



Anywhere, Anytime

DISCOVER THE ADDED
BENEFITS OF YMCA360



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.

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.

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 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.

A PLACE FOR ALL
WELCOMING
LEARN STRONGER
GROW TOGETHER
THRIVE HAPPINESS
WE ARE FAMILY
FRIENDS
DEDICATED TO
THE COMMUNITY
HOPE
ACHIEVE YOUR GOALS
HEALTHY CHANGE
COMMITMENT
FIND SUPPORT
& BELONGING
MAKING A DIFFERENCE
CONNECT WITH US
FAITH



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

NEW MEMBER CHECKLIST

WELCOME TO THE Y



GET CONNECTED AND STAY INFORMED



Check out our website at **fdlymca.org** for information on schedules, programs, classes, hours, etc.

Follow us on Facebook,
Instagram and Twitter!



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.
- 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.
- 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.

WORK AT THE Y.



Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job - you'll enjoy the opportunity to make a lasting difference in the lives of those around you.

Please see the Y's Employment page at **fdlymca.org** for employment opportunities and how to apply.

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 (Closed 2-4pm) |
| 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** 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 Life Management Center 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:

- 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.

8+

DOWNLOAD OUR FREE MOBILE APP



Get our mobile app by searching "Daxko" in the App Store or Google Play.

Download and open the App, search for and choose "Fond du Lac Family YMCA", set notification preferences and enter your member cards under "cards".

APP FEATURES:

- Scan in at our facility using your smart phone.
- Search and register for programs.
- Manage multiple bar codes for you and your family.
- View fitness class, gym and pool schedules. Sort by area, type, time and class, to view only what you want to see.
- Add programs and events directly to your calendar.

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.



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.