



AUTUMN ADVENTURES START HERE



2025 FALL PROGRAM GUIDE

FALL I: September 20–October 17 :: FALL II: October 18–November 14

FOND DU LAC FAMILY YMCA :: fdlymca.org

BECOME A MEMBER:

MEMBERSHIP INFO

Any person, regardless of religion or creed, may become a member of the Y. A membership card is issued to every member age 8 years and older, which must be presented at the Welcome Center desk each time you enter the facility. Children under age 8 may participate as part of a family membership. All membership fees are non-refundable and non-transferrable.

- **ANNUAL MEMBERSHIPS** – Paid and renewed annually by cash, check, VISA, MasterCard or Discover.
- **MONTHLY DRAFT PLAN** – Paid through automatic bank or credit card drafts.

FREE MEMBERSHIPS

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

- ACTIVE & FIT
- ONE PASS
- RENEW ACTIVE™
- SILVER&FIT® PROGRAM
- WPS INSURANCE

FINANCIAL ASSISTANCE:

LEARN MORE

APPLY ONLINE:

- Complete the **ONLINE MEMBERSHIP FOR ALL APPLICATION** and upload all income verification documents, as applicable.
- After your application is reviewed you will receive an email within 1-3 business days, indicating whether your application was approved or denied. Membership for All approvals require membership enrollment within 30 days of approval or re-application is required.

APPLY IN PERSON:

- 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.

¿NECESITA AYUDA?

Para obtener ayuda a empezar una membresía o inscribirse en programas, contacte a Addie Bello, Aquatics Specialist, at aschroeder@fdlymca.org.

PROGRAM INFORMATION:

PROGRAM SESSION DATES:

FALL I: September 20–October 17

FALL II: October 18–November 14

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

REGISTRATION OPENS:

Y Members :: Monday, August 25th

Community Participants :: Monday, September 1st

*Registration deadline is 3 days prior to the start of the session. If you are a member "ON HOLD" you will not receive member pricing for program fees.

MEMBERSHIP PRICING POLICY:

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

JOIN ONLINE!

MEMBERSHIP RATES:

MONTHLY RATES:

JOINER FEE:

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



ON YOUR SCHEDULE.

LEARN MORE!

HOURS OF OPERATION starting September 2nd:

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:

- **Labor Day** – Sunday, August 31 & Monday, September 1
- **Thanksgiving** – Thursday, November 27
- **Christmas** – Wednesday, December 24 & Thursday, December 25
- **New Years Day** – Thursday, December 31 (Open till 11:00 am on New Year's Eve)

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 for room availability, to book a rental, or for more information.



CELEBRATE WITH US HOST YOUR NEXT PARTY AT THE Y!

SATURDAY OPTIONS:

FAMILY POOL | 12:30 PM–3:00 PM

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

FAMILY POOL | 1:30 PM–4:00 PM

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

RATES:

Y Members: \$125 | Community Participants: \$200

- Prices are for one birthday child with a maximum of 20 children. (up to 10 adult chaperones)
- Child must be a Y member or live in the same household of a Y member to receive member rate.
- 45 minute prep time is provided before and 30 minute clean up time after party reservation times.
- Pool rules apply to all birthday party participants.

QUESTIONS?

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



**SCHEDULE
YOUR PARTY**



A BETTER US STARTS WITH U

WORK THAT MATTERS

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

OUR MISSION

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



**VIEW CURRENT
EMPLOYMENT
OPPORTUNITIES**

SWIM LESSONS

SEPTEMBER 20–NOVEMBER 14 :: Classes meet once a week for 8 weeks.

FEES PER SESSION:

Parent/Child:

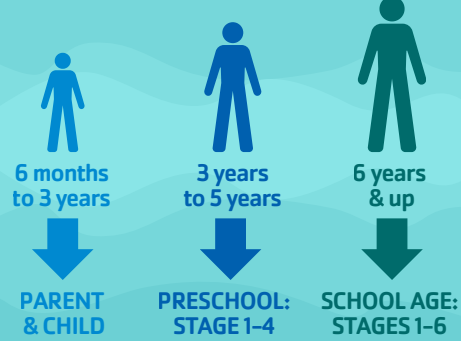
\$40 Member/\$85 Community Participant
Parent/Child lessons are 20 minutes.

Stages 1–4 & Swim Team Prep:

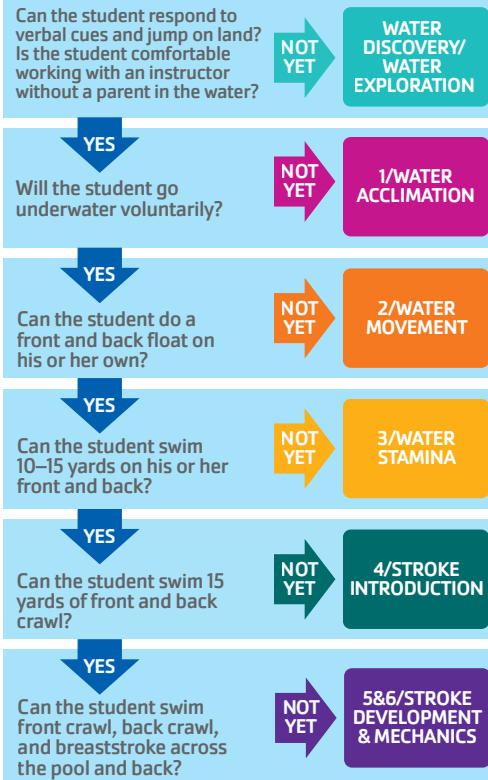
\$50 Member/\$105 Community Participant
Stages 1–4 & Swim Team Prep lessons are 30 minutes.

| | 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 | 9:10–9:40 am | | X | | | X |
| | 9:45–10:15 am | X | | X | | |
| | 10:20–10:50 am | X | | | X | |
| | 10:55–11:25 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: aschroeder@fdlymca.org

aquatics

HOMESCHOOL SWIM LESSONS

REGISTER HERE



FALL I: SEPTEMBER 20-OCTOBER 17

FALL II: OCTOBER 18-NOVEMBER 14

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 | | |

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

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 2-4): Sept. 27,
Oct. 3, 10, 17, 24, Nov. 7, 14

SATURDAYS: 10 AM-12 PM
(Lanes 3-4): Sept. 20, 27,
Oct. 4, 11, 18, 25, Nov. 1, 8

CLASES DE NATACIÓN EN ESPAÑOL

Estas clases son para participantes que hablan poco o nada de inglés. Las clases se reunirán todos los viernes durante 4 semanas. Los instructores cubrirán temas como flotadores, planeadores, sumersión y seguridad en el agua.

OTOÑO 1: SEPTIEMBRE 26-OCTUBRE 17
OTOÑO 2: OCTUBRE 24- NOVIEMBRE 14

4 a 7 años: 4:00 pm-4:30 pm

8 a 14 años: 4:40 pm-5:10 pm

14+ incluyendo adultos : 5:20 pm-5:50 pm

Precio: miembros \$25

participantes de la comunidad \$50

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

PRIVATE SWIM LESSONS FOR CHILDREN & ADULTS

LEARN MORE



BEGINNER LESSONS

These 30 minute lessons are intended for beginner swimmers with little or no prior swimming knowledge. Instructors focus on safety in and around the water, basic swimming skills and stroke development. 1:1 ratio.

ADVANCED LESSONS

These 45 minute lessons are intended for advanced swimmers. Instructors will focus on stroke development, technique and endurance. 1:1 ratio.

SEMI-PRIVATE LESSONS

These 45 minute lessons are intended for beginner swimmers with little or no prior swimming knowledge. Instructors focus on safety in and around the water, basic swimming skills and stroke development. 2:1 or 3:1 ratio.

| Duration of Session | (1) Session | (4) Sessions |
|---------------------|-------------------------------|---------------------------------|
| 30 Minute Private | \$25 Member \$35 Community | \$100 Member \$125 Community |
| 45 Minute Private | \$35 Member \$45 Community | \$140 Member \$165 Community |
| Semi-Private | \$50 Member \$75 Community | \$200 Member \$250 Community |



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

FALL SESSION I:

WEEK 1: TUESDAY, SEPTEMBER 23

Things That Go Zoom!!

We will have a fun filled class of all things that take us places! We will talk about planes, trains, automobiles, and more! It is also back to school time and the yellow busses are out and about! Climb aboard to this class as we watch the wheels go round and round. We are sure to have a zooming good time!

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

WEEK 2: TUESDAY, SEPTEMBER 30

A is for Apple

An apple a day will make for a fun class at the Y today. This morning we will climb "way up high in the apple tree" while we explore and learn about different kinds of apples. We will have apple taste testing, crafts, stories, games and more.

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

WEEK 3: TUESDAY, OCTOBER 7

Wiggle and Giggle

This fun movement class get us moving & laughing while enhancing physical skills. Kids will play games, pretend, imagine, run, jump, roll & see how staying active & fit can be FUN! Dress for an active morning. **Class held in the Family Gym**

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

WEEK 4: TUESDAY, OCTOBER 14

Going To The Zoo

It is zoo day today at that YMCA! Come and play like zoo animals this morning. We'll have games, songs, stories, and make fun animal crafts. We will end our morning with a "wild" snack.

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

Session I: 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.

FALL SESSION II:

WEEK 1: TUESDAY, OCTOBER 21

Fall Leaves Fall

Leaves are changing colors and falling from the trees as seasons are changing around us. It's time to "fall" into class this morning as we explore autumn leaves, trees, squirrels, scarecrows and more. We will enjoy crafts, snacks and fun as we learn about this colorful season.

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

WEEK 2: TUESDAY, OCTOBER 28

Pumpkin Party

Happy Halloween! Make sure to wear your favorite costume to class today to join in on all the Halloween Fun! We will be decorating pumpkins, playing party games, going on a costume parade and enjoying all the excitement of this not-so-spooky day.

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

WEEK 3: TUESDAY, NOVEMBER 4

Cardio Kids

Join us for a kids-only fitness time with a focus on fun! We will concentrate on building gross motor skills, strength, body control, balance and coordination through aerobic activities, cooperative games, sports and music. Please dress for an active morning. ***Class held in the Family Gym***

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

WEEK 4: TUESDAY, NOVEMBER 11

3-2-1 Blast Off!

We are going to blast off in our rockets and head up to outer space for an out of this world adventure. Our mission will take us visiting planets and learning about the world in which we live.

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

Session II: Parent/Child Class Fees:

\$30 Members \$65 Community Participant

Preschool Classes: Age 2 to 3-1/2 with a parent & age 3-1/2 to 4 parent is optional.

MESSY ADVENTURES

Children will have a chance to explore their creative side in this fun-filled class. Each week you and your child will enjoy creating a "masterpiece" together using art, food, and fun! Let the Adventure begin!

Age 2 to 3-1/2 with a parent & age 3-1/2 to 4 parent is optional

FALL I: Friday 9:00 am - 9:45 am

FALL II: Friday 9:00 am - 9:45 am

Location: Multi-Purpose Room

Fees: \$30 Member \$65 Community Participant



ALSO OFFERING: FAMILY OPEN GYM AT THE GYMNASIUM CENTER ... SEE PAGE 9



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

FALL SESSION I:

WEEK 1: TUESDAY, SEPTEMBER 23

Things That Go Zoom!!

We will have a fun filled class of all things that take us places! We will talk about planes, trains, automobiles, and more! It is also back to school time and the yellow busses are out and about! Climb aboard to this class as we watch the wheels go round and round. We are sure to have a zooming good time!

Ages: 3-1/2 to 6 10:15– 11:15am Multi-Purpose Room

WEEK 2: TUESDAY, SEPTEMBER 30

A is for Apple

An apple a day will make for a fun class at the Y today. This morning we will climb “way up high in the apple tree” while we explore and learn about different kinds of apples. We will have apple taste testing, crafts, stories, games and more.

Ages: 3-1/2 to 6 10:15– 11:15am Multi-Purpose Room

WEEK 3: TUESDAY, OCTOBER 7

Wiggle and Giggle

This fun movement class get us moving & laughing while enhancing physical skills. Kids will play games, pretend, imagine, run, jump, roll & see how staying active & fit can be FUN! Dress for an active morning. **Class held in the Family Gym**

Ages: 3-1/2 to 6 10:15– 11:15am Family Gym

WEEK 4: TUESDAY, OCTOBER 14

Going To The Zoo

It is zoo day today at that YMCA! Come and play like zoo animals this morning. We’ll have games, songs, stories, and make fun animal crafts. We will end our morning with a “wild” snack.

Ages: 3-1/2 to 6 10:15– 11:15am Multi-Purpose Room

Session I: Preschool Class Fees:

\$35 Members \$75 Community Participant

FALL SESSION II:

WEEK 1: TUESDAY, OCTOBER 21

Fall Leaves Fall

Leaves are changing colors and falling from the trees as seasons are changing around us. It’s time to “fall” into class this morning as we explore autumn leaves, trees, squirrels, scarecrows and more. We will enjoy crafts, snacks and fun as we learn about this colorful season.

Ages: 3-1/2 to 6 10:15– 11:15am Multi-Purpose Room

WEEK 2: TUESDAY, OCTOBER 28

Pumpkin Party

Happy Halloween! Make sure to wear your favorite costume to class today to join in on all the Halloween Fun! We will be decorating pumpkins, playing party games, going on a costume parade and enjoying all the excitement of this not-so-spooky day.

Ages: 3-1/2 to 6 10:15– 11:15am Multi-Purpose Room

WEEK 3: TUESDAY, NOVEMBER 4

Cardio Kids

Join us for a kids-only fitness time with a focus on fun! We will concentrate on building gross motor skills, strength, body control, balance and coordination through aerobic activities, cooperative games, sports and music. Please dress for an active morning. ***Class held in the Family Gym***

Ages: 3-1/2 to 6 10:15– 11:15am Family Gym

WEEK 4: TUESDAY, NOVEMBER 11

3-2-1 Blast Off!

We are going to blast off in our rockets and head up to outer space for an out of this world adventure. Our mission will take us visiting planets and learning about the world in which we live.

Ages: 3-1/2 to 6 10:15– 11:15am Multi-Purpose Room

Session II: Preschool Class Fees:

\$35 Members \$75 Community Participant

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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

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

REGISTER HERE



| SATURDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
|-----------|---------------|----------|--------------|----------|-------------|--------------|
| 8:30 am | | | X | | | |
| 8:45 am | | X | X | | | |
| 9:15 am | | | | | X | |
| 9:30 am | X | X | | | | |
| 10:15 am | | X | X | | | |
| 10:30 am | | | | X | | |
| MONDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 4:00 pm | X | | | | | |
| 4:30 pm | | | X | | | |
| 4:45 pm | | X | X | | | |
| 5:15 pm | | X | | | | |
| 5:30 pm | | | | | X | |
| 5:45 pm | | | | X | | |
| TUESDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 5:00 pm | X | X | | | | |
| 5:15 pm | | | X | | | |
| WEDNESDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 10:00 am | X | | | | | |
| 4:00 pm | | | | | | |
| 4:30 pm | | X | | | | |
| 4:45 pm | | X | | X | | |
| 5:00 pm | | | X | | | |
| 5:30 pm | | | | X | | |
| 5:45 pm | | | | | | X |
| THURSDAY | Tiny Tumblers | Beginner | Intermediate | Advanced | Advanced II | Recreation I |
| 9:00 am | X | | | | | |
| 5:00 pm | | X | | | | |
| 5:15 pm | | | | | X | |
| 5:30 pm | | | X | | | |

Gymnastics

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 5:45 pm-6:15 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

FAMILY OPEN GYM (AGES 0-5)

Bring the whole family for active fun in our safe, fully equipped Gymnastics Center! Perfect for all ages and abilities—come move, play, and make memories together. Kids can run, climb, bounce, and explore while parents join in or cheer them on. Staff are present for support, but parents must actively supervise their children (1:1 ratio recommended). Non-mobile infants should be in a wearable baby carrier, and all mobile children must be registered.

Friday, September 26 & October 24 10:00 am-12:00 pm

Location: YMCA Gymnastics Center
Fees: \$8/class per child (Member)
\$15/class per child
(Community Participant)

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, September 20 9:00 am to 3:00 pm
Saturday, October 18 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, September 30
6:00 pm to 9:00 pm

Tuesday, November 4
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

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

REGISTER HERE

*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.



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, October 4 9:00 am to 11:30 am
Saturday, November 1 9:00 am to 11:30 am

Fees: \$20 Member \$45 Community Participant

LIFEGUARD TRAINING

Friday, October 24th - 4:00 pm-8:00 pm
Saturday, October 25th - 9:00 am-6:00 pm
Sunday, October 26th - 9:00 am-6:00 pm

**REGISTRATION
CLOSES OCT. 11TH!**

*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

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 week we will focus on a different team sport; basketball, tee ball, volleyball, and soccer.

Grades: 3k – 4K

FALL I: Mondays 10:00 am – 10:30 am

FALL II: Fridays 10:00 am – 10:30 am

Location: YMCA Racquetball Court B

Fees: \$30 Member \$65 Community Participant

BEGINNER JUGGLING

Beginner juggling will teach anyone looking to learn how to juggle 2 to 3 balls in various basic patterns, but any skill level is welcome. Juggling is great for hand-eye coordination, improving brain plasticity, as well as strengthening and conditioning. Come and learn a skill you can carry with you for life, everyone is welcome and no juggling props are needed.

Ages: 6 years and older

FALL I: Thursdays 4:45 pm – 5:30 pm

FALL II: Thursdays 4:45 pm – 5:30 pm

Location: YMCA Healthy Living Center

Fees: \$15 Member \$35 Community Participant

VOLLEYBALL

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

FALL I: Mondays 4:00 pm – 5:00 pm

FALL II: Mondays 4:00 pm – 5:00 pm

Location: YMCA Family Gym

Fees: \$40 Member \$85 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.



2025 PUMPKIN PLUNGE

FRIDAY, OCTOBER 17, 2025

Ages 8 & Under: 5:00 pm – 5:45 pm
(Parents must be in water with the child)

Ages 9 & Up: 6:00 pm – 6:45 pm

DIVE IN AND BOB FOR YOUR PERFECT PUMPKIN!

Take the plunge into our floating pumpkin patch, where kids can splash, swim, and search for the pumpkin of their dreams—then take it home to decorate.

Afterward, stick around for free swim fun! Families are welcome to enjoy the pool for the full session. Don't miss this gourd-geous night of fall fun!

Registration Open: September 15–October 15, 2025

Fees: \$5 Member \$15 Community Participant

[REGISTER HERE](#)



YOUTH BASKETBALL CAMPS

BUCKS CLINIC

Milwaukee Bucks Fall Clinics are an excellent opportunity for kids ages 5-12 to sharpen their basketball skills. These one-day clinics help players improve their fundamental skills in a fun and engaging environment. Bucks clinic staff are selected for their basketball knowledge and ability to coach kids of all ages.

Ages: 5-12 years old

SATURDAY, OCTOBER 18TH 10:00 am – 12:00 pm

Location: YMCA Family Gym

Fees: \$50 Member & Community Participant

[REGISTER HERE](#)
FOR BUCKS CLINIC



3-DAY BASKETBALL CAMP

Great opportunity to continue to improve your basketball skills during this 3-day camp! Participants will focus on three fundamentals of basketball: ball handling, shooting technique, and defensive/offensive play. These skills will be taught through stations and gameplay.

Dates: Saturday October 25, November 1 and November 8

Grades 4K – K 9:15 am – 10:00 am

Grades 1 – 4 10:00 am – 10:45 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

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 (starting September 2nd):

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.

- **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 FALL!

FALL I: September 2 – November 20, 2025
Tuesdays and Thursdays, 1:30 – 3:30 pm

FALL II: September 8 – December 3, 2025
Mondays and Wednesdays, 6:00 – 7:30 pm

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

LEARN MORE 

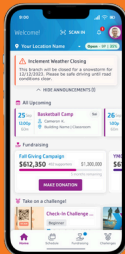


STAY STRONG

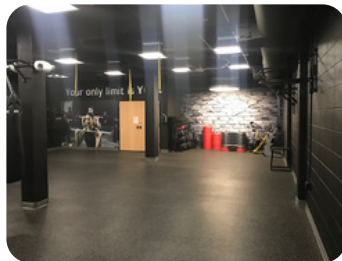
The new Stay Strong program is a comprehensive fitness and community-building initiative designed to empower adult cancer survivors. Available to YMCA members who have completed the LIVESTRONG® at the YMCA program, the Stay Strong program focuses on building strength and endurance in a community that understands and uplifts one another.

DOWNLOAD OUR MOBILE APP!

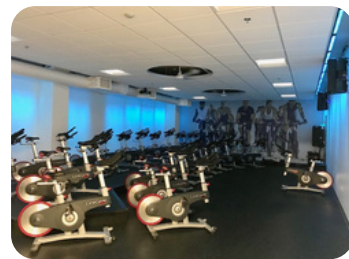
- CONNECT TO YOUR ONLINE MEMBER ACCOUNT
- SCAN IN YOURSELF & THE MEMBERS ON YOUR ACCOUNT
- BROWSE SCHEDULES FOR ALL CLASSES, PROGRAMS & AREAS
- VIEW YOUR YEAR-TO-DATE GIVING
- RESERVE A LANE FOR LAP SWIMMING



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.

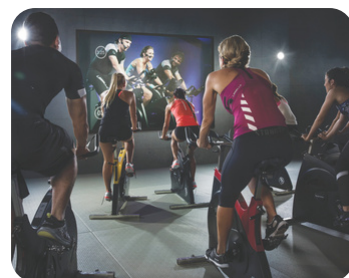
VIRTUAL FITNESS CLASSES

Through our partners Les Mills and Wexer, we are able to deliver virtual fitness content using the latest technology. We guarantee there is a class for every member!

Studio 1 offers scheduled virtual fitness classes.

Studio 2 offers scheduled virtual cycling fitness classes and on-demand time to pick your own class.

Studio 4 offers scheduled virtual fitness classes and on-demand time to pick your own class.



LIMITED SERIES FITNESS CLASSES FROM LES MILLS!

LES MILLS PILATES

A mind-body workout designed to improve strength, mobility and happiness with slow, simple movements to tone your abs, glutes, back, and hips.

LES MILLS FUNCTIONAL STRENGTH

A workout that uses unique super sets of tempo-focused loaded compound moves with single-sided (unilateral) movements to challenge members in new ways - all while improving coordination, stability, and strength symmetry.

LES MILLS Shapes

An invigorating blend of Pilates, Barre, and Power Yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

LES MILLS Strength Development

A progressive full-body workout focusing on setting a strong foundation of good technique within a traditional compound strength training structure. This workout is off the beat of the music, and you decide the weight you would like to work with.

WATER FITNESS CLASSES

- AQUA ABS & ARMS
- AQUA FIT
- DEEP WATER POWER
- MID-TEMPO
- AQUA BEATS
- MORNING AQUABLAST WITH FRIENDS
- POOL PARTY
- SPLASH JAM
- TONE & STRETCH
- WATER AEROBICS
- WATER YOGA

CLASS DESCRIPTIONS

WATER AEROBICS SCHEDULE



PERSONAL TRAINING

LEARN MORE 

Let the Y's team of personal trainers use their specialized training and experience to create a personalized program designed to help you reach your fitness goals.

Contact Ericka Wawrzyn, Healthy Living Director, at 920.921.3330 ext. 348 or email ewawrzyn@fdlymca.org, to inquire about personal training, answer any questions you may have, and discuss your fitness goals.



INDIVIDUAL PERSONAL TRAINING RATES:

PACKAGES
FOR 30 NOW
AVAILABLE!

| DURATION OF SESSION | (1) Session | (5) Sessions | (10) Sessions | (15) Sessions |
|------------------------|----------------|-----------------|------------------|------------------|
| 30 Minute Session | \$27.50 | \$130.63 | \$255.75 | \$375.38 |
| 45 Minute Session | \$41.25 | \$195.94 | \$383.63 | \$563.06 |
| 60 Minute Session | \$55.00 | \$261.25 | \$511.50 | \$750.75 |



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.

MONDAY 6:15-7:15 PM STUDIO 3

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

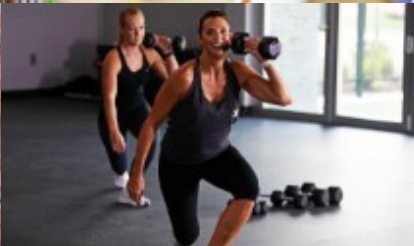
- HIIT TRAINING
- INTERVAL TRAINING
- KETTLEBELLS
- TOTAL BODY BOOTCAMP



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 and start exploring today.



personal training

FOREVER FIT GROUP FITNESS CLASSES

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

OPEN WALKING

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

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

PICKLEBALL

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

LEAGUE & CLASSES AVAILABLE! Contact Natalie Wondra for more information at nwondra@fdlymca.org

INTRO TO PICKLEBALL

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

Sundays 9:00 am – 10:00 am

SESSION I: October 12, October 19, October 26, November 2

SESSION II: November 9, November 16, November 23, November 30

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

SESSION I: October 12, October 19, October 26, November 2

SESSION II: November 9, November 16, November 23, November 30

Ages: 18+ **Location:** YMCA Community Gym

Fees: \$40 Member \$85 Community Participant



FOREVER FIT 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 Forever Fit 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

SESSION I: October 17, October 24, October 31, November 7

SESSION II: November 14, November 21, December 5, December 12

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. This is NOT an instructional class. 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: October 13th – December 8th (No League November 24th)

Fees: \$50 Member \$75 Community Participant

INTERMEDIATE LEVEL (AGES 18+)

Tuesdays 6:30-8:30 pm

Dates: October 14th – December 9th (No League November 25th)

Fees: \$50 Member \$75 Community Participant

ADVANCED LEVEL (AGES 18+)

Wednesdays 6:30-8:30 pm

Dates: October 15th – December 10th (No League November 26th)

Fees: \$50 Member \$75 Community Participant

forever fit

adult sports

FOND DU LAC FAMILY YMCA LEADERSHIP TEAM:

J.J. Raflik, CEO/Executive Director

Ext. 318 Email: jraflik@fdlymca.org

Kristel Lougher, Associate Executive Director

Ext. 326 Email: klougher@fdlymca.org

Amanda Bodden, Director of Youth Programs

Ext. 312 Email: abodden@fdlymca.org

Katie McCormick, Director of Mission Advancement

Ext. 313 Email: kmccormick@fdlymca.org

Jen Memmel, Director of Marketing & Communications

Ext. 322 Email: jmemmel@fdlymca.org

Emily Anton, Finance Director

Ext. 327 Email: eanton@fdlymca.org

Michaela Buechler, Gymnastics Director & Head Coach

Ext. 355 Email: mbuechler@fdlymca.org

Brittany Drews, Member Experience Director

Ext. 319 Email: bdrews@fdlymca.org

Sherry Ferraro, Family Director

Ext. 303 Email: sferraro@fdlymca.org

Sandi Harlan, Child Care Director

Ext. 320 Email: sharlan@fdlymca.org

Jeff Krantz, Property Director

Ext. 335 Email: jkrantz@fdlymca.org

Jennie Mildebrandt, Aquatics Director

Ext. 315 Email: jmildebrandt@fdlymca.org

Ericka Wawrzyn, Healthy Living Director

Ext. 348 Email: ewawrzyn@fdlymca.org

Jake Berger, Healthy Living Program Coordinator

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

Sam Gudex, Marketing Coordinator

Ext. 311 Email: sgudex@fdlymca.org

Barb Seidel, Group Exercise Coordinator

Email: bseidel@fdlymca.org

Lydia Thompson, Gymnastics Coordinator & Assistant Coach

920.933.3499 Email: lthompson@fdlymca.org

Lisa Wiercinski, HR & Volunteer Coordinator

Ext. 310 Email: lwiercinski@fdlymca.org

Nicole Winke, Child Care Coordinator

Ext. 321 Email: nwinke@fdlymca.org

Natalie Wondra, Youth Sports & Adaptive Program Coordinator

Ext. 306 Email: nwondra@fdlymca.org

James Yearwood, Maintenance Coordinator

Ext. 372 Email: jyearwood@fdlymca.org

Jenn Deloughary, Gymnastics Specialist

Email: jdeloughary@fdlymca.org

Addie Schroeder, Aquatics Specialist

Ext. 315 Email: aschroeder@fdlymca.org

SUPPORT STAFF:

Keith Amundson, Business Office

Ext. 304 Email: kamundson@fdlymca.org

MaryAnn Schwark, Executive Assistant

Ext. 349 Email: mschwark@fdlymca.org

YMCA BOARD OF DIRECTORS:

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FOND DU LAC FAMILY YMCA

90 W. Second Street
Fond du Lac, WI 54935
Phone: 920.921.3330
Fax: 920.921.3376

YMCA CHILD CARE CENTER

90 W. Second Street
Fond du Lac, WI 54935
Phone: 920.921.3698
Fax: 920.921.3376

YMCA GYMNASTICS CENTER

520 N. Main Street
Fond du Lac, WI 54935
Phone: 920.933.3499
Fax: 920.921.3376

CONNECT WITH US:



fdlymca.org

