



## DIVERSITY STATEMENT:

Here at the Y, we believe that a healthier and stronger community emerges when everyone has the opportunity to cultivate and nurture a healthy mind, body and spirit. Our core values are honesty, respect, responsibility and caring—they guide everything we do. Together we ensure that everyone across age, ability, cultural background, ethnicity, faith, gender expression, gender identity, ideology, income, language, national origin, race, religion or sexual orientation has access to resources to reach their full potential.

## CORE VALUES:

### HONESTY

Be truthful in what you say and do.

### RESPECT

Be courteous, listen and treat others fairly.

### RESPONSIBILITY

Be accountable for your promises and actions.

### CARING

Show sincere concern for others.



## AMONG OUR OFFERINGS:

- Two swimming pools, water slide, whirlpool and steam room
- Wellness Center offering LifeFitness & Matrix cardio and strength training machines, free weights, and stretching area
- Two full-size gymnasiums and racquetball courts
- Four state-of-the-art fitness studios, offering live, virtual and on-demand group fitness classes
- Paid personal training
- LES MILLS™ group fitness classes available
- Discounted program fees and priority registration
- Free youth and adult health and wellness orientations
- Free FITPATH fitness assessment



FOND DU LAC FAMILY YMCA  
 90 W. Second Street Fond du Lac, WI 54935  
 920.921.3330 | fdlymca.org



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# BECOME A Y MEMBER



# Your Y ANYTIME, ANYWHERE.



## FREE MEMBER-ONLY ACCESS

All Fond du Lac Family YMCA members are able to enjoy an exclusive collection of on-demand and livestream classes online, PLUS the benefits of belonging to the Y. With the introduction of the all-digital, all-access YMCA360 platform built for the Y, by the Y, your membership has more value than ever before.

Access to YMCA360 is included in your Fond du Lac Family YMCA membership at no additional charge. Sign up at [ymca360.org](http://ymca360.org).

## WHERE YOU BELONG

When you join the Y, you'll discover new ways to connect with your potential, purpose and community. No matter where you are on your journey, the Y is where you can be, belong and become. Join us.



## HOURS OF OPERATION: 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

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

Facility hours are subject to change. Visit [fdlymca.org](http://fdlymca.org) for most updated information.

## MEMBERSHIP RATES:

MEMBERSHIP TYPES	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

Join online at [fdlymca.org](http://fdlymca.org)

## NATIONWIDE MEMBERSHIP:

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

## PROGRAMS & ACTIVITIES:

Our programs empower young people, improve health and well-being, as well as provide support and inspire action in our communities today and every day. Explore our offerings to discover new ways to connect to your purpose, potential and each other.

MEMBERSHIP PROVIDES YOU WITH DISCOUNTED PROGRAM FEES.

## FINANCIAL ASSISTANCE:

The Y provides access to all, giving everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Through generous donations to our Annual Campaign, we offer financial assistance for memberships and programs when support is needed.

## Membership For All

Any individual or family whose total combined gross household income is less than \$80,000 per year is encouraged to apply. A sliding scale is used to determine how much assistance is awarded. Applications are available at the Welcome Center desk.

## Programs For All

Any individual or family who qualifies for "Membership for All" financial assistance also receives a 40% discount on qualifying programs.

APPLICATIONS ARE AVAILABLE AT THE WELCOME CENTER DESK OR ONLINE AT [FDLYMCA.ORG](http://FDLYMCA.ORG)

## CHILD WATCH

Located off the main lobby of the Y, Child Watch is an onsite, drop-off babysitting service for children ages 6 weeks to 10 years.

This member service is available to parents while they are working out at the Y. Parent or guardian must remain in the building while their child is in Child Watch.

