



READY. SET. **S**  **MM**  **R**



**2024 SUMMER
PROGRAM GUIDE**

FOND DU LAC FAMILY YMCA :: fdlymca.org

MEMBERSHIP INFORMATION

MORE INFORMATION ON MEMBERSHIPS 

BECOME A MEMBER:

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

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

MEMBERSHIP RATES: (Rates are subject to change)

MEMBERSHIP TYPES	MONTHLY RATES	JOINER FEE
Youth (age 8- 18)	\$20	\$0
Young Adult (age 19-30)	\$30	\$25
Adult (age 31-64)	\$52	\$50
Senior (age 65+)	\$47	\$50
Family/Household	\$72	\$75
Senior Family/Household (primary member age 65+)	\$62	\$75
College (local, full-time undergraduate)	\$25	\$0

JOIN HERE 

FREE MEMBERSHIPS

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

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

PROGRAM INFORMATION

PROGRAM SESSION DATES:

Actual session dates vary by program area; please refer to class schedule for applicable session dates. (No classes July 1-4)

Registration Opens: Y Members :: Monday, May 13th
Community Participants :: Monday, May 20th

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

KIWANIS WEEK: JUNE 10-13, 2024

Registration Open: May 7th - June 6th

HOURS OF OPERATION through May 25th:

BUILDING HOURS

Monday - Friday.....5:00 am to 9:00 pm
Saturday.....6:00 am to 6:00 pm
Sunday.....7:00 am to 4:00 pm

POOL HOURS

Monday - Thursday.....5:00 am to 8:30 pm
Friday.....5:00 am to 7:00 pm (Closed 2-4pm)
Saturday.....6:00 am to 5:30 pm
Sunday.....7:00 am to 3:30 pm

MEMBERSHIP DESK HOURS

Monday - Friday.....8:30 am to 6:00 pm
Saturday.....9:00 am to 12:00 pm

HOURS OF OPERATION starting May 28th:

BUILDING HOURS

Monday - Friday.....5:00 am to 9:00 pm
Saturday.....6:00 am to 4:00 pm
Sunday.....7:00 am to 2:00 pm

POOL HOURS

Monday - Thursday.....5:00 am to 8:30 pm
Friday.....5:00 am to 3:30 pm
Saturday.....6:00 am to 3:30 pm
Sunday.....7:00 am to 11:30 am

MEMBERSHIP DESK HOURS

Monday - Friday.....8:30 am to 6:00 pm
Saturday.....9:00 am to 12:00 pm

FINANCIAL ASSISTANCE:

HOW TO APPLY:

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

MORE INFORMATION ON FINANCIAL ASSISTANCE 



BOYS & GIRLS CLUB
OF FOND DU LAC

**GREAT FUTURES
START HERE.**

VISIT BGCDFL.ORG

CHILD WATCH

MONDAY-THURSDAY: 8:00 am-1:15 pm | 4:00 pm-7:00 pm

FRIDAY: 8:00 am-1:30 pm

SATURDAY (THROUGH MAY 18TH): 7:45 am-12:00 pm

CLOSED SATURDAY (MAY 25TH-SEPTEMBER 7TH)

MONTHLY UNLIMITED:

Rate is \$25 for 1 child, \$40 for 2 children, \$45 for 3 or more children a month. Schedule bank draft payments at the Y Welcome Center desk. *(Only available with a monthly bank draft.)*

DAILY PER VISIT RATE:

Rate is \$4 per child per visit. Payment is made at the Y Welcome Center desk after child is picked up.

PUNCH CARDS:

\$20 for 5 visits or \$50 for 15 visits

Purchase at the Y Welcome Center desk.



FACILITY RENTALS

The Y offers several rental options of various rooms within our facility, subject to availability.

BOARD ROOM

Located on the main level of the Y, the meeting room seats up to 24 people. This space is ideal for staff or board meetings, group trainings, seminars or presentations, and much more.

Fee: \$20/hour plus tax for Y members*

\$40/hour plus tax for community members*

**Please include set-up and take down time needed when booking your rental time.*

Accommodations: Wi-Fi, 65" TV with HDMI cord Projector and screen, Whiteboard, Sink & Coffee Maker.

MULTI-PURPOSE ROOM

Located in the lower level of the Y, this room is perfect for large group meetings, seminars or family events including baby showers, bridal showers, graduations, first communions and confirmations.

FULL-ROOM RENTAL - seats up to 80 people

Fee: \$55/hour plus tax for Y members*

\$110/hour plus tax for community members*

HALF-ROOM RENTAL - seats up to 40 people

Fee: \$27.50/hour plus tax for Y members*

\$55/hour plus tax for community members*

**A minimum booking of 3 hours is required on the weekend.*

Please include set-up and take-down time needed when booking your rental time.

Accommodations: Wi-Fi, 65" TV with HDMI cord Projector and screen, Sink & Coffee Maker.

Contact MaryAnn Schwark at 920.921.3330 ext. 349 or email mschwark@fdlymca.org for room availability, to book a rental, or for more information.



ON YOUR SCHEDULE.

fdlymca.org

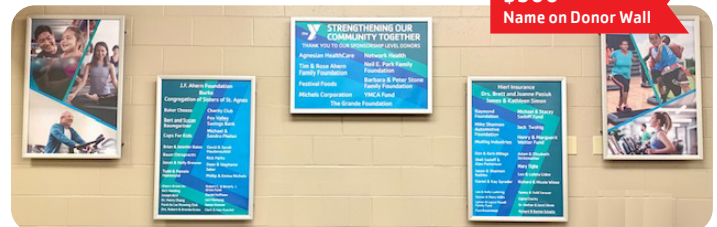
24/7 ACCESS IS HERE! APPLY TODAY!

LEARN MORE

With your support,
TOGETHER we can provide a Y for generations to come.

ANNUAL CAMPAIGN
The Y. So Much More™

Please consider joining our legion of community donors whose gifts are making a difference.



\$500
Name on Donor Wall

\$1,000
Banner Size: 36" x 48"

Your Name Here

\$2,500
Banner Size: 36" x 60"

Your Name or Logo Here

\$5,000
Banner Size: 48" x 72"

Your Name/Logo Here

Contact: Katie McCormick, Director of Mission Advancement
921.3330 ext 313 | kmccormick@fdlymca.org



Session A: June 17–June 27 | Session B: July 15–July 25
 Session C: July 29–August 8 | Session D: August 12–August 22

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



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.

- **Fees per session:**
- **PARENT/CHILD:**
- **\$40 Member / \$85 Community Participant**
- **Drop-in Option: \$4/class (member)**
- **\$8/class (community participant)**
- **Parent/Child lessons are 20 minutes**
- **STAGES 1–6:**
- **\$45 Member / \$95 Community Participant**
- **Stages 1–6 lessons are 30 minutes.**

NEW! DROP-IN PARENT/CHILD OPTION!

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?
 Is the student comfortable working with an instructor without a parent in the water?

YES

NOT YET

**WATER DISCOVERY/
 WATER EXPLORATION**

SWIM STARTERS

Will the student go underwater voluntarily?

YES

NOT YET

**1 / WATER
 ACCLIMATION**

SWIM BASICS

Can the student do a front and back float on his or her own?

YES

NOT YET

**2 / WATER
 MOVEMENT**

Can the student swim 10–15 yards on his or her front and back?

YES

NOT YET

**3 / WATER
 STAMINA**

Can the student swim 15 yards of front and back crawl?

YES

NOT YET

**4 / STROKE
 INTRODUCTION**

SWIM STROKES

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**5 & 6 / STROKE
 DEVELOPMENT &
 MECHANICS**

PARENT CHILD (P/C) CLASSES:

Parent/child classes are now all one class. The instructor will modify skills and games based on participant's ages and skills for those in the class. These classes will remain 20 minutes long and require one adult per child to be IN the water with them for the entire 20 minutes of class. Instructors will work on water safety skills, teaching children to follow verbal cues and encouraging them to become comfortable being in the water with an instructor. We encourage you to attend class and stay after to play with your child in the "fish slide" area to help them become more familiar with the water.

STAGE 5/6 CLASSES:

Stages 5 & 6 are now combined into one class. Teachers will modify skills and requirements based on the participant's abilities. Teachers will focus on stroke development, building endurance and stroke mechanics. Goggles are recommended for this class.

NEW! DROP-IN PARENT/CHILD CLASSES

There are spots available each week for a drop-in option. Pay at the front desk before the lesson and bring receipt to the instructor. **Swim diapers required for those who are not potty trained.**

\$4/class (member)
\$8/class (community participant)

NEW! 2 WEEK SESSIONS (Monday-Thursday):

As summer schedules fill up and families plan vacations, we're pleased to offer two-week sessions for our swimming lessons! Select a single session or mix and match multiple sessions to fit your schedule.

SESSION A: JUNE 17-JUNE 27

SESSION B: JULY 15-JULY 25

SESSION C: JULY 29-AUGUST 8

SESSION D: AUGUST 12-AUGUST 22

	Parent/Child	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
SUMMER AM	9:00-9:30am		X	X		X
	9:35-10:05am		X	X	X	
	10:10-10:40am	X	X	X		
	10:45-11:15am		X	X	X	
	11:20-11:50am	X			X	X

	Parent/Child	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
SUMMER PM	4:00-4:30pm		X	X		X
	4:35-5:05pm	X	X	X		
	5:10-5:40pm	X		X	X	

 **KIWANIS LEARN-TO-SWIM & WATER/SAFETY CAMP INFO ON PAGE 6!**

PRIVATE SWIM LESSONS:

Beginner lessons are 30 minutes and Advanced lessons are 45 minutes. Lessons can be purchased in packages of 1 or 4.

BEGINNER LESSONS are \$25/lesson. These are intended for becoming comfortable in the water, learning water safety and swim strokes with no or minimal prior knowledge/skills of the strokes.

ADVANCED LESSONS are \$35/lesson. These are intended for those looking to building endurance and improve stroke development and mechanics.

SEMI-PRIVATE SWIM LESSONS:

SEMI-PRIVATE LESSONS are 45 minutes long and are \$50/lesson for members & \$75/lesson for community participants. They can be purchased in packages of 1 or 4. Semi-private lessons have one instructor to 2-3 participants.

Duration of Session	# of Sessions	
	(1) Session	(4) Sessions
30 Minute Private	\$25.00	\$100.00
45 Minute Private	\$35.00	\$140.00
Semi-Private	\$50.00 (\$75.00 Community)	\$200.00 (\$250.00 Community)



BE WATER READY

KIWANIS LEARN-TO-SWIM SAFETY AROUND WATER PROGRAM

REGISTRATION: May 7th–June 6th

REGISTER HERE 

DATES: June 10–13, 2024

TIMES AVAILABLE: 8:00 am – 8:00 pm
(Child attends all 4 days; each lesson is 30 minutes)

COST: FREE (Registration is on a first-come, first-served basis.)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WATER/SAFETY CAMP



Help your kids learn to be safe and have some fun along the way! For this week-long camp, we will learn about being safe around water, safe around our building and in a number of other places and situations. We will incorporate hands-on practice along with fun activities throughout the week to help kids be more prepared when they are having fun with their family and friends this summer and beyond. Included with registration is a t-shirt and a snack each day.

July 8–11, 2024
9:00 am–12:00 pm
Ages 8–12

Fee:
\$80 member
\$120 community participant

REGISTER HERE

FOND DU LAC FAMILY YMCA
6 | 920.921.3330 :: www.fdlymca.org

YOUTH SPORTS & FITNESS

The First Tee Golf Program (8 weeks)

In partnership with Rolling Meadows Golf Course & 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.

Wednesdays 5:00 pm – 6:30 pm
June 12th – July 31st (There WILL be class July 3rd)

Location: Rolling Meadows Golf Course
Fees: \$40 Member & Community Participant

Rookies Tee Ball (4 weeks)

This beginner level class is designed for kids just beginning in the sport of baseball. Kids will learn the fundamentals of baseball; catching, throwing, fielding balls, hitting off tees or pitched balls, and base running. Kids will be divided into groups to allow for more opportunities during drills. Volunteer coaches are welcomed and encouraged. The first 10 minutes of the session will be a parent/kid catch and throw warm up. Each participant will receive a voucher for a free ticket to a Dock Spiders game. T-shirts with a Y and Dock Spiders logo are included with registration.

Ages 4–6 Wednesdays 5:00 pm – 6:00 pm
July 24th – August 14

Location: Pier Elementary School
Fees: \$40 Member \$85 Community Participant

VOLUNTEER COACHES ARE NEEDED FOR TEE BALL!

If interested in volunteering as a coach, please contact Natalie Wondra at 920.921.3330, ext 306 or nwondra@fdlymca.org



YOUTH SPORTS PROGRAM SPONSORSHIPS

The generosity of others is at the core of the Y's existence as a non-profit. It is only through the support of our public and private donors that we are able to continue to support and give back to our community.

YOU CAN HELP US DO MORE.
SUPPORT YOUTH SPORTS PROGRAMS.

LEARN MORE 

Sports Mania Camp

Come explore the world of sports! Children will engage in drills and small group activities. We foster a positive and nurturing environment where children can discover their love for sports while developing essential body awareness skills. Each day we will focus on a different sport; basketball, tee ball, volleyball, and soccer.

Grades completed: 3K-4K 9:30 am-10:15 am
Grades completed: 5K-K 10:15 am-11:00 am

MONDAY, JUNE 24TH – THURSDAY, JUNE 27TH
MONDAY, JULY 29TH – THURSDAY, AUGUST 1ST

Location: YMCA Family Gym
Fees: \$30 Member \$65 Community Participant

Rookies T-Ball Camp

This beginner level class is designed for kids just beginning in the sport of baseball. Kids will learn the fundamentals of baseball; catching, throwing, fielding balls, hitting off tees or pitched balls, and base running. Kids will be divided into groups to allow for more opportunities during drills. Volunteer coaches are welcomed and encouraged. The first 10 minutes of the session will be a parent/kid catch and throw warm up. **Each participant will receive a voucher for a free ticket to a Dock Spiders game. T-shirts with a Y and Dock Spiders logo are included with registration.**

Ages 4-6 10:00 am - 11:00 am

MONDAY, JULY 8TH – THURSDAY, JULY 11TH

Location: **Pier Elementary School**
Fees: \$40 Member \$85 Community Participant

Lifting Smart: Youth Weightlifting Camp

This 4-week camp introduces teens to basic strength training principles in a fun environment. It will focus on teaching teenagers the proper form and technique for deadlift, squat, and bench press exercises. Trainers will guide students through each movement, emphasizing correct posture, body alignment, and muscle engagement to prevent injury and maximize effectiveness. The class will provide hands-on demonstrations and individualized feedback to ensure teens develop safe and effective lifting skills. Additionally, discussions on the importance of proper form, body mechanics, and injury prevention will be incorporated to educate students on the benefits of lifting with correct technique. (Class size limited to 6 per session.)

Ages 14-18

SESSION I: Saturdays 11:00 am-12:00 pm June 8th-June 29th
SESSION II: Tuesdays 9:00 am-10:00 am July 23rd-Aug 13th

Location: Studio 3/Wellness Center
Fees: \$85 Member \$125 Community Participant

WATCH FOR FLAG FOOTBALL REGISTRATION!

Flag Football program registration will start in August!

More information to follow.



Baseball Skills Clinic

In partnership with Fond du Lac Dock Spiders

- Introduction of the fundamentals of baseball through stations
- Drills directed by coaches & players from the Dock Spider team
- Participate on the Dock Spider Field
- Pictures & autographs from the players
- Say HI to Weaver



T-shirt included with registration. Bring a water bottle and comfortable attire!

4K-1ST GRADE

Designed for beginners or individuals that are new to the game.
10:30 am-11:30 am :: Clinic
11:30 am-12:00 pm :: Pictures & Autographs

1ST-3RD GRADE

Designed for individuals with previous experience to the game.
11:30 pm-12:00 pm :: Pictures & Autographs
12:00 pm-1:00 pm :: Clinic

TUESDAY, JULY 16, 2024 (JULY 31 RAIN DATE)

Location: **Fond du Lac Dock Spiders Herr-Baker Field**
980 E Division St., Fond du Lac

Fees: \$20 Member \$50 Community Participant

Camp Buckets

This basketball camp is designed 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! **T-shirt included with registration.**

4K-K 10:15 am-11:00 am
GRADES 1-3 11:00 am-11:45 am

MONDAY, AUGUST 5TH – THURSDAY, AUGUST 8TH

Location: YMCA Family Gym
Fees: \$40 Member \$85 Community Participant



Summer Basketball Lessons

YMCA offers the chance to gain knowledge, skills, and develop a bond with the game of basketball. We will help young athletes reach their potential and achieve their athletic goals. A basketball trainer will teach the skills that will give each player an advantage on the court! Skills are based on the needs of each individual. Private/Semi-Private lessons are available. Time & date will be scheduled with you and the instructor. Lessons are geared toward middle to high school students, but open to grades 3 & up.

PRIVATE LESSONS (30 minutes each lesson):

4 lessons \$75 Member \$100 Community Participant
8 lessons \$150 Members \$200 Community Participant

SEMI-PRIVATE LESSONS (30 minutes each lesson):

4 lessons \$50 Member \$75 Community Participant
8 lessons \$100 Members \$150 Community Participant



Session A: June 17–June 27 | Session B: July 15–July 25
Session C: July 29–August 8 | Session D: August 12–August 22

****All gymnastics classes are held at the YMCA Gymnastics & Program Center located at 520 N. Main St., Fond du Lac.**

PROGRESSIVE CLASSES

(2 week sessions)

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 and will meet 4 times. Child needs to be fully toilet-trained or parent available to assist. Child needs to be 3 years old by the start of class.

MONDAYS/WEDNESDAYS 9:00 AM
TUESDAYS/THURSDAYS 9:00 AM

Fees: \$20 Member \$45 Community Participant



FONDY FLYERS GYMNASTICS CAMP

Come join the Fondy Flyers gymnastics team for an exciting week of summer gymnastics. Campers will focus on improving their gymnastics skills on each apparatus, as well as, participate in other games and activities during the week.

- ✓ Bring a bagged lunch each day.
- ✓ Every camper will get a t-shirt.

JULY 8-12, 2024
9:30 AM - 4:00 PM



Fond du Lac Family YMCA
Gymnastics & Program Center
520 N Main Street, Fond du Lac



Ages 6 & up
Fee: \$200 Y member | \$250 Community participant
Registration opens: Monday, May 13th (members)
Monday, May 20th (community)
Register at: fdlymca.org

REGISTER HERE 



(2 week sessions: Monday-Thursday)

Beginner (Ages 4-5)

This class is for 4 & 5 year old children. This class will continue to work on basic body awareness and will continue to teach basic class structure as our instructors take them to uneven bars, balance beam, floor exercise and vault. Staff to child ratio is 1:5. Classes are 45 minutes. Child needs to be fully toilet-trained.

Fees: \$55 Member \$115 Community Participant

Intermediate (Ages 6+)

This class is for 6 year old children who are new to the sport of gymnastics or have passed Beginner. This class will continue to work on basic body awareness but also start to teach the children the skills that they will need to succeed in the sport of gymnastics. This clinic will continue to work on class structure as the children get more familiar with uneven bars, balance beam, floor exercise and vault. Staff to child ratio is 1:6. Classes are 45 minutes.

Fees: \$55 Member \$115 Community Participant

Advanced

This class is for children who have passed Intermediate. This class will focus on basic gymnastics skills. Our instructors will work on running mechanics for vault; mounting, hip circles and strength on uneven bars; mounting, balancing and dismounting on balance beam; and handstands, cartwheels, and kick-overs on floor exercise. Each week will focus on a different event. Staff to child ratio is 1:8. Classes are 45 minutes.

Fees: \$55 Member \$115 Community Participant

Advanced II

This class is for children who have passed Advanced and wish to improve their gymnastics further. They will work to master the basics on all four events, as well as learn new skills and strength to get ready for our Pre-Team class. Staff to child ratio is 1:8. Classes are 1 hour.

Fees: \$65 Member \$135 Community Participant

(8 week session)

Recreation I

This class is designed for gymnasts ages 9+ who would like to either try gymnastics or continue with gymnastics recreationally. This class is for gymnasts with all experience levels. Classes are 60 minutes.

JUNE 19TH - AUGUST 14TH (NO CLASS JULY 3RD OR JULY 10TH)
WEDNESDAYS 1:30 PM

Fees: \$65 Member \$135 Community Participant

NEW! 2 WEEK SESSIONS (Monday-Thursday):

As summer schedules fill up and families plan vacations, we're pleased to offer two-week sessions for our gymnastics progressive classes.

*Tiny Tumblers will run 2 days a week: Monday/Wednesday or Tuesday/Thursday.

*Recreation I will run every Wednesday for 8 weeks (no class July 3rd or 10th)

SESSION A:
JUNE 17TH - JUNE 27TH

	Tiny Tumblers*	Beginner	Intermediate	Advanced	Advanced II
9:00 am	X				X
9:30 am		X			
10:00 am			X	X	
10:30 am		X			
10:45 am			X		
11:15 am			X		
11:30 am		X			
1:30 pm					Recreation I*
2:30 pm		X		X	
3:15 pm			X		X

SESSION B:
JULY 15TH - JULY 25TH

	Tiny Tumblers*	Beginner	Intermediate	Advanced	Advanced II
9:00 am	X				
9:30 am			X		
10:30 am		X			
10:45 am					X
11:15 am			X		
11:45 am				X	
12:30 pm		X			
1:30 pm					Recreation I*
2:30 pm		X	X		
3:15 pm			X	X	

SESSION C:
JULY 29TH - AUGUST 8TH

	Tiny Tumblers*	Beginner	Intermediate	Advanced	Advanced II
9:00 am	X				
9:30 am		X			
10:00 am			X		
10:30 am		X			
10:45 am			X		
11:15 am			X		
11:30 am		X			
1:30 pm					Recreation I*
2:30 pm					X
3:15 pm				X	

SESSION D:
AUGUST 12TH - AUGUST 22ND

	Tiny Tumblers*	Beginner	Intermediate	Advanced	Advanced II
9:00 am	X				
9:30 am		X			
10:00 am			X		
10:30 am		X			
10:45 am			X	X	
11:15 am			X		
11:30 am		X			X
12:30 pm				X	
1:30 pm					Recreation I*
2:30 pm		X	X		
3:15 pm			X	X	

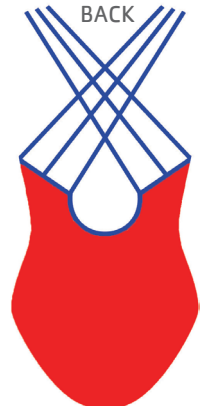
2024-2025 FONDY FLYERS PRACTICE LEOTARD

The 2024-2025 Fondy Flyers practice leotards by Garland Activewear are available for purchase starting May 1st! These leotards are completely optional and are **not required** for anyone to purchase. These custom leotards typically take around 6 weeks to be created and delivered. We hope to receive them by the week of July 8th, but not guaranteed.

DEADLINE: THURSDAY, MAY 30TH

COST: \$35.00

PURCHASE HERE 



ADAPTIVE PROGRAMS

Adaptive Swim Lessons

This class encourages participants to use their physical attributes to the best of their abilities while enhancing their spirits and minds with positive reinforcement. Basic skills such as; being comfortable in the water, water safety, floating, etc. are practiced but not limited too. All lessons are altered to each student's needs. Staff to student ratio is 1:1 and all ages are welcome. Day and time are scheduled by you and the instructor.

Stop in at the Welcome Center Desk to sign up.

4 lessons: 30 minutes each

Fees: \$55 Member \$110 Community Participant

Adaptive Gymnastics

This class will focus on gross motor development, body awareness, strength, balances and overall coordination. Skills will be taught by an instructor in an individual 1:1 setting. Following directions will also be emphasized. Staff to student ratio is 1:1 and all ages are welcome. Day and time are scheduled by you and the instructor.

Stop in at the Welcome Center Desk to sign up.

Location: YMCA Gymnastic Center, (520 N. Main Street)

4 lessons: 30 minutes each

Fees: \$55 Member \$110 Community Participant

REGISTER HERE 



Summer Session I: June 17–July 18 (No classes July 1–4)
Summer Session II: July 22–August 15

- REGISTRATION OPENS:
- Monday, May 13 (for members) &
- Monday, May 20 (for community)

The Y now offers Parent/Child Weekly Classes in addition to the Preschool Weekly Classes!!

Parent/Child Classes are geared for 2-3 year olds WITH a parent. Preschool Classes are geared for 3-1/2 to 6 year olds WITHOUT a parent. **CHILD MUST BE FULLY TOILET-TRAINED OR PARENT MUST BE AVAILABLE TO ASSIST.**

SUMMER SESSION I:

Week 1: Tuesday, June 18 Under the Sea

Splish Splash Splish Splash! It is that time of the year where the ocean is on our minds. Your child will have amazing under the sea adventures in this class with crafts, games and activities! Get ready to dive into a world of fun!

Ages: 3-1/2 to 6 9:15 - 10:15 am Family Gym
Ages: 2-3 w/parent 9:15 - 10:00 am Board Room

Week 2: Tuesday, June 24 Happy Birthday America!

We will show our 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.

Ages: 3-1/2 to 6 9:15 - 10:15 am Family Gym
Ages: 2-3 w/parent 9:15 - 10:00 am Board Room

Week 3: Tuesday, July 9 Ready, Set, Go! (3-1/2-6 yr olds)

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 an active morning. Please no flip flops.***

Ages: 3-1/2 to 6 9:15 - 10:15 am Family Gym

Amazing Bugs! (2-3 yr olds)

Along with the beautiful summer weather come a variety of bugs and insects. Come and be a busy bee as we learn about everything from pretty butterflies to pesky mosquitoes. We'll even dig up some gummy worms for a snack.

Ages: 2-3 w/parent 9:15 - 10:00 am Board Room

Week 4: Tuesday, July 16 Amazing Bugs! (3-1/2-6 yr olds)

Ages: 3-1/2 to 6 9:15 - 10:15 am Board Room

Ready, Set, Go! (2-3 yr olds)

Ages: 2-3 w/parent 9:15 - 10:00 am Family Gym

Session I: Preschool Class Fees:
\$30 Members \$65 Community Participant

Session I: Parent/Child Class Fees:
\$25 Members \$55 Community Participant

SUMMER SESSION II:

Week 1: Tuesday, July 23 Christmas in July

Let's all get into the Holiday Spirit!! Christmas will be here before you know it! We will have a fun class of Christmas themed crafts, games and activities. Come and join the festivities based around this wonderful time of the year.

Ages: 3-1/2 to 6 9:15 - 10:15 am Board Room
Ages: 2-3 w/parent 9:15 - 10:00 am Family Gym

Week 2: Tuesday, July 30 Down On The Farm (3-1/2-6 yr olds)

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.

Ages: 3-1/2 to 6 9:15 - 10:15 am Board Room

Fitness with Friends (2-3 yr olds)

Let's move, stretch and learn about building an active lifestyle through fitness & fun. We will participate in fitness activities, sports and games that focus on strength, body control, balance and coordination and most of all FUN! Socks and gym shoes are a must for this active class.

Ages: 2-3 w/parent 9:15 - 10:00 am Family Gym

Week 3: Tuesday, August 6 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 summertime games and adventures. Wear your favorite summer hat or sunglasses to class

Ages: 3-1/2 to 6 9:15 - 10:15 am Board Room
Ages: 2-3 w/parent 9:15 - 10:00 am Board Room

Week 4: Tuesday, August 13 Fitness with Friends (3-1/2-6 yr olds)

Ages: 3-1/2 to 6 9:15 - 10:15 am Family Gym

Down On The Farm (2-3 yr olds)

Ages: 2-3 w/parent 9:15 - 10:00 am Board Room

Session II: Preschool Class Fees:
\$30 Members \$65 Community Participant

Session II: Parent/Child Class Fees:
\$25 Members \$55 Community Participant

Splash and Play at Fairgrounds Park (SUMMER I)

We're taking Let's Get Rolling OUTSIDE! Join us at Fairgrounds Park for some family playtime. Kids learn by seeing, hearing, touching, exploring and having fun. You and your child will have fun socializing with other kids and families. The zero depth pool and the sandbox will be available for your child's use. We will have lifeguards available but a parent must be in the water and with their child watching them at all times. A one to one ratio is preferred. Each week there will be stories, games and activities based on the theme of the week. Y staff members will lead the activities. Each child must be registered for this class. **Class will meet in the Family Gym in case of inclement weather.**

THEMES:

June 17-Sunshine! Bring your favorite sunglasses or sun hat as we talk about how fun it is to play in the sun. Remember your sunscreen!

June 23-Bubbles! Come and have some fun popping and playing with bubbles.

July 8-Bugs, Butterflies, and Flowers! We will make a craft.

July 15-Dance! It's time for a dance party! We will dance to some fun songs while smiling.

Ages 0-6 with a parent

Mondays 10:30 am-11:15 am **Location: Fairgrounds Park**

Fees: \$20 Member \$45 Community Participant

Splash and Play at Taylor Park (SUMMER II)

We're taking Let's Get Rolling OUTSIDE! Join us at Taylor Park for some family playtime. Kids learn by seeing, hearing, touching, exploring and having fun. You and your child will have fun socializing with other kids and families. The splash pad will be open and each week there will be stories, games and activities based on the theme of the week. Learning to follow simple directions and taking turns will be emphasized. A Y staff member will be leading the activities. Parent participates with their child and a one to one ratio is preferred. Each child must be registered for this class. **Class will meet in the Family Gym in case of inclement weather.**

THEMES:

July 23-Chalk! Let's make chalk designs! Mosaic art and even a "flat you".

July 30-Water! What's better than having a splash pad? Water guns and water balloon fun!

August 6-Balloons and Balls! Each child will receive a balloon and we will have fun with balls and a parachute!

August 13-Popsicles! We will celebrate popsicles with freezie pops at the end of class.

Ages 0-6 with a parent

Mondays 10:30 am-11:15 am **Location: Taylor Park**

Fees: \$20 Member \$45 Community Participant



CHILD CARE



BUILDING STRONGER FUTURES

NOW ENROLLING FOR THE 2024-25 SCHOOL YEAR!

3K PRESCHOOL

Up to 20 children will be accepted on a first-come, first-serve basis. Children need to be 3 years old on or before September 1, 2024 and fully potty-trained. Waiting lists will be created; fees will not be collected in advance for waiting lists.

PROGRAM DAYS: Mondays, Wednesdays, & Fridays following the Fond du Lac School District 2024-25 4K calendar.

PROGRAM TIME: 9:00 am - 11:30 am

Register in person at the Fond du Lac Family YMCA Child Care Center.

DEPOSIT: \$100 deposit is required at registration.

[LEARN MORE](#)



SCHOOL MORNINGS MADE EASIER

BEFORE SCHOOL CARE

The Fond du Lac Family YMCA and the Fond du Lac School District have partnered to offer the Y's Before School Care program. Offered in six elementary schools for the 2024-2025 school year, this program ensures children start their day on the right foot. With our convenient drop-off service, parents can rest assured that their children are in safe hands before the school bell rings. Join us this Fall and experience the peace of mind knowing your child is well-cared for and ready to tackle the day ahead.

CURRENTLY OFFERED AT THE FOLLOWING ELEMENTARY SCHOOLS:

Evans, Parkside, Pier, Roberts, Rosenow, Waters

[LEARN MORE](#)

American Heart Association Adult/Child/Infant CPR and AED

The AHA's Heartsaver CPR AED Course is designed for anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting. *Upon completion this course, participants receive a Heartsaver Adult/Child/Infant CPR AED Course Completion Card which is valid for two years. Ages 14+*

Participants will learn about:

- Adult/Child/Infant CPR and AED
- Choking
- Opioid-associated life-threatening emergencies

Wednesday, July 10 6:00 pm to 9:00 pm

Fees: \$45 Member \$75 Community Participant

Stay Home Alone Class

This class is designed for kids ages 9 and older. 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
- Weather emergencies
- Basic First Aid
- Fire safety
- Stranger Danger

Wednesday, July 17 9:00 am to 11:30 am

Wednesday, August 14 9:00 am to 11:30 am

Fees: \$20 Member \$45 Community Participant



Y Babysitting Certification

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. ****Bring a lunch to class.**

Within this class you will learn how to:

- Respond to emergencies
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Basic First Aid
- Compression CPR

Wednesday, June 26 9:00 am to 3:00 pm

Monday, July 29 9:00 am to 3:00 pm

Fees: \$55 Member \$75 Community Participant

ACTIVE OLDER ADULTS

LEARN
MORE

GROUP FITNESS CLASSES:

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

OPEN WALKING:

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

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

OUT TO LUNCH:

The AOA group and others interested gather at a local eatery to share food, fun and fellowship. Locations are pre-determined each month. Sign up at the Welcome Center Desk.

PICKLEBALL:

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

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



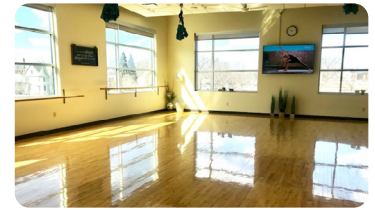
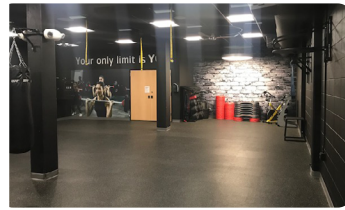
ACTIVE OLDER ADULT BOOK CLUB

We meet the last Thursday of each month to discuss the book we're reading and to pick a new one! We will choose a new book every 1-2 months. Books will be provided. Join us for some fabulous reads and good discussions!

Last Thursday of each month
11:30 am - 12:30 pm
Healthy Living Center

GROUP FITNESS CLASSES

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



CLASS DESCRIPTIONS 


CLASS SCHEDULES 

VIRTUAL FITNESS CLASSES

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

Studio 1 offers scheduled virtual fitness classes.
Studio 2 offers scheduled virtual cycling fitness classes.
Studio 4 offers scheduled virtual mind/body fitness classes.

SCHEDULES

Find our virtual fitness classes on our Mobile App or on our Schedules page at fdlymca.org. Virtual classes are indicated with a 



FITNESS AT HOME

THE LATEST CLASSES FROM LES MILLS!

LES MILLS FUNCTIONAL STRENGTH

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



LES MILLS Shapes

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



Anywhere, Anytime

DISCOVER THE ADDED BENEFITS OF YMCA360



FREE MEMBER-ONLY ACCESS TO FITNESS AT HOME.

Experience the Y like never before! YMCA360 provides a way for members of all ages, interests, and activity levels to engage with the Y anytime, anywhere. A growing library of more than 700 on-demand exercise classes and programs is accessible 24/7 on mobile devices, TV, and web. From yoga to youth sports, new content will be added weekly, so there's something for everyone! All you need is the email address tied to your Y account, to verify your membership. Access at ymca360.org.

GET STARTED TODAY!

SPECIALTY CLASSES

AERIAL YOGA

IN STUDIO 4

STRENGTH & TRICKS

Safely build upper body and core strength while having fun adding tricks to your Aerial Yoga workout. Inversions, basic tricks, fitness and strength training. Aerial experience not necessary.

TUESDAYS
7:30 PM-8:30 PM

MUST REGISTER & PAY
24 HOURS IN ADVANCE.



REGISTER HERE

MONTHLY UNLIMITED SMALL GROUP TRAINING

The Y offers Monthly Unlimited Small Group Training cards. You may also purchase a single class for a one time drop-in fee. All purchases can be made at the Welcome Center desk. Get your cards before the month begins for maximum value. Cards for the next month will be available for purchase a week prior to the month starting. Each month is a different color card and is only valid for that month.

SMALL GROUP TRAINING

\$35.00* | MONTHLY UNLIMITED

OR \$6.00*/CLASS DROP-IN FEE

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



INTRO TO AERIAL YOGA

WITH JESSICA KOEPKE

Wednesdays
11:45 am-12:45 pm

SESSION I: June 19-July 10
SESSION II: July 17-August 7

A four week introduction to Aerial Yoga. This class is designed for individuals of all ages and all levels that have little to no aerial experience. It will focus on beginner poses while working on strength, balance, and flexibility.

LOCATION: STUDIO 4

Fee: \$25 Member
\$55 Community Participant



REGISTER HERE

WATER FITNESS CLASSES

POOL SCHEDULES

CLASS DESCRIPTIONS

AQUA ABS & ARMS

AQUA FIT

DEEP WATER POWER

MID-TEMPO AQUA BEATS

MORNING GRIND WATER AEROBICS

POOL PARTY

SPLASH JAM

TONE & STRETCH

WATER AEROBICS

WATER YOGA



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.



Healthy Living Program

Wellness Coaches at the Fond du Lac Family YMCA will work one on one with members to set healthy SMART goals, make healthier nutritional choices and increase physical activity in a safe and engaging program.

This program incorporates:

- 1:1 coaching and accountability
- Cardio and resistance training
- An exercise plan tailored to your level
- Nutrition information
- Stress management tactics
- Connections and referrals to additional Y services, such as aquatic exercise or group fitness classes.



Parkinson's Exercise Class A partnership with SSM Health

Research shows that exercise BENEFITS people with Parkinson's Disease. The benefits of exercise can help protect certain areas of the brain involved in the disease process.

In this class we work on aerobic conditioning on treadmills, bikes, or the Nu-step, depending on your ability. Weight machines are used for upper and lower body strengthening. Classroom exercises emphasize range of motion, balance, posture, and body education.

Class participants must be approved to join the Parkinson's Exercise class, prior to registration. Class size is limited. To be approved, contact Joel Mason, DPT, at Joel.Mason@ssmhealth.com or 920.921.3330 ext. 337.



Balanced Health Series Partners in Providing Community Wellness Information

FREE health seminars or chat sessions, offered to Y members and the community.



REGISTER HERE

Cardiac Rehab Phase 3 A Partnership with SSM Health



SSM Health currently offers two phases of cardiac rehab, featuring an exercise regimen and supervised by a team of nurses, physicians, dietitians, 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 help assist in long-term success.

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 ACCEPTING INTEREST FORMS FOR THE NEXT SESSION!

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

Summer Session: July 8–September 25

LEARN MORE

PERSONAL TRAINING

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

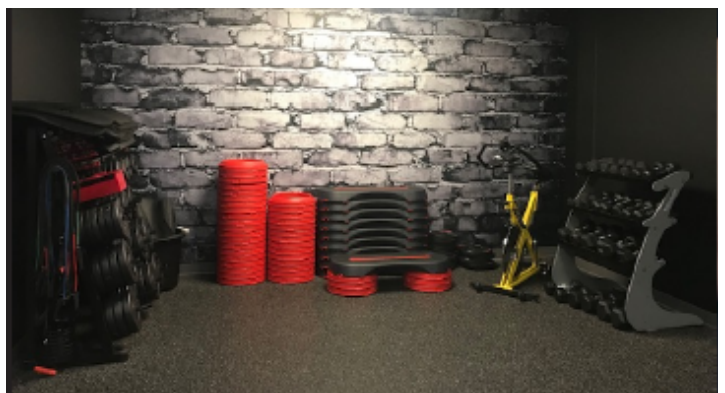
Contact Ericka Wawrzyn, Healthy Living Director, at 920.921.3330 ext. 348 or email ewawrzyn@fdlymca.org, to inquire about personal training, answer any questions you may have, and discuss your fitness goals.

INDIVIDUAL PERSONAL TRAINING RATES

PACKAGES FOR 30 NOW AVAILABLE!

Duration of Session	# of Sessions			
	(1) Session	(5) Sessions	(10) Sessions	(15) Sessions
30 Minute Session	\$25.00	\$117.50	\$230.00	\$341.25
45 Minute Session	\$37.50	\$176.25	\$345.00	\$511.88
60 Minute Session	\$50.00	\$235.00	\$460.00	\$682.50

Group Personal Training Rates and more info can be found at fdlymca.org.



FREE! YOUTH FITNESS ORIENTATION PROGRAM

Designed for youth ages 11 to 13 that are interested in working out in the Wellness Center, this free, fun and informative program consists of one session that provides youth and teens with the knowledge and confidence necessary to safely exercise on their own.

Register at the Welcome Center Desk or call 920.921.3330.

FREE TO MEMBERS.



CELEBRATE WITH US HOST YOUR NEXT BIRTHDAY PARTY AT THE Y!

JUNE 1- SEPTEMBER 1, 2024

**SATURDAY OPTIONS:
11:30 AM-2:00 PM OR 12:30 PM-3:00 PM
COMMUNITY GYM OR FAMILY POOL**

- 1.5 hour in party room
- 1 hour in Family Pool or Community Gym (see website for specific time)

RATES:

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

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

SCHEDULE YOUR PARTY

QUESTIONS?

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

LIFTING SMART: YOUTH WEIGHTLIFTING CAMP

This camp introduces teens to basic strength training principles in a fun environment. It will focus on teaching teenagers the proper form and technique for deadlift, squat, and bench press exercises. Trainers will guide students through each movement, emphasizing correct posture, body alignment, and muscle engagement to prevent injury and maximize effectiveness. The class will provide hands-on demonstrations and individualized feedback to ensure teens develop safe and effective lifting skills. Additionally, discussions on the importance of proper form, body mechanics, and injury prevention will be incorporated to educate students on the benefits of lifting with correct technique.



AGES
14 - 18



PERSONAL
TRAINER LED
CLASSES



LEARN PROPER
FORM &
TECHNIQUE



SESSION I: June 8th-June 29th :: Saturdays 11 am-12 pm
SESSION II: July 23rd-Aug 13th :: Tuesdays 9 am-10 am
Fees: \$85/ member | \$125 Community Participant

**REGISTER
HERE**

EMPLOYMENT

**VIEW
CURRENT
OPPORTUNITIES**

A BETTER
US 
STARTS WITH U
WORK THAT MATTERS

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

WE WANT YOU ON OUR TEAM

The Y is now hiring! Please visit our website for our list of current opportunities:

fdlymca.org/employment

CONTACT US

CONNECT WITH US:



www.fdlymca.org

FOND DU LAC FAMILYYMCA LEADERSHIP TEAM

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Kristel Lougher, Associate Executive Director
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Katie McCormick, Director of Mission Advancement
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