropriate play options in an inviting, open space. This is an easygoing time to socialize, meet other families, and let your child burn off some energy.

*** Please note: Children must be supervised by an adult at all times. ***

Ages 0-6 Wednesdays 9:30 am - 10:15 am

Location: Multi-Purpose Room

Fees: \$15 Member \$35 Community Participant

Weekly Theme Classes: Geared for Preschoolers age 3 1/2-6 years old WITHOUT a parent.

SPRING SESSION I:

Week 1: Tuesday, MARCH 24 Healthy Kids

Join us for a morning of getting our bodies moving and learning about being healthy through fun activities and good choices. We'll also work in the kitchen to create some healthy snacks to enjoy. Please come dressed for movement. ** Alert instructor prior to class for any food allergies.***

Ages: 3-1/2 to 6 10:30-11:30 am Multi-Purpose Room

WEEK 2: TUESDAY, APRIL 7 Eggsplore Easter!

Come and hop into spring with us! We'll decorate eggs, search for hidden treasures on a bunny-style egg hunt and enjoy cheerful stories that will make you feel ready for a Hoppy Easter! Join us for a morning packed with creativity, giggles, and springtime fun.

Ages: 3-1/2 to 6 10:30-11:30 am Multi-Purpose Room

WEEK 3: TUESDAY, APRIL 14 Ready, Set, Move!

Join us today for a cheerful movement class made just for little kids! We'll run, jump, balance, and play our way through simple games, beginner sports, and fun music. It's a great way to move, explore, and grow strong! Dress for an active morning. *** Class held in Family Gym***

Ages: 3-1/2 to 6 10:30-11:30 am Family Gym

WEEK 4: TUESDAY, APRIL 21 Earth Day Explorers

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

Ages: 3-1/2 to 6 10:30-11:30 am Multi-Purpose Room

Session I: Preschool Class Fees:
\$35 Members \$75 Community Participant

SPRING SESSION II:

WEEK 1: TUESDAY, APRIL 28 Creative Construction

Can you build it? Yes, you can! We'll unleash our imaginations this morning and use a variety of materials to explore construction, shapes, and creativity. This class will have us learning and growing through the fun of our imaginations.

Ages: 3-1/2 to 6 10:30-11:30 am Multi-Purpose Room

WEEK 2: TUESDAY, MAY 5 Fiesta Fun!

Uno, dos, tres—fiesta! Join us this morning for a cheerful Cinco de Mayo celebration. We'll explore a bit of Mexican culture as we learn simple Spanish words, taste kid-friendly authentic foods, break a piñata, and listen and dance to lively mariachi music. Sombreros optional!

Ages: 3-1/2 to 6 10:30-11:30 am Multi-Purpose Room

WEEK 3: TUESDAY, MAY 12 Little Garden Growers

In this playful class, we'll be busy bees buzzing through simple garden-themed crafts and activities that help us explore seeds, flowers, and how plants grow. Children will also plant their own seeds to take home and watch grow.

Ages: 3-1/2 to 6 10:30-11:30 am Multi-Purpose Room

WEEK 4: TUESDAY, MAY 19 Circus Fun Day!

Get ready to move! During Circus Fun Day, kids will leap, tumble, giggle, and clown around as they take on different circus-style activities. We'll play, pretend, and shine like stars under the big top. Dress for active fun! *** Class held in the Family Gym ***

Ages: 3-1/2 to 6 10:30-11:30 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.



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.

HEALTHY LIVING PROGRAM

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

This program incorporates:

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

PARKINSON'S EXERCISE CLASS

A partnership with SSM Health

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

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

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

BALANCED HEALTH SERIES

**Partners in Providing
Community Wellness Information**

[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

*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.)

HEALTHY HEARTS

An 8-week cardiac rehab maintenance program focused on heart health through semi-independent exercise. Meets twice a week with emphasis on cardio, strength, flexibility, and nutrition. Sessions include stretching, cardio, resistance training, and more. Contact Jake Berger at jacob.berger@fdlymca.org or 920.921.3330 ext 336 to learn more.

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 SUMMER!

SUMMER: June 1 - August 19
Mondays and Wednesdays, 7:30 am - 9:00 am



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

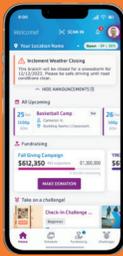
[LEARN MORE](#)

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.

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

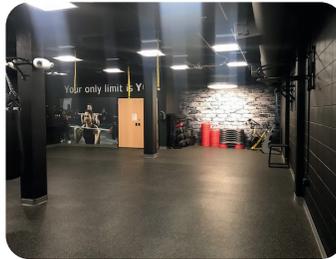
Looking for a fun and motivating environment to work out in? The Y offers a wide variety of group fitness classes for all fitness levels. Our dynamic instructors will inspire you to stay active and achieve your goals. Most classes are free for members ages 13 and older. Members ages 11-12 may also participate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



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.

MUST REGISTER & PAY 24 HOURS IN ADVANCE.

MONTHLY UNLIMITED SMALL GROUP TRAINING

\$40 MONTHLY UNLIMITED

OR \$8/CLASS DROP-IN FEE

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.

- 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

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 Natalie Wondra for more information at nwondra@fdlymca.org

INTRO TO PICKLEBALL

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

Sundays 9:00 am - 10:00 am
Spring I: March 22, March 29, April 12, April 19
Spring II: April 26, May 3, May 10, May 17

Ages: 18+ Location: YMCA Community Gym
Fees: \$30 Member \$65 Community Participant

PICKLEBALL 101

Must have completed "Intro to Pickleball" or have knowledge of scoring and rules. This 4-week class will help you advance your pickleball knowledge. Skills such as; serving, return of a serve, dinking, technique, etc. will be developed. The importance of having fun will be emphasized.

Instructors: Jeanne Hellman, Kraig Hellman & Kevin Berger

Sundays 10:15 am - 11:15 am
Spring I: March 22, March 29, April 12, April 19
Spring II: April 26, May 3, May 10, May 17

Ages: 18+ Location: YMCA Community Gym
Fees: \$40 Member \$85 Community Participant



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.

[REGISTER HERE](#)

SMALL GROUP PICKLEBALL LESSONS

Must have completed "Intro to Pickleball" or have knowledge of scoring and rules. Pickleball lessons will be focused on building confidence, proper technique, strategy during gameplay and overall improvement in player performance. Sign up as an individual. Instructor to player ratio is 1:4. Instructors: Jeanne & Kraig Hellman

Fridays 9:00-10:00 am
Spring I: March 27, April 10, April 17, April 24
Spring II: May 1, May 8, May 15, May 22

Ages: 18+ Location: YMCA Community Gym
Fees: \$50 Member \$100 Community Participant

CO-ED PICKLEBALL LEAGUE

Register to play in our recreational 8-week pickleball league. This is a self-officiated league, with winners earning bragging rights! Players will get a number each week and play round robin style (sign up as an individual play as doubles). Game win/loss record will not be kept. This is NOT an instructional class. Player substitutions are allowed. If you can't attend over half the night, please consider subbing instead. Contact Natalie Wondra 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
March 23 - May 18 (NO LEAGUE March 30 due to Easter)
Fees: \$60 Member \$85 Community Participant

INTERMEDIATE LEVEL (AGES 18+)

Tuesdays 6:30-8:30 pm
Dates: March 24 - May 19 (NO LEAGUE March 31 due to Easter)
Fees: \$60 Member \$85 Community Participant

ADVANCED LEVEL (AGES 18+)

Wednesdays 6:30-8:30 pm
Dates: March 25 - May 20 (NO LEAGUE April 1 due to Easter)
Fees: \$60 Member \$85 Community Participant

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

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

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

Ext. 315 Email: jmildebrandt@fdlymca.org

Ericka Wawrzyn, Healthy Living Director

Ext. 348 Email: ewawrzyn@fdlymca.org

Jake Berger, Healthy Living Program Coordinator

Ext. 336 Email: jacob.berger@fdlymca.org

Sam Gudex, Marketing Coordinator

Ext. 311 Email: sgudex@fdlymca.org

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

Natalie Wondra, Youth Sports & Adaptive Program Coordinator

Ext. 306 Email: nwondra@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

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 Huempfner, President

Chris Badtke
Connie Coon
Robb Duvencek
Bill Everson

Nicole Gill

Mike Hierl
Rob Hyland
Jim Jarvis
Kyle Jefferson

Brian Johnson

Dave Michalkiewicz
Debbie Ponath
Gina Popp
Kristin 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
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

CONNECT WITH US:



fdlymca.org

