

## PERSONAL TRAINING:

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, to inquire about Personal Training, answer any questions you may have, and discuss your fitness goals. Start by filling out the Personal Training Inquiry Form found on the Y's Personal Training page at [fdlymca.org](http://fdlymca.org).

## PROGRAMS & ACTIVITIES:

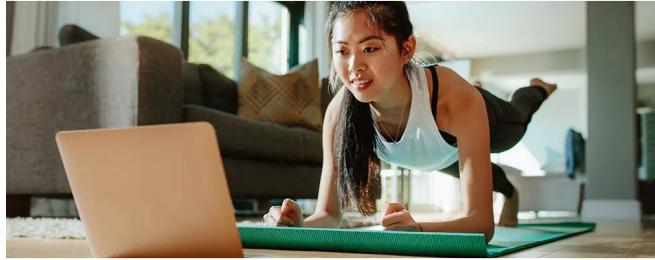
Our programs empower young people, improve health and well-being, as well as provide support and inspire action in our communities today and every day. Explore our offerings to discover new ways to connect to your purpose, potential and each other.

You will need to complete the online account set-up process at [fdlymca.org](http://fdlymca.org) to activate your online account, before you will be able to register online for programs and manage your account.

**MEMBERSHIP PROVIDES YOU WITH DISCOUNTED PROGRAM FEES.**



**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).



**APPLY TODAY!**



**ONLY \$5**  
**PER MONTH PER MEMBER!**

Qualifying members will have unlimited access to our Wellness Center, Gyms, Racquetball, and Studio 4 classes on-demand, any time, day or night.

**PURCHASE A LOCK FOR YOUR VALUABLES**



We encourage all members who utilize our lockers to lock up their personal items. Keep your items safe. We sell locks for \$7.50 at the Welcome Center desk.



FOND DU LAC FAMILY YMCA  
90 W. Second Street Fond du Lac, WI 54935  
920.921.3330 | [fdlymca.org](http://fdlymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW MEMBER CHECKLIST

## GET CONNECTED AND STAY INFORMED

Check out our website at [fdlymca.org](http://fdlymca.org) for information on schedules, programs, classes, hours, etc.



Follow us on Facebook 

## CREATE AN ONLINE ACCOUNT

OUR ONLINE ACCOUNT MANAGEMENT & REGISTRATION SITE ALLOWS YOU TO:

- Register for programs faster and easier.
- Update or change your billing information.
- Pay your account balance.
- View or print receipts.
- Schedule lap lane reservations.
- View your check-in activity for current and previous month.
- View your current and upcoming registrations for all members on your account.
- Receive important membership and billing updates.
- Cancel your membership or request a hold.

Ensure you have a valid email and phone number connected to your Y Membership account. If you don't or are unsure, please contact member services at 920.921.3330 and we will assist you.



## 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

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

## 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.

## SCHEDULE A FREE FITPATH FITNESS ASSESSMENT



Schedule your FREE one hour assessment with a personal trainer to identify your baseline level of fitness, establish wellness goals and receive fitness recommendations from our knowledgeable staff. Schedule your session at the Welcome Center desk.

## EQUIPMENT ORIENTATION:

Our staff will take you on a guided tour of the Wellness Center, providing you with a FREE equipment orientation. Register in-person at the Welcome Center desk.

## AGE GUIDELINES:

8+

- Unsupervised facility use is open to ages 8 & up.
- Youth under age 8 may use the facility if accompanied by and actively supervised by an adult (age 16 and older) at all times.
- Children under age 11 are not allowed in the Wellness Center.
- Children ages 11–13 may use the Wellness Center if accompanied by a parent/guardian, or may use the Wellness Center on their own after completing the free Youth Health & Wellness program.
- Teens under age 14 are not allowed in the free weight area of the Wellness Center.
- Children under age 8 may not be left unattended in the pool or on the pool deck.

## ALWAYS WELCOME IN EVERY COMMUNITY

With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge. Achieve your health and wellness goals wherever life takes you.

## DOWNLOAD OUR APP!



CONNECT TO YOUR ONLINE  
MEMBER ACCOUNT



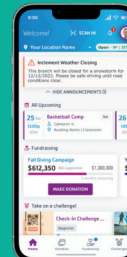
SCAN IN YOURSELF & THE  
MEMBERS ON YOUR ACCOUNT



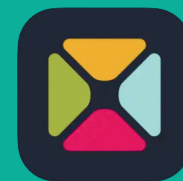
BROWSE SCHEDULES FOR ALL  
CLASSES, PROGRAMS & AREAS



VIEW YOUR YEAR-TO-DATE DONATIONS



Download on the  
App Store



GET IT ON  
Google Play

DOWNLOAD THE NEW "DAXKO" APP TO STAY  
CONNECTED TO THE FOND DU LAC FAMILY YMCA



## 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.