The mission of the Fond du Lac Family YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. By upholding our core values of Caring, Honesty, Respect, and Responsibility, the Y is committed to strengthening our community through programs that promote youth development, healthy living and social responsibility.
As I look back on the past 15 years serving The Fond du Lac Family YMCA as CEO, I am humbled by the support the community has given the YMCA, in order to become a “Place for All”, filling community needs.

The YMCA Board of Directors took a risk by believing in me at the time, a 34 year old professional having no CEO experience prior to arriving in Fond du Lac in 2003. I must have shown some promise for the Board to take a leap of faith and hire me. During my interview, I remember the Y Board of Directors asking me the question, “How long do you see yourself in Fond du Lac?” I was honest when I said, “I don’t know how long I will be in Fond du Lac but I promise that when I leave, the Y will be in a much better place than when I arrived.”

Hopefully most of you can agree that the Fond du Lac Family YMCA is in a better place today than when I arrived in 2003. Immediately after I started at the Y, the community truly showed me and my family what a “Place for All” meant, by welcoming us in, as if we lived in Fond du Lac our entire lives. It was shortly after my arrival that the Y Board of Directors, along with community leaders, donors, and so many others, embraced my far reaching idea of bringing together two local non-profits, in order to best serve the needs of this community, changing the way the community thought of collaboration.

The collaboration of the YMCA and the Boys and Girls Club has forever changed how these two organizations impact the local community. It also changed how these organizations, at the national level, view this partnership, better understanding the impact the collaboration could have on hundreds, if not thousands of communities across the nation.

As my time here in Fond du Lac comes to an end, I wanted to leave everyone in the community a long overdue THANK YOU. Thank you for believing in a dream….a BIG dream, and for finding the resources to support this dream, then showing up to belong to this dream. My family and I owe this community more thanks and appreciation than I can ever express, but please know this - I will forever hold Fond du Lac, and the way it loves on people, forever in my heart as I continue to serve this world to ensure that every place I go will be “A Place for All.”

Yours in Service,

Greg Giles
CEO
Program Session Dates
Spring Session I : April 22 – June 1
(No classes May 25 or 27, Make-up dates are June 3 & 8)
Summer Session I : June 17 – July 20
(No classes will be held the week of July 1-6)
Summer Session II : July 22 – August 16
Actual session dates may vary by program area; please refer to class schedule for applicable session dates.

Registration Dates & Fees:
Spring Session I
Early Registration dates:
Y Members :: Tues., March 19 - Wed., April 10*
Community Participants :: Tues., March 26 - Wed., Apr. 10*
*Early Registration closes April 10 at 10:00 pm
Late fees added April 10 – April 26
Summer Session I & II
Early Registration dates:
Y Members :: Tues., March 19 - Wed., June 5*
Community Participants :: Tues., March 26 - Wed., June 5*
*Early Registration closes June 5 at 9:00 pm
Late fees added June 5–June 21

Fees listed in the guide are for Early Registration. A late fee of $5.00 per program session will be added after Early Registration dates. Registration for all programs is in person at the Y, or online registration is available for most programs at fdlymca.org. An active account and email address is required for online registration. Phone-in or mail-in registrations are not accepted.

Program Cancellations
The Y reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. In the event a class is cancelled due to lack of enrollment, a full refund or credit will be issued. A credit, minus a $5 processing fee, will be issued if a participant cancels before the first day of the session. The fee will be waived if the participant transfers to another class. A prorated credit will be given only if participation ceases due to medical reasons with a doctor’s excuse. No credits are given for classes cancelled due to weather. Canceled classes will be rescheduled, if possible. Swim lessons cannot be made up.

Fitness Class Cancellations
The Y reserves the right to cancel fitness classes at any given time. In the event of a cancellation, information will be posted on the Fond du Lac Family YMCA’s Facebook page, the homepage of our website, fdlymca.org, on signage outside of fitness studios, or via push notifications from the Fond du Lac YMCA app.

Child Watch Drop-off
WE’LL WATCH YOUR KIDS WHILE YOU FOCUS ON YOU.
Located off the main lobby of the Y, Child Watch is an on-site, drop-off babysitting service for children ages 6 weeks to 8 years. This service is available to our members and community participants while they are working out at the Y. Hours and pricing are available on our website at fdlymca.org.

Hours of Operation

<table>
<thead>
<tr>
<th>BUILDING HOURS</th>
<th>Winter</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday to Friday</td>
<td>5:00 am to 10:00 pm</td>
<td>5:00 am to 9:00 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:00 am to 6:00 pm</td>
<td>6:00 am to 4:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 am to 4:00 pm</td>
<td>9:00 am to 2:00 pm</td>
</tr>
</tbody>
</table>

All program areas close 15 minutes prior to building close, including the gyms, racquetball courts and Life Management Center.

<table>
<thead>
<tr>
<th>POOL HOURS</th>
<th>Winter</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday to Friday</td>
<td>5:00 am to 9:00 pm</td>
<td>5:00 am to 8:45 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>6:00 am to 5:30 pm</td>
<td>6:00 am to 3:30 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 am to 3:30 pm</td>
<td>Closed</td>
</tr>
</tbody>
</table>

Winter Membership Hours
Monday to Thursday...........8:15 am to 8:00 pm
Friday..............................8:15 am to 7:00 pm
Saturday................................9:00 am to 2:00 pm
Sunday..................................11:00 am to 2:00 pm

Summer Membership Hours
Monday to Thursday...........8:15 am to 7:00 pm
Friday..............................8:15 am to 6:00 pm
Saturday................................9:00 am to 12:00 pm

Horario de membresía en español
Lunes, Martes, Jueves........8:15 am a 12:00 pm
Viernes............................8:15 am a 1:00 pm

Holiday Hours
The Y will observe the following hours during the upcoming holidays:
April 21 (Easter)..........................Closed
May 27 (Memorial Day)................Closed
July 4 (Independence Day)..........Closed
September 2 (Labor Day)............Closed

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

Membership For All
Any individual or family whose total combined gross household income is less than $70,000 per year may qualify for financial assistance, dependent upon household size. A sliding scale is used to determine how much assistance is awarded. Applications are available at the Welcome Center desk.

Programs For All
Any individual or family who qualifies for Membership For All financial assistance, also receives the same discount on qualifying programs.

When you see the symbol, it notates the youth programs available for this discount.
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. Children under age 8 may participate as part of a family membership.

A Family membership is defined as one adult, or two adults in a committed relationship, and dependent children less than age 19, unless child is a full-time college student under age 25, all residing in the same household. Elderly parents living with and dependent upon their children or dependent adult children with a disability living with their parent or legal guardian are also covered. The Joiner Fee is paid upon joining the Y by all new members, defined as any person who has not been a member of a YMCA during the last 30 days. **The Joiner Fee is non-refundable**

Membership rates are subject to change at any time at the discretion of the Fond du Lac Family YMCA. A $30 fee is charged for all returned checks or NSF bank draft.

If interested in receiving a tour of the Fond du Lac Family YMCA, stop by our Welcome Center Desk during business hours and we will gladly give you a tour.

**AARP® MEDICARE SUPPLEMENT PROGRAM**

INSURED IN AN AARP MEDICARE SUPPLEMENT INSURANCE PLAN? This location is participating in a program available to Wisconsin residents who are insured members covered under an AARP® Medicare Supplement Insurance Plan insured by UnitedHealthcare Insurance Company (UnitedHealthcare). For details, stop by the front desk. HAVE ADDITIONAL QUESTIONS? CALL UNITEDHEALTHCARE AT 1-888-887-5963.

**OPTUM® FITNESS ADVANTAGE**

With Optum® Fitness Advantage, from UnitedHealthcare®, it’s easy to keep your fitness routine fresh and fun. You can visit the Fond du Lac Family YMCA at no additional cost to you. It is available to plan holders of select UnitedHealthcare Medicare Advantage insurance plans. If you have questions about the program, please call the Customer Service number printed on the back of your health plan ID card.

**SILVER&FIT® PROGRAM**

Health plans offer the Silver&Fit program to eligible Medicare Advantage/Supplement beneficiaries and group retirees. It can help you improve the quality of your life. As a Silver&Fit® member, you’ll get to work out more, meet new friends, and be more social.

**SILVERSNEAKERS® FITNESS PROGRAM**

A comprehensive older-adult fitness program offering members of qualifying insurance carriers a free membership, along with the opportunity to participate in SilverSneakers® group fitness classes.

**NATIONWIDE MEMBERSHIP**

Nationwide Membership, valid for active, full facility YMCA members, enables you to visit any participating YMCA in the United States through membership at your “home” YMCA. We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities. For more information about Nationwide Membership visit www.fdlymca.org.

JOINING THE CAUSE

At the Y, we exist to strengthen community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support our neighbors. As a member, you will create meaningful change not just for you, but also for your community.

Among our offerings:

- Two swimming pools, water slide, whirlpool and steam room
- Wellness Center offering LifeFitness cardio and strength training machines, free weights, and stretching area
- Two full-size gymnasiums and racquetball courts
- Four fitness studios, offering both live and virtual group fitness classes & paid personal training
- LES MILLS™ group fitness classes available
- Healthy Living Center
- Discounted program fees and priority registration
- Free Youth Fitness Program
- Free 8-week Healthy Living Program
- Child Watch drop-off babysitting service
- Multi-purpose room for special events and programs
- Separate locker rooms for adult men, adult women, boys, girls, and family/special needs
- Licensed Child Care Center with on-site Fond du Lac Public School District 4K program
- Collaboration with Boys & Girls Club of Fond du Lac offers a $20 school-year voucher to youth in grades 1 to 12 with a full-paid youth or family YMCA membership
- Volunteer opportunities
- Financial assistance for membership or programs
### Membership Rates

#### Monthly Draft Plan—Joiner Fee Included

Pay your joiner fee over 12 consecutive months

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Initial Monthly Member Rate for 12 consecutive months</th>
<th>Monthly Member Loyalty Rate after 12 consecutive months</th>
<th>Paid at time of joining</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (age 8-18)</td>
<td>$21.99</td>
<td>$19.99</td>
<td>Prorated 1st month</td>
</tr>
<tr>
<td>Young Adult (age 19-30)</td>
<td>$26.99</td>
<td>$22.99</td>
<td>Prorated 1st month</td>
</tr>
<tr>
<td>Adult (age 31-64)</td>
<td>$49.99</td>
<td>$43.99</td>
<td>Prorated 1st month</td>
</tr>
<tr>
<td>Senior (age 65+)</td>
<td>$43.99</td>
<td>$37.99</td>
<td>Prorated 1st month</td>
</tr>
<tr>
<td>Family/Household</td>
<td>$67.99</td>
<td>$59.99</td>
<td>Prorated 1st month</td>
</tr>
<tr>
<td>Senior Family/Household (primary member age 65+)</td>
<td>$61.99</td>
<td>$53.99</td>
<td>Prorated 1st month</td>
</tr>
</tbody>
</table>

The Monthly Draft Plan with joiner fee included is a continuous membership plan made through an automatic monthly draft charged to either a checking/savings account or a credit card account. The joiner fee is divided over 12 months and is added to the monthly member loyalty rate for 12 consecutive months. After 12 months, the rate will drop and members will pay the regular monthly member loyalty rate. First month membership is prorated based on join date. A voided check or bank letterhead indicating your account and routing number or a credit card is required to establish a continuous membership plan. Credit card drafts (Discover, MasterCard or VISA) must occur on the 1st of each month.

#### Monthly Draft Plan

Joiner fee paid at time of joining

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Joiner Fee</th>
<th>Monthly Member Loyalty Rate</th>
<th>Paid at time of joining</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (age 8-18)</td>
<td>$24</td>
<td>$19.99</td>
<td>Joiner fee + prorated 1st month</td>
</tr>
<tr>
<td>Young Adult (age 19-30)</td>
<td>$48</td>
<td>$22.99</td>
<td>Joiner fee + prorated 1st month</td>
</tr>
<tr>
<td>Adult (age 31-64)</td>
<td>$72</td>
<td>$43.99</td>
<td>Joiner fee + prorated 1st month</td>
</tr>
<tr>
<td>Senior (age 65+)</td>
<td>$72</td>
<td>$37.99</td>
<td>Joiner fee + prorated 1st month</td>
</tr>
<tr>
<td>Family/Household</td>
<td>$96</td>
<td>$59.99</td>
<td>Joiner fee + prorated 1st month</td>
</tr>
<tr>
<td>Senior Family/Household (primary member age 65+)</td>
<td>$96</td>
<td>$53.99</td>
<td>Joiner fee + prorated 1st month</td>
</tr>
</tbody>
</table>

The Monthly Draft Plan is a continuous membership plan made through an automatic monthly draft charged to either a checking/savings account or a credit card account. Joiner fee is paid at time of joining along with the prorated first month rate, based on join date. The monthly member loyalty rate is withdrawn from your account thereafter. A voided check or bank letterhead indicating your account and routing number or a credit card is required to establish a continuous membership plan. Credit card drafts (Discover, MasterCard or VISA) must occur on the 1st of each month.

#### Annual Membership Plan

Annual payment and joiner fee paid in full at time of joining

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Joiner Fee</th>
<th>Annual Payment</th>
<th>Paid at time of joining</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (age 8-18)</td>
<td>$24</td>
<td>$239.88</td>
<td>$263.88</td>
</tr>
<tr>
<td>Young Adult (age 19-30)</td>
<td>$48</td>
<td>$275.88</td>
<td>$323.88</td>
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<tr>
<td>Adult (age 31-64)</td>
<td>$72</td>
<td>$527.88</td>
<td>$599.88</td>
</tr>
<tr>
<td>Senior (age 65+)</td>
<td>$72</td>
<td>$455.88</td>
<td>$527.88</td>
</tr>
<tr>
<td>Family/Household</td>
<td>$96</td>
<td>$719.88</td>
<td>$815.88</td>
</tr>
<tr>
<td>Senior Family/Household (primary member age 65+)</td>
<td>$96</td>
<td>$647.88</td>
<td>$743.88</td>
</tr>
</tbody>
</table>

Annual payment and joiner fee is paid in full at time of join by cash, check, Discover, MasterCard or Visa, with the annual member fee paid annually thereafter. Renewal notices are sent within one month prior to membership expiration. If membership lapses for more than 30 days, the joiner fee must be paid again. All membership fees are non-refundable and non-transferable.

Membership rates are subject to change at any time at the discretion of the Fond du Lac Family YMCA. A $30 fee is charged for all returned checks or NSF bank draft.
MEMBERSHIP INFORMATION

MEMBERSHIP CHANGES/CANCELLATION
Cancellation of membership requires a minimum of ten (10) days written notice prior to the monthly draft date.

A member that needs to make a change to their membership status must complete a Membership Change Request form. If a change is being made to a bank draft, the member must submit a new Bank Draft Agreement form a minimum of ten (10) days prior to their next draft date and provide a voided check or bank letterhead indicating the new bank account.

MEMBERSHIP HOLDS
Members may put their membership on hold for up to three (3) months during any calendar year for major medical reasons with a doctor’s excuse, a family emergency or if leaving the area for an extended period of time (snowbird or reverse snowbird). Membership privileges are revoked while your membership is on hold.

DAY PASSES
Guests are welcome to purchase daily or monthly use passes. Guests 16 years and older must present a photo ID each time they enter the Y. Availability of purchasing a day pass may be limited on certain days. Day or monthly guest pass rates are available on our website at fdlymca.org.

Guest Requirements
• Guest must provide valid photo identification (driver’s license or student ID) and emergency contact information
• Guest must register at the Welcome Center and sign the Guest Waiver for using the facility
• Youth guests younger than age 8 must have an adult (16 or older) remain at the Y with the youth guest at all times.
• Guests must adhere to all Y policies and usage guidelines or they will be asked to leave the facility.

Grandparents
Y members who have grandchildren may bring their grandchildren to the Y as guests. Grandchildren ages 0–7 will be allowed in with a grandparent at no charge. Grandchildren ages 8 and up will pay the appropriate Day Pass rate if they are not Y members. Grandparents who are not Y members, who bring their grandchildren to the Y, must pay the appropriate Day Pass rate for their grandchildren ages 4 and up (3 and under are free), or may purchase a Family Day Pass to use for the day.

ACCIDENTS AND VALUABLES
The Y is not responsible for any accidents. All individuals participate at their own risk. Please immediately report any accident or emergency to the Welcome Center desk. Our staff is trained to assist in emergency situations.

The Y is not responsible for personal property that has been lost, damaged, or stolen. PLEASE LOCK YOUR BELONGINGS IN A LOCKER.
Locks are available for purchase at the Welcome Center desk for $7 each.
A Lost & Found is located at the Welcome Center desk.

APPROPRIATE BEHAVIOR EXPECTATIONS
Actions that are disrespectful to others and are NOT permitted include:
• Wearing inappropriate attire. Attire must be appropriate for the activity, adequately cover the body, and be free of any vulgar or profane writing or pictures. Swimsuits are only to be worn in the pool area; shoes, shorts and shirt are to be worn in other areas of the facility.
• Using angry or vulgar language, including swearing, name-calling or shouting.
• Harassment or intimidation with words, gestures, body language or any other behavior deemed inappropriate, threatening, frightening or offensive in nature.
• Stealing, negligent use of equipment or destruction of property.
• Making physical contact with a person in an angry or threatening manner that can hurt another person, or engaging in sexual activity or inappropriate contact with another person.
• The sale, possession, distribution, use or being under the influence of any illegal substance or alcohol in YMCA facilities or on surrounding properties.
• Tobacco use including smoking or vaping, or inhaling of intoxicative inhalants. All YMCA facilities and surrounding properties offer a tobacco-free environment.
• Carrying any concealed weapons, devices, or objects which may be used as a weapon is banned in YMCA facilities or on surrounding properties.
• Cell phone use or cameras of any kind in the locker rooms or rest rooms.
• Laying on furniture or floors or putting feet up on tables; sleeping anywhere in the facility.
• Taking an extensive amount of time, in excess of 60 minutes, utilizing seating areas in lobby, lower level, Wellness Center or Spiritual Corner.

FACILITY USE EXPECTATIONS
All members must present their membership card at the Welcome Center desk each time they enter the facility. Guests must register at the Welcome Center desk to gain access.

The Y requires that children under age 8 be accompanied and actively supervised by an adult (age 16 and older) at all times.

A child under age 8 may not be left unattended in the water or on pool deck.

Children under age 11 are not allowed in the Wellness Center.

Teens under age 16 are not allowed in the free weight area of the Wellness Center.

Lock up gym bags, coats & personal items in lockers. Personal items can not be stored in other areas of the facility. Staff can not be asked to be responsible for personal items.

Bicycles must be parked in bike racks outside the facility. Skate boards, scooters and roller blades may be carried inside the building but must be locked in lockers.

Audio equipment volume is to be kept at levels that do not disturb others. Use ear buds if available.

Cell phone ringers are to be kept low; conversations on cell phones should be kept at levels that do not disturb others.

The use of cell phones or cameras of any kind is prohibited in the locker rooms or rest rooms.

All program areas close 15 minutes prior to the building close.

The Y reserves the right to take photographs of members and guests participating in YMCA activities to be used in promotional literature.

Members and guests are to identify themselves to staff when asked.

The Y reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender.

Members and guests are encouraged to be responsible for their personal conduct and safety and to ask any person whose behavior threatens their personal comfort to refrain from doing so. If additional assistance is needed, YMCA staff are always available.

Suspension or termination of YMCA membership or privileges may result from any violation of the Code of Conduct. Reimbursement for membership and program fees will not be provided in the case of suspension or termination.
LOCKER ROOM USE

Men’s and Women’s Locker Rooms are provided for use by adults age 18 or older only. For the respect and comfort of all members, children under age 18 are not permitted in the adult locker rooms at any time. Adults with children should use the appropriate child-friendly locker room.

Girl’s & Boy’s Locker Rooms are provided for use by girls/boys ages 8 to 17 & girls/boys up to age 8 escorted by a parent or guardian. Adults age 18 and older, not escorting a child up to age 8, should use the appropriate adult locker room.

Family Locker Room is provided for use by parent(s)/guardian(s) escorting children up to age 8 and anyone age 8 and up with individual needs of any kind. Adults accompanying children under age 8 may use the appropriate child locker room.

THE USE OF CELL PHONES OR CAMERAS OF ANY KIND IS PROHIBITED IN THE LOCKER ROOMS.

KIT LOCKERS

Kit lockers in the Men’s and Women’s locker rooms may be rented for a fee of $4 per month, or $48 annually.

FACILITY RENTAL OPPORTUNITIES

The Y and Boys & Girls Club offer several rental options of various rooms within our facility, subject to availability.

Meeting 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 $50/day

Multi-Purpose Room | Located in the lower level of the Y, this space is perfect for large group meetings, seminars or activities. This room seats up to 80 people or can be divided in half to seat up to 40 people. (not available Saturdays or Sundays during birthday party times, 11:15 am - 4:00 pm)

Fee: $20/hour Half-room $30/hour Full-room

Staff Room | Located in the lower level of the Y, the staff room seats up to 6 people.

Fee: $10/hour $25/day
Contact JJ Raflik at 920.921.3330 ext. 318 or jraflik@fdlymca.org.

Party Rental | We offer a 3 hour full-room & half-room rental on weekends to accommodate for the following—baby showers, bridal showers, graduations, first communions and confirmations. Contact MaryAnn Schwark at 920.921.3330 ext. 349 or email mschwark@fdlymca.org for room availability and more information.

Full-room rental—seats up to 80 people
Fee: $160 for members $320 for community members

Half-room rental—seats up to 40 people
Fee: $80 for members $160 for community members

Teen Center | Located in the Boys & Girls Club, this space is perfect for birthday parties, graduation parties, family gatherings, office parties and much more. Complete access to all Teen Center equipment including table games, video game systems, computer and projector, etc. Contact Karissa Schneider at the Club at 920.924.0530 ext. 353 or email kschneider@kidsclubfdl.org for more information.

Fee: $50/hour for YMCA or BGC members $75/hour for community members

CELEBRATE WITH US

Host your next birthday party at the YMCA!

OPTION 1—Fond du Lac Family YMCA

<table>
<thead>
<tr>
<th>Days/Times</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>1:00-3:00 pm</td>
<td>12:30-3:30 pm</td>
</tr>
<tr>
<td>(Available all year long)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00-2:00 pm</td>
<td>12:00-3:00 pm</td>
</tr>
<tr>
<td>(Available October-May)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fees</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$80</td>
<td>$120</td>
</tr>
<tr>
<td>Community Participant</td>
<td>$160</td>
<td>$240</td>
</tr>
</tbody>
</table>

Prices are for a maximum of 20 children and 20 adult chaperones.

OPTION 2—Fond du Lac Family YMCA plus the Boys & Girls Club Teen Center

<table>
<thead>
<tr>
<th>Days/Times</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>1:00-3:00 pm</td>
<td>12:30-3:30 pm</td>
</tr>
<tr>
<td>(Available all year long)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00-2:00 pm</td>
<td>12:00-3:00 pm</td>
</tr>
<tr>
<td>(Available October-May)</td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Fees</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$120</td>
<td>$180</td>
</tr>
<tr>
<td>Community Participant</td>
<td>$240</td>
<td>$360</td>
</tr>
</tbody>
</table>

Prices are for a maximum of 20 children and 20 adult chaperones.

OPTION 3—YMCA Gymnastics & Program Center

<table>
<thead>
<tr>
<th>Days/Times</th>
<th>2 hours</th>
<th>3 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>12:00-2:00 pm</td>
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<td>(Available Oct-May*)</td>
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<td>Community Participant</td>
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<td>$240</td>
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*Availability is limited to one Sunday per month. Check with Welcome Center for available dates.

CHILD MUST BE A Y MEMBER OR LIVE IN THE SAME HOUSEHOLD OF A Y MEMBER TO RECEIVE MEMBER RATE.

ALL PARTIES MUST BE BOOKED AT LEAST 2 WEEKS IN ADVANCE.

To learn more about the Y’s birthday parties go to fdlymca.org.

For more information about your birthday parties, contact MaryAnn at 920.921.3330 ext. 349 or email mschwark@fdlymca.org.
### If I am a baby

**I CAN...**
- Enroll in parent/child swim classes
- Attend Open Gym playtime with a parent at the Gymnastics Center
- Swim with mom, dad or an adult guardian in the pool
- Enjoy playtime and engagement activities in Child Watch
- Celebrate my birthday at the Y
- Attend a Family Strengthening event with my family

### If I am 2–7 yrs. old

**I CAN...**
- Take a weekly preschool enrichment class
- Enroll in swim lessons
- Swim with mom, dad or an adult guardian in the pool
- Enjoy playtime and engagement activities in Child Watch
- Play youth sports at the Y
- Meet new friends during Family Sundays
- Celebrate my birthday at the Y
- Attend a Family Strengthening event with my family

### If I am 8–12 yrs. old

**I CAN...**
- Participate in Just Play gym activities after school
- Enroll in swim lessons
- Participate in youth sports
- Swim with friends or family
- Get involved in competitive team gymnastics
- Play racquetball with a friend
- Participate in a cheer or dance
- Celebrate my birthday at the Y
- Hang out with friends at open gym
- Take a certified babysitting class (age 11 and up)
- Work out in the Wellness Center with a parent/guardian (age 11-15)
- Take the Youth Fitness Program and work out on my own in the Wellness Center (age 11-15)
- Meet new friends at Middle School Nights
- Take a home school P.E. class

### If I am a teen

**I CAN...**
- Work out in the Wellness Center without a parent
- Participate in group exercise classes
- Work out with a personal trainer
- Enroll in swim lessons
- Participate in Youth In Government
- Take a certified babysitting class
- Get involved in competitive team gymnastics
- Learn how to become a certified lifeguard
- Enjoy swimming in the pool with friends
- Play racquetball with a friend
- Become a Y volunteer to earn service hours
- Find employment working to help make a difference in our community

### If I am an adult

**I CAN...**
- Participate in a group exercise or water fitness class
- Work out with a personal trainer
- Take some time to socialize with friends while having coffee
- Drop my children off at Child Watch while working out or taking a class
- Take a virtual fitness class on demand
- Workout in the Wellness Center
- Participate in open Pickleball or Badminton
- Find support and make lasting friendships through the LIVESTRONG® at the YMCA program
- Volunteer on an event, on a committee or the Y Board
- Swim in the pool or walk in the current channel
- Participate in an adult sports league
- Perfect your jump shot during open gym or adult pick-up ball
- Volunteer to coach a youth sports team
- Attend a free Wellness Seminar
- Play racquetball with a friend
- Receive support through the YMCA’s Diabetes Prevention Program
- Bring a guest to the Y through the Buddy Program

### If I am an active older adult

**I CAN...**
- Participate in a group exercise or water fitness class
- Work out with a personal trainer
- Find support and make lasting friendships through the LIVESTRONG at the YMCA program
- Meet friends for a friendly card game
- Attend scheduled social outings & events
- Workout in the Wellness Center
- Take a virtual fitness class on demand
- Participate in a circuit class
- Swim in the pool or walk in the current channel
- Take some time to socialize with friends while having coffee
- Receive support through the YMCA’s Diabetes Prevention Program
- Participate in open Pickleball or Badminton
- Volunteer on a committee, the Y Board or help with fundraising
- Attend a free wellness seminar
- Spend some quiet, restful time in the Spiritual Nourishment Corner

### My family

**CAN...**
- Swim in the pool together
- Play a game of HORSE during open gym
- Attend a Family Strengthening event
- Host a birthday party for family and friends
- Volunteer as a family at a Y event
- Workout together in the Wellness Center (age 11 and up)
- Take a virtual fitness class together
- Enjoy time together during Family Sundays
- Take parent/child swim lessons
- Play a game of racquetball
- Attend Open Gym playtime with parent at the Gymnastics Center

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At the Y, we want people of all ages to enjoy an active, healthy lifestyle. Use our program guide to find out what FUN activities and events you and your entire family can take advantage of at the Y!
Every Gift Makes a Difference

Working with generous donors like you, the Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Everything the Y does is in effort to make individuals and our community — better.

We have an extraordinary opportunity to ensure a brighter future for our community, but we must take action today. Your support makes it possible to be...a better us.

www.fdlymca.org

Give for a Better Us
Believe. Inspire. Give.

My Donation $ ____________________________

Total Donation ____________________________

My employer has a matching gift program

My donation will be matched by ____________________________

Employer name

Payment Details:

○ Pay with my membership account on file
○ Invoice me
○ Payment enclosed

○ Pay with a credit card/debit card: ____________________________

Card # ____________________________

Exp date (mm/yyyy) ____________

CVV

Please Bill Me:

○ Full amount
○ Monthly
○ Quarterly
○ On this date: ____________________________

Donor Signature ____________________________

Date ____________________________

Please Donate Online or Return This Completed Form To:
Fond du Lac Family YMCA, 90 W. Second Street, Fond du Lac, WI 54935
**SPIRITUAL HEALTH**

Prayer Group

For the Christian, prayer is our lifeline between us and God. If you feel led, please join this group as we lift the needs of our Y, community, individuals, and our nation to the Lord. This group is open to all Y members. If you would like to join us, contact Joyce Sesing at jsesing@fdlymca.org.

Location: YMCA North Atrium Spiritual Corner
Every other Tuesday starting on January 15 at 11:25am

Spiritual Nourishment Corner

The Spiritual Corner, located in the YMCA North Atrium, is a place for members seeking some quiet and restful time. It has Bibles and other Christian literature for our members to read while at the Y.

**EMPLOYMENT**

You’ll find some of the best people around working for the Fond du Lac Family YMCA. Our employees are passionate about our mission, and can be found building positive relationships with members and non-members alike.

The Fond du Lac Family YMCA is a place where value-based behavior is the norm and you can expect to be treated with CAREING, HONESTY, RESPECT and RESPONSIBILITY. The Y is an equal opportunity employer and welcomes a diverse workforce.

There are several different areas to work in at the Fond du Lac YMCA. Some of these areas are:

- Aquatics
- Building Supervising
- Child Care
- Fitness
- Maintenance
- Membership
- Youth Sports
- Welcome Center
- Wellness Center
- And many more!

The Fond du Lac Family YMCA offers a comprehensive wellness program to our employees and has been awarded the Gold Well Workplace Award by the Wellness Council of America. This has ranked our organization among America’s Healthiest Companies.

For a list of current employment opportunities, visit www.fdlymca.org/employment-opportunities. If interested in applying for a position, please stop in to pick up an application at the Welcome Center desk. All applications will be kept on file for one year.

For any further questions regarding employment opportunities, please contact Kristel Lougher, Director of Leadership Experience (HR), at 920.921.3330 ext. 326 or klougher@fdlymca.org or view our employment opportunities at fdlymca.org.

The Fond du Lac Family YMCA is an equal opportunity employer.

**VOLUNTEERISM**

Volunteer Opportunities

Volunteers are at the heart of the YMCA. A great many of our programs for children, families and people with disabilities are only possible because of the incredible people in our community who volunteer their time.

Some examples of volunteer opportunities include assisting with youth sports, child care, laundry and towel folding, fund-raising, and governance. Through volunteering, you can make a difference for our Y and the community as a whole.

If interested in volunteering, pick up a volunteer application at the Welcome Center Desk, call Tyler Behling, Volunteer Coordinator, at 920.921.3330 ext. 357, or email tbehling@fdlymca.org.
The YMCA Senior Programming classes and events welcome mature adults, AOA members, AARP® Medicare Supplement Program, Optum® Fitness Advantage, Silver&Fit®, SilverSneakers® members and seniors. Through physical activity, classes and social events, the YMCA Senior Programming provides you with a strong sense of belongingness and a network of friends who provide supportive communities for sustained health and well-being. On-going fun, safe, and engaging programs, activities, and events help to encourage older adults to take greater control of their health. For more information or questions, please contact Joyce Sesing, AOA Coordinator, at jsesing@fdlymca.org.

**Group Fitness Classes**
AOA group fitness classes are designed to improve cardiovascular fitness as well as muscular strength and endurance while increasing range of motion and flexibility. These self-paced conditioning classes are suitable for all fitness levels with the added benefit of being low impact and gentle on the joints. A variety of equipment will be utilized to personalize your workout. All group fitness classes are free to members. Community Participants may purchase a day pass to attend a class.

**Land Fitness** :: Tuesdays & Thursdays, 10:15 to 11:00 am
Low impact workouts that incorporate weights, stretch bands and low intensity cardio. Classes held in the Community Gym.

**Balance & Strength** :: Mondays & Wednesdays, 8:00 am to 8:45 am
Designed to help make everyday activities easier by increasing your balance and strength with both traditional and functional exercises. All levels of fitness are welcome.

**Yoga Stretch** :: Mondays, 8:00 am to 8:45 am

**Zumba Gold** :: Wednesdays, 10:30 am to 11:15 am.
This is a Latin inspired dance workout for the active older adult or anyone that may need modifications for success.

**Meet and Greet Days**
The AOA group meets on various dates and times during the month to partake in a wide range of activities. All members interested in Senior Programming are encouraged to participate in activities such as the senior cook book, book club, holiday parties, crafts, pot lucks, baseball game outing, dances, plays and so much more. We also have Birthday Celebrations! Each member gets their birthday celebrated.

**Book Club**
Join us one Thursday of each month for our Book Club. Books will be provided. Each member will take a turn 1-2 times during the year to bring a snack for the group. Fabulous reads and group discussions!
Spring/Summer Dates: May 9, June 27, July 18 & August 8

**Out to Lunch**
The AOA group and others interested in YMCA Senior Programming gather at a local eatery at 12:30 pm to share food, fun and fellowship. Sign up at the Welcome Center Desk. Locations to be determined.
Spring/Summer Dates: May 7, June 4, July 9 & August 6

**Birthday Celebrations**
Once a month we will “embrace our age” for an evening of celebrating at a local eatery. The “Birthday Person” will be crowned and honored with balloons, candy and a homemade cake, complimented with good cheer of health and well wishes!
Spring/Summer Dates: May 16, June 20, July 25 & August 15

**Mystery Tour**
Join the AOA group for this exciting event! Where the tour goes, nobody knows, though you should expect to be entertained along the way! Details to be announced.
Summer TBD :: 8:00 am to 6:00 pm

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**Anita’s Log Cabin**

**MOTHER’S DAY OUTING**
Check the monthly calendar for date and details!

Come join us on this special day for lunch specials at Anita’s Log Cabin (210 N. Main St, Oakfield). We will finish off the afternoon at a gathering with friends. Mothers will be honored with a small gift. Sign up for a fun afternoon at the Welcome Center Desk. Watch for more details and menu options to come!

**Schwarz’s Supper Club**

**FATHER’S DAY OUTING AND JUNE BIRTHDAY CELEBRATION**
Check the monthly calendar for date and details!

We will celebrate this special day enjoying a magnificent meal at Schwarz’s Supper Club in St. Anna (W1688 Sheboygan Road, New Holstein).
**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?

- **6 months–3 years**
  - PARENT & CHILD: STAGES A–B
- **3 years–5 years**
  - PRESCHOOL: STAGES 1–4
- **6 years & up**
  - SCHOOL AGE: STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age Group</th>
<th>Stages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can the student respond to verbal cues and jump on land?</td>
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<td><strong>NOT YET</strong></td>
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<tr>
<td>Is the student comfortable working with an instructor without a parent in the water?</td>
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<td><strong>NOT YET</strong></td>
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<tr>
<td>Will the student go underwater voluntarily?</td>
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<td><strong>NOT YET</strong></td>
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<tr>
<td>Can the student do a front and back float on his or her own?</td>
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<tr>
<td>Can the student swim 10–15 yards on his or her front and back?</td>
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<tr>
<td>Can the student swim 15 yards of front and back crawl?</td>
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<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool?</td>
<td></td>
<td><strong>NOT YET</strong></td>
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<tr>
<td>Can the student swim front crawl, back crawl, and breaststroke across the pool and back?</td>
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<td><strong>NOT YET</strong></td>
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### Fees per session:
- **$30 Member**
- **$65 Community Participant**

**All lessons are 30 minutes.**
SPRING SESSION I — Monday, April 22 – Saturday, June 1 (6-week session)*
*(No classes held May 25 or 27, make-up dates are June 3 and 8)

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**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. Registration must be done in-person at the Welcome Center Desk.

**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

**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
WAVE Fit
Classes are 45 minutes
Age 11 & up
Be prepared to burn calories and build strength with total body exercises that use body weight and tubing attached to your paddle board. Staff to student ratio is 1:5.
Drop in Class: $7 Member

WAVE Yoga
Classes are 45 minutes
Age 11 & up
Inspired by stand-up paddleboard yoga, challenge your balance and focus as you practice flowing yoga sequences on an inflatable board. You will experience a combination of standing, seated and kneeling poses, in addition to lying on the board. Staff to student ratio is 1:5.
Drop in Class: $7 Member

Log Rolling Classes
Classes are 30 minutes
Ages 8 & up
Log rolling helps improve balance, agility and concentration, all while having a good time. This class will follow a structured lesson plan to increase skill and development. Log rolling is offered for both Spring and Summer sessions.
Fees per session: $15 Member $25 Community Participant
The YMCA Child Care Center provides children with a safe, comfortable, supportive and nurturing environment to learn, grow and thrive. The Center is open Monday through Friday from 6:30 am to 6:30 pm, offering full-day child care services for children ages 6 weeks through 4K. We also provide the added benefit of an on-site Fond du Lac School District 4K program. If you are looking for school age child care, the Boys & Girls Club offer programs for children age 7 and up. Visit them at www.kidsclubfdl.org for more information.

All YMCA teaching staff are trained in Early Childhood Development, committed to providing your child with the highest quality care possible. The Center meets all state license requirements in health and safety, staff qualifications, classroom environment, learning programs and children activities.

A 70% discount on a family YMCA membership is included with full-time enrollment, along with plenty of physical activity both inside and out. Enrollment is based on limited space availability.

As communities are returning to family values, the Y remains committed to our four core values – Respect, Responsibility, Caring, and Honesty. Our program will help introduce these values through our daily curriculum.

Stop in for a tour, or call 920.921.3698 for more information on our full-day child care programs. Rates are available at fdlymca.org.

**Infants**
6 weeks to 12 months
Encourages and challenges your child’s growth and development at every important stage of their first year of life. Class size is limited to 4 children, allowing our teachers plenty of one-on-one interactions with each child.

**Toddlers**
12 to 24 months
Introduction of a flexible daily routine and structure. Class size is limited to 8 children to allow our teachers sufficient time with each child. The day consists of activities designed to help children develop a variety of abilities.

**Juniors**
24 to 36 months
Routine and structure within the classroom are established, and verbal, social and self-help skills are reinforced, with a focus on toilet-training. Weekly swim lessons are included in this program.

**Seniors**
36 to 48 months
Designed to enhance their learning skills from our junior preschool room, this class develops independence and social emotion skills. Weekly swim lessons are included in this program. Child needs to be fully toilet-trained.

**Transitional**
Pre-4K
Designed to teach children the skills needed for a successful year in 4K. Weekly swim lessons are included in this program. In order to enroll in this program, children must turn 4 years old on or before September 1 of the following year. Child needs to be fully toilet-trained.

**Wrap Around**
4 to 6 years
This program is for families who wish to enroll their child in our 4K program and need care beyond the 4K program hours. Meals and/or snacks are included. Weekly swim lessons are included in this program from May through September. To enroll in this program, child must turn 4 years old on or before September 1 of the current year. This program is offered through the summer months.

**4 Year Old Kindergarten**
The YMCA Child Care Center is a community partner site for the Fond du Lac School District 4-year-old kindergarten (4K) program, which is a free, half-day, experience for children that are 4 years old by September 1 of the current school year. To enroll in this program, phone 920.929.2900.

Mornings 8:20 am – 11:00 am
Afternoons 12:20 pm – 3:00 pm

**4K CHILD CARE OPENINGS!**
If you are interested in our 4K program starting in September 2019, please contact Theresa Loehr, the Fond du Lac School District’s 4K Coordinator, at 920.906.6500.
PRESCHOOL ENRICHMENT

FEES LISTED ARE FOR EARLY REGISTRATION. A LATE FEE OF $5.00 PER PROGRAM SESSION WILL BE ADDED AFTER EARLY REGISTRATION DATES.
Spring Session I: Early Registration dates March 19 - April 10, 2019 (members) & March 26 - April 10, 2019 (community).
Spring Session II: Late fees added April 10 - April 26, 2019
Summer Session I & II: Early Registration dates March 19 - June 5, 2019 (members) & March 26 - June 5, 2019 (community).
Summer Session I & II: Late fees added June 5 - June 21, 2019

YMCA Preschool Enrichment classes provide knowledge, character development, guidance and encouragement to help youth develop and realize their potential. Younger children participate with a parent, while older children take classes on their own. (A perfect time for mom to join a free group exercise class!)

FIRST GYM:
Parent/Child Classes (Ages 2-3)
30-minute classes designed to enhance parallel playtime and introduce interaction with other children. Parents are expected to be active participants in class, guiding their child in the activities and explorations. Due to the nature of these parent and child classes, we do not allow siblings to tag along in class unless they are within the age group and are registered participants.

COOK AND CREATE TOTS
Combines classroom cooking activities with music and art! Parents will assist their children in the creation of a colorful art or cooking project each class. They will also have fun exploring music!

SUPER TOTS
Stretch, hop and run your way through group activities while learning coordination and enhance cooperation skills with peers.

FIRST GYM SAMPLER
Sample some of our toddler classes! Each week will feature a different class, including Toddler Art, Super Tots, Tots in Motion, and Tots in the Kitchen.

MOVING UP:
Classes without Parent (Ages 3½–6)
45-minute classes are designed to help children learn to follow directions, play cooperatively, and enhance social skills. It is recommended that these children have had some prior experience in group settings or First Gym classes, and are ready to be apart from their parents.

KINDER GYM
Move, stretch and build an active lifestyle together through fitness fun. Activities focus on strength, body control, balance, and coordination through fitness activities, sports, and games. Socks and gym shoes are a must!

COOK AND CREATE KIDS
Your children will creatively express themselves through cooking, art, and music! Children will experience the joy of cooking and will use their creative skills as they create and explore with crayons, markers, paint and glue! They will also enjoy some fun with music!

KINDER ART
Our little artists will create and explore using crayons, markers, paint and glue. We will provide art shirts, but please be dressed for mess!

KINDER-PLAY
Age 2 to 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 Street).

OPEN GYM
Age 0 to 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 Street).

WEEKLY PROGRAM CLASSES:

READY, SET, GO! – Get ready to go, go, go this morning as we work on building gross motor skills, strength, body control, balance and coordination through aerobic activities, cooperative games, sports and music. Dress for movement! **Class held in the YMCA Family Gym**

LITTLE LEARNERS – This morning we will focus on our ABC’s, 123’s, shapes, colors and more! Kids will see how fun learning can be as we use crafts, songs, stories and activities to get our minds working.

HOW DOES YOUR GARDEN GROW – Ever wonder how a tiny seed blooms into a beautiful flower? We will be busy bees this morning as we buzz around to different activities that help us to learn about seeds, flowers and more. We’ll plant some seeds to bring home & test out our green thumbs.

3-2-1 BLAST OFF! – We are going to blast off in our rocket ships this morning and head up to outer space for an out-of-this world adventure. Our mission will take us visiting planets and learning about the universe in which we live.

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

A CAMPING WE WILL GO... – Hi, ho the derry-o, a camping we will go! Grab your sleeping bag for a campout under the “stars” this morning at the Y. We’ll sit around the “campfire”, make s’mores and enjoy some fun camp games and projects.

NURSERY RHYME TIME – Your little one will enjoy hearing, singing and reciting many different nursery rhymes. We will have a blast with motions, music, books and pictures to go along fun nursery rhymes 45-50 minutes.

HAPPY BIRTHDAY AMERICA – Show your USA pride by wearing red, white and blue! Learn about our country’s flag and let freedom ring at our early Independence Day celebration. Sing, march and play the all-American way. We’ll end our celebration with some indoor “fireworks” of our own.

SNACK ATTACK – It’s a morning for little chefs to meet at the Y and create simple yet delicious snacks. We explore different tastes, textures and more as we enjoy a morning of learning how yummy a nutritious snack can be. **Class held in YMCA Board Room** Please alert instructor to any food allergies prior to class**

DOWN ON THE FARM – Old McYMCA had a farm, E-I-E-I-O! And on that farm we played all morning, E-I-E-I-O. Farm adventures await us this morning as we practice being farmers by learning about farm animals and planting our farm fields. We will even take one of our farm “crops” home to grow!

PIRATE ADVENTURES – Ahoy There Matey’s! We’re looking for some young pirates to embark on a high seas adventure. We’ll search for treasure, hear some scurry tales of pirates and maybe run into a sea monster. Come aboard our ship and see if you are a sea-worthy pirate or if you’ll end up walking the plank.

KITCHEN CREATIONS – This class will help kids to associate cooking and nutrition with fun! We will work on simple recipes with basic ingredients, measuring, mixing and of course tasting our creations! We will also learn about kitchen safety and clean up. **Class held in YMCA Board Room** Please alert instructor to any food allergies prior to class**

FUN IN THE SUN! – It’s “Sum Sum Summertime” fun today! Join us this morning for a YMCA style beach party. We will celebrate summer, sunshine & fun! Kids will take part summer games and adventures. Wear your favorite summer hat or sunglasses to class today.

BOOK NOOK – You can never read too many books! This class will feature new and familiar stories that your little bookworm will love! We will read, play games, sing songs & make creations to enhance our favorite stories.

Fee: FREE for Members $6/family/visit Community Participant

Fee: FREE for Members $6/family/visit Community Participant
### SPRING SESSION I — April 22 – June 3 (6-week session)  *No classes May 27*

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Winter I Pricing Per Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Child Classes</td>
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</tr>
<tr>
<td>Cook &amp; Create Tots</td>
<td>2-3</td>
<td>Mondays</td>
<td>9:15-9:45 am</td>
<td>FREE for Members, $45 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Super Tots</td>
<td>2-3</td>
<td>Wednesdays</td>
<td>9:15-9:45 am</td>
<td>FREE for Members, $45 Community Participant</td>
<td>YMCA Community/Family Gym</td>
</tr>
<tr>
<td>Cook &amp; Create Kids</td>
<td>3½-6</td>
<td>Mondays</td>
<td>10:00-10:45 am</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Kinder Art</td>
<td>3½-6</td>
<td>Tuesdays</td>
<td>6:00-6:45 pm</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Multipurpose Room</td>
</tr>
<tr>
<td>Kinder Gym</td>
<td>3½-6</td>
<td>Wednesdays</td>
<td>10:00-10:45 am</td>
<td>$25 Member, $55 Community Participant</td>
<td>YMCA Community/Family Gym</td>
</tr>
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</table>

### SUMMER SESSION I & II — June 19 – August 14 (4-week sessions)  *No classes July 3*

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Winter II Pricing Per Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Child Classes</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>First Gym Sampler</td>
<td>2-3</td>
<td>Wednesdays</td>
<td>9:15-9:45 am</td>
<td>FREE for Members, $30 Community Participant</td>
<td>YMCA Community/Family Gym</td>
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</table>

### Classes without Parent

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Day</th>
<th>Time</th>
<th>Pricing Per Session</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moving Up Sampler</td>
<td>3½-6</td>
<td>Wednesdays</td>
<td>10:00-10:45 am</td>
<td>$18 Member, $38 Community Participant</td>
<td>YMCA Community/Family Gym</td>
</tr>
</tbody>
</table>

### WEEKLY PROGRAM CLASSES — Individual class or 6-week session options for Spring*  
Individual class or 4-week session options for Summer*  
*See Session Dates and pricing options below*

<table>
<thead>
<tr>
<th>Class</th>
<th>Ages</th>
<th>Date</th>
<th>Time</th>
<th>Pricing Per Class</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPRING</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ready, Set, Go!</td>
<td>3½-6</td>
<td>April 23</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Little Learners</td>
<td>3½-6</td>
<td>April 30</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>How Does Your Garden Grow?</td>
<td>3½-6</td>
<td>May 7</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>3-2-1 Blast Off!!!</td>
<td>3½-6</td>
<td>May 14</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Wiggle and Giggle</td>
<td>3½-6</td>
<td>May 21</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>A Camping We Will Go</td>
<td>3½-6</td>
<td>May 28</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Nursery Rhyme Time</td>
<td>3½-6</td>
<td>June 18</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Happy Birthday America</td>
<td>3½-6</td>
<td>June 25</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Snack Attack</td>
<td>3½-6</td>
<td>July 9</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Board Room</td>
</tr>
<tr>
<td><strong>SUMMER II</strong></td>
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</tr>
<tr>
<td>Down on the Farm</td>
<td>3½-6</td>
<td>July 16</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Pirate Adventures</td>
<td>3½-6</td>
<td>July 23</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Book Nook</td>
<td>3½-6</td>
<td>July 30</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
<tr>
<td>Kitchen Creations</td>
<td>3½-6</td>
<td>August 6</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Board Room</td>
</tr>
<tr>
<td>Fun in the Sun!</td>
<td>3½-6</td>
<td>August 13</td>
<td>9:15-10:15 am</td>
<td>$5 Member, $10 Community Participant</td>
<td>YMCA Family Gym</td>
</tr>
</tbody>
</table>

Weekly program classes are geared for preschoolers ages 3½–6 years old without a parent.  
Child needs to be fully toilet-trained. Pre-registration is required.  
Please alert us to any food allergies prior to each class.

Weekly Program Classes Spring Session: April 23 – May 28  
Weekly Program Classes Summer Session I & II: June 18 – August 13

**FEES:**

**OPTION 1** — By Spring Session: Purchase (5) weekly classes per session and receive (1) free.  
  Session Fee: $25 Member $50 Community Participant

**OPTION 2** — By Class: Purchase individual classes.  
  Class Fee: $5 Member $10 Community Participant

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**CHILD WATCH DROP-OFF**  
**WE’LL WATCH YOUR KIDS WHILE YOU FOCUS ON YOU.**

For your convenience, our staff can accompany your child to and from any of the preschool classes while in Child Watch.  
We will do this for you while you are working out at the Y.  
For more details, contact Sherry Ferraro at 920.921.3330 ext. 306 or email sferraro@fdlymca.org.
Outdoor Flag Rugby

Do you want to play a game where you can be the quarterback, the running back and the receiver all at once? Then try Flag Rugby this spring! Flag Rugby is a fast moving, non-contact, running and ball-carrying game suitable for boys and girls to play together. The interchangeable nature of possession requires switching from defense to offense in an instant and helps to develop a wide variety of skills. Cooperation and determination along with individual and collective responsibility are key elements in the game of Flag Rugby.

Instructor: Ben Blanc from Fond du Lac Rugby Inc.

Grade K-1       Tues      5:00 pm - 6:00 pm       Rosenow Elementary School Field

Spring Session: April 23 – May 28

Grade 2-4       Tues       6:00 pm - 7:00 pm      Rosenow Elementary School Field

Spring Session: April 23 – May 28

Fees:  $15 Member           $35 Community Participant
*fee includes a t-shirt

Beginners Tee Ball

In partnership with the Fond du Lac Dock Spiders

This beginner level program is designed for kids who are just beginning in the sport of baseball. Kids will be taught the fundamentals of the sport. Throwing, catching, fielding balls, hitting off tee and pitched ball, and base-running will be heavily emphasized through drills and controlled game play. Teams will consist of no more than 6 players per team to allow for more opportunities to hit and field the ball during game play.

Age 4-5       Tue       5:30 pm - 6:30 pm
Wed       5:30 pm - 6:30 pm
Location: Rosenow Elementary

Spring Session I:   Tues   April 23 - May 28
Summer Session I:  Tues   June 18 - Aug 13   (no class July 2)
                   Wed   June 19 - Aug 14   (no class July 3)

Fees:  $26 Member           $57 Community Participant

YOUTH SPORTS SPONSORSHIP OPPORTUNITIES

Consider a sponsorship package in one of our Youth Sports programs!

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 Tyler Behling, Youth & Sports Director, at 920.921.3330 ext. 357.
Acting Lessons
Let your child’s inner entertainer emerge in one of our new acting classes! Students will be encouraged to express themselves through a variety of different activities. No experience necessary!

Monkey Business
Does your child want to be an actor, but is unsure of where to start? This acting and improv class is going to cover the basics of acting and improv with games and activities.

Age 6-9 Sat 10:00 am - 11:10 am SPRING ONLY Location: YMCA
Spring Session I: April 27 – June 1 (No class May 25)
Summer Camp: June 24 – June 28 4:30-6:00 pm M-F
Fees: $25 Member $55 Community Participant

Go Big!
This acting and improv class will teach you how to gain stage presence, acting basics, and improv techniques in a fun environment filled with games and activities. In this class you will work in groups, solo, and partners!

Age 10-13 Sat 10:00 am - 11:10 am SPRING ONLY Location: YMCA
Spring Session I: April 27 – June 1 (No class May 25)
Summer Camp: June 24 – June 28 4:30-6:00 pm M-F
Fees: $25 Member $55 Community Participant

Youth Racquetball Lessons
These lessons are designed to teach kids the basic rules and skills of the great sport of racquetball!

Grade 4-8 Thu 5:00 - 5:30 pm YMCA Racquetball Court
Spring Session I: April 25 - May 30
Fees: $20 Member $45 Community Participant

The First Tee – Golf Program
In partnership with Rolling Meadows Golf Course and The First Tee
The First Tee coaches are trained to create positive relationships that inspire youth to discover their individual potential. Our programs help young people build confidence, develop respect and appreciate the value of giving back to our community all while learning the lifelong sport of golf. The First Tee emphasizes Nine Core Values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and judgment.

Ages 7-18 Wed 5:30 pm - 7:00 pm Whispering Springs Golf Club
Summer Session: June 19 – August 21
Fees: $40 Members and Community Participants

HOME SCHOOL PHY-ED CLASSES
The Y strives to provide a quality homeschool physical education program. Students will rotate through a variety of sports and training disciplines with a focus on fundamental skills and team building. Any questions regarding this program, please contact Tyler Behling 920.921.3330 ext. 357 or email tbehling@fdlymca.org.

AGE 5-9 Tuesday, 1:45 to 2:30 pm
AGE 10-18 Tuesday, 2:45 to 3:30 pm
Pre-registration is required. Sign up at the Welcome Center Desk.

6-Week Session: April 23 – May 28
Spring Session ONLY
April 23th – Gym Class May 14th – Gym Class
April 30th – Gymnastics May 21st – Water Activities
May 7th – Fitness Fun May 28th – Fitness Fun
Fee: FREE for Members $20/session Community Participant

Just Play is a concept that has been brought together by both the Y and Boys & Girls Club of Fond du Lac to encourage the youth of Fond du Lac to “just play.” In today’s society, kids spend too much time watching TV or playing video games, and not enough time playing or doing some sort of physical activity. Youth obesity is a growing concern and this concept is our way to encourage kids to keep moving!

Afterschool Activities | Grade 1 to 12
Spring Dates/Times: Monday to Friday, 4:00 to 5:00pm
Summer Dates/Times: Monday to Thursday, 1:00 to 2:00pm
Afterschool activities are FREE for Y and Club members. Youth that are not members of the Y or Club may purchase a Y day pass for $9/day.
YOUTH SUMMER CAMPS

Looking to keep busy with fun sports in the summer? Then try one or all of our expanded Youth Sports Camps. Kids in these camps will learn the basics of the sport and also build upon their skill level with drills and organized games. Age groups will be split up within each of the camps for age appropriate activities and drills.

Flag Football Camp
This camp gives kids the opportunity to continue playing the sport they love during the summer. Kids will practice basic fundamentals through drills and activities, as well as game play.
Age 6-12  Mon-Fri  June 17-21  9:00 am - 10:30 am
Location: Theisen Middle School
Fees: $25 Member  $55 Community Participant

Flag Football Fall Preseason Camp
This camp is for players and coaches who want to get an early start on the Fall Flag Football season! We will have organized team activities lead by YMCA staff to assist new coaches and give players FIVE more practices for teams to work on fundamental skills and learn the playbook. Coaches are encouraged to be present.
Grades 2-4  Camp Dates: August 20, 22, 24, 27 & 29
Location: Pier Elementary School
Tuesday/Thursday: 5:00 pm - 6:30 pm
Saturday 9:00 am - 11:00 am
Fees: $25 Member  $55 Community Participant

Basketball Camp
Coach Breanna Wellere is ready to bring your game to the next level! Fundamentals, skill drills, shooting form and daily contests will help you discover your true potential. This camp will give kids the opportunity to stay sharp during the off season!
Age 6-9  Mon-Fri  July 22-26  10:00 am - 11:30 am
Age 10-15  Mon-Fri  July 22-26  12:00 pm - 1:30 pm
Location: YMCA
Fees: $25 Member  $55 Community Participant

Soccer Camp
Can’t get enough soccer during the summer? Come join us for even more during this camp where drills and game play will be heavily focused on each day.
Age 5-10  Mon-Fri  June 24-28  9:00 am - 10:30 am
Location: Theisen Middle School
Age 5-10  Mon-Fri  August 12-16  9:00 am - 10:30 am
Location: Theisen Middle School
Fees: $25 Member  $55 Community Participant

Volunteer coaches are needed
for all of our Youth Sports programs. Appropriate lesson plans and training are provided. If you are interested in volunteering as a coach, please contact Tyler Behling at 920.921.3330, ext 357 or email tbehling@fdlymca.org

BEYOND THE BASICS
Individual or Group Basketball Training
Be ready for the next level by working with a highly experienced basketball coach, through Individual or Group Basketball Training offered at the Y! Advance your basketball skills to achieve that competitive edge and reach a higher level of playing. More information, including training rates and coaching staff can be found on our website at fdlymca.org.
Basketball Training is open to Y members of all ages.
NEW! YOUTH FITNESS PROGRAMS

The Y has been a major advocate for children’s health and physical activity as well as a provider of programs and facilities for over 125 years. YMCAs have a unique potential to help young people become active and develop healthy, active habits for a lifetime.

Our Youth Fitness programs have been created to help children build healthy bodies and establish healthy lifestyles, including healthy eating and physical activity, in their daily lives. Studies have shown that positive exercise habits formed in childhood frequently carry over into adulthood.

**Step, Rep, and Prep 🏋️‍♂️**

**Participation level:** Beginner

This class starts our health and wellness journey as we learn how to balance three main concepts of exercise and nutrition. We will learn how cardiovascular exercise (Step), strength training (Rep), and proper nutrition (Prep) work together to keep our minds and bodies performing at our highest level. This class will be part classroom and part physical exercise. Please wear comfortable clothes and shoes that you can be active in.

**Ages 6-10**

Tuesdays: June 18-August 13
1:00 pm - 1:45 pm
Location: YMCA

Cost: $25 Member $55 Community

**Ages 11-15**

Tuesdays: June 18-August 13
2:00 pm - 3:00 pm
Location: YMCA

Cost: $28 Member $58 Community

**Pedal Power 🚴‍♂️**

**Participation level:** Beginner/Intermediate

The first 3 weeks of this class we will be in our spin studio working up a sweat while we learn biker’s safety, how to signal to motorists, hydration and nutrition, and the health benefits of bike riding. This is a four week class. Our last class of the session we will ride on the Fond du Lac Loop as a group to predetermined location where we will stop to refuel (healthy snack) and talk about the ride.

For our outside bike ride, if you cannot provide your own bike and safety helmet please contact Tyler Behling at (920) 921-3330 Ext. 357 or tbehling@fdlymca.org.

**Ages 11-15**

Thursdays: June 20-July 18
1:00 pm - 1:45 pm
Location: Studio 2

Cost: One Session: $15 Member $35 Community
Both Session: $25 Member $65 Community
(If you register for both sessions (June 20 – August 15) you will save $5!)

**Lifelong Strong 🏋️‍♂️**

**Participation level:** Beginner/Intermediate

This class teaches age appropriate exercises to get the most out of physical fitness. We will primarily focus on body weight exercises including plyometric, agility, and suspension training. Proper safety and body mechanics will be taught to ensure good form and appropriate goal setting. Please wear comfortable clothes and shoes that you can be active in.

**Ages 6-10**

Wednesdays: June 19-August 14
1:00 pm - 1:45 pm
Location: YMCA

Cost: $25 Member $55 Community

**Ages 11-15**

Wednesdays: June 19-August 14
2:00 pm - 3:00 pm
Location: YMCA

Cost: $28 Member $58 Community

Online Registration available
PROGRESSIVE GYMNASTICS CLASSES
The Fond du Lac Family YMCA Progressive Gymnastics Lessons Program is designed for children to learn at their own pace. Advancing to the next level is dependent on the child’s completion of required skills. All new entry level gymnasts must start at Rollers I – 6 years and over. For more information, contact Amanda Bodden at 920.921.3330 ext. 312 or email abodden@fdymca.org.

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.**

- **Spring Fees:** $20 Member
- **Summer Fees:** $25 Member

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.**

- **Spring Fees:** $25 Member
- **Summer Fees:** $27 Member

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 50 minutes.**

- **Spring Fees:** $27 Member
- **Summer Fees:** $30 Member

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, rolls and handstands on floor exercise. **Staff to child ratio is 1:6. Classes are 60 minutes.**

- **Spring Fees:** $30 Member
- **Summer Fees:** $35 Member

Swingers (Prerequisite Pass Rollers II)
This class is for children who have passed Rollers II. Our instructors will review the skills from Rollers II. They will start to work on the beginning vault, new circling skills on uneven bars, continuing with the mount; work on more balancing skills and furthering dismounts on balance beam; and introduce round offs, and further their handstands and rolls on floor exercise. **Classes are 60 minutes.**

- **Spring Fees:** $32 Member
- **Summer Fees:** $40 Member

Pre-Team (Prerequisite Pass Swingers)
This class is for children who have passed Swingers. We are interested in being a part of the Fondy Flyers Gymnastics Team. This class is a stepping stone from our progressive classes to the competitive team. We will focus on conditioning, strength, flexibility as well as developing skills and learning the routines in levels 1 and 2 of our competitive program. **Classes are 60 minutes in Spring and 90 minutes in Summer.**

- **Spring Fees:** $35 Member
- **Summer Fees:** $60 Member

PARENT/CHILD GYMNASTICS CLASS AVAILABLE!

**LET’S GET ROLLING (Ages 18 months to 3 years old)**
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.

**FRIDAY, 10:15 am & 11:00 am | Spring Session ONLY: April 22 - June 1**
- **Fees:** $15 Member $35 Community Participant
### 6 WEEK SPRING SESSION — April 22 – June 1 (Make-up June 3)

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*Saturdays are longer because we will only meet 5 weeks.

### SUMMER SESSION — June 24 – August 15 (No classes July 1-4)

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Cardiac Rehab Phase 3
A Partnership with Agnesian HealthCare, a member of SSM Health
Agnesian HealthCare, through St. Agnes Hospital, currently offers two phases of cardiac rehab, featuring an exercise regimen and supervised by a team of nurses, physicians, dieticians, physical therapists and social workers, to help patients learn how to improve their health following a heart attack or heart procedure.

The Fond du Lac Family YMCA helps patients maintain the healthier lifestyle they began in Phase 2, by offering Phase 3 rehab at the Y to assist in long-term success. Y membership is required.

Healthy Living Program
An 8-week program designed to guide participants through healthy lifestyle management techniques in a safe, engaging environment. Participants collaborate with a trained lifestyle coach to assist them along the way. Weekly engagement strategies confirm positive results.

This program incorporates:
• A commitment session to determine program readiness
• Equipment orientation
• Lifestyle coach goal setting meetings
• Nutrition & stress management workshops
• An exercise plan (including water based programming) tailored to participant level and limitations
• Connections and referrals to additional Y services

Sign up at the Welcome Center Desk during business hours.

Parkinson’s Exercise Class
A partnership with Agnesian HealthCare, a member of 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 masonj@agnesian.com or 920.921.3330 ext. 337.

Worksite Wellness
Invest in your company’s most important resource, your employees. A partnership with the Y, a leader in strengthening community, will provide your company access to the services you need, with a staff of experts who are committed to improving the health and wellness of your workforce & our community. Your employees will benefit from reduced membership rates, including a waived joiner fee. Employers receive reduced fees on worksite wellness services.

For more information contact Jennie Mildebrandt at jmildebrandt@fdlymca.org or learn more at fdlymca.org.

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.

LIVESTRONG® at the YMCA is for any adult who is currently going through cancer treatment or has gone through some form of cancer treatment in the past who wants to regain their health and well-being.

We are currently accepting applications for upcoming programs. Contact MJ Neumann at mjneumann@fdlymca.org to learn more about the program.

Stronger Together
A Program For LIVESTRONG® at the YMCA Alumni
Members of our LIVESTRONG® at the YMCA program often make bonds, forming a community. Our STRONGER TOGETHER program enables LIVESTRONG® at the YMCA alumni to continue pursuing wellness and support after completion of the initial 12-week program. In our STRONGER TOGETHER program, alumni continue meeting weekly, remaining connected, while pursuing ongoing wellness.

You must be a Y member to participate in this program. The alumni class will be offered free to Fond du Lac Family YMCA members who are LIVESTRONG® at the YMCA alumni. For more questions, contact MJ Neumann at mjneumann@fdlymca.org. Check the Group Land Fitness Schedule for class times.

YMCA’S Diabetes Prevention Program
The YMCA’s Diabetes Prevention Program is an evidence-based program that helps those who have been diagnosed with prediabetes, or believe they may be at high risk of developing type 2 diabetes, adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

This program is a year-long program broken down into 25 core sessions. Each session is in a classroom setting where a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of one year.

For more information about the YMCA’s Diabetes Prevention Program and how you can take control and join our upcoming program, contact MJ Neumann at mjneumann@fdlymca.org or visit www.fdlymca.org.
**American Red Cross Babysitting**
This class is designed for students ages 11 and older. In this class you will learn the skills necessary to safely and responsibly care for infants and children.

Within this class you will be 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

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**Fees:**
- $55 Member
- $75 Community Participant

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**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/](https://www.csifdl.org/priorities/mental-health/destination-zero/)

**KEY COMPONENTS COVERED IN TRAINING:**
- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

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

Please register online: fdlymca.org/browse_programs.html

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**American Heart Association BLS CPR & AED**
Because an Emergency Can Occur ANYTIME...
The American Heart Association’s CPR and AED learning programs helps increase survival rates by training people just like you to respond quickly. The truth is most people don’t survive a cardiac arrest. Four to six minutes is the window of opportunity for someone to act before it’s too late, but fewer than one-third of cardiac arrest victims get CPR from someone nearby. This course teaches hands-on lifesaving skills. Upon completion of this 3 hour class you will receive the American Heart Association Basic Life Support (BLS) for Healthcare Providers (CPR and AED) certification.

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**Fees:**
- $20 Member
- $40 Community Participant

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**Stay Home Alone Class**
This class is designed for kids ages 8-12. The class is run through our Y to promote safety for kids who are old enough to be home alone as well as in the Y and other places in the community without an adult or someone directly watching over them.

Within this class, some of the topics covered will be:
- Internet safety
- Fire safety
- Weather emergencies
- Stranger Danger

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**Fees:**
- $20 Member
- $45 Community Participant

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**Lifeguarding Course**
Interested in a great summer job or a challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you’ll learn teamwork, rescue, and surveillance skills. First Aid and CPR/AED and other skills needed to work as a professional lifeguard.

**Prerequisites:**
- Must be 15 or older by the last day of the class
- Swim 300 yards continuously
- Tread water for 2 minutes
- Swim 20 yards, surface dive, retrieve a 10lb brick, swim 20 yards back and exit the water without using ladder.

**Must attend all 3 classes to obtain certification:**

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**Fees:**
- $150 Member
- $180 Community Participant

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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.
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. Community Participants may purchase a day pass to attend a class. Contact Barb Seidel, Group Exercise Coordinator, at bseidel@fdlymca.org for more information regarding any of our group exercise classes.

Land Fitness Class Descriptions:

LES MILLS™ PROGRAMS

BODYATTACK™ combines athletic aerobic movements with strength and stabilization exercises. This high-energy interval-training class features a different exercise focus with each track.

BODYCOMBAT™ is the fiercely energetic martial arts workout where you are totally unleashed and empowered.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

BODYSTEP™ is an energizing workout using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning to shape and tone your body.

CXWORX™ is the revolutionary way to train your core. Based on cutting edge scientific research, each CXWORX™ class will challenge you to strengthen and tone all the muscle groups in your core.

RPM™ is an indoor cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high.

SH'BAM™ is the ultimate fun and sociable way to exercise, featuring simple but seriously hot dance moves.

SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. HIIT uses intervals of maximum effort followed by complete recovery.

TONE™ will burn calories and help you build fitness and strength while improving energy levels, flexibility, agility and core strength.

THE TRIP™ is a completely new cycling experience using digital projection to create new worlds! The Trip takes motivation and energy output to the next level, burning serious calories.

Group Cycling simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding.

Hatha Yoga uses postures, breathing techniques, and meditation with the goal of bringing about a sound, healthy body and a clear, peaceful mind. This class is for all levels.

Low Intensity Aerobics includes variety of activities to improve your cardiovascular endurance. Lower impact, fun, and effective!

Low Intensity Strength & Balance is a non-aerobic class that will improve muscular strength, endurance, flexibility and balance.

Pilates improves muscle strength, core stability, posture and flexibility, as well as breathing and relaxation techniques.

SilverSneakers® Cardio Circuit increases your cardiovascular and muscular endurance power with a standing circuit workout.

Spin & Sculpt is a total body workout incorporating squats, push-ups and lunges.

Vinyasa Yoga is a strengthening flow class. Postures lead into postures. Yoga works on the body and mind in distinct ways, promoting a healthy body and mind.

Women & Weights is a workout where each week you will focus on different muscle groups (upper & lower body) through use of weights, bars and body weight exercises.

Yoga postures focus on correct alignment, strength building, range of motion, breathing techniques and deep, revitalizing relaxation.

Yoga Flex is gentle combination of flexibility moves including traditional yoga poses with an emphasis on balance, joint range of motion & core strengthening. End with a cool down relaxation.

Zumba® fuses Latin rhythms and easy-to-follow moves to create a dynamic and addicting dance fitness party.

Zumba Gold® is a Latin inspired dance workout for the active older adult or anyone that may need modifications for success.

Zumba Toning® combines targeted body-sculpting exercises and high-energy cardio work.

Candlelight Yoga Relax and unwind with a Hatha/restorative type yoga. Restore your body, mind, and spirit in long holds and gentle movement. Allow yourself to let go in a serene, candlelit environment.

Cardio Jam is a calorie-burning workout that combines kickboxing, dance and martial arts.

Feldenkrais is recognized for the strategies it employs to improve posture, flexibility, coordination, and athletic and artistic ability and to help those with restricted movement, chronic pain and tension.

The Fond du Lac Family YMCA is a licensed facility proud to offer these LES MILLS programs, taught by certified instructors:
LES MILLS GRIT™ SERIES:

**LES MILLS GRIT™ STRENGTH**
Builds strength and muscle.

Uses barbells, plates and the bench to take training to the next level. Blasts all major muscle groups, leaving muscles shaped and toned. Puts your metabolism into overdrive to burn fat hours after the workout. Stimulates the production of the growth hormone which reduces fat and helps you develop lean muscle.

**LES MILLS GRIT™ ATHLETIC (formerly PLYO)**
Builds a powerful, agile, athletic body.

The program has evolved to have increased focus on athletic conditioning – incorporating all of the training modules that enhance athletic performance: speed, strength, agility, as well as plyometric movements for overall athletic conditioning. (Watch for this name change on future schedules!)

**LES MILLS GRIT™ CARDIO**
Burns fat and rapidly improves athletic capability.

No equipment needed, this session combines high-impact body weight exercise with an explosive workout. Get the double whammy of maximizing your calorie burn within the workout, followed by burning fat for hours afterwards. Cardio is scientifically proven to deliver results, fast.

**HOW DO I ATTEND PAID GRIT CLASSES?**

To attend a GRIT class, purchase a punch card at the YMCA Welcome Center Desk. Cards will be punched at the beginning of each class by the instructor. Cash payments are accepted at the Welcome Center Desk only. A receipt will be given to you for cash payments. Bring cash receipt or punch card to instructor at the beginning of class to attend a GRIT class. Limited space available for each GRIT class!

Available cards for purchase:
- $15 card for $15
- $30 card for $27
- $60 card for $54

You can purchase an individual GRIT class for $3.00.

**TEAM GRIT TRAINING**

Take your sports team to the next level! Spending 40 minutes per week in the 85–100% maximum heart rate zone can significantly improve cardiovascular fitness and lean muscle tissue. The Les Mills GRIT Series workouts are designed to have you working in that zone for at least 20 minutes per session. Replacing one 60-minute cardio workout with two Les Mills GRIT sessions is the ideal way to take your training to the next level, even for elite athletes! Get your team to add GRIT twice a week along with their existing workout program, and you will be amazed at the results!

To schedule team GRIT training or find out more information, 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, including Les Mills Born to Move, kids virtual fitness classes.

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

**Studio 3** offers scheduled virtual fitness classes.

**Studio 4** offers scheduled virtual mind/body fitness classes and on-demand time to schedule your own fitness class.

**SCHEDULES**

Find our virtual fitness classes on our Mobile App or on our Schedules page at 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.

**GRIT Team Rates**

<table>
<thead>
<tr>
<th></th>
<th>Y member rate</th>
<th>Non-member rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 classes (30 min. classes)</td>
<td>$12</td>
<td>$24</td>
</tr>
<tr>
<td>6 classes (30 min. classes)</td>
<td>$18</td>
<td>$36</td>
</tr>
<tr>
<td>8 classes (30 min. classes)</td>
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<td>$48</td>
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<tr>
<td>12 classes (30 min. classes)</td>
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<td>$66</td>
</tr>
<tr>
<td>16 classes (30 min. classes)</td>
<td>$40</td>
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</tr>
</tbody>
</table>
**Open Badminton**

Badminton is a recreational activity for all ages that is both fun and physically challenging. Bring the whole family or just yourself and enjoy the game of badminton! Equipment is provided, but you are welcome to bring your own.

**Location:** YMCA Community Gym

**Open Pickleball**

Pickleball is a fun game for all ages that combines elements of tennis, table tennis and badminton. The game is easy to learn and is played indoors with a wooden paddle and wiffleball. Equipment is provided, but you are welcome to bring your own.

New to Pickleball? That’s ok! We have three courts set up to help you learn and grow. Each court is directed toward different skill levels: Beginner (B), Intermediate (I) and Advanced (A).

**Monday – Friday**
6:30 am – 9:00 am    B/I/A
**Tuesday & Thursday**
11:00 am – 12:00 pm  Beginner
12:00 pm – 3:00 pm   Intermediate & Advanced

**Location:** YMCA Community Gym

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**AQUA ABS & ARMS** is a 45-minute moderate ab workout class.

**DEEP WATER POWER** is a more intense cardio and muscular strength workout combining cardiovascular work, deep-water running, jogging, bicycling, and cross-country skiing movements. Focus is on muscular strength motions that work the body’s major muscle groups as well as motions that work the core and balance.

**MID-TEMPO AQUA BEATS** is a great way to energize your day by starting it out in the pool with a fun total-body workout to a great moderate beat.

**SPASH CATS** is great for beginners! Join the Splash Cat Pack for a fun and energetic water fitness session. The class works all muscle groups, provides effective aerobic training, and increases your flexibility. The Splash Cat’s Class presents opportunities to make friends who can loyally keep each other motivated and cheer each other on!

**SPASH JAM** is an aerobic workout that develops strength, increases muscle tone and flexibility. This hour long class is a total body workout. Class uses noodles, water weights and resistant straps.

**WATER AEROBICS** is an aerobic workout that develops strength, increases muscle tone and flexibility. This hour long class is a total body workout. This class uses noodles, water weights and resistant straps.

**WATER YOGA** is designed to teach all the fundamentals of asana yoga: how to breathe, move, stretch and relax. End results show gains in flexibility and strength.

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**ADULT SPORTS & RECREATION**

**Open Badminton**

Badminton is a recreational activity for all ages that is both fun and physically challenging. Bring the whole family or just yourself and enjoy the game of badminton! Equipment is provided, but you are welcome to bring your own.

**Location:** YMCA Community Gym

**Open Pickleball**

Pickleball is a fun game for all ages that combines elements of tennis, table tennis and badminton. The game is easy to learn and is played indoors with a wooden paddle and wiffleball. Equipment is provided, but you are welcome to bring your own.

New to Pickleball? That’s ok! We have three courts set up to help you learn and grow. Each court is directed toward different skill levels: Beginner (B), Intermediate (I) and Advanced (A).

**Monday – Friday**
6:30 am – 9:00 am    B/I/A
**Tuesday & Thursday**
11:00 am – 12:00 pm  Beginner
12:00 pm – 3:00 pm   Intermediate & Advanced

**Location:** YMCA Community Gym

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**Adult Racquetball Leagues**

If you are interested in joining or forming a racquetball league, or if you are looking for opponents for a pick-up game, contact Tyler Behling at 920.921.3330 ext. 357 or email tbehling@fdlymca.org.

**Adult Pick-up Ball**

Adult pick-up ball is scheduled at various times during the week. **Pick-up ball is only available to YMCA members.**

**Location:** YMCA Family Gym

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**Adult Water Walking**

This is a basic, low-impact workout using the natural resistance of the water in the current channel in the Family Pool.

**Lap Swim**

Lap swimming is available at various times throughout the day. During peak times swimmers are asked to circle swim and share the lanes. At least one lap lane will remain open in the Lap Pool during program time.

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**AERIAL YOGA**

Try one of our Aerial Yoga classes today. Sign up at the Welcome Center desk or at fdlymca.org. Must pay in advance.

**AERIAL YOGA** - Yoga which uses a silk hammock to allows you to perform postures that they may not ordinarily be able to attempt on the yoga mat. It is often also referred to as AntiGravity® yoga. It combines traditional yoga with moves inspired by pilates, dance and acrobatics.

**STRENGTH** - Inversions, basic tricks, advanced fitness and strength training. Aerial experience not necessary, but fitness level should be intermediate to advanced.

**WAKE-UP AND FLY** - Intro to Aerial: Beginner inversions, strength training, sun salutations. Exhilarating start to the day! No aerial experience required.

**FAMILY (Ages: 6+)** - A family friendly class designed around exploring aerial yoga through play. Students will be encouraged to experience flying in the aerial silks while being supported in a safe environment. This class encourages youthful play from children to adults alike. Children must be accompanied by a paying adult.
PERSONAL TRAINING

Personal Training Services
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.

GETTING STARTED ON PERSONAL TRAINING

Step One
Contact Ericka Kramer, Personal Training Coordinator, at 920.921.3330 ext. 348 or email ekramer@fdlymca.org, to inquire about personal training, answer any questions you may have, and discuss your fitness goals.

Step Two
After discussing your goals with our coordinator, she will determine the personal trainer that matches your individual needs. A personal trainer will contact you to schedule your initial assessment and personal training sessions.

Step Three
Purchase Personal Training at the Y Welcome Center desk. Inform our Welcome Center staff of the name of the personal trainer you will be working with. Bring receipt with you to your first personal training session.

INDIVIDUAL PERSONAL TRAINING RATES

<table>
<thead>
<tr>
<th>Duration of Session</th>
<th># of Sessions</th>
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<tr>
<td></td>
<td>(1) Session</td>
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<tr>
<td>30 Minute Session</td>
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<tr>
<td>60 Minute Session</td>
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GROUP PERSONAL TRAINING RATES

<table>
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<th># of People</th>
<th>(1) Session</th>
<th>(5) Sessions</th>
<th>(10) Sessions</th>
<th>(15) Sessions</th>
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<td></td>
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<td>45 Minute Session</td>
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<tr>
<td>60 Minute Session</td>
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*Additional pricing for 5+ people is available upon request.

Group Training with Personal Trainers
You can join group training with personal trainers for classes including: Bootcamp, Butts & Guts, HIIT Training, Interval Training, Beginner Kettlebells, Intermediate Kettlebells, Strong by Zumba & TRX Suspension Training. See schedule for current class offerings.

DROP-IN Group Training
Class schedules are posted by the 15th of the month for the following month. Class space is limited to 15 people per class and accommodated on a first-come, first-served basis. Punch cards for DROP-IN classes are sold at the Welcome Center desk. You can purchase a $20 card for $18 or $50 card for $45.

Member Fee: $5/45-minute class

How to attend DROP-IN Group Training
To attend a DROP-IN Group Training class, purchase a punch card at the Welcome Center Desk. Cards are punched at the beginning of each class by the personal trainer. Cash payments are accepted at the Welcome Center Desk only. A cash receipt will be given upon payment.

Bring cash receipt or punch card to trainer at the beginning of class to attend drop-in class.

FITPATH—Free Fitness Assessment

WHAT IS IT?
FITPATH is a free, one-hour fitness assessment with a Y Certified Personal Trainer, offered as a member benefit for new and existing members, age 18 & up. Schedule your individual assessment to identify your baseline level of fitness, establish wellness goals & receive fitness recommendations from our knowledgeable staff.

WHY IS IT IMPORTANT?
Our staff of personal trainers are certified and trained to help you set and meet your goals. They will give you fitness recommendations to help you establish life-long habits to make changes for a healthier life.

WHO SHOULD SIGN UP?
Every member should take advantage of FITPATH! Whether you are new to exercise or in tip-top shape, FITPATH is designed to help everyone understand their current fitness level and set up a path to achieve their goals.

SCHEDULE YOUR FREE FITPATH APPOINTMENT AT THE Y WELCOME CENTER DESK TODAY!

PAID LAND FITNESS CLASSES

Aerial Yoga is a combination of traditional yoga poses & postures practiced using a suspended soft fabric “trapeze”.

POUND® is a cardio jam session inspired by the infectious, energizing & sweat-dripping fun of playing the drums, using weighted Ripstix®.

STRONG by Zumba® combines high intensity interval training with the science of Synced Music Motivation.
YOUTH IN GOVERNMENT

Sharpen leadership skills through public speaking, debate, mock trial, bill writing, and the formation of a press corps. Meetings started in the Fall of 2019 to prepare for our weekend trip to the State Capitol in March of 2020 where we simulate a mock government in the actual seats of our Legislators and Supreme Court Justices.

Join hundreds of 6th-12th grade students from around the state as we become America’s future leaders!

Program components:

- Model Government Session
  (3 day trip to the State Capitol)
- Mock City/County Government Meetings at City Hall
- Political Campaign Workshops
- Mock Trial
- Service Project
- Murder Mystery Fundraising Dinner

Program dates: October 2019 – April 2020
Weekly meetings occur Mondays or Thursdays at 6:00pm

Fees: $40 Member $60 Community Participant
Program fee does not cover trip costs. Trip costs range from $150-$250 (fundraising opportunities available)
For more information, contact Ben Giles, Youth In Government Advisor, at 920.921.3330 ext. 319, or email bgiles@fdlymca.org.

Co–ed Church Softball League 🎾

Join us for another fun and exciting year of Church League Softball. Form a team today! If you are interested, please contact Tyler Behling at 920.921.3330 ext. 357 or email tbehling@fdlymca.org.

Registration deadline: April 26

Ages: 16 & up
Dates: May 6 - July 29 (plus playoffs)
(no games May 27 & July 1)
Day/Time: Monday, 6:00 pm games begin
Team Fee: $250

Captain/Coaches Meeting: Wednesday, May 1 at 6:00 pm
Each team is required to provide a captain or coach for this meeting. We will go over league rules and discuss other league topics.

Mens Flag Football 🏈

The YMCA Men’s Flag Football League is played on grass at Rosenow Elementary School. Game format is designed for 5 on 5 play with 2 different divisions based on ability. Field dimension is 70 by 30 yards. The league is 8 weeks in length with playoffs to determine a league champion.

Registration deadline: June 12

Captain/Coaches Meeting: Thursday, June 13 at 6:00 pm

Ages: 16 & up
Dates: June 20 – August 15 (No games July 4)
Day/Time: Thursday, 5:00 pm - 8:00 pm
Team Fee: $250

SPRING CARNIVAL

April 12 | 5:30-7:30pm

Spend time with your family participating in Circus and Carnival games and activities. Learn how to juggle, walk the tightrope, play all your favorite carnival games and then use your tickets to win great prizes! Of course we will have the inflatable obstacle course and pool open too. This event is great for people of all ages! Free for Members; $20 fee per family for community members.

KIWANIS LEARN–TO–SWIM

SWIM SAFETY PROGRAM

JUNE 10 – 13, 2019 | 8:00 am – 8:00 pm
FREE for everyone ages 4–12!

Sponsored by Fond du Lac Noon Kiwanis and the Fond du Lac Family YMCA, this program provides free swimming lessons and water safety for youth ages 4–12 in the Fond du Lac area. Registration is required and begins April 30.
Summer Registration Information:

Registration Dates
April 1-5
After April 5
Registration Times
8:00 am - 6:00 pm
10:00 am - 6:00 pm

Save yourself time and visit our website at www.bgcfdl.org, download, print and bring in a completed summer membership form when you come to register. Please come prepared with the summer program fee money or financial assistance form with appropriate documentation and emergency information for our records (names, phone numbers, allergies, etc.) at time of sign up.

2019 Summer Program Fee:
Elementary: $200/child    Teen: $150/child
Family Maximum: $500

Financial assistance is available and is based on your family’s income level. If you will be requesting financial assistance you must fill out the Boys & Girls Club of Fond du Lac Financial Assistance Form and attach the appropriate documentation. Incomplete forms will not be considered.

Fee Scale: program fee includes a daily breakfast snack, lunch and afternoon snack.

<table>
<thead>
<tr>
<th>Family Income Level</th>
<th>Cost per Child</th>
</tr>
</thead>
<tbody>
<tr>
<td>$75,000+</td>
<td>$200.00</td>
</tr>
<tr>
<td>$30,000-$75,000</td>
<td>$120.00**</td>
</tr>
<tr>
<td>Less than $30,000</td>
<td>$50.00**</td>
</tr>
<tr>
<td>Special Circumstances</td>
<td>$0.00**</td>
</tr>
</tbody>
</table>

*Family income levels are based on a FDL county average household income for a family of 4
**Financial Assistance Form Required

If you will be applying for financial assistance, the form is available at the front desk at your child’s site or online at bgcfdl.org. Please note that you will need to attach appropriate documentation to the form before you come to register your child.

Field trip and activity sign-up information will be available at the elementary parent orientation sessions and on a daily basis at the teen center.

Summer Program Information:

Program Dates: June 10 - August 16
Program Locations:
Johnsonville Club 76 West 2nd Street
Theisen Middle School 525 E Pioneer Road

Program Hours: Monday - Friday, 9:00 am - 5:00 pm
*The YMCA will be running an early morning drop in program from 7:00am-9:00am at both locations, open to everyone.

Youth Served:
Theisen Location - Pier, Riverside, Rosenow, Roberts, Waters and North Fond du Lac Elementary School youth going into 2nd-5th grade
Johnsonville Elementary - youth in all other elementary schools going into 2nd-5th grade
Johnsonville Teen Center - youth going into 6th-12th grade

Daily Schedules:

Elementary Program:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 11:00 am</td>
<td>Breakfast Snack/Summer School</td>
</tr>
<tr>
<td>11:00 - 1:00 pm</td>
<td>Lunch/Recess</td>
</tr>
<tr>
<td>1:00 - 2:30 pm</td>
<td>Enrichment Program</td>
</tr>
<tr>
<td>2:30 - 3:30 pm</td>
<td>Snack/Recess</td>
</tr>
<tr>
<td>3:30 - 4:45 pm</td>
<td>Mini-Camps</td>
</tr>
<tr>
<td>4:45 - 5:00 pm</td>
<td>Clean-up and Member Pick-up</td>
</tr>
</tbody>
</table>

Field Trips Offered: Dock Spiders Game, Timber Rattler Game, Mount Olympus, Fond du Lac Public Library, Fire Department, Milwaukee Zoo
**Field trips may have an extra cost.

Activities Offered: Dance, Torch Club (Community Service Groups), Swimming, Little Brewers Youth Baseball, Cooking Club, Flag Football, Cheerleading

Teen Program:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 12:00 pm</td>
<td>Breakfast Snack/Organized Recreation</td>
</tr>
<tr>
<td>12:00 - 1:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 - 2:00 pm</td>
<td>Summer School Clubs/Enrichment Programming</td>
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<tr>
<td>2:00 - 3:00 pm</td>
<td>Just Play</td>
</tr>
<tr>
<td>3:00 - 3:30 pm</td>
<td>Snack</td>
</tr>
<tr>
<td>3:30 - 5:00 pm</td>
<td>Organized Recreation</td>
</tr>
</tbody>
</table>

Field Trips Offered: Dock Spiders Game, Timber Rattler Game, Mt. Olympus, Sky Zone, Milwaukee Zoo, Hobb’s Woods, College Visits
**Field trips may have an extra cost

Activities Offered: Dance, Spin, Keystone Club (Community Service Groups), Swimming, Cooking Club, Drama, Career Launch, Art, Flag Football, Minute to Win It

Main Office: Johnsonville Club, 76 W. 2nd Street, Fond du Lac WI 54935 920.924.0530 www.bgcfdl.org