



# WINTER WONDER STARTS HERE

FOND DU LAC FAMILY YMCA  
[fdlymca.org](http://fdlymca.org)

## 2026 WINTER PROGRAM GUIDE

WINTER I: January 10–February 6  
WINTER II: February 7–March 6



## 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:

- 1. Download and complete the **MEMBERSHIP FOR ALL APPLICATION** and return it to the Y during Membership Hours, along with the most current income verification documentation, as applicable. Applications are also available at the Welcome Center desk.
- 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:

WINTER I: January 10-February 6  
WINTER II: February 7-March 6

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

#### REGISTRATION OPENS:

**Y Members :: Friday, December 12th**  
**Community Participants :: Friday, December 19th**

\*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<br>(primary member age 65+) | \$66         | \$75 |
| College (local, full-time undergraduate)            | \$5 discount | \$0  |

**24/7 ACCESS**

**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 7:30 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:

- **Christmas** – Wednesday, December 24th & Thursday, December 25th
- **New Years Day** – Thursday, January 1st  
(Open till 11:00 am on New Year's Eve)

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 80 people

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

\$110/hour plus tax for community members\*

**HALF-ROOM RENTAL** – seats up to 40 people

Fee: \$27.50/hour plus tax for Y members\*

\$55/hour plus tax for community members\*

\*A minimum booking of 3 hours is required on the weekend.

Please include set-up and take-down time needed when booking your rental time.

Accommodations: Wi-Fi, 65" TV with HDMI cord Projector and screen, Sink & Coffee Maker.

Contact MaryAnn Schwark at 920.921.3330 ext. 349 or email [mschwark@fdlymca.org](mailto:mschwark@fdlymca.org) for room availability, to book a rental, or for more information.



## 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)

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

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

**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.

### 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** 



## 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.

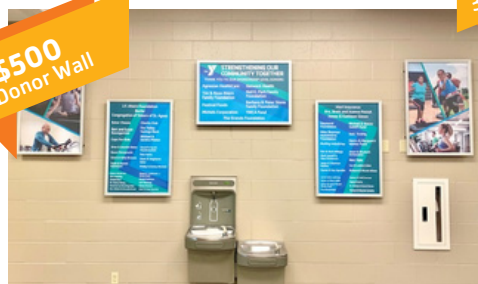
**VIEW CURRENT  
EMPLOYMENT  
OPPORTUNITIES** 



# ANNUAL CAMPAIGN

The Y. So Much More™

\$500  
Donor Wall



\$1,000  
36"x48" Banner



\$2,500  
36"x60" Banner



\$5,000  
48"x72" Banner



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

Your generosity fuels our efforts to create real change.

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

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, January 10 9:00 am to 3:00 pm

Saturday, February 14 9:00 am to 3:00 pm

Fees: \$55 Member \$75 Community Participant

### AMERICAN HEART ASSOCIATION ADULT/CHILD/INFANT CPR AND AED

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

Participants will learn about:

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

Tuesday, January 27  
6:00 pm to 9:00 pm

Tuesday, March 3  
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, January 31 9:00 am to 11:30 am

Saturday, February 21 9:00 am to 11:30 am

Fees: \$20 Member \$45 Community Participant

### LIFEGUARD TRAINING

January 23rd 4 pm-8 pm

January 24th 9 am-6 pm OR

January 25th 9 am-6 pm

March 20th 4 pm-8 pm

March 21st 9 am-6 pm

March 22nd 9 am-6 pm

\*Must attend all in-person sessions to be certified.

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

impact

community training



# SWIM LESSONS

JANUARY 10 – MARCH 6 :: Classes meet once a week for 8 weeks.

## FEES PER SESSION:

Parent/Child:

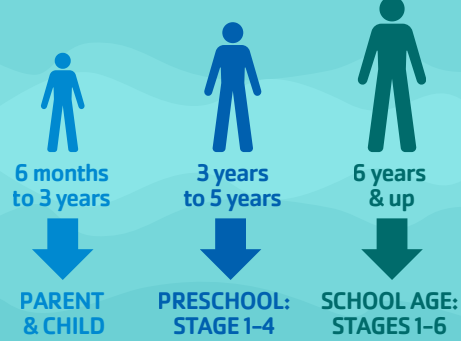
\$40 Member/\$85 Community Participant  
Parent/Child lessons are 20 minutes.

## Stages 1-4 & Swim Team Prep:

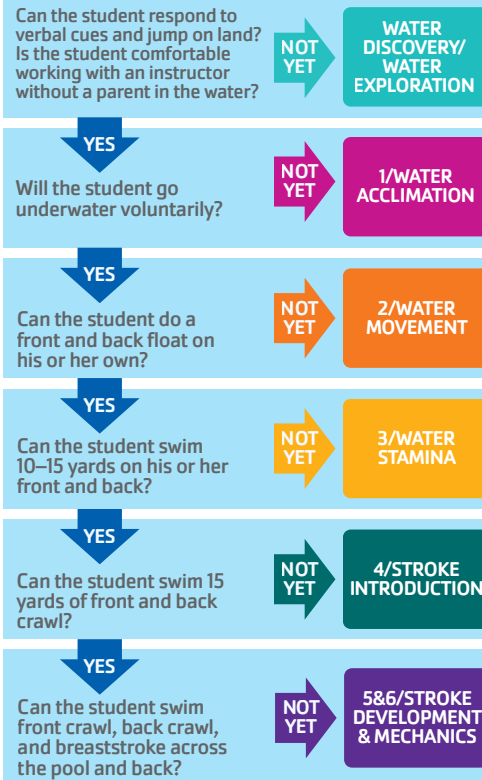
\$50 Member/\$105 Community Participant  
Stages 1-4 & Swim Team Prep lessons are 30 minutes.

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

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



## WHAT STAGE IS THE STUDENT READY FOR?



\*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](mailto:jmildebrandt@fdlymca.org)

aquatics



# HOMESCHOOL SWIM LESSONS

REGISTER HERE



WINTER I: January 10–February 6

WINTER II: February 7–March 6

Classes meet once a week for 4 weeks.

## FEES PER SESSION:

\$25 Member/\$50 Community Participant

|          | P/C*           | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Swim Team |
|----------|----------------|---------|---------|---------|---------|-----------|
| TUESDAY  | 9:10–9:40 am   | X       | X       |         |         |           |
|          | 9:45–10:15 am  |         | X       | X       |         |           |
|          | 10:20–10:50 am | X       |         |         | X       |           |
|          | P/C*           | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Swim Team |
| THURSDAY | 9:10–9:40 am   | X       |         |         |         | X         |
|          | 9:45–10:15 am  | X       |         |         | X       |           |
|          | 10:20–10:50 am |         | X       | 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.

# 100 MILE SWIM GROUP

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): Jan 16, 23, 30, Feb 6, 13, 20, 27, Mar 6

**SATURDAYS: 10 AM–12 PM**  
(Lanes 3 & 4): Jan 10, 17, 24, 31, Feb 7, 14, 21, 28

Sign up today at [fdlymca.org](http://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



## WINTER BEACH BASH

FRIDAY, JANUARY 16

5:00 – 7:00 PM

Pack your goggles and flip flops. We're heading to the beach in the middle of winter! Our Winter Beach Bash transforms the indoor pool into a tropical oasis. Activities feature a treasure dive, beach ball bonanza, noodle limbo, and the waterslide! Bring the whole family for this perfect mid-winter pick me up. We can't wait to welcome you to our oasis!

Fees: \$5 Member \$10 Community Participant



## SPLASH OF LOVE POOL PARTY

FRIDAY, FEBRUARY 13

Ages 0–6: 5–5:45 pm Ages 7+: 6–6:45 pm

Celebrate love, friendship, and all things heart-shaped at our Valentine's Day Pool Party! Our pool transforms into a Valentine's wonderland filled with floating hearts, shimmering decorations, and festive treasures. Kids can dive in, search for Cupid's hidden hearts, and collect as many as they can to earn a LOVE-ly. Bring the whole family and make this Valentine's Day one to remember!

Fees: \$5 Member \$10 Community Participant



## PADDY'S POOL PARTY

SATURDAY, MARCH 14

Ages 0–6: 10:00–10:45 am

Ages 7+: 11:00–11:45 am



Get ready to make a splash of Irish luck at our St. Paddy's Day Pool Party! Dive into a shimmering sea of green as our pool transforms into a festive St. Paddy's celebration. Our pool will be filled with floating shamrocks, hidden pots of gold, and playful leprechaun surprises. Wear your green, bring your luck, and join us for a St. Patrick's Day adventure that's sure to leave your family smiling from ear to ear!

Fees: \$5 Member \$10 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<br>\$35 Community | \$100 Member<br>\$125 Community |
| 45 Minute Private   | \$35 Member<br>\$45 Community | \$140 Member<br>\$165 Community |
| Semi-Private        | \$50 Member<br>\$75 Community | \$200 Member<br>\$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        |             |              |
| 9:30 am  | X             |          |              |          |             |              |
| 9:45 am  |               | X        | X            |          | X           |              |
| 10:15 am |               | X        |              |          |             |              |
| 10:45 am | X             |          | X            | X        |             |              |
| MONDAY   | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 4:30 pm  |               | X        | X            |          |             |              |
| 4:45 pm  | X             |          | X            |          |             |              |
| 5:15 pm  |               |          |              |          | X           |              |
| 5:30 pm  |               |          | X            | 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             |          |              |          | X           |              |
| 5:15 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             |          |              |          |             |              |
| 4:15 pm   |               |          | X            |          |             |              |
| 4:45 pm   |               | X        |              | X        |             |              |
| 5:15 pm   |               |          | X            |          |             |              |
| 5:45 pm   |               | X        |              |          |             |              |
| 6:00 pm   |               |          |              |          |             | X            |
| THURSDAY  | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 9:00 am   | X             |          |              |          |             |              |
| 4:30 pm   | X             |          |              |          |             |              |
| 4:45 pm   |               | X        |              |          |             |              |
| 5:00 pm   |               | X        |              | X        |             |              |
| 5:30 pm   |               |          | X            |          |             |              |
| 5:45 pm   |               |          | X            |          |             |              |
| 6:00 pm   |               |          |              |          | X           |              |

## TUMBLE FOR 2 (AGES 2-3)

Introduce your little one to the exciting world of movement in our Parent/Child Gymnastics Class! This class encourages coordination and confidence-building. With the support of a parent or caregiver, toddlers will explore balance beams, soft obstacle courses, and more, helping develop motor skills, strength, and flexibility in a safe and engaging environment.

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

Tuesday 6:00pm-6:30 pm

Wednesday 9:30 am-10:00 am

Thursday 9:30 am-10:00 am or 5:00 pm-5:30 pm

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

Fees: \$25 Member \$55 Community Participant

## TUMBLE BUGS (AGES 18 MO-2 YEARS OLD)

This playful, engaging class is designed for toddlers and their grown-ups to explore movement together in a fun and supportive environment. With a focus on developing balance, coordination, and basic motor skills, children will enjoy climbing, jumping, rolling, and swinging on age-appropriate equipment—all with a parent right by their side. 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.**

Wednesday 9:00 am-9:30 am

Thursday 10:00 am-10:30 am

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

Fees: \$20 Member \$45 Community Participant

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





**WINTER I:****REGISTER HERE** **MINI NINJA WARRIOR**

This program is designed for young ninja warriors ready to put their skills to the test! This course will include navigating through an array of obstacles as well as covering necessary skills such as rolls, balance, cartwheels, and various measures of conditioning.

Currently In Grades: 3K – 4K  
Fridays 10:30 – 11:00 am

Location: YMCA Racquetball Court B  
Fees: \$30 Member \$65 Community Participant

**LITTLE DRIBBLERS**

Take your basketball game to the next level. In this session participants will focus on the three fundamentals of basketball: dribbling, passing, and shooting. These skills will be taught through stations and games.

Currently In Grades: 3K–4K  
Mondays 10:30 – 11:00 am

Location: YMCA Family Gym  
Fees: \$30 Member \$65 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 Mondays 4:00 pm – 5:00 pm

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

**SPORTS MANIA**

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

Grades: 4K–K Saturdays 9:30 am – 10:15 am  
Grades: 1st–3rd Saturdays 10:15 am – 11:00 am

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

**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: 15 years and older  
SUNDAY, DECEMBER 14TH 2:00 pm – 4:00 pm

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

**WINTER II:****REGISTER HERE** **BALLER BASICS**

Take your basketball game to the next level. In this session participants will focus on the three fundamentals of basketball: dribbling, passing, and shooting. These skills will be taught through stations and games.

Grades: 4K–K Saturdays 9:30 am – 10:15 am  
Grades: 1st–3rd Saturdays 10:15 am – 11:00 am

Location: YMCA Family Gym  
Fees: \$40 Member \$85 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 Mondays 4:00 pm – 5:00 pm

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

**MINI SPORTS MANIA**

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

Currently In Grades: 3K–4K  
Fridays 10:30 – 11:00 am

Location: YMCA Family Gym  
Fees: \$30 Member \$65 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

# PRESCHOOL CLASSES WITH A PARENT

[REGISTER HERE](#)

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

## WINTER SESSION I:

### WEEK 1: TUESDAY, JANUARY 13

#### Snow Much Fun!

Let's celebrate winter with a flurry of snowman fun! We'll roll up our sleeves to create adorable snowman crafts, decorate frosty friends, and enjoy hands-on activities that spark creativity. After our snowy adventures, we'll cozy up with winter stories and sip warm cocoa. Don't forget to bring your favorite blanket and stuffed friend for extra snuggles!

Ages: 2-3 9:00- 9:45 am Multi-Purpose Room

### WEEK 2: TUESDAY, JANUARY 20

#### Exploring Music and More

Let's make music and memories! Children will explore a variety of instruments, sing along to fun songs, and enjoy playful movement activities. We'll also get creative with simple crafts that tie into our musical theme. This class encourages imagination, rhythm, and hands-on fun—all while building motor skills and body awareness!

Ages: 2-3 9:00- 9:45 am Multi-Purpose Room

### WEEK 3: TUESDAY, JANUARY 27

#### Moving and Grooving

Get ready to get those bodies moving! In this active class, children will stretch, hop, and run through fun activities that build coordination and encourage cooperation with other kids. We'll work on flexibility, balance, and motor skills through playful movement games. This will be an active class, so please dress for movement! \*\*\*Class will be held in the Family Gym\*\*\*

Ages: 2-3 9:00- 9:45 am Family Gym

### WEEK 4: TUESDAY, FEBRUARY 3

#### Welcome to the Jungle

Come monkey around with us as we explore the amazing animals that live in the jungle! We'll roar, slither, and swing as we talk and act like wild creatures, then get creative with jungle-inspired art projects. It's going to be a wild adventure full of fun, imagination, and hands-on activities!

Ages: 2-3 9:00- 9:45 am Multi-Purpose Room

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

\$30 Members \$65 Community Participant

## WINTER SESSION II:

### WEEK 1: TUESDAY, FEBRUARY 10

#### Hearts and Happiness

Join us for a morning of Valentine fun! We'll create beautiful Valentines for the special people in our lives, enjoy hands-on crafts and activities, then relax with cozy stories and decorate heart-shaped cookies for a sweet treat.

Ages: 2-3 9:00- 9:45 am Multi-Purpose Room

### WEEK 2: TUESDAY, FEBRUARY 17

#### Little Learners

Join us for a fun-filled learning adventure! Little ones will explore letters, numbers, shapes, and colors through songs, stories, crafts, and hands-on activities that spark creativity and curiosity.

Ages: 2-3 9:00- 9:45 am Multi-Purpose Room

### WEEK 3: TUESDAY, FEBRUARY 24

#### Dr Seuss is on the Loose

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

Ages: 2-3 9:00- 9:45 am Multi-Purpose Room

### WEEK 4: TUESDAY, MARCH 3

#### Kids in Action

Get ready to move! This morning we'll focus on building gross motor skills, strength, balance, body control, and coordination through aerobic activities, cooperative games, sports, and music. Kids will stay active while having fun in a supportive environment. Dress for an action-packed morning!

Ages: 2-3 9:00- 9:45 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 9:00 am - 9:30 am

Location: Multi-Purpose Room

Fees: \$25 Member \$55 Community Participant





# PRESCHOOL CLASSES WITHOUT A PARENT

[REGISTER HERE](#)

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

## WINTER SESSION I:

### WEEK 1: TUESDAY, JANUARY 13

#### Snow Much Fun!

Let's celebrate winter with a flurry of snowman fun! We'll roll up our sleeves to create adorable snowman crafts, decorate frosty friends, and enjoy hands-on activities that spark creativity. After our snowy adventures, we'll cozy up with winter stories and sip warm cocoa. Don't forget to bring your favorite blanket and stuffed friend for extra snuggles!

Ages: 3-1/2 to 6 10:00–11:00 am Multi-Purpose Room

### WEEK 2: TUESDAY, JANUARY 20

#### Exploring Music and More

Let's make music and memories! Children will explore a variety of instruments, sing along to fun songs, and enjoy playful movement activities. We'll also get creative with simple crafts that tie into our musical theme. This class encourages imagination, rhythm, and hands-on fun—all while building motor skills and body awareness!

Ages: 3-1/2 to 6 10:00–11:00 am Multi-Purpose Room

### WEEK 3: TUESDAY, JANUARY 27

#### Moving and Grooving

Get ready to get those bodies moving! In this active class, children will stretch, hop, and run through fun activities that build coordination and encourage cooperation with other kids. We'll work on flexibility, balance, and motor skills through playful movement games. This will be an active class, so please dress for movement! \*\*\*Class will be held in the Family Gym\*\*\*

Ages: 3-1/2 to 6 10:00–11:00 am Family Gym

### WEEK 4: TUESDAY, FEBRUARY 3

#### Welcome to the Jungle

Come monkey around with us as we explore the amazing animals that live in the jungle! We'll roar, slither, and swing as we talk and act like wild creatures, then get creative with jungle-inspired art projects. It's going to be a wild adventure full of fun, imagination, and hands-on activities!

Ages: 3-1/2 to 6 10:00–11:00 am Multi-Purpose Room

#### Session I: Preschool Class Fees:

\$35 Members

\$75 Community Participant

## WINTER SESSION II:

### WEEK 1: TUESDAY, FEBRUARY 10

#### Hearts and Happiness

Join us for a morning of Valentine fun! We'll create beautiful Valentines for the special people in our lives, enjoy hands-on crafts and activities, then relax with cozy stories and decorate heart-shaped cookies for a sweet treat.

Ages: 3-1/2 to 6 10:00–11:00 am Multi-Purpose Room

### WEEK 2: TUESDAY, FEBRUARY 17

#### Little Learners

Join us for a fun-filled learning adventure! Little ones will explore letters, numbers, shapes, and colors through songs, stories, crafts, and hands-on activities that spark creativity and curiosity.

Ages: 3-1/2 to 6 10:00–11:00 am Multi-Purpose Room

### WEEK 3: TUESDAY, FEBRUARY 24

#### Dr Seuss is on the Loose

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

Ages: 3-1/2 to 6 10:00–11:00 am Multi-Purpose Room

### WEEK 4: TUESDAY, MARCH 3

#### Kids in Action

Get ready to move! This morning we'll focus on building gross motor skills, strength, balance, body control, and coordination through aerobic activities, cooperative games, sports, and music. Kids will stay active while having fun in a supportive environment. Dress for an action-packed morning!

Ages: 3-1/2 to 6 10:00–11:00 am Family Gym

#### Session II: Preschool Class Fees:

\$35 Members

\$75 Community Participant

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

**Preschool Class:** Geared for Preschoolers age 3 1/2–6 years old WITHOUT a parent.

## CREATIVE KIDS NIGHT

Looking for a fun night for your child and a little time for yourself? Creative Kids Night is a drop-off class for ages 3 1/2–6, where kids enjoy crafts, games, stories, and activities in a safe, welcoming space while making friends and sparking creativity.

Parents must stay in the YMCA during class, but it's a great chance to relax! Enjoy a workout, unwind in the lobby, or catch up on reading while your child has fun in a supervised environment. Drop off is 5:00–5:30 pm for free play, with class running 5:30–6:30 pm.

Ages: 3-1/2 to 6 February 11 & February 16 5:30 pm – 6:30 pm

Location: Multi-Purpose Room

Fees: \$10 per class /Members \$15 per class/Community Participants



## 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 20 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 2025–26 4K calendar.

**PROGRAM TIME:** 9:00 am – 11:30 am

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

## 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 SPRING!

**SPRING I:** March 2 – May 20, 2026  
Mondays and Wednesdays, 6:00 – 7:30 pm

**SPRING II:** March 3 – May 21, 2026  
Tuesdays and Thursdays, 1:30 – 3:00 pm

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

LEARN MORE 



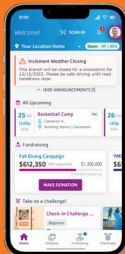
## STAY STRONG

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.

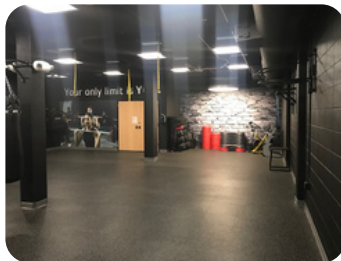


## DOWNLOAD OUR MOBILE APP!

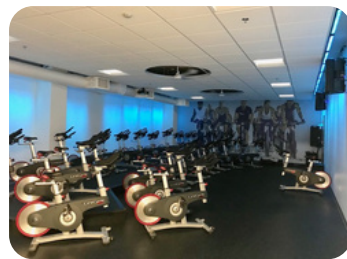
- CONNECT TO YOUR ONLINE MEMBER ACCOUNT
- SCAN IN YOURSELF & THE MEMBERS ON YOUR ACCOUNT
- BROWSE SCHEDULES FOR ALL CLASSES, PROGRAMS & AREAS
- VIEW YOUR YEAR-TO-DATE GIVING
- RESERVE A LANE FOR LAP SWIMMING



### 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](mailto: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



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.



### 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

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**

personal training



## FOREVERWELL® GROUP FITNESS CLASSES

Foreverwell® group fitness classes are designed to improve cardiovascular fitness as well as muscular strength and endurance while increasing range of motion and flexibility. Our self-paced conditioning classes are suitable for all fitness levels with the added benefit of being low impact and gentle on the joints.

### OPEN WALKING

The Y offers open walking in the gyms for members looking for a place to walk other than the treadmill.

**WALK A MILE:** About 20 times around the gym, following the basketball court lines, equals 1 mile.

### PICKLEBALL

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

**LEAGUE & CLASSES AVAILABLE!** Contact Natalie Wondra for more information at [nwondra@fdlymca.org](mailto: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**  
Winter I: Jan 11, Jan 18, Jan 25, Feb 1  
Winter II: Feb 8, Feb 15, Feb 22, March 1

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

### SKILLS AND DRILLS

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**  
Winter I: Jan 11, Jan 18, Jan 25, Feb 1  
Winter II: Feb 8, Feb 15, Feb 22, March 1

**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 Hellman & Kraig Hellman

**Fridays 9:00-10:00 am**  
Winter I: Jan 16, Jan 23, Jan 30, Feb 6  
Winter II: Feb 13, Feb 20, Feb 27, March 6

**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 be kept for beginner and intermediate level only. Player substitutions are allowed.

If you can't attend over half the nights, 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**  
**Dates: January 12th – March 2nd**  
**Fees: \$60 Member \$85 Community Participant**

#### INTERMEDIATE LEVEL (AGES 18+)

**Tuesdays 6:30-8:30 pm**  
**Dates: January 13th – March 3rd**  
**NEW! Saturday Mornings 8:15-10:15 am**  
**Dates: January 10th – February 28th**  
**Fees: \$60 Member \$85 Community Participant**

#### ADVANCED LEVEL (AGES 18+)

**Wednesdays 6:30-8:30 pm**  
**Dates: January 14th – March 11th (NO LEAGUE February 4th)**  
**Fees: \$60 Member \$85 Community Participant**

foreverwell®

adult sports

## FOND DU LAC FAMILY YMCA LEADERSHIP TEAM:

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

Ext. 318 Email: jraflik@fdlymca.org

### Kristel Lougher, Associate Executive Director

Ext. 326 Email: klougher@fdlymca.org

### Amanda Bodden, Director of Youth Programs

Ext. 312 Email: abodden@fdlymca.org

### Katie McCormick, Director of Mission Advancement

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

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### Sherry Ferraro, Family Director

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