



A SUMMER FULL OF **smiles**   
STARTS AT THE Y

2026 SUMMER PROGRAM GUIDE

[fdlymca.org](https://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:

SUMMER I: June 15 – July 17  
(No classes: June 29–July 3)

SUMMER II: July 20 – August 14

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

### REGISTRATION OPENS:

**Y Members :: Monday, May 18**

**Community Participants :: Monday, May 25**

\*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:
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

LEARN MORE! 



## 24/7 ACCESS ON YOUR SCHEDULE

## HOURS OF OPERATION THROUGH MAY 23RD

### 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

## HOURS OF OPERATION STARTING MAY 26TH

### 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

## HOLIDAY HOURS:

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

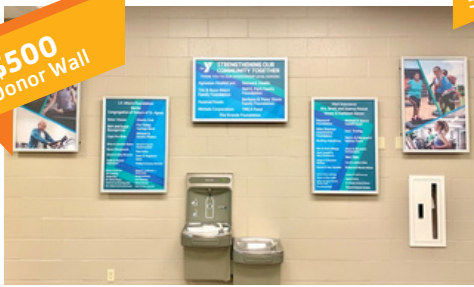
- **Memorial Day** – Sunday, May 24 & Monday, May 25
- **Independence Day** – Saturday, July 4

membership

# 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

### 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](mailto: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 OPTION:**  
FAMILY POOL | 12:30 PM-3:00 PM

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

**RATES: Y Members: \$100  
Community Participants: \$175**

- 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.

#### QUESTIONS?

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

  
**SCHEDULE  
YOUR PARTY**

facility rentals

## NEW! YMCA BABYSITTING & FRIENDS AND FAMILY CPR COURSE

This course is designed for youth ages 11–16 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

Wednesday, July 15 8:30 am to 4:30 pm  
Thursday, August 6 8:30 am to 4:30 pm

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

Fees: \$65 Member \$85 Community Participant

## NEW! AMERICAN HEART FIRST AID

The American Heart Association (AHA) Heartsaver First Aid course provides lay rescuers with skills to recognize and treat emergencies, such as bleeding, breaks, burns and medical emergencies like stroke and choking, until medical professional help arrives. This is an OSHA-Compliant course designed for individuals with little to no medical training, and focuses on assessing scenes and providing fast, effective care.

Ages: 11+

Tuesday, July 14 5:30 pm to 8:00 pm

Fees: \$45 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, June 9 6:00 pm to 9:00 pm

Fees: \$45 Member  
\$75 Community Participant



FOND DU LAC FAMILY YMCA  
IS ALIGNED WITH MORAINÉ  
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](mailto:mschwark@fdlymca.org) for troop pricing and more information.

## NEW! AMERICAN HEART FRIENDS AND FAMILY CPR

This CPR add-on course is designed for youth ages 11–16 who have completed the YMCA Babysitting Course and would like to build their CPR and emergency response skills. Through the American Heart Association Friends & Family CPR program, participants will receive hands-on training in CPR techniques for infants, children, and adults.

Students will learn how to respond to choking emergencies, perform chest compressions, provide rescue breaths, and react confidently in emergency situations. This course is intended for personal knowledge and preparedness and is a valuable addition for babysitters looking to strengthen their caregiving skills.

Participants who successfully complete the course will receive an American Heart Association Friends & Family CPR Certificate of Participation.

Saturday, June 13 9:00 am to 11:00 am

Fees: \$15 Member \$30 Community Participant

## 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

Wednesday, June 17 9:00 am to 11:30 am

Wednesday, July 29 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, August 11 5:30 pm to 9:00 pm

Fees: \$45 Member \$75 Community Participant

\*Purchasing a book or ebook will also be required.

the



# 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+)

# SWIM LESSONS

**SUMMER 1A:** June 15–June 25  
**SUMMER 1B:** July 6–July 16

**SUMMER 2A:** July 20–July 30  
**SUMMER 2B:** August 3–August 13

[REGISTER HERE](#)

aquatics

All classes will meet every day Monday–Thursday for 2 weeks and a total of 8 classes. Instructors will follow a modified lesson plan that covers swimming topics and emphasizes water safety. Topics such as survival floats, reach or throw don't go, swim as a pair and rules around water will be taught. The objective of summer session lessons is to give participants the skills to safely enjoy water.

### FEES PER SESSION:

Parent/Child:

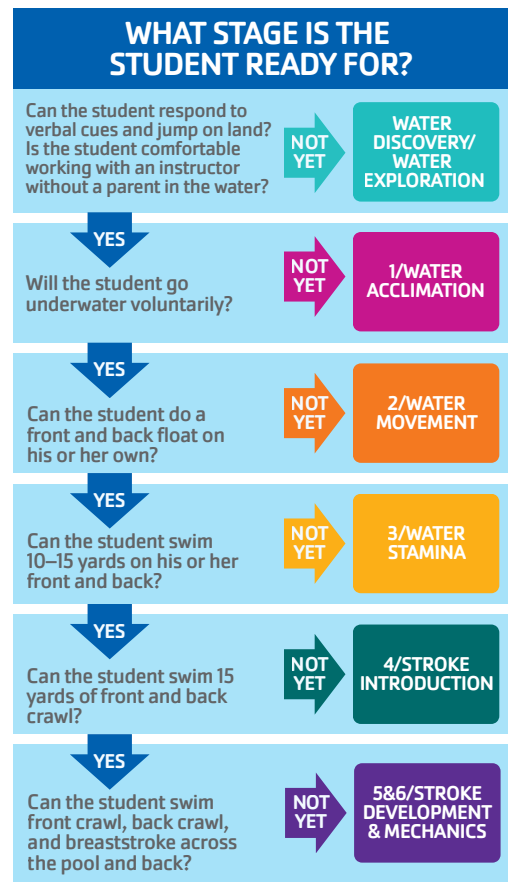
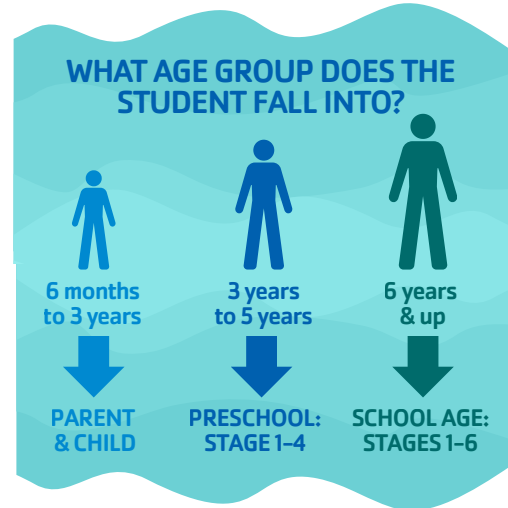
\$40 Member/\$85 Community Participant  
 Parent/Child lessons are 20 minutes.

Stages 1-6:

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

## MORNING CLASSES (Monday–Thursday):

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
SUMMER 1A	9:00–9:30 am			X		X
	9:35–10:05 am	X	X			
	10:10–10:40 am	END AT 10:30 AM			X	
SUMMER 1B	9:00–9:30 am	X			X	
	9:35–10:05 am		X	X		
	10:10–10:40 am	END AT 10:30 AM				X
SUMMER 2A	9:00–9:30 am			X		X
	9:35–10:05 am	X	X			
	10:10–10:40 am	END AT 10:30 AM			X	
SUMMER 2B	9:00–9:30 am	X			X	
	9:35–10:05 am		X	X		
	10:10–10:40 am	END AT 10:30 AM				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.

**CONTINUED ON NEXT PAGE**

## 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](mailto: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

[REGISTER HERE](#)

[LEARN MORE](#)

## SWIM LESSONS (continued)

SUMMER IA: June 15–June 25  
SUMMER IB: July 6–July 16

SUMMER 2A: July 20–July 30  
SUMMER 2B: August 3–August 13

### AFTERNOON CLASSES (Monday–Thursday):

	P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
SUMMER IA	4:00–4:30 pm		X	X		
	4:35–5:05 pm	X				X
	5:10–5:40 pm	END AT 5:30 PM			X	
SUMMER IB	4:00–4:30 pm	X			X	
	4:35–5:05 pm		X	X		
	5:10–5:40 pm	END AT 5:30 PM				X
SUMMER 2A	4:00–4:30 pm		X	X		
	4:35–5:05 pm	X				X
	5:10–5:40 pm	END AT 5:30 PM			X	
SUMMER 2B	4:00–4:30 pm	X			X	
	4:35–5:05 pm		X	X		
	5:10–5:40 pm	END AT 5:30 PM				X

## 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](http://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

## 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

# SUMMER I GYMNASTICS CLINICS

Join our one hour clinics to build skills on two events per session, focusing on technique, progress and building confidence.

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

Fees per session: \$10 Member \$15 Community Participant

MONDAY	Advanced/ Advanced II/Rec	Beginner/Intermediate	Skills Clinics
11:00 am	Bars/Beams	Vault/Floor	
11:30 am			Front/Back Walkovers
12:00 pm	Vault/Floor	Bars/Beams	
12:30 pm			Pull Over/Backhip Circle
3:00 pm	Vault/Floor	Bars/Beams	
4:00 pm	Bars/Beams	Vault/Floor	

TUESDAY	Advanced/ Advanced II/Rec	Beginner/Intermediate	Skills Clinics
12:00 pm	Bars/Beams	Vault/Floor	
1:00 pm	Vault/Floor	Bars/Beams	
1:30 pm			Back Handsprings
2:00 pm	Vault/Floor	Bars/Beams	
2:30 pm			Pull Over/Backhip Circle
3:00 pm	Bars/Beams	Vault/Floor	

THURSDAY	Advanced/ Advanced II/Rec	Beginner/Intermediate	Skills Clinics
11:00 am	Vault/Floor		
11:30 am			Pullover/Back Hip Circle
12:00 pm	Bars/Beam		
12:30 pm			Front/Back Walkovers
1:00 pm		Vault/Floor	
1:30 pm			Back Handsprings
2:00 pm		Bars/Beam	
3:30 pm	Vault/Floor	Bars/Beam	
4:30 pm	Bars/Beam	Vault/Floor	

[REGISTER HERE](#)

## PROGRESSIVE MINI DAY CAMP

Flip, jump, and tumble into fun at our Gymnastics Mini Camp! This exciting camp gives kids the chance to explore all four gymnastics events while building confidence, coordination, and new skills in a safe and supportive environment. Campers will rotate through vault, bars, beam, and floor, along with enjoying fun games and group activities throughout the day. A snack break will be included to recharge between activities. Perfect for beginners and experienced gymnasts alike! Space is limited to 25 participants.

**\*\*GYMNASTS SHOULD BRING THEIR OWN SNACK AND WATER BOTTLE\*\***

Wednesdays: June 10, June 17, June 24, July 22, July 29, August 5 & August 12

2:00 pm–5:00 pm

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

Fees: \$35 Member \$50 Community Participant



## 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.

SUMMER II ONLY: Wednesdays 9:45 am–10:15 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.

**CONTINUED ON NEXT PAGE**

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

# Gymnastics

## SUMMER II – 4 WEEK PROGRESSIVE CLASSES

### 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: \$30 Member \$65 Community Participant

### INTERMEDIATE (AGES 6+)

This class is for 6 year old children who are new to the sport of gymnastics or have passed Beginner. This class will continue to work on basic body awareness but also start to teach the children the skills that they will need to succeed in the sport of gymnastics. This clinic will continue to work on class structure as the children get more familiar with uneven bars, balance beam, floor exercise and vault. Staff to child ratio is 1:6. Classes are 45 minutes.

Fees: \$30 Member \$65 Community Participant

### ADVANCED

This class is for children who have passed Intermediate. This class will focus on basic gymnastics skills. Our instructors will work on running mechanics for vault; mounting, hip circles and strength on uneven bars; mounting, balancing and dismounting on balance beam; and handstands, cartwheels, and kick-overs on floor exercise. Each week will focus on a different event. Staff to child ratio is 1:8. Classes are 45 minutes.

Fees: \$30 Member \$65 Community Participant

### ADVANCED II

This class is for children who have passed Advanced and wish to improve their gymnastics further. They will work to master the basics on all four events, as well as learn new skills and strength to get ready for our Pre-Team class. Staff to child ratio is 1:8. Classes are 1 hour.

Fees: \$45 Member \$95 Community Participant

### RECREATION I

This class is designed for gymnasts ages 9+ who would like to either try gymnastics or continue with gymnastics recreationally. This class is for gymnasts with all experience levels. Classes are 60 minutes.

Fees: \$45 Member \$95 Community Participant

MONDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
11:00 am	X					
11:30 am		X				
12:30 pm		X				
1:15 pm			X			
1:30 pm			X			
2:15 pm				X		
3:00 pm		X				X
4:00 pm			X			
TUESDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
11:00 am			X			
11:45 am				X		
12:30 pm			X			
1:30 pm		X				
2:15 pm					X	
2:45 pm			X			
3:15 pm		X				
3:30 pm	X					
4:00 pm				X		
WEDNESDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
9:00 am	X					
THURSDAY	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
9:00 am		X				
9:45 am			X			
10:30 am				X		
10:45 am		X				
11:30 am			X			
12:15 pm				X		
3:00 pm			X		X	
4:00 pm	X	X				

## 8 WEEK SUMMER SESSIONS

### FIRST TEE PROGRAM

In partnership with  
**Rolling Meadows Golf Course  
& The First Tee**



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

June 17–August 5 (There WILL be class on July 1)  
Ages: 4–14 years old    Wednesdays    5:30– 6:30 pm

Location: Rolling Meadows Golf Course  
Fees: \$40 Member & Community Participant

### SUMMER DANCE

Led by a former UWO and  
MLB Brewers Diamond Dancer!

Technique, turns, choreography and fun! Athletes will get the opportunity to learn all elements that make up a dance routine and perform their creation, led by a former, UWO and MLB Brewers Diamond Dancer. An end of season performance will be held at the YMCA for family and friends. We will also be trying to fit in two other performances for local groups and events. Dates and times of performances will be communicated at a later date. Athletes should bring a water bottle, come in shorts and a t-shirt, with hair pulled back, no jewelry, nails cut short, and either jazz or tennis-shoes. T-shirts are included with registration. Practices held at the YMCA Gymnastics Center

Age: Ages 6 –11    Wednesdays    9:00 am – 10:00 am  
Dates: June 17 – August 19 (No class July 1)

Location: YMCA Gymnastics Center (520 N. Main Street)  
Fees: \$65 Member    \$125 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

## 4 WEEK SUMMER SESSION

### ROOKIES T-BALL

This beginner level class is designed for kids just beginning in the sport of baseball. Kids will learn the fundamentals of baseball; catching, throwing, fielding balls, hitting off tees and base running. Kids will be divided into groups to allow for more opportunities during drills. Many parent/kid opportunities will be sprinkled in throughout the time. Each Participant will receive a Y t-shirt.

Ages 4–6    Tuesdays    5:00 pm–5:45 pm  
Dates: July 21 – August 11

Location: Pier Elementary North Field  
Fees: \$40 Member    \$85 Community Participant

## SUMMER CAMPS & CLINICS

### BEGINNER VOLLEYBALL CLINIC

This camp is perfect for athletes new to or have some experience with volleyball. The main goal is to learn and grow the technique of passing, setting, hitting, positioning, and playing as a team. Athletes should come in athletic wear and a water bottle.

Ages 9–13 years old    June 22 & 23    10:00 am–11:30 am

Location: YMCA Family Gym  
Fees: \$35 Member    \$70 Community Participant

### INTERMEDIATE TO ADVANCED VOLLEYBALL CLINIC

Ready to increase your play? This clinic is structured to work on specific serving types, digging hard swings, positional skills, different types of blocking techniques, setting different tempos, and improving all volleyball skills.

Ages 14–18 years old    June 25 & 26    10:00 am–12:00 pm

Location: YMCA Family Gym  
Fees: \$40 Member    \$80 Community Participant

### CAMP BUCKETS

This camp is designed to learn the framework of basketball through skills, fun and a little competition. Young athletes will leave the gym feeling like basketball pro. Each participant will receive a Y t-shirt.

Ages 4K–2<sup>nd</sup> grade    June 15–18    5:15 pm–6:00 pm

Location: YMCA Family Gym  
Fees: \$35 Member    \$70 Community Participant

**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.

## SUMMER SESSION I:

### WEEK 1: TUESDAY, JUNE 16

#### Having Fun on the Farm

Old McYMCA had a farm, E-E-I-O! And on that farm we played all morning, E-I-E-I-O, Farm adventures await us this morning as we practice being farmers by learning about farm animals and planting our farm fields. We will even take one of our farm "crops" home to grow.

Ages: 3-1/2 to 6 9:30-10:15 am Multi-Purpose Room

### WEEK 2: TUESDAY, JUNE 23

#### Happy Birthday America!

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

Ages: 3-1/2 to 6 9:30-10:15 am Multi-Purpose Room

### WEEK 3: TUESDAY, JULY 7

#### Nursey Rhymes

Time to bring our favorite Nursery Rhymes to life. We will read nursery rhymes while integrating imaginative and creative play. A fairytale snack will end this fun rhythmic class.

Ages: 3-1/2 to 6 9:30-10:15 am Multi-Purpose Room

### WEEK 4: TUESDAY, JULY 14

#### Fitness with Friends

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

Ages: 3-1/2 to 6 9:30-10:15 am Multi-Purpose Room

#### Session I: Preschool Class Fees:

\$35 Members \$75 Community Participant

## SUMMER SESSION II:

### WEEK 1: TUESDAY, JULY 21

#### Amazing Bugs!

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

Ages: 3-1/2 to 6 8:45-9:30 am Multi-Purpose Room

### WEEK 2: TUESDAY, JULY 28

#### A Camping We Will Go!

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

Ages: 3-1/2 to 6 8:45-9:30 am Multi-Purpose Room

### WEEK 3: TUESDAY, AUGUST 4

#### World of Make Believe

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

Ages: 3-1/2 to 6 8:45-9:30 am Multi-Purpose Room

### WEEK 4: TUESDAY, AUGUST 11

#### Fun in the Sun!

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

Ages: 3-1/2 to 6 8:45-9:30 am Multi-Purpose 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.

## SPLASH AND PLAY AT FAIRGROUNDS PARK

Join us at Fairgrounds Park for some family playtime. Kids learn by seeing, hearing, touching, exploring and having fun. You and your child will have fun socializing with other kids and families. Each week we will meet at the fairground playground. We will then move over to the zero-depth pool at 10:45am. We will have lifeguards available, but a parent must be in the water and with their child watching them at all times. A one-to-one ratio is preferred. If you cannot do the one-to-one ratio, a life jacket or puddle jumper must be on your children. Life jackets will be available for your use if you need. Y staff members will be there for guidance and support. Each child must be registered for this class.

\*Class will meet in the Family Gym in case of inclement weather.

SESSION I: Mondays 10:15 am – 11:30 am (No class June 29th)

SESSION II: Mondays 10:15 am – 11:30 am

Location: Fairgrounds Park & Pool

Fees: \$25 Member \$50 Community Participant



## 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.

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:** CLOSED SATURDAYS FROM MAY 23RD THROUGH SEPTEMBER 12TH

\*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.

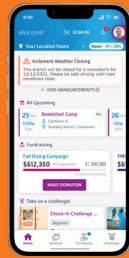
[LEARN MORE](#)

## 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.

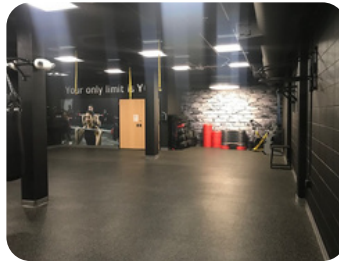
## DOWNLOAD OUR MOBILE APP!

- 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.

### Strength Development LES MILLS

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



fitness classes

## 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](mailto: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](#)

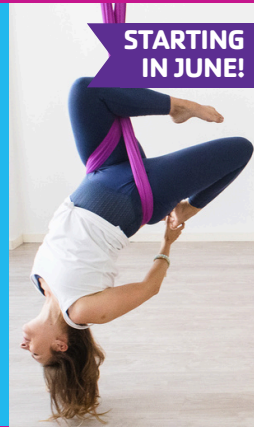
### INTRO TO AERIAL YOGA FOR BEGINNERS

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  
TUESDAYS 7:30 PM-8:30 PM

Location: Studio 4

STARTING  
IN JUNE!



**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](http://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 Katie Schingen for more information at [kschingen@fdlymca.org](mailto: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.



[REGISTER HERE](#)

### CO-ED SUMMER PICKLEBALL

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

#### BEGINNER LEVEL (AGES 18+)

Mondays 6:30-8:30 pm  
Dates: June 8 – June 29th

#### INTERMEDIATE LEVEL (AGES 18+)

Tuesdays 6:30-8:30 pm  
Dates: June 9 – June 30th

#### ADVANCED LEVEL (AGES 18+)

Wednesdays 6:30-8:30 pm  
Dates: June 10 – July 1

Location: Community Gym  
Fees: \$25 Member \$40 Community Participant



**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](#)

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

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

### 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 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

### 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](mailto:fdlymca.org)

