

# FOREVER A PLACE TO LEARN



FOND DU LAC FAMILY YMCA  
Fall I Program Guide  
Sept 14 - Oct 24, 2020





# MEMBERSHIP INFORMATION

## BECOME A MEMBER:

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.

## MEMBERSHIP RATES: (Rates are subject to change)

MEMBERSHIP TYPES	MONTHLY RATES	JOINER FEE
Youth (age 8- 18)	\$19.99	\$24
Young Adult (age 19-30)	\$22.99	\$48
Adult (age 31-64)	\$43.99	\$72
Senior (age 65+)	\$37.99	\$72
Family/Household	\$59.99	\$96
Senior Family/Household (primary member age 65+)	\$53.99	\$96

FOR MORE INFO ON MEMBERSHIP RATES: [FDLYMCA.ORG](http://FDLYMCA.ORG)

## FREE MEMBERSHIPS

Enjoy a FREE membership if you participate in the following plans. Ask a Membership Representative for more details.

- AARP® MEDICARE SUPPLEMENT PROGRAM
- RENEW ACTIVE™
- SILVER&FIT® PROGRAM
- SILVERSNEAKERS®

# PROGRAM INFORMATION

## PROGRAM SESSION DATES:

**Fall Session I: September 14 - October 24**

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

## REGISTRATION DATES:

**Fall I Registration Opens:**

Y Members :: Thursday, August 27, 2020

Community Participants :: Tuesday, September 1, 2020

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

## HOURS OF OPERATION:

### BUILDING HOURS

Monday to Friday..... 5:00 am to 8:00 pm

Saturday..... 6:00 am to 2:00 pm

### POOL HOURS

Monday to Friday..... 5:00 am to 7:00 pm

Saturday..... 6:00 am to 1:00 pm

### MEMBERSHIP HOURS

Monday to Thursday..... 9:00 am to 12:00 pm

1:00 pm to 6:00 pm

Friday..... 10:00 am to 5:00 pm

Saturday..... 9:00 am to 12:00 pm

## FINANCIAL ASSISTANCE:

### HOW TO APPLY:

1. Return completed **Membership For All** application and required copies of proof of income, to the Fond du Lac Family YMCA during membership hours.
2. Membership staff will determine your rate and set up your payment plan; same day approval is available during membership hours if all appropriate application materials are provided.
3. Payment/billing method must be provided to establish membership.

MORE INFORMATION CAN BE FOUND AT [FDLYMCA.ORG](http://FDLYMCA.ORG)



The Y's cause has been and will always be *"to strengthen the foundations of our community"* and now, more than ever, **our community is relying on the Y** to do just that. The requests to provide financial assistance for Y membership, programs, & childcare are expected to increase significantly. **The Y needs to be here to help our neighbors overcome the setbacks faced from the aftermath of this pandemic. We need your help to make this possible!**

If you can help make a difference in the life of someone who needs support, please donate to the YMCA!

For more information contact:

Katie McCormick, Director of Mission Advancement  
921.3330 ext 313 | [kmccormick@fdlymca.org](mailto:kmccormick@fdlymca.org)



# FOND DU LAC FAMILY YMCA PHASED REOPENING GUIDELINES\*

The YMCA is committed to the health and well-being of our members and staff. We continue to offer amenities that can operate within the guidelines set out by the CDC and state/local regulations in regards to the COVID-19 pandemic. Please visit our website at [fdlymca.org](http://fdlymca.org) for the most up-to-date safety guideline information.

## FACILITY HOURS:

- MONDAY-FRIDAY: 5:00 AM – 8:00 PM
- SATURDAY: 6:00 AM – 2:00 PM
- SUNDAY: CLOSED

## MEMBER EXPECTATIONS:

- Face coverings are required for everyone inside our facility with some exceptions.
- Physical distance 6 feet as you move throughout the facility. Use space markers on the floor in studios when participating in group exercise classes.
- Sanitize/wash hands when you enter and exit the facility.
- Disinfect all equipment before and after use.

## FACILITY ACCESS POLICY EFFECTIVE JULY 1ST:

- Open to members age 13 and up (unsupervised) and must be registered and/or participating in an age-appropriate activity.
- Youth under age 13 may use the facility if accompanied by an adult (age 16 and older) & must be registered and/or participating in an age-appropriate activity.
- Child Watch is available by reservation for members age 6 weeks to 10 years.
- We are unable to offer day passes/buddy program at this time.

## \* GUIDELINES EFFECTIVE SEPTEMBER 1ST

- Lap Swim, Water Walking & Family Open Swim requires a reservation.
- Basketball requires a reservation. Members are asked to bring their own basketball. Only 3 people allowed at each hoop at one time.
- Racquetball requires a reservation. Members are asked to bring their own equipment. Only 4 people allowed in one court at a time.

**CHILD WATCH RESERVATIONS SHOULD BE MADE ONLINE OR AT WELCOME CENTER DESK. ALL OTHER RESERVATIONS: PLEASE CALL THE Y OR STOP BY THE WELCOME CENTER DESK UP TO 3 DAYS IN ADVANCE.**

## WHAT IS AVAILABLE IN THE PHASED REOPENING PLAN?

	Effective July 1	Effective Sept. 1
Wellness Center	●	●
Family Gym (Senior Fitness/Pickleball)	●	●
Community Gym	●	●
Locker Rooms/Shower	●	●
Personal Training	●	●
Group Exercise Classes	●	●
Virtual Group Exercise Classes	●	●
Water Exercise Classes	●	●
Lap Swim & Water Walking*	●	●
Family Open Swim*	●	●
Swim Lessons		●
Whirlpool		
Steam Room		
Basketball*	●	●
Racquetball*	●	●
Pickleball	●	●
Gymnastics Team/Pre-Team	●	●
Gymnastic Progressive Classes		●
Youth Sports and Activities	●	●
Community Training (Limited)		●
Child Care	●	●
Child Watch*	●	●
Wellness Programs (LIVESTRONG at the YMCA, Parkinson's, etc)		
Active Older Adults (AOA) Classes		

\* Reservations close at 5:00 pm every day.

\*Phased reopening plan subject to change without notice.

# SWIM LESSONS

**2020 Fall Session I: September 14 – October 24**

REGISTRATION OPENS: August 27 2020 (for members) & September 1, 2020 (for community).

\*Registration deadlines 3 days prior to the start date of the session.

## SKILL-BASED SWIM STAGES! Swim lessons are now organized into three phases, and each phase includes several stages focused on a specific skill set.

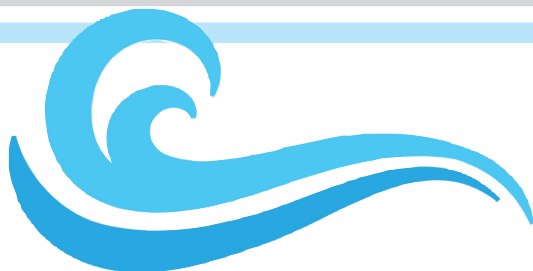
### WHAT AGE GROUP DOES THE STUDENT FALL INTO?

 <b>6 months–3 years</b> <b>PARENT &amp; CHILD:</b> <b>STAGES A–B</b>	 <b>3 years–5 years</b> <b>PRESCHOOL:</b> <b>STAGES 1–4</b>	 <b>6 years &amp; up</b> <b>SCHOOL AGE:</b> <b>STAGES 1–6</b>	<ul style="list-style-type: none"> <li>• <b>All lessons are 30 minutes.</b></li> <li>• <b>Fees per session:</b> </li> <li>• <b>\$35 Member</b></li> <li>• <b>\$70 Community Participant</b></li> </ul>
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All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land? <b>YES</b>	<b>NOT YET</b>	<b>A / WATER DISCOVERY</b>	SWIM STARTERS
Is the student comfortable working with an instructor without a parent in the water? <b>YES</b>	<b>NOT YET</b>	<b>B / WATER EXPLORATION</b>	
Will the student go underwater voluntarily? <b>YES</b>	<b>NOT YET</b>	<b>1 / WATER ACCLIMATION</b>	SWIM BASICS
Can the student do a front and back float on his or her own? <b>YES</b>	<b>NOT YET</b>	<b>2 / WATER MOVEMENT</b>	
Can the student swim 10–15 yards on his or her front and back? <b>YES</b>	<b>NOT YET</b>	<b>3 / WATER STAMINA</b>	
Can the student swim 15 yards of front and back crawl? <b>YES</b>	<b>NOT YET</b>	<b>4 / STROKE INTRODUCTION</b>	SWIM STROKES
Can the student swim front crawl, back crawl, and breaststroke across the pool? <b>YES</b>	<b>NOT YET</b>	<b>5 / STROKE DEVELOPMENT</b>	
Can the student swim front crawl, back crawl, and breaststroke across the pool <u>and back</u> ? <b>YES</b>	<b>NOT YET</b>	<b>6 / STROKE MECHANICS</b>	



### Special Needs Lessons

Classes are 30 minutes

This class encourages participants to use their physical attributes to the best of their abilities while enhancing their spirits and minds with positive reinforcement. **Staff to student ratio is 1:1** and all ages are welcome.

Fees per session: \$33 Member    \$68 Community Participant

	Parent/Child A*	Parent/Child B*	Stage 1*	Stage 2*	Stage 3*	Stage 4	Stage 5	Stage 6
MONDAY	4:05-4:35pm	X	X					
	4:10-4:40pm			X				
	5:05-5:35pm		X					
	5:10-5:40pm				X			
	6:05-6:35pm			X				
	6:10-6:40pm					X		

	Parent/Child A*	Parent/Child B*	Stage 1*	Stage 2*	Stage 3*	Stage 4	Stage 5	Stage 6
TUESDAY	5:05-5:35pm			X				
	5:10-5:40pm							X
	6:05-6:35pm				X			
	6:10-6:40pm						X	

	Parent/Child A*	Parent/Child B*	Stage 1*	Stage 2*	Stage 3*	Stage 4	Stage 5	Stage 6
WEDNESDAY	4:05-4:35pm		X					
	4:10-4:40pm					X		
	5:05-5:35pm	X	X					
	5:10-5:40pm		X					
	6:05-6:35pm		X					
	6:10-6:40pm			X				

	Parent/Child A*	Parent/Child B*	Stage 1*	Stage 2*	Stage 3*	Stage 4	Stage 5	Stage 6
THURSDAY	5:05-5:35pm					X		
	5:10-5:40pm						X	
	6:05-6:35pm				X			
	6:10-6:40pm							X

	Parent/Child A*	Parent/Child B*	Stage 1*	Stage 2*	Stage 3*	Stage 4	Stage 5	Stage 6
SATURDAY	9:05-9:35am			X				
	9:10-9:40am		X					
	10:05-10:35am	X	X					
	10:10-10:40am			X				
	11:05-11:35am				X			
	11:10-11:40am					X		

**\*Please note that do to social distancing guidelines stages A through 3 are required to have an adult per participant to assist participants in the water.**

## Private & Semi-Private Swim Lessons

### Classes are 30 minutes

Private lessons staff to student ratio is 1:1 & semi-private lessons are 1:2. Day and time are scheduled by you and the instructor. When an instructor is assigned to you, they will contact you for your first lesson. For semi-private lessons, the price listed includes both participants. **Instructors will be working with participants in water, wearing a mask. Instructors will socially distance when possible.**

### PRIVATE

1 Class	Fees: \$15 Member	\$30 Community Participant
3 Classes	Fees: \$40 Member	\$80 Community Participant
6 Classes	Fees: \$70 Member	\$140 Community Participant

### SEMI-PRIVATE

1 Class	Fees: \$26 Member	\$52 Community Participant
3 Classes	Fees: \$64 Member	\$128 Community Participant
6 Classes	Fees: \$105 Member	\$210 Community Participant

# VIRTUAL PRESCHOOL ENRICHMENT CLASSES

## 2020 Fall Session I: September 14 – October 24

REGISTRATION OPENS: August 27 2020 (for members) & September 1, 2020 (for community).

\*Registration deadlines 3 days prior to the start date of the session.

**NEW!!! The Y is offering Virtual Preschool Classes This Fall!** Sign your kids up for fun Preschool Classes, while staying safe in your own home! Parents you will need to be available as your child's helper for this class. All who register will be emailed a video link each week on Tuesday. Supplies besides basic crayons/markers and scissors will be provided for the class. You may pick up your packets by curbside during business hours Friday-Monday. Please call 920-921-3330 when you arrive for your packet pickup and staff will bring supplies to you. Keep a look out for your favorite Preschool teachers for these classes!!

### Week 1: Red Light, Green Light, Go, Go, Go! 🚦

Climb aboard as we watch the wheels on the bus go round & round. We'll pretend we are planes, trains, automobiles and other things that take us places. There will be movement activities, creative art, and silly games today. It's sure to be a zooming good time!

**Ages:** 3-1/2 to 6      **Tuesday, September 15**  
**Fees:** \$7 Members      \$14 Community Participant

### Week 2: Way Up High in the Apple Tree 🍏

An apple a day will make for a fun class today! We will learn a fun story about apples, create apple crafts and play some games that you can do again and again at home. "A" is most definitely for APPLE!

**Ages:** 3-1/2 to 6      **Tuesday, September 22**  
**Fees:** \$7 Members      \$14 Community Participant

### Week 3: Under the Big Top 🎪

Come one, come all as we transform ourselves into circus stars. This class will have us clowning around, performing our circus acts and making some super silly crafts. Make sure you have your running shoes on for this fun class as each of us will be a star under the big top.

**Ages:** 3-1/2 to 6      **Tuesday, September 29**  
**Fees:** \$7 Members      \$14 Community Participant

### Week 4: Story Book Adventures 📖

It's a morning to jump into reading fun! Our favorite stories will come alive as we wiggle and giggle in this fun filled class. Today we will hear stories, learn songs and do movement activities related to some classic children's stories.

**Ages:** 3-1/2 to 6      **Tuesday, October 6**  
**Fees:** \$7 Members      \$14 Community Participant

### Week 5: Monkey See, Monkey Do 🐒

Life is a zoo today! Join us and play like the animals do. We'll have fun games, songs, stories and crafts during class while we learn about our favorite animals. This class is the perfect time to monkey around and go bananas!

**Ages:** 3-1/2 to 6      **Tuesday, October 13**  
**Fees:** \$7 Members      \$14 Community Participant

### Week 6: Fall Leaves Fall 🍁

Leaves are changing colors and falling from the trees as the seasons are changing around us. It's time to "fall" into fun this morning as we explore autumn leaves, trees, squirrels, scarecrows and more. Let's see what we can create and what fun we can have as we learn about this colorful season.

**Ages:** 3-1/2 to 6      **Tuesday, October 20**  
**Fees:** \$7 Members      \$14 Community Participant

### OPEN GYM – Ages 0-6, playtime with parent

Enjoy an hour of fun where your child can run, jump and play at the YMCA Gymnastics Center (520 N. Main St.) **FRIDAYS 9:00-9:45 AM**

**Fees:** FREE for Members  
\$5/person for Community Participant  
**MUST REGISTER ONLINE!**  
Only 6 spots available.

## YOUTH SPORTS

### 2020 Fall Session I: September 14 – October 24

REGISTRATION OPENS: August 27 2020 (for members) & September 1, 2020 (for community).

\*Registration deadlines 3 days prior to the start date of the session.

#### Girls Youth Softball 🏈

This program is for girls who want to improve their softball skills. Classes will be fun and engaging. The focus will be on the fundamentals of softball which include throwing, catching, hitting, and base running. Please bring your own equipment if possible.

**Age 4-5      Tuesday      4:30 pm – 5:15 pm**  
**Fees:** \$25 Member      \$50 Community Participant

**Age 6-8      Tuesday and/or Thursday      5:30 pm – 6:30 pm**  
**One Day a Week:** \$30 Member      \$60 Community Participant  
**Two Days a Week:** \$45 Member      \$90 Community Participant

**Location:** Lakeside Park (Fields North of Gymnastics Center)

#### Ninja Warrior 🥷

This program is designed for the young ninja warrior ready to put their skills to the test! This 6 week course will include navigating through an array of obstacles as well as covering necessary skills such as rolls, handstands, cartwheels and various measures of conditioning. **Sign up fast as class size is limited to 12!**

**Dates:** September 26 – October 31

**Ninja Warrior Jr. (Ages 6-8)      Saturday      9:00 am – 9:45 am**  
**Ninja Warrior Jr. (Ages 6-8)      Saturday      10:00 am – 10:45 am**  
**Ninja Warrior (Ages 9 & up)      Saturday      11:00 am – 11:45 am**

**Location:** YMCA Gymnastics Center  
**Fees:** \$40 Member      \$80 Community Participant



# YOUTH SPORTS

## 2020 Fall Session I: September 14 – October 24

REGISTRATION OPENS: August 27 2020 (for members) & September 1, 2020 (for community).

\*Registration deadlines 3 days prior to the start date of the session.

### Flag Football 🏈

The YMCA Flag Football program uses volunteer coaches to develop skills through modified, age-appropriate game activities. Teams will be formed based on school and order of sign-up. Requests may be honored on a space available basis. **More volunteer coaches will be needed!**

#### Kindergarten

This program uses volunteer coaches to develop skills through modified, age-appropriate games.

**Tuesday or Thursday 4:30–5:15 pm**

**Location: Lakeside Park (Fields North of Gymnastics Center)**

**Fees: \$25 Member \$50 Community Participant**

#### Grade 1/Grade 2\*

This 5 on 5 league uses real game play to teach football rules, strategies and skills. This program uses volunteer coaches to develop skills through modified, age-appropriate games. Teams will practice for the first three weeks and play games for the final three weeks. **\*A minimum of 4 teams are needed to run a league. If we do not have enough, every Saturday will run as a practice.**

**Saturday 9:00–10:15 am Location: Pier Elementary**

**Fees: \$35 Member \$70 Community Participant**

#### Grade 3/Grade 4\*

This 5 on 5 league uses real game play to teach football rules, strategies and skills. Teams will practice the first week. The remaining 5 weeks will consist of a ½ practice followed by a game. All practices and games will be on Saturday mornings. **\*A minimum of 4 teams are needed to run a league. If we do not have enough, every Saturday will run as a practice.**

**Saturday 10:30–12:00 pm Location: Pier Elementary**

**Fees: \$40 Member \$80 Community Participant**



### FLAG FOOTBALL COACHES MEETING

**Tuesday, September 8 6:00 pm at the Y**

Anyone interested in coaching a youth flag football team must attend one of the scheduled meeting dates. If you have questions on this program, please contact Amanda Bodden at 920.921.3330 ext. 312 or email [abodden@fdlymca.org](mailto:abodden@fdlymca.org).

### Cheer Clinic 🏆

Come and learn from the WLA competitive Cheer Team! The Saturday morning cheer and stunt clinic will emphasize skills used in competitive cheer. We will focus on the fundamentals of all elements that make up a competitive routine. Jumps, tumbling, flexibility, stunting, motions, dance and choreography will all be taught. Athletes should bring a water bottle, come in shorts and a t-shirt, with hair pulled back, no jewelry, nails cut short, and shoes appropriate for stunting and tumbling.

**Dates: September 19, October 17, November 21, and December 19**

**Age 4K – 4th Grade 9:30–12:00 pm Community Gym**

**Fees: One Saturday: \$15 Member \$30 Community Participant**

**All 4 Saturdays: \$50 Member \$100 Community Participant**

### Little Steppers 🏃

Students will learn creative movements that are fun, educational and age appropriate. Any clothing that the student can move and have fun in is acceptable. **Class size is limited to 10 participants.**

**Age 3–4 Saturday 9:00 am – 9:45 am**

**Location: YMCA Multi-Purpose Room**

**Fees: \$30 Member \$60 Community Participant**

### Dance Explorations 🏃

A great first introduction to dance in a fun, safe environment where every child can have a positive experience. Participants will improve coordination and gross motor skills while learning in a structured social setting. Any clothing that the student can move and have fun in is acceptable. **Class size is limited to 10 participants.**

**Age 5 & up Saturday 10:00 am – 10:45 am**

**Location: YMCA Multi-Purpose Room**

**Fees: \$30 Member \$60 Community Participant**

### Mini Dance Team 🏃

This will be a fun and active class for kids to move and groove! They will learn a few basics about dance as well as a choreographed dance. This will help kids break out of their shells and gain self confidence. Wear athletic clothes and shoes and bring a water bottle. **Limited to 8 participants per class.**

**Age 3–5 Monday 9:00 am – 9:45 am**

**Age 3–5 Monday 10:00 am – 10:45 am**

**Location: Gymnastics Center, 520. N. Main St.**

**Fees: \$30 Member \$60 Community Participant**

### Homeschool Outside Games and Activities 🏃

The Y strives to provide a quality homeschool physical education program. Students will rotate through a variety of games and activities with a focus on fundamental skills and team building. For the duration of Fall 1 we will be outside. Any questions regarding this program, please contact Amanda Bodden at 921-3330 ext. 312.

**Age 5–8 Wednesdays 1:00 pm – 1:45 pm**

**Age 9+ Wednesdays 2:00 pm – 2:45 pm**

**Location: Lakeside Park (Fields North of Gymnastics Center)**

**Fees: \$10 Member \$20 Community Participant**

## YOUTH SPORTS SPONSORSHIP OPPORTUNITIES

The Y is committed to provide programs at affordable rates for all families. We can continue to do this with your help!

In the past, we only offered the opportunity to sponsor at a team level. Now we offer multiple ways for you to show your support.

With a sponsorship, your business logo will be printed on the back of the team jerseys for everyone to see. Sponsorship package rates vary and multiple levels are available.

If you would like to sponsor a team, class or program, or have any other questions, please call Katie McCormick, Director of Mission Advancement, at 920.921.3330 ext. 313.

## 2020 Fall Session I: September 14 – October 24

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\*Registration deadlines 3 days prior to the start date of the session.

## PARENT GUIDED CLASSES

### Let's Get Rolling (Ages 18 mo - 3) 🖱️

Children learn by seeing, hearing, touching, doing, and having fun. The parent participates with the child in climbing, jumping, and balancing. Coordination is learned and developed through fun, active activities. Learning to follow simple directions is emphasized. **Classes are 40 minutes. Limited to 6 children per class.**

**FRIDAYS – 10:00 AM & 11:00 AM**

**Fees: \$15 Member    \$30 Community Participant**

### 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 1:5. Classes are 30 minutes. 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: \$20 Member    \$40 Community Participant**

## PROGRESSIVE CLASSES

### Tumble Tots (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 and floor exercise. **Staff to child ratio is 1:6. Classes are 45 minutes. Child needs to be fully toilet-trained.**

**Fees: \$25 Member    \$50 Community Participant**

### Rollers I (Ages 6+) 🖱️

This class is for 6 year old children who are new to the sport of gymnastics or have passed Tumble Tots. 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 class will continue to work on class structure as our instructors introduce vault to the children and take them to uneven bars, balance beam and floor exercise. **Staff to child ratio is 1:6. Classes are 45 minutes.**

**Fees: \$30 Member    \$60 Community Participant**

## PRE-TEAM (\*Prerequisite Pass Rollers II)

### Pre-Team I & II 🖱️

This class is for children who have passed Rollers II and will focus on USAG Level 1 & II skills. Once gymnasts are ready to compete, they will be asked to join our Fondy Flyers team. Pre-team will follow the team practice schedule, not the progressive class schedule. **Classes are 50 minutes.**

Tuesdays & Thursdays 4:00 pm

**Fees: \$30/mo. (Member)    \$60/mo. (Community Participant)**

*(Monthly drafts are an option – please contact Amanda Bodden to set up payments.)*

### Rollers II (Prerequisite Pass Rollers I) 🖱️

This class is for children who have passed Rollers I. This class will focus on basic gymnastics skills. Our instructors will work on running mechanics for vault, mounting, hip circles and dismounting on uneven bars; mounting, balancing and dismounting on balance beam; and cartwheeling, round offs and walk-overs on floor exercise. **Staff to child ratio is 1:6. Classes are 50 minutes.**

**Fees: \$35 Member    \$70 Community Participant**

MONDAY	Tiny Tumblers	Tumble Tots	Rollers I	Rollers II
3:00 PM		X		
4:00 PM			X	X

TUESDAY	Tiny Tumblers	Tumble Tots	Rollers I	Rollers II
9:00 AM		X		
10:00 AM	X			
10:45 AM	X			

WEDNESDAY	Tiny Tumblers	Tumble Tots	Rollers I	Rollers II
3:00 PM		X		
4:00 PM			X	X
5:00 PM			X	X
6:00 PM			X	X

THURSDAY	Tiny Tumblers	Tumble Tots	Rollers I	Rollers II
9:00 AM		X		
10:00 AM	X			
10:45 AM	X			

FRIDAY	Tiny Tumblers	Tumble Tots	Rollers I	Rollers II
4:00 PM			X	X

(Parent/Child)



# GROUP FITNESS CLASSES

Are you looking for an environment to work out in that is fun and stimulating? The Y currently offers a large variety of group fitness classes for people of all fitness levels. Our dynamic team of instructors will motivate and inspire you to get the results you are looking for. The majority of our classes are free to members age 16 and older. Youth ages 11-15 may participate in a group fitness class with their parent or guardian. Contact Barb Seidel, Group Exercise Coordinator, at [bseidel@fdlymca.org](mailto:bseidel@fdlymca.org) for more information regarding any of our group exercise classes.

- **Class descriptions can be found at [fdlymca.org](http://fdlymca.org).**
- **Class schedules are available on our website or mobile app.**

# PERSONAL TRAINING

## INDIVIDUAL PERSONAL TRAINING RATES

Duration of Session	# of Sessions			
	(1) Session	(5) Sessions	(10) Sessions	(15) Sessions
30 Minute Session	\$20.00	\$90.00	\$170.00	\$240.00
45 Minute Session	\$30.00	\$135.00	\$255.00	\$360.00
60 Minute Session	\$40.00	\$180.00	\$340.00	\$480.00

- **Group Personal Training Rates and more information can be found at [fdlymca.org](http://fdlymca.org).**

# COMMUNITY TRAINING

## QPR Training

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. This training is presented in partnership with CSI's Prevent Suicide Fond du Lac. For more information on the Prevent Suicide mission and CSI please visit: <https://www.csifdl.org/priorities/mental-health/destination-zero/>

October 13 5:30 pm to 7:00 pm  
December 8 5:30 pm to 7:00 pm

**FEES: Free to All, Ages 18 & Older**

**Please register online: <https://www.csifdl.org/ymcaqpr/>**

This training is supported by CSI's Destination Zero suicide prevention initiative which is funded by the Advancing a Healthier Wisconsin Endowment at the Medical College of Wisconsin.



# 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.

**Studio 4** offers scheduled virtual mind/body fitness classes.

## SCHEDULES

Find our virtual fitness classes on our Mobile App or on our Schedules page at [fdlymca.org](http://fdlymca.org). Virtual classes are indicated with a 



## KEEPING YOU CONNECTED

### Download our Mobile App!

We are excited to offer our mobile app, which has great features to help you make the most of your membership. Available in the Android & Apple markets!

Download the "Daxko" app and then search for Fond du Lac Family YMCA.



## MONTHLY UNLIMITED GRIT & SMALL GROUP TRAINING

Starting September 1st, the Y will be offering Monthly Unlimited GRIT & Small Group Training cards. You may also purchase a single class for a one time drop-in fee. Purchase your card or drop-in class at the Welcome Center desk.

**GRIT**  
**\$15.00** | MONTHLY UNLIMITED  
OR \$3.00/CLASS DROP-IN FEE

- GRIT CARDIO
- GRIT ATHLETIC
- GRIT STRENGTH
- GRIT MIX



**SMALL GROUP TRAINING**  
**\$25.00** | MONTHLY UNLIMITED  
OR \$5.00/CLASS DROP-IN FEE

- HIIT TRAINING
- BUTTS & GUTS
- KETTLEBELLS
- TOTAL BODY BOOTCAMP



# CONTACT US

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Fax: 920.921.3376

## YMCA CHILD CARE CENTER

90 W. Second Street  
Fond du Lac, WI 54935  
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Fax: 920.921.3376

## YMCA GYMNASTICS CENTER

520 N. Main Street  
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## FOND DU LAC FAMILY YMCA LEADERSHIP TEAM

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CONNECT WITH US:



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