



YOUR GUIDE TO WINTER FUN!

2025 WINTER PROGRAM GUIDE

WINTER I:
JANUARY 4–JANUARY 31

WINTER II:
FEBRUARY 1–FEBRUARY 28

MEMBERSHIP INFORMATION



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:

MEMBERSHIP TYPES	MONTHLY RATES	JOINER FEE
Youth (age 8-18)	\$25	\$0
Young Adult (age 19-30)	\$35	\$25
Adult (age 31-64)	\$55	\$50
Senior (age 65+)	\$50	\$50
Family/Household	\$75	\$75
Senior Family/Household (primary member age 65+)	\$65	\$75
College (local, full-time undergraduate)	\$5.00 discount	\$0

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

PROGRAM INFORMATION

PROGRAM SESSION DATES:

WINTER I: January 4-January 31

WINTER II: February 1-February 28

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

Registration Opens: Y Members :: Monday, December 9

Community Participants :: Monday, December 16

*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.

MEMBERSHIP PRICING POLICY:

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

HOURS OF OPERATION:

BUILDING HOURS

Monday - Friday.....5:00 am to 9:00 pm

Saturday..... 6:00 am to 6:00 pm

Sunday 7:00 am to 4:00 pm

POOL HOURS

Monday - Thursday 5:00 am to 8:30 pm

Friday 5:00 am to 7:00 pm

Saturday..... 6:00 am to 5:30 pm

Sunday 7:00 am to 3:30 pm

MEMBERSHIP DESK HOURS

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

Saturday..... 9:00 am to 12:00 pm

FINANCIAL ASSISTANCE:

APPLY ONLINE:

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



APPLY IN PERSON:

1. Download and complete the **MEMBERSHIP FOR ALL APPLICATION** and return it to the Y during Membership Hours, along with the most current income verification documentation, as applicable. Applications are also available at the Welcome Center desk.
2. A membership representative will meet with you one-on-one to help you determine your monthly membership rate. Applications will be kept on file for 30 days.



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: 7:45 am-12:00 pm

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.

24/7 ACCESS

ON YOUR SCHEDULE.

fdlymca.org

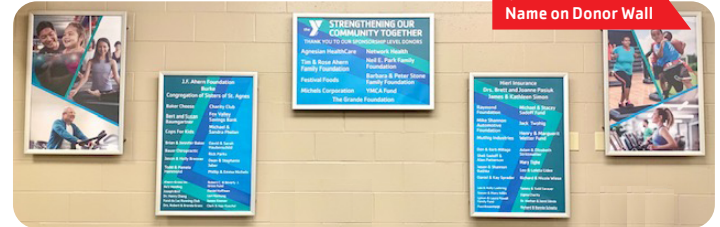
LEARN MORE

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"

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

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

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

SWIM LESSONS

Winter Session I: January 4–January 31
Winter Session II: February 1–February 28



SKILL-BASED SWIM STAGES

Swim lessons are organized into three phases, and each phase includes several stages focused on a specific skill set.

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



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
Parent/Child lessons are 20 minutes

STAGES 1–6:
\$50 Member / \$105 Community Participant
Stages 1–6 lessons are 30 minutes.

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

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 combined into one 20-minute session, with an adult required in the water throughout. Instructors will adapt skills and games to participants' ages and abilities, focusing on water safety, following verbal cues, and building comfort with the instructor. Stay after class to enjoy the "fish slide" area and help your child become more familiar with the water.

STAGE 5/6 CLASSES:

Stages 5 & 6 are 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.

FREE! SWIM EVALUATIONS

The Y is providing free swim evaluations to help parents determine their child's appropriate skill stage. If your child is young or hesitant, please ensure a parent or adult is prepared to accompany them in the water. Swim evaluations will last 5-10 minutes, feel free to stay and swim afterwards. **DROP IN OR SCHEDULE AHEAD.**

Mondays & Thursdays 4:00 pm-6:00 pm December 9th-December 19th
Saturday 10:00 am-12:00 pm December 14th

4 WEEK SESSIONS: MONDAY/WEDNESDAYS & TUESDAY/THURSDAYS

Winter I: January 6-January 31 :: Winter II: February 3-February 28

MONDAY/ WEDNESDAY		P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
	4:00-4:30pm	X			X		
	4:40-5:10pm		X				X
	5:20-5:50pm			X		X	

TUESDAY/ THURSDAY		P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
	4:00-4:30pm		X			X	
	4:40-5:10pm			X	X		
	5:20-5:50pm	X	X				
6:00-6:30pm			X			X	

8 WEEK SESSIONS: SATURDAYS OR SUNDAYS: JANUARY 4-FEBRUARY 22

SATURDAY		P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
	9:00-9:30am			X			X
	9:40-10:10am	X			X		
	10:20-10:50am		X			X	
11:00-11:30am		X		X			

SUNDAY		P/C*	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5/6
	2:00-2:30pm					X	
	2:30-3:00pm						X
	3:00-3:30pm		X	X			
3:30-4:00pm	X			X			

*Parent/Child lessons are 20 minutes long.

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.

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

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.

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: \$100 Member \$125 Community Participant

PRESCHOOL ENRICHMENT WEEKLY CLASSES

Winter Session I: January 4–January 31
Winter Session II: February 1–February 28



Parent/Child & 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.**

WINTER SESSION I:

Week 1: Tuesday, January 7

Let it Snow, Let it Snow, Let it Snow!

Time to bundle up – winter is here! Let's meet together to build an indoor snowman and design some sparkly snowflakes. We'll also snuggle up and enjoy a few chilly stories while we sip on hot cocoa. You may bring your favorite blanket or stuffed toy to class for snuggling.

Ages: 3–1/2 to 6 9:15 – 10:15 am Multi-Purpose Room
Ages: 2–3 w/parent 9:15 – 10:15 am Multi-Purpose Room

Week 2: Tuesday, January 14

Monkey See, Monkey Do (3–1/2–6 yr olds)

It's a zoo today at the Y! Come and play like the zoo animals do. We'll have games, songs, stories, snacks and crafts during while we learn about our favorite animals. This class is the perfect time to monkey around and go bananas!

Ages: 3–1/2 to 6 9:15 – 10:15 am Multi-Purpose Room

Moving and Grooving (2–3 yr olds)

It's time to get our bodies moving as we are grooving to the beat. We will stretch, hop and run our way through activities that work on coordination and enhancing cooperation skills with our peers all while listening to fun music. This will be an active class so please dress for movement. *****Class held in the Family Gym*****

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

Week 3: Tuesday, January 21

Moving and Grooving (3–1/2–6 yr olds)

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

Monkey See, Monkey Do (2–3 yr olds)

Ages: 2–3 w/parent 9:15 – 10:15 am Multi-Purpose Room

Week 4: Tuesday, January 28

Touchdowns for Super Bowl Fun!

Come and enjoy a morning of football fun! We'll cheer on our favorite team as we play games, create football crafts and activities and enjoy a "tailgate" snack. Show off your team colors today when you come to class. Go Team!! ***** Class will end in Family Gym*****

Ages: 3–1/2 to 6 9:15 – 10:15 am Multi-Purpose Room/Family Gym
Ages: 2–3 9:15 – 10:15 am Multi-Purpose Room/Family Gym

Session I: Preschool Class Fees:

\$35 Members \$75 Community Participant

Session I: Parent/Child Class Fees:

\$30 Members \$65 Community Participant

WINTER SESSION II:

Week 1: Tuesday, February 4

Kids in Action (3–1/2–6 yr olds)

Get ready to move 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! *****Class held in the Family Gym*****

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

Pirate Adventures (2–3 yr olds)

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 scurvy 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.

Ages: 2–3 w/parent 9:15 – 10:15 am Multi-Purpose Room

Week 2: Tuesday, February 11

Teddy Bear Valentine's Day

Bring your favorite teddy bear to the Y and join us for a morning of bear loving. We will go on a bear hunt, decorate heart shape cookies, and create some "bear-y" cute Valentines to give to your loved ones.

Ages: 3–1/2 to 6 9:15 – 10:15 am Multi-Purpose Room
Ages: 2–3 w/parent 9:15 – 10:15 am Multi-Purpose Room

Week 3: Tuesday, February 18

Pirate Adventures (3–1/2–6 yr olds)

Ages: 3–1/2 to 6 9:15 – 10:15 am Multi-Purpose Room

Kids in Action (2–3 yr olds)

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

Week 4: Tuesday, February 25

Dr. Seuss is on the Loose

Join us today as we celebrate Dr. Seuss's birthday and all the rhyming and fun his books have shared with us. Whether we are looking for a "Cat in the Hat" or trying to find the "Wocket in My Pocket", we are sure to have a fun morning! We may snack on some "Green Eggs and Ham."

Ages: 3–1/2 to 6 9:15 – 10:15 am Multi-Purpose Room
Ages: 2–3 w/parent 9:15 – 10:15 am Multi-Purpose Room

Session II: Preschool Class Fees:

\$35 Members \$75 Community Participant

Session II: Parent/Child Class Fees:

\$30 Members \$65 Community Participant

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PRESCHOOL CLASSES



Let's Get Rolling–Open Gym

Open Gym and Let's Get Rolling all together in one class! Children will learn by seeing, hearing, touching, doing, and having fun. The parent participates with the child in climbing, jumping, and balancing. (All equipment available). Coordination is learned and developed through fun, and active activities. Learning to follow simple directions is emphasized. **You must register for this class.**

Ages 0–5 Mondays 9:15 am – 10:00 am
 Ages 0–5 Wednesdays 10:00 am – 10:45 am
 Ages 0–5 Fridays 9:00 am–9:45 am & 10:00 am–10:45 am

Location: **YMCA Gymnastics Center (520 N. Main Street)**

Fees: \$5/class Member \$12/class Community Participant
 \$15/session Member \$35/session Community Participant

Messy Adventures

Children will have a chance to explore their creative side in this fun-filled class. Each week your child will enjoy creating a "masterpiece" Using art, food, and fun. Let the adventure begin! Class held in the Multipurpose Room, **child must be potty trained.**

Ages 3–1/2 to 6 Saturdays 10:00 am – 11:00 am

Location: Multi-Purpose Room

Fees: \$35 Member \$75 Community Participant

Let's Dance

Just Dance and Let's Get Rolling rolled into one class! This class will be part Dance and part Let's Get Rolling. This will be a fun and interactive class that will work on simple movements with the help of fun songs. This will help kids break out of their shells and gain self confidence. Coordination is learned and developed through fun and active activities. Learning to follow simple directions and rules is emphasized. **Please wear athletic clothes and bring a water bottle.**

Ages 2–5 (with a parent) Mondays 10:15 am – 11:00 am

Location: **YMCA Gymnastics Center (520 N. Main Street)**

Fees: \$25 Member \$55 Community Participant



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

YOUTH SPORTS

Winter I: January 4 – January 31

Sports Mania

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

Grades 3K–K Saturdays 9:00 am–9:45 am
 Grades 1–3 Saturdays 9:45 am–10:30 am

Location: YMCA Family Gym

Fees: \$35 Member \$75 Community Participant

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.

Winter II: February 1 – February 28

Little Dribblers

Take your basketball game to the next level. In this 4– week session participants will focus on the three fundamentals of basketball: dribbling, passing, and shooting. These skills will be taught through stations and games.

Grades 3K–4K Mondays 10:00 am–10:30 am

Location: YMCA Family Gym

Fees: \$30 Member \$65 Community Participant

Baller Basics

Take your basketball game to the next level. In this 4– week session participants will focus on the three fundamentals of basketball: dribbling, passing, and shooting. These skills will be taught through stations and games.

Grades 4K–K Saturdays 9:00 am–9:45 am
 Grades 1–3 Saturdays 9:45 am–10:30 am

Location: YMCA Family Gym

Fees: \$35 Member
 \$75 Community Participant

GYMNASTICS

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



PROGRESSIVE CLASSES: (4 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.

Fees: \$25 Member \$55 Community Participant

(8 week sessions)

Beginner (Ages 4-5)

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

Fees: \$60 Member \$125 Community Participant

Intermediate (Ages 6+)

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

Fees: \$60 Member \$125 Community Participant

Advanced

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

Fees: \$60 Member \$125 Community Participant

Advanced II

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

Fees: \$70 Member
\$145 Community Participant

(8 week sessions)

Recreation I

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

Fees: \$70 Member \$145 Community Participant

Saturday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
8:45 am		X	X			
9:30 am	X		X			
10:15 am		X				
10:30 am			X			
11:00 am		X				
11:15 am				X		

Monday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm		X			X	
4:15 pm			X			
4:45 pm		X				
5:00 pm	X			X		
5:30 pm			X			X
6:00 pm				X		

Tuesday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm		X	X			
4:45 pm		X	X			
5:00 pm	X					
5:30 pm		X	X			
5:45 pm					X	

Wednesday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm		X	X			
4:15 pm				X		
4:45 pm	X		X			
5:00 pm		X				
5:30 pm		X				
5:45 pm			X			
6:00 pm				X		

Thursday	Tiny Tumblers	Beginner	Intermediate	Advanced	Advanced II	Recreation I
4:00 pm	X		X	X		
4:30 pm		X				
4:45 pm			X		X	
5:30 pm		X				
5:45 pm				X	X	
6:00 pm						

COMMUNITY TRAINING

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, January 22 6:00 pm to 9:00 pm
 Wednesday, February 12 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

Saturday, January 18 9:00 am to 11:30 am
 Saturday, February 15 9:00 am to 11:30 am

Fees: \$20 Member \$45 Community Participant

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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

Saturday, January 11 9:00 am to 3:00 pm
 Saturday, February 1 9:00 am to 3:00 pm

Fees: \$55 Member \$75 Community Participant

ATTENTION BOY SCOUT & GIRL SCOUT LEADERS!

Enhance your troop's skills and earn badges with Community Training Classes tailored to your needs. Contact MaryAnn Schwark at mschwark@fdlymca.org for troop pricing and more information.

CHILD CARE

OPENINGS ARE
STILL AVAILABLE
FOR JANUARY!

BUILDING STRONGER FUTURES

3K PRESCHOOL

Up to 20 children will be accepted on a first-come, first-serve basis. Children need to be 3 years old 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

HEALTHY LIVING

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.

Healthy Hearts

An 8-week cardiac rehab maintenance program to be proactive and reactive to our heart health. This is a semi-independent exercise class that meets two times a week and will have an emphasis on cardiovascular exercise, building muscular strength, flexibility, and nutrition. A typical session includes: dynamic stretching, cardio, resistance training & static stretching. To inquire about this program, contact Jake Berger at jacob.berger@fdlymca.org or 920.921.3330 ext 336.

Balanced Health Series Partners in Providing Community Wellness Information

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



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.

Winter Session: March 4–May 19, 2025
1:30 pm–3:00 pm :: Tuesdays & Thursdays



NEW! STAY STRONG

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

PERSONAL TRAINING

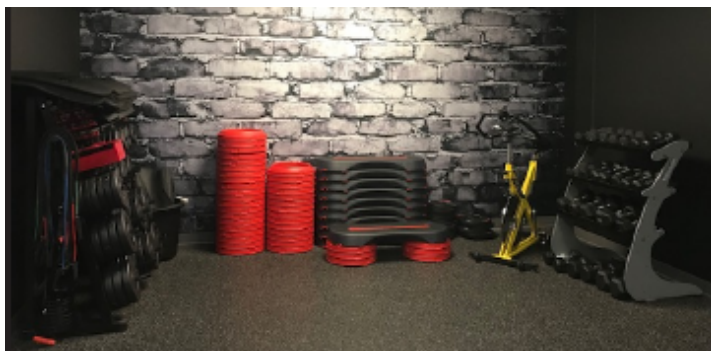
Let the Y's team of personal trainers use their specialized training and experience to create a personalized program designed to help you reach your fitness goals.

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 EFFECTIVE 1-1-2025

**PACKAGES
FOR 30 NOW
AVAILABLE!**

Duration of Session	# of Sessions			
	(1) Session	(5) Sessions	(10) Sessions	(15) Sessions
30 Minute Session	\$27.50	\$130.63	\$255.75	\$375.38
45 Minute Session	\$41.25	\$195.94	\$383.63	\$563.06
60 Minute Session	\$55.00	\$261.25	\$511.50	\$750.75



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



KEEPING YOU CONNECTED

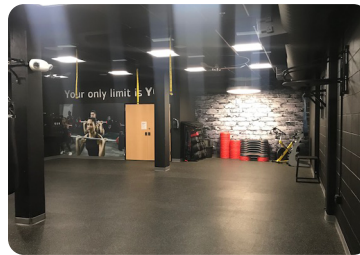
Download our Mobile App!

Our mobile app 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.

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.



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

YMCA360. ANYWHERE. ANYTIME. FREE MEMBER-ONLY ACCESS TO FITNESS AT HOME.

Experience the Y like never before! YMCA360 provides a way for members of all ages, interests, and activity levels to engage with the Y anytime, anywhere. 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.



LIMITED SERIES FROM LES MILLS!

NEW! **LES MILLS** **PILATES**

A 45-minute mind-body workout designed to improve strength, mobility and happiness with slow, simple movements to tone your abs, glutes, back, and hips.



LES MILLS **FUNCTIONAL STRENGTH**

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



LES MILLS **Shapes**

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



LES MILLS **Strength Development**

A 12-week, 45 minute progressive full-body workout focusing on setting a strong foundation of good technique within a traditional compound strength training structure. This entire workout is in intervals of time, with tempo guides for certain exercises. This workout is off the beat of the music, and you decide the weight you would like to work with.



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.



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.

SMALL GROUP TRAINING

\$40.00* MONTHLY UNLIMITED

OR \$8.00*/CLASS DROP-IN FEE

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

(*Prices effective 1-1-2025)



WATER FITNESS CLASSES

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



FOREVER FIT

GROUP FITNESS CLASSES:

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

OPEN WALKING:

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

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

OUT TO LUNCH:

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

FOREVER FIT 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 Tuesday of each month
11:30 am - 12:30 pm - Healthy Living Center



PICKLEBALL:

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

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

ADULT SPORTS

Intro to Pickleball

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

Sundays 9:00 am - 10:00 am

WINTER I: 1/5, 1/12, 1/19, 1/26 WINTER II: 2/2, 2/9, 2/16, 2/23

Ages: 18+ Location: YMCA Community Gym
Fees: \$30 Member / \$65 Community Participant

Pickleball 101

Must have completed "Intro to Pickleball" or have knowledge of scoring and rules. This 4-week class will help you advance your pickleball knowledge. Skills such as; serving, return of a serve, dinking, technique, etc. will be developed. Groups and drills will be divided by skill level. The importance of having fun will be enforced. Limited spots available! Instructors: Jeanne Hellman & Kevin Berger

Sundays 10:15 am - 11:15 am

WINTER I: 1/5, 1/12, 1/19, 1/26 WINTER II: 2/2, 2/9, 2/16, 2/23

Ages: 18+ Location: YMCA Community Gym
Fees: \$40 Member / \$85 Community Participant

Small Group Pickleball Lessons

Must have completed "Intro to Pickleball" or have knowledge of scoring and rules. Pickleball lessons will be focused on building confidence, proper technique, strategy during gameplay and overall improvement in player performance. Sign up as an individual, all levels welcome. Instructor to player ratio is 1:4.

Fridays 9:00 am - 10:00 am

WINTER II ONLY: 2/2, 2/9, 2/16, 2/23

Ages: 18+ Location: YMCA Community Gym
Fees: \$50 Member / \$100 Community Participant

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



Winter Co-Ed Pickleball League

Register to play in our recreational 8-week pickleball league. This is a self-officiated league, with winners earning bragging rights! Players will get a number each week and play round-robin style (sign up as an individual play as doubles). Play up to 7 games in a timeframe. Players will tally individual win/loss in provided score sheet. YMCA team member will update standings each week. This is NOT an instructional class. Player substitutions are allowed. **ONLY 14 SPOTS AVAILABLE PER LEVEL!**

If you cannot make over 50% of the nights please consider substituting. Contact Natalie Wondra to get on the substitution list. Substituting for members is free, community participants will need to buy a day pass.

Please give at least a 24-hour notice if you are unable to make league. Contact Natalie Wondra nwondra@fdlymca.org if you are unable to make league.

Location: YMCA Community Gym

BEGINNER LEVEL (AGES 18+): Mondays 6:30-8:30 pm
Dates: January 6th - March 5th (NO LEAGUE February 3rd)
Fees: \$50 Member \$75 Community Participant

INTERMEDIATE LEVEL (AGES 18+): Tuesdays 6:30-8:30 pm
Dates: January 7th - March 6th (NO LEAGUE February 4th)
Fees: \$50 Member \$75 Community Participant

ADVANCED LEVEL (AGES 18+): Wednesdays 6:30-8:30 pm
Dates: January 8th - March 7th (NO LEAGUE February 5th)
Fees: \$50 Member \$75 Community Participant





CELEBRATE WITH US HOST YOUR NEXT PARTY AT THE Y!

SATURDAY OPTIONS:

COMMUNITY GYM 12:30 PM-3:00 PM
FAMILY POOL 12:30 PM-3:00 PM
OR 1:30 PM-4:00 PM

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

SUNDAY OPTIONS:

FAMILY POOL 11:30-2:00 PM
OR 12:30 PM-3:00 PM

BGC TEEN CENTER 11:30 AM-2:00 PM

- 1.5 hour in party room or BGC Teen Center
- 1 hour in Family Pool (see website for specific time)

RATES:

COMMUNITY GYM OR FAMILY POOL

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

COMMUNITY GYM + BOUNCE HOUSE

Y Members: \$205 | Community Participants: \$280

BGC TEEN CENTER

Y Members: \$175 | Community Participants: \$250

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

NEW!
**GYM PARTY +
BOUNCE HOUSE
OPTION*!**

*\$80 add-on fee.
(Select Saturdays
only)

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.

WHAT WE STAND FOR AS A COMMUNITY ORGANIZATION

The Y is a leading non-profit committed to strengthening community by connecting all people to their potential, purpose and each other. We focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing people together from different backgrounds, perspectives and generations, we ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

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

FOND DU LAC FAMILY YMCA LEADERSHIP TEAM:

J.J. Raflik, CEO/Executive Director
Ext. 318 Email: jraflik@fdlymca.org

Kristel Lougher, Associate Executive Director
Ext. 326 Email: klougher@fdlymca.org

Amanda Bodden, Director of Youth Programs
Ext. 312 Email: abodden@fdlymca.org

Katie McCormick, Director of Mission Advancement
Ext. 313 Email: kmccormick@fdlymca.org

Jen Memmel, Director of Marketing & Communications
Ext. 322 Email: jmemmel@fdlymca.org

Emily Anton, Finance Director
Ext. 327 Email: eanton@fdlymca.org

Michaela Buechler, Gymnastics Director & Head Coach
Ext. 355 Email: mbuechler@fdlymca.org

Brittany Drews, Member Experience Director
Ext. 319 Email: bdrews@fdlymca.org

Sherry Ferraro, Family Director
Ext. 303 Email: sferraro@fdlymca.org

Sandi Harlan, Child Care Director
Ext. 320 Email: sharlan@fdlymca.org

Jeff Krantz, Property Director
Ext. 335 Email: jkrantz@fdlymca.org

Jennie Mildebrandt, Aquatics Director
Ext. 315 Email: jmildebrandt@fdlymca.org

Ericka Wawrzyn, Healthy Living Director
Ext. 348 Email: ewawrzyn@fdlymca.org

Jake Berger, Healthy Living Program Coordinator
Ext. 336 Email: jacob.berger@fdlymca.org

Sam Gudex, Marketing Coordinator
Ext. 311 Email: sgudex@fdlymca.org

Barb Seidel, Group Exercise Coordinator
Email: bseidel@fdlymca.org

Lisa Wiercinski, HR & Volunteer Coordinator
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Nicole Winke, Child Care Coordinator
Ext. 321 Email: nwinke@fdlymca.org

Natalie Wondra, Youth Sports & Adaptive Program Coordinator
Ext. 306 Email: nwondra@fdlymca.org

James Yearwood, Maintenance Coordinator
Ext. 372 Email: jyearwood@fdlymca.org

Addie Schroeder, Aquatics Specialist
Ext. 315 Email: aschroeder@fdlymca.org

Lydia Thompson, Gymnastics Specialist
Ext. 356 Email: lthompson@fdlymca.org

SUPPORT STAFF:

Keith Amundson, Business Office
Ext. 304 Email: kamundson@fdlymca.org

MaryAnn Schwark, Executive Assistant
Ext. 349 Email: mschwark@fdlymca.org

YMCA BOARD OF DIRECTORS:

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FOND DU LAC FAMILY YMCA

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

YMCA CHILD CARE CENTER

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

YMCA GYMNASTICS CENTER

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