



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHANGING LIVES FOR THE BETTER

2016 SPRING/SUMMER PROGRAM GUIDE  
YMCA OF DODGE COUNTY

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## 2016 Spring/Summer Program Registration Dates

**Members: April 15**

**Non-Members: April 18**

**You can register in the following ways:**

- **In Person** at the Welcome Center
- **Over The Phone** with a VISA, MasterCard, or Discover.
- **Faxing OR Mailing** in a registration form, complete with credit card payment information.

### Membership

To take advantage of a membership program rate, your YMCA of Dodge County membership must be valid throughout the ENTIRE class or program session.

### Rescheduling

The Y reserves the right to reschedule and/or combine classes.

### Class Maximums

Many programs have a class maximum due to instructor-participant ratio, equipment, and/or space constraints. Registrations are entered on a first come basis. Please submit your registrations as soon as possible for the best assurance of a spot in your preferred program.

### Payments

Program fees must be paid in full at the time of registration. Payment may be made with cash, check, VISA, MasterCard, or Discover. Credit or debit card may be used for phone-in registration.

### Credits and Refunds

Classes lacking sufficient enrollment may be cancelled. If this happens you may transfer to another class, receive a credit or a refund. If you need to withdraw from a class before it begins, we will be happy to issue a credit. Classes not held for holidays or due to inclement weather are not refundable and do not qualify for a credit.

### Returned Checks/Bank Draft (NSF)

Returned checks and bank drafts will be assessed a \$30 processing fee.

## SAVE THE DATE!

"Back to the Wild Wild West" Fundraiser .....	May 21
Bark for Life .....	May 21
Memorial Day - Closed .....	May 30
Blood Drive .....	June 3
Club Wannago Starts .....	June 6
Bea Bonner Begin to Swim - Youth Classes .....	June 6 - June 9
Bea Bonner Begin to Swim - Adult Classes .....	June 13- June 15
Independence Day - Closed .....	July 4
Lifeguard Training .....	August 6, 7 & 13, 14
Community Produce Drive .....	August 15 - September 16
Competitive Pool Closed for Annual Maintenance .....	August 29 - September 2
Last day of Club Wannago .....	August 30
Labor Day - Closed .....	September 5
Family Adventure Pool Closed for Annual Maintenance .....	September 5 - September 10
3/4 Year Old Preschool Registration Deadline .....	September 5

# ABOUT THE YMCA OF DODGE COUNTY

We are a state-of-the-art facility that includes a Family Adventure Water Park, Competitive Swimming Pool, Gymnasium, Racquetball Courts, Aerobics/Dance Studio, Cardio Wellness Center, Strength Training, Youth and Teen Fitness Center, Full Day Childcare Center and more. We offer a wide range of program offerings that change seasonally, but always includes something for toddlers to seniors!





## Facility Hours and Closings

DAYS	HOURS OF OPERATION	HOLIDAY HOURS	CLOSURES
Monday - Friday	5:00 am - 9:00 pm	<b>Closed</b> New Year's Day • Easter Sunday Memorial Day • Fourth of July Labor Day • Thanksgiving • Christmas	<b>Whirlpool:</b> Closed 11:30 am - 9:00 pm the <b>First Tuesday of Each Month</b> for cleaning and general maintenance
Saturday	6:00 am - 6:00 pm		<b>Competitive (Lap) Pool:</b> Aug 29-Sep 2 Closed for Annual Maintenance
Sunday	11:00 am - 4:00 pm	<b>Partial Hours</b> (Facility closes at 3:00 pm) Christmas Eve • New Year's Eve	<b>Family Adventure Pool:</b> Sep 5-Sep 10 Closed for Annual Maintenance

## Executive Staff

<b>Jen Kruel</b> Executive Director jkruel@theydc.org	<b>Terry Pfeiffer</b> Business Manager tpfeiffer@theydc.org	<b>Stacy Woods</b> Health & Wellness Director swoods@theydc.org	<b>Jessica Berkevich</b> Assistant Dir of Youth & Adult Development jberkevich@theydc.org
<b>Jenny Pufahl</b> Senior Program Director jpufahl@theydc.org	<b>Elizabeth Kelm</b> Member Experience Director ekelm@theydc.org	<b>Kayce Board</b> Child Development Center Director kboard@theydc.org	<b>Dan Laabs</b> Horicon Recreation Director dlaabs@horicon.k12.wi.us
<b>Frank Schmitt</b> Facility Manager fschmitt@theydc.org	<b>Katherine Barnes</b> Marketing Director kbarnes@theydc.org	<b>Jacob Van Den Berg</b> Youth & Adult Development Director jvandenbergh@theydc.org	<b>Rachel Kaminski</b> Waupun Program Director parks@cityofwaupun.org

## Connect With Us

 <b>On-Line: <a href="http://www.theYdc.org">www.theYdc.org</a></b> Pool, Group Exercise and Gym schedules are located on our website, along with regular updates, program information, registration forms, and much more!	 <b>In Person</b> Give us a call or stop by the Welcome Center. Our Y Staff can your questions and register you for any of our programs and classes.
 <b>Like Us: <a href="https://facebook.com/theYdc">facebook.com/theYdc</a></b> On Facebook? Like us and get the latest updates, schedule changes, announcements, tips, sneak peeks, new class openings, registration reminders, event and program pictures and more!	 <b>Follow Us: <a href="https://twitter.com/theYdodgecounty">twitter.com/theYdodgecounty</a></b> On Twitter? Follow us for the latest updates, schedule changes, announcements, tips, sneak peeks, new class openings, registration reminders, event and program pictures and more!

## HERE TO HELP!

The Y is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. Financial assistance applications are available for download on our website or at the Welcome Center.

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# MEMBERSHIP INFORMATION

## MEMBER

Access to the YMCA of Dodge County facility, including free land and water group fitness classes. Speciality classes and programs with fees are offered at a lower rate and program registrations receive priority with earlier registration dates.

## NON-MEMBER

Non-Members are limited to those enrolling in a specific Y program(s) with privileges based on the program(s) for which you register. General use of the YMCA of Dodge County facility is not included.

## MEMBERSHIP RATES

Membership dues can be paid monthly via automatic bank draft (called Continuous Membership) or annually.

Continuous Membership will require a voided check or letter from your Banking Institution stating your account number and the banks routing number when signing up for a Y membership.

Annual memberships can be paid by cash, check, VISA, MasterCard, or Discover and can be renewed annually. All membership fees are non-refundable and non-transferable.

*Rates subject to change.*

MEMBERSHIP TYPE	INITIAL RATE *	MEMBER LOYALTY RATE
Youth (Ages 6-12)	\$24	\$19
Teen (Ages 13-19)	\$26	\$21
Adult (Ages 20-59) **	\$48	\$43
Two Adult Household	\$57	\$52
Single Adult Household with Children ***	\$55	\$50
Two Adult Household with Children ***	\$67	\$62
Senior (Age 60+)	\$44	\$39
Senior Two Adult Household	\$56	\$51

\* Initial Rate is for the first six consecutive months of membership.

\*\* Includes membership for one adult & dependents under the age of 5.

\*\*\* Formally "Family Memberships"; these categories include memberships for 2 adults & their dependents ages 5-23 in a household. Please note that whether a household is a "Single" vs. "Two Adult" depends on the number of adults in the household, not the number of adults who will use the Y.

## SHORT TERM MEMBERSHIP

*(Discounts, Price Adjustments and Guest Passes Do Not Apply)*

MEMBERSHIP TYPE	2 WEEKS	30 DAYS
Teen (Ages 13-19)	\$17	\$37
Adult (Ages 20 - 59)	\$35	\$60
Adult Household with Children	\$45	\$75

## INDIVIDUAL SUMMER MEMBERSHIP

<b>June 1- August 31</b>	<b>\$145</b>
Individual Summer Memberships can be paid by cash, check, Visa, MasterCard or Discover.	
All membership fees are due upon sign-up, are non-refundable, non-transferable and are not eligible for pro-rated fees.	

## MEMBERSHIP CANCELTION/NEW HOLD POLICY

- To cancel bank draft memberships, you must give written notice by the 8th of the month to avoid any additional bank drafts.
- You can provide written notice by completing a Cancellation Form at the Welcome Center, or by completing a Cancel Membership Form on our website ([www.theYdc.org](http://www.theYdc.org)).
- New monthly bank draft memberships can be placed on hold for up to 3 continuous months in one calendar year for a \$25 administration fee. Please ask the Welcome Center staff for more details.

## COMPLIMENTARY GUEST PASSES

Each membership unit receives five guest passes every September to be used for prospective members, friends and family. Guests must sign in and present photo ID.

## DAY PASSES

Guests 16 and older must present photo ID. Rates are subject to change. Children 5 and under are included when accompanied by a paying parent/guardian; see below.

PASS TYPE	RATE
Youth & Teen (Ages 6-19)	\$6
Adult (Ages 20-59)	\$12
Family	\$20
Senior (Ages 60+)	\$8
Actively Aging (Ages 55+) Monday & Friday Only from 8:00 am - 11:30 am	\$4
Adult Day Pass - 8 Pack	\$80

## FINANCIAL ASSISTANCE

As a charitable organization that is dedicated to building healthy spirit, mind and body we want to ensure that our services are available to all. We offer a Financial Assistance program to those who aren't able to afford the cost of membership. Applications can be found on our website or can be picked up at our Welcome Center. Awards are given based on your household's financial situation and supporting documentation.

## AWAY PROGRAM (ALWAYS WELCOME AT THE Y)

One of the many benefits of being a YMCA member is participation in the AWAY Program. This program is designed to help you maintain your fitness routine while on the road. Whether you will be vacationing with family or traveling for business, stop by our Welcome Center and let us help you find a YMCA facility close to your destination and the benefits they extend to visiting Y members.

## WORKOUT FREEDOM (CHILD WATCH PROGRAM)

Child Watch offers the convenience of on-site baby-sitting at a nominal cost, for children ages 6 weeks to 7 years old.

*See page 9 for more details.*

# POLICIES, PROCEDURES & GENERAL INFORMATION

## Code of Conduct

The mission of the Y is to respond to the needs of families through youth development, healthy living and social responsibility. The Y principles include honesty, responsibility, caring and respect. These core principles are the basis for all we do as an organization. Using our core principles as a guide, we have developed the following Code of Conduct to ensure all who enter our facility enjoy a safe, welcoming and comfortable environment.

We ask each guest to act in a manner that upholds these principles at all times when in our facility or participating in our programming. We expect those using the Y to behave in a way that shows respect and caring for others, which includes not using any language or engaging in any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct. Actions not showing respect for others and are not permitted include:

- Wearing inappropriate attire. Attire must include swimsuits only in the pool area; shoes, shorts and shirt or leotard in other areas of the facility. Clothing with vulgar or profane writing or pictures is not allowed.
- Using angry or vulgar language; swearing, name calling or shouting.
- Making physical contact with another person in an angry or threatening way.
- Engaging in sexual activity or contact with another person.
- Harassment or intimidation with words, gestures, or body language. Behavior which is inappropriate, threatening or offensive in nature.
- Stealing or behavior which results in destruction of property.
- Carrying or concealing devices or objects which may be used as weapons.
- Using or possessing alcohol or illegal chemicals on Y property or in vehicles.
- Smoking: All Y facilities and grounds offer a smoke free environment.
- The Y reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is, or has been, a registered sex offender.

## Age Use Policy

The Y is concerned about the health and safety of our members and guests. Please keep in mind that there are inherent risks to any physical activity. Children ages 7 years and under must be under adult supervision while on Y property unless participating in a supervised class. If dropped off for an enrolled, supervised class, child(ren) are to be picked up immediately at the end of the class time.

In the pool, children 7 years and under must be actively supervised by an adult guardian, and children 5 years and under must be within arms reach of an adult guardian. This policy includes all rental and parties – private or public. Children ages 8 years and older must pass a deep water test to go off the diving boards or swim in the deep end.

The Wellness Center is available for those ages 16 years and older. Teens ages 13-15 may only use the Wellness Center if a parent or guardian is side by side their child on machines or standing next to them on strength or other equipment. Teens ages 13-15 may be in the Wellness Center without a parent or legal custodian ONLY after passing the Y's Teen Strength Training program, and must wear their Teen Strength Lanyard while in the Wellness Center. Children ages 8-16 are allowed use of The Loft ONLY during scheduled hours and must register for a program. The Wellness Center, Group Exercise Room, Racquetball Courts and fitness classes are available for our members ages 16 years and up with the exception of specially marked classes.

## Child Discipline Policy

Persistent discipline problems will result in parents/legal custodians being asked to attend a conference with the staff, and will assist in working out an equitable solution to the problem. It is imperative that the Y staff receives total cooperation from the family. Violent actions, safety issues or a parent's/legal custodian's unwillingness to be cooperative may result in the dismissal of the child from Y programs.

## Check In Procedure

Members must scan or present their membership card at the Welcome Center to gain entry into the facility. If a member forgets their card, the member must verify their membership with a photo ID. Membership cards are non-transferable. Replacement cards are \$5 each.

## Locks & Lockers

Locks are available for purchase at the Welcome Center. We recommend you do not bring valuables into the facility. The Y cannot be held responsible for lost or stolen articles or items. Locks are not allowed on lockers overnight.

## Towel Service

Hand towels are available in the Wellness Center free of charge for members and guests to use. Please return used towels to marked bins located throughout the facility.

## Aquatics Information

The Competitive Pool and Family Adventure Pool schedules are available on our website and are available in print form at the Welcome

Center. Pool schedules are subject to change. Schedule changes and updates are available on our website, on Facebook and Twitter, and throughout the facility.

We reserve the right to close the slide due to low patrons. Slide operating hours are subject to change due to attendance levels. Child supervision policies will be strictly enforced (refer to Age Use Policy).

## Gym Information

Gym schedules can be found on our website or in print form at the Welcome Center and on the gym doors. Schedules are subject to change. Schedule changes and updates are available on our website, Facebook and Twitter, and throughout the facility.

## Cell Phones & Electronic Devices

Making or receiving phone calls is prohibited in the Wellness Center, locker rooms and rest rooms. It is strongly recommended that you leave your cell phones and other devices in your locker or at home. If you choose to have these items while in the Wellness Center, cell phone functions must be turned off. If your device interferes with the heart rate monitoring systems you will be asked to remove the device. The use of cameras and video is strictly forbidden.

## Photo & Video Policy

Y programs and events are often photographed or filmed for promotional purposes. If you do not wish to be included in a Y photograph, please indicate this to the instructor and/or photographer, otherwise the Y has the right to use photos for promotional purposes associated with the Y.

## Firearm Policy

In accordance with WI state law effective November 1, 2011, no one may enter the YMCA facility or be on the YMCA grounds, while carrying a firearm. Violators are subject to a fine up to \$1000.00 and may be subject to criminal prosecution. Wis. Stat. 943.13.(1m)(c).

## Inclement Weather Program – Cancellation Policy

The YMCA of Dodge County will follow the Beaver Dam Unified School District's inclement weather closings. If the school district cancels school due to inclement weather, all Y programming will be canceled as well. If the school district releases students early due to inclement weather, all Y programs for the remainder of the day will be canceled. If the school district has a late start due to inclement weather, all Y programs will run as scheduled. Classes not held for holidays or due to inclement weather are not refundable and do not qualify for a credit. Although classes and Child Watch are cancelled, the building remains open.



# FACILITY RENTALS

## THE LOFT EXERGAMING & TRAINING ROOM

### The Loft

Friday 5:00 pm – 7:00 pm  
Saturday 1:00 pm – 3:00 pm

Rental of The Loft includes a Health & Wellness staff member who will start up equipment and provide proper use instruction, and will remain in the room to assist and monitor use of interactive equipment. General rentals are not supervised or structured programs. (Chaperones are required for youth ages 17 and under.)

The Loft is limited to 15 participants and up to 5 additional non-participatory parents/chaperones/coaches. All participants must be 8 years of age and older.

**NO FOOD OR CARRY-INS PERMITTED**

### Rates

1 hour minimum, 2 hour maximum  
\$50 / hour, 1st hour  
\$25 / hour, 2nd hour

You may choose to add on rental of room space, gym and/or pools. Complete a The Loft Rental Inquiry request form on our website at [www.theYdc.org/rentals](http://www.theYdc.org/rentals)

*For more information contact Stacy Woods, Health & Wellness Director at (920) 887-8811, ext. 114 or by e-mail at [swoods@theydc.org](mailto:swoods@theydc.org).*

### LOCK-INS 9:00 PM – 6:00 AM

Experience an overnight at the Y on a Friday or Saturday! Events can range from school functions to your family reunion! You plan your own activity schedule.

### The Y Offers

Pools • Gymnasium • Racquetball • Lobby

Pool availability: 9:30 pm – 11:30 pm only. One chaperone for every ten minors is required. Please call for your individual event pricing.

*For more information contact Jacob Van Den Berg, Youth & Adult Development Director at (920) 887-8811, ext. 111 or by e-mail at [jvandenber@theydc.org](mailto:jvandenber@theydc.org).*

## FAMILY ADVENTURE POOL, GYMNASIUM, LOBBY AND RACQUETBALL COURTS

### Gym

\$75 per hour  
\$100 per hour with organized activities

### Racquetball Courts

\$25 per hour per court

### Lobby

\$35 per hour

### Family Adventure Pool

\$65 for groups up to 15  
\$85 for groups 16 to 25  
\$100 for groups of 26+  
Pool remains open to the public.

### After Hour Rental Rates

Full payment should be received one week in advance of rental. All policies apply to rentals, including our Age Use Policy. In the pool, children 7 and under must be actively supervised by an adult guardian and children 5 and under must be within arms reach of an adult guardian. Complete a Facility Rental Inquiry request form available online at [theYdc.org](http://theYdc.org).

### After Hour Pool Rentals

\$200 per hour with a two hour minimum

#### Available Times

Friday	9:30 pm – 11:30 pm
Saturday	6:30 pm – 8:30 pm
Sunday	4:30 pm – 6:30 pm

*For more information contact Jacob Van Den Berg, Youth & Adult Development Director at (920) 887-8811, ext. 111 or by e-mail at [jvandenber@theydc.org](mailto:jvandenber@theydc.org).*

### Special pricing for non-profit groups

**WE REQUEST ALL RENTALS TO BE RESERVED TWO WEEKS IN ADVANCE**

## THE Y SUPPORTS CONNECTIONS

We encourage community groups, neighborhoods and families to come together and utilize our facilities. Our pools and exergaming room make for memorable and fun parties, productive team building or training sessions.



# BEA BONNER MCKINSTRY BEGIN TO SWIM PROGRAM

The Bea Bonner McKinstry Begin to Swim Program teaches free basic swimming skills for those who cannot swim or are not confident swimmers on their own.

Youth Classes: June 6-9

Adult Classes: June 13-15

*Registration required! See class details on page 22*

## The Purpose:

One of the primary purposes of this annual program is to provide a no cost opportunity for all children to learn to swim at the Y. Another purpose is to convey the extreme importance for all to learn how to swim at an early age. It is the McKinstry's family intent to fulfill these two purposes through the endowment fund and by sharing Bea Bonner McKinstry's personal experience with a swimming related tragedy.



Bea Bonner McKinstry

## The Story:

On June 24, 1927, Bea Bonner and two friends were boating on Fox Lake when an unexpected storm hit the lake. In the turmoil of the storm, two men in a boat tried to rescue the girls. In spite of attempts to save them, her two young friends and one of the men drowned. It was only because she was a strong swimmer that Bea was able to survive. The message of this tragedy never left Bea. Because of the McKinstry's concern and generosity, an endowment fund was established to benefit all youth, and hopefully prevent such a tragedy.

## The Endowment Fund:

The commitment of Bea Bonner McKinstry to the YMCA of Dodge County and her desire for all youth to learn to swim inspired the establishment of a special endowment fund. In honor of her eightieth birthday in 1989, her husband Randall McKinstry and her son John B. McKinstry created an endowment fund to establish the YMCA's Bea Bonner McKinstry Begin to Swim Program. To this day, John B. McKinstry continues his mother's legacy with ongoing dedication and commitment to the Begin to Swim Program. John's work with the Y has ensured that each year, over 125 youth receive their first swim lessons.



John B. McKinstry

# FULL-DAY CHILD CARE

## For Children Ages 6 Weeks to 5 Years Old

**Available Hours: 6:00 am – 6:00 pm** (10 HOURS MAXIMUM)

At the Y, we provide a safe, nurturing and welcoming environment so families can develop trust in our program. Our program is designed to motivate kids intellectually, socially, emotionally, and physically. We are committed to helping all families learn, grow and thrive.

The Y Child Care program is successful because of the extraordinary people who make it happen each day. Teachers facilitate positive communication among children by modeling appropriate behaviors. All staff members meet or exceed state licensing guidelines and follow our core values of caring, honesty, respect and responsibility. Our teachers believe in the value of early childhood development. A wealth of opportunities is provided for the children that help them learn at their own pace and grow to their fullest potential. We build relationships with families to support each child's emotional, social and academic experience.

Your child's safety and security is our top priority. Safety is achieved through established and practiced procedures. We take every precaution to insure safety for your child, including secure entry, frequent site inspections and continual maintenance of buildings, playgrounds and equipment.

The Full-Day Child Care has a separate registration process and may have a waiting list. For more information, a personal tour, and to obtain a registration packet, please contact Kayce Board, Child Development Center Director at (920) 887-8811, ext. 108 or at [kboard@theydc.org](mailto:kboard@theydc.org).

To register, you must complete and submit a registration packet with a one time non-refundable fee: \$30 for single child | \$50 per family

## FULL-DAY CHILD CARE RATES

**Weekly Rates** (Billing dates: every Monday of each month)  
Families are charged for contracted number of days and never prorated for days off. If additional days are needed and can be accommodated, fees will be adjusted for the entire billing period. Bank draft is available.

Rates Per Week	Member	Non-Member
<b>AGES 6 WEEKS TO 23 MONTHS</b>		<b>CODE: CCFDI / CC1YR</b>
5 days/week	\$190 (Includes <b>FREE</b> Family Membership)	
3 days/week (M/W/F)	\$140	\$150
2 days/week (T/TH)	\$115	\$125
<b>AGES 24 MONTHS TO 35 MONTHS</b>		<b>CODE: CC2YR</b>
5 days/week	\$165 (Includes <b>FREE</b> Family Membership)	
3 days/week (M/W/F)	\$115	\$125
2 days/week (T/TH)	\$90	\$100
<b>AGES 3 TO 5 YEARS</b>		<b>CODE: CC3YR / CC4-5YR</b>
5 days/week	\$160 (Includes <b>FREE</b> Family Membership)	
3 days/week (M/W/F)	\$110	\$120
2 days/week (T/TH)	\$85	\$95

*Rates as of 9/1/2014*

## Added benefits of our Full-Day Child Care

### Let the Fun Begin!



Add to the learning and fun, and enroll your child(ren) in any of our Preschool Recreational Programs held during the day at the Y. Our preschool programs include Locomotor Development, Tumbling Tikes, Sporties for Shorties, Moovin and Groovin and many more! Your child's teacher will escort them to and from each classes.

*A separate registration is required for preschool recreational classes. See class descriptions on page 13*

### Ready... Set... Swim!



Register your little one for Swim Lessons, and they will find comfort learning to swim along with friends. Swim lessons teach your child water safety and swimming is a life long skill! Classes are held twice a week, and your child's teacher will escort them to and from every class. For children ages 3 and older.

*A separate registration is required for swim lessons. See class description on page 18.*



# ABOUT OUR CHILD CARE...

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why child care and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Children are like sponges – they watch and absorb knowledge, skills and values from everything and everyone around them. At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our Child Care, Before/After School and Child Watch programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other. At the Y, babies develop trust and security, preschoolers experience early literacy and learn about their world, and school-age kids make friends, learn new skills and do homework. Most importantly, children learn how to be their best selves, which makes for confident kids today, and contributing and engaged adults tomorrow.



## CHILD WATCH PROGRAM

**For children ages 6 weeks to 7 years old.**

Child Watch offers the convenience of on-site baby-sitting at a nominal cost! Participants must purchase a punch card at the Welcome Center prior to drop-off and are available in different increments. Child Watch hours vary and can be obtained on our website or at the Welcome Center.

A Parent/Legal Guardian/Grandparent must remain within the Y facility during the entire time the child(ren) are in Child Watch.

### Child Watch Pre-Paid Punch Cards Are Available!

#### MEMBERS ONLY FAMILY CARD

\$5.00 For 5 hours

#### MEMBERS ONLY UNLIMITED BY BANK DRAFT

\$10 per month / child

#### MEMBERS ONLY FAMILY CARD

\$20.00 for 22 hours

#### NON-MEMBERS FAMILY CARD

\$10.00 for 5 hours

\* Punch cards expire one year from date of purchase and are non-transferable

# SACC – SCHOOL AGE CHILD CARE

## Sites in Beaver Dam, Waupun, Fox Lake and Horicon

**SITES OPEN SEPTEMBER 1, 2016**

With a focus on safety, social growth, and academic enrichment, the SACC programs serve 4K through 5th graders with a variety of programs and activity options to explore and develop their interests and talents.

With so many demands on families today, this program offers the flexibility of daily attendance (1, 2, 3, 4, or 5 days/week) and which session (AM, PM, or both). Breakfast is available for AM participants and an after school snack for PM participants.

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our SACC programs are staffed with people who understand cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other.

Site availability is based on need, so sites may be added, relocated and/or closed as needed. A minimum of 6 daily attending children must be enrolled to maintain any site. Sites that do not maintain 6 participants will be given a 2 week notice before relocating or closing. The School Age Child Care Director will inform you of which school site your child will attend if care is not offered at your child's school.

Bussing is available in Beaver Dam if your child's school does not offer on-site care, and is determined by site enrollment.

To register, you must complete and submit a registration packet with a non-refundable fee: \$30 for single child | \$50 per family

Registration packets will be available on July 20, 2016 and can be picked up at the Welcome Center. Enrollment is limited and therefore registration is accepted on a first come basis. A minimum of 3 business days from receipt of registration is required for processing before the child(ren) can start the program.

For more information on our SACC Program contact the Y at (920) 887-8811.

## SCHOOL'S DAY OUT FUN CLUB!

When school's out, the Y is in! An exciting and challenging place, where children in grades 4K-5th, expand their skills in mind and body. Our programs offer a combination of free choice and structured activities. Expanded curriculum includes healthy living, arts and crafts, science, service learning, health and fitness, literacy, character development and conflict resolution. Theme days filled with exciting activities and special projects.

- Pre-registration is required. A minimum of 6 children enrolled are required daily to run program at individual sites.
- Program information and registration forms are available at the Welcome Center and on our website at [www.theYdc.org/schools-out](http://www.theYdc.org/schools-out).
- Payment is separate from the Before/After SACC Program.
- Registration fee per school year, unless enrolled in SACC program: \$30 for single child | \$50 per family

## SCHOOL'S DAY OUT RATES

Member \$30 per day per child  
Non-Member \$40 per day per child

For more information on our School's Day Out Fun Club program contact the Y at (920) 887-8811.

Rates as of 9/1/2016

## SCHOOL AGE CHILD CARE RATES

**Semi-Monthly Rates** (Billing dates: 14th & 28th of each month)  
Families are charged for contracted number of days and never prorated for days off. If additional days are needed and can be accommodated, fees will be adjusted for the entire billing period. Bank draft is available. All sites accept W2.

### AM – Before School Care

DAYS PER WEEK	MEMBER	NON-MEMBER
1 day/week	\$11.00	\$12.00
2 days/week	\$22.00	\$24.00
3 days/week	\$33.00	\$36.00
4 days/week	\$44.00	\$48.00
5 days/week	\$50.00 (includes FREE Youth Membership)	

(For Prairie View, these are PM rates)

### PM – After School Care

DAYS PER WEEK	MEMBER	NON-MEMBER
1 day/week	\$15.25	\$16.50
2 days/week	\$30.50	\$33.00
3 days/week	\$45.50	\$49.50
4 days/week	\$60.50	\$66.00
5 days/week	\$68.75 (includes FREE Youth Membership)	

(For Prairie View, these are AM rates)

Rates as of 9/1/2016

2016-2017 SCHOOL'S DAY OUT PROGRAM DATES	
Waupun & Fox Lake	Sep 30
Beaver Dam	Oct 10
Horicon	Oct 20-21
Beaver Dam	Oct 28
Waupun & Fox Lake	Nov 3
Waupun, Fox Lake & Horicon	Nov 4
Waupun, Fox Lake & Horicon	Nov 23
Beaver Dam, Waupun, Fox Lake & Horicon	Nov 25
Horicon (Early Release)	Dec 7
Waupun & Fox Lake	Dec 9
Beaver Dam (Winter Break) / Horicon (Early Release)	Dec 23
Beaver Dam, Waupun, Fox Lake & Horicon (Winter Break)	Dec 26-30
Horicon (Winter Break)	Jan 2
Beaver Dam	Jan 16
Waupun & Fox Lake / Horicon (Early Release)	Jan 20
Horicon (Early Release)	Feb 17
Waupun, Fox Lake & Horicon	Feb 20
Beaver Dam	Feb 24
Beaver Dam (Spring Break)	Mar 20-24
Waupun & Fox Lake (Spring Break) / Horicon (Early Release)	Mar 24
Waupun, Fox Lake & Horicon (Spring Break)	Mar 27-31
Beaver Dam, Waupun, Fox Lake & Horicon	Apr 14
Waupun & Fox Lake	Apr 28
Horicon (Early Release)	Jun 6

# EDUCATION & LEADERSHIP

## ENRICHMENT PRESCHOOL

Our preschool provides children ages 3 and 4 with an opportunity to develop skills, self-esteem, and creativity in a semi-structured learning environment.

To register, complete and submit a registration packet with a \$30 non-refundable registration fee per child (family max \$50). Packets can be picked up at the Welcome Center. Children must be 3 years old at the start of the semester. Space is limited; registration is open now and is first come, first serve. Semester fees must be paid in full to guarantee a spot.

Semester 1: **September 19 – December 14**

Semester 2: Dates will be released in December

Mon & Wed 12:30 pm – 2:00 pm

Member: \$250 per semester

Non-Member: \$300 per semester

Payment due on or before September 7, 2016

### FULL-DAY CHILD CARE PARTICIPANTS RECEIVE A PRESCHOOL RATE DISCOUNT!

If your child is enrolled in our Child Care  
five (5) days per week, your rate is \$125!

## BEAVER DAM 4K PROGRAM

The Beaver Dam 4 Kids (BD4K) program is a voluntary, early learning program available to ALL four-year-old children and their families within the Beaver Dam Unified School District. BD4K is a play-based program designed to nurture the social, emotional, and early literacy skills of four-year-old children. It does not take the place of kindergarten. BD4K is implemented using a community-collaborative model that builds on existing resources within our community. Partnerships between public and parochial schools, child care centers and preschools are used to provide quality early childhood education for four-year-olds.

Children must be 4 years old before September 1, 2016 to enroll.

Contact the Beaver Dam Unified School District for registration information.

# CLUB WANNAGO

## SUMMER CHILD CARE

### JUNE 6 – AUGUST 30

**Monday – Friday 6:00 am – 5:45 pm** (Maximum 10 hours per day)

Club Wannago is a full day child care program held in the summer for children entering 1st through 6th grade, offering a full curriculum program that includes weekly field trips, swimming, outdoor play, games, sports, arts and crafts, and more. Fill your child's summer with opportunities to experience fun activities and new friendships.

To register, you must complete and submit a registration packet with a non-refundable fee:  
\$30 for single child | \$50 per family. Registration packets can be picked up at the Welcome Center.

### WEEKLY RATES (MINIMUM 2 DAYS/WEEK REQUIRED)

Families are charged for contracted number of days and never prorated for days off. If additional days are needed and can be accommodated, fees will be adjusted for the entire billing period. Bank draft is available.

DAYS PER WEEK	MEMBER	NON-MEMBER
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5 days per week	\$138 (Includes FREE Youth Membership)	
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4 days per week	\$118	\$140
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3 days per week	\$98	\$120
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2 days per week	\$78	\$100
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CODE: 2016 CCYCWANNAGO

### ADDITIONAL FEES

- \$6 Summer school transportation fee per week  
(Beaver Dam Schools Only)

- \$15 Field Trip Fee per field trip for families attending  
three or fewer days per week

Program information is available @[theYdc.org/club-wannago](http://theYdc.org/club-wannago)  
For more information contact the Y at (920) 887-8811



# PARENT AND CHILD PROGRAMS

The Y offers parent and child programs that promote interaction with each other, other children, and other parents. Join in the fun with activities designed to build your child's motor skills, social skills and expand their creativity and imagination through structured play.

## MESSY BEES (AGES 12-36 MONTHS)

Explore art in this 30 minute creativity class. Each week we will introduce you and your child to a new sensory station, as well as a new art technique. This class will put a smile on everyone's face and the best part is that we do all the clean-up. Dress for mess! Parent must be present for this class and participation is encouraged.

Location: Lobby

Mondays 10:00 am - 10:30 am  
Session July 25 - August 29

Member: \$15 | Non-Member: \$30

CODE: YSBEES

## TEDDY TUMBLERS (AGES 12-36 MONTHS)

These young gymnasts will be taught how to follow multi-step directions, communications with peers, and improve strength and flexibility. Parent must be present for this class and participation is encouraged.

Mondays 10:00 am - 10:30 am  
Session June 13 - July 18

Member: \$15 | Non-Member: \$30

CODE: YSTEDDY

## BALLS OF FUN (AGES 12-36 MONTHS)

Parents and children will focus on fun while exploring skills, like running, jumping, throwing, catching and playing games with balls. Please wear socks and gym shoes. Get ready to have a ball! Parent must be present for this class and participation is encouraged.

Mondays 10:00 am - 10:30 am  
Session May 2 - June 6

Member: \$15 | Non-Member: \$30

CODE: YSBFUN



**REGISTER EARLY, SPACE IS LIMITED  
PRIORITY REGISTRATION FOR MEMBERS**



## FAMILY MOVIE NIGHT FRIDAY, JULY 29

### Movie starts at dusk!

Join us for an evening showing of a family friendly movie outside on the soccer field on the Jumbo screen. Concessions will be available. Bring your lawn chairs and blankets and enjoy an evening with your family at the Y.

Pre-registration at the Welcome Center is recommended.

Member: **FREE**

Non-Member: \$2 per person

Note: If inclement weather, the movie will be held in the gymnasium

CODE: ASMOVIE



# PRESCHOOL RECREATIONAL PROGRAMS

## NEW! MINI T-BALL (AGES 3-4)

Our T-ball program is a great introduction to the sport of baseball. For safety we play with soft baseballs and foam bats, while making sure that each child plays a variety of field positions, bats every inning and every hit turns into a run around the bases! The goal of our coaches is to build self-confidence by helping kids become better players and teammates. Players should bring their own gloves.

Mondays 4:45 pm - 5:15 pm  
Session 1 June 13 - July 18  
Session 2 July 25 - August 29  
Mondays 10:45 am - 11:15 am  
Session 3 July 25 - August 29

Member: \$15 | Non-Member: \$30

CODE: YSTBALL (1) (2) (3)

## NEW! PEE-WEE FLAG FOOTBALL (AGES 4-5)

With a focus on teamwork and on the fundamental skills of flag football, this is a great program for younger children just learning the game, and for those who want to improve their skills. Each class includes a 30 minute practice, followed by a 30 minute game.

Mondays 4:45 pm - 5:15 pm  
Session May 2 - June 6

Member: \$20 | Non-Member: \$55

CODE: YSPEEWEE

## LOCOMOTOR DEVELOPMENT (AGES 2-4)

Between the ages of 2-4 children start to develop their motor skills and enjoy a wide variety of activities. In this class we will work their locomotor skills and space awareness: walking, jumping, running, sliding, throwing, flexibility and coordination.

Location: Group Exercise Room | Maximum 8 Participants

Wednesdays 10:00 am - 10:30 am  
Session May 4 - June 8

Member: \$15 | Non-Member: \$30

CODE: FTMOTOR

## MOOVIN AND GROOVIN (AGES 3-5)

Does your child like music, movement and having fun? They will enjoy this class where we will dance, jump, spin and groove to the music. Children will build motor skills while participating in structured creative movement activities. Participants should wear comfortable clothing and tennis shoes.

Location: Group Exercise Room

Wednesdays 10:00 am - 10:30 am  
Session June 15 - July 20

Member: \$15 | Non-Member: \$30

CODE: FTMOOVIN

## SPORTIES FOR SHORTIES (AGES 3-5)

Hands-on exploration of a variety of sports will engage your preschooler as they are introduced to different games, and learn the fundamentals of athletics. Your child will be beaming with confidence as they master the tot-size games.

Mondays 10:45 am - 11:15 am  
Session May 2 - June 6

Member: \$15 | Non-Member: \$30

CODE: YSSF5

## INTRO TO MARTIAL ARTS - TAE KWON DO FLYING DRAGONS (AGES 3-5)

This is a high energy, fun and exciting class designed to teach students self-control, listening skills, concentration, discipline, respect and build confidence. No experience necessary!

(Program is taught at Martial Arts America)

Tue & Thur 5:10 pm - 5:40 pm  
Session 1 May 3 - May 19  
Session 2 June 7 - June 23  
Session 3 July 12 - July 28  
Session 4 August 9 - August 25

Member: \$15 | Non-Member: \$20

CODE: YSIMA (1) (2) (3) (4)

## TUMBLING TIKES (AGES 3-5)

Accomplishments come in many ways in this beginning floor exercise gymnastic class. Your child will learn more about how their body can move and have fun while doing it! Listening to their teacher, being respectful of others and trying new things are primary skills in this class as the children tumble their way to greater flexibility and control of their bodies. Appropriate for tikes who have not taken any organized class before.

Thursdays 10:45 am - 11:15 am  
Session June 16 - July 21 UPDATED INFORMATION!

Member: \$15 | Non-Member: \$30

CODE: YSTT

## LITTLE KICKERS (AGES 4-6)

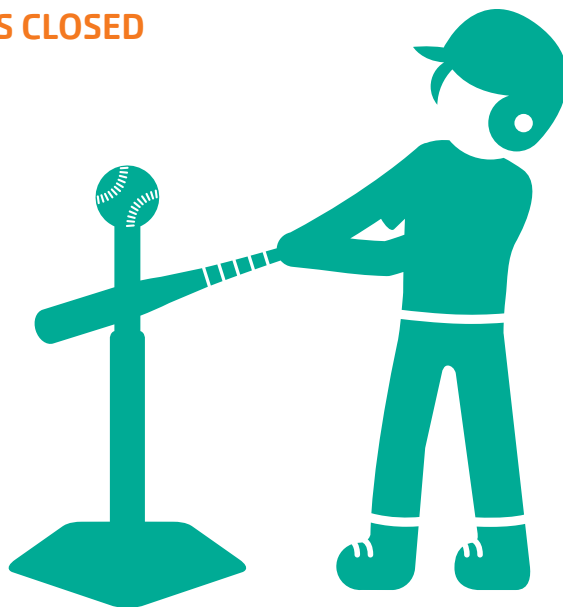
Everything in this class is geared towards developing excitement for the game of soccer. Your child will be challenged and encouraged as they practice kicking and running with equipment sized just for them.

Mondays 6:00 pm - 6:30 pm  
Session July 25 - August 29

Member: \$15 | Non-Member: \$30

CODE: YSLKICK

## NO CLASSES ON DAYS THE Y IS CLOSED



# YOUTH RECREATIONAL PROGRAMS

## NEW! ADVANCED T-BALL (AGES 5-6)

This program is designed to teach young baseball players the fundamentals of the game, and for those who plan on entering coach-pitch baseball during the summer. Participants will learn how to catch, throw, and bat in a team atmosphere. Have fun, meet new friends and play in a non-competitive environment. Players need to bring their own glove.

Mondays 5:15 pm – 5:45 pm  
Session 1 June 13– July 18  
Session 2 July 25 – August 29

Member: \$15 | Non-Member: \$30

CODE: YSADTBALL (1) (2) UPDATED INFORMATION!

## FLAG FOOTBALL (AGES 6-8)

**NEW AGES!** With a focus on teamwork and on the fundamental skills of flag football, this is a great program for those just learning the game, and for those who want to improve their skills. Each class includes a 30 minute practice, followed by a 30 minute game.

Mondays 5:30 pm – 6:30 pm  
Session May 2 – June 6

Member: \$20 | Non-Member: \$55

CODE: YSFBALL

## NEW! CO-ED VOLLEYBALL (AGES 8-12)

Introduction to the basic rules and fundamentals of volleyball. Emphasis on team playing, drills to improve skills, and building self-esteem. For those who are new to the game, along with those who have played before, looking to improve and to have fun.

Thursdays 6:30 pm – 7:15 pm  
Session 1 May 5 – June 9  
Session 2 June 16 – July 21

Member: \$15 | Non-Member: \$30

CODE: YSVBALL (1) (2)

## ESCAPE (AGES 6+)

This is a fun and exciting program filled with many tools to keep you, plus your family and friends safe and secure.

“ESCAPE” is a revolutionary way of approaching self-defense, danger and stopping the Bullies – choosing getting away first, hiding when possible and defending only when necessary. The program uses scenario based training to teach you to move and adapt while making safe self-defense decisions.

The best defense is always to get away as quickly and safely as possible. There are many ways to escape including running, jumping, throwing, climbing and much more. Learning to build an escape plan and being able to adapt under pressure are some of the keys to staying safe.

*(Program is taught at Martial Arts America)*

**NEW!** Mondays 5:00 pm – 5:30 pm  
Wednesdays 6:00 pm – 6:30 pm  
Session 1 May 2 – May 18  
Session 2 June 6 – June 22  
Session 3 July 11 – July 27  
Session 4 August 8 – August 24

Member: \$10 | Non-Member: \$15

CODE: YSESCAPE (1A) (1B) (2A) (2B) (3A) (3B) (4A) (4B) UPDATED INFORMATION!

## INTRO TO MARTIAL ARTS – TAE KWON DO (AGES 6-12)

This class is designed to offer a fun look into the world of Tae Kwon Do martial arts training. The objectives of this class will be on building confidence, focus and discipline. Students will learn basic kicking, blocking and striking skills in a fun and safe environment. No experience necessary.

*(Program is taught at Martial Arts America)*

Tue & Thur 5:00 pm – 5:50 pm  
Session 1 May 3 – May 19  
Session 2 June 7 – June 23  
Session 3 July 12 – July 28  
Session 4 August 9 – August 25

Member: \$15 | Non-Member: \$20

CODE: YSFD612 (1) (2) (3) (4)

## INTRO TO JU-JITSU (AGES 7+)

Translated literally, Ju means gentle or soft and Jitsu means art. While referred to as “a gentle art”, some of the techniques are extremely dynamic and would appear to be anything but soft. Ju-Jitsu is the Japanese art of attack and defense used by the unarmed samurai against an opponent, by grasping or striking so the opponents own strength and weight are used against them primarily in grappling and ground defense. No experience necessary.

*(Program is taught at Martial Arts America)*

Wednesdays 5:00 pm – 5:50 pm  
Session 1 May 4 – May 18  
Session 2 July 13 – July 27

Member: \$10 | Non-Member: \$15

CODE: YSIJJ (1) (2)

## INTRO TO OLYMPIC JUDO (AGES 7+)

The guiding principles of this class is respect, self confidence and mutual benefit of all the class members. Judo teaches the principles of falling, off balancing and throwing an opponent. No experience necessary. Optional competition opportunities will be available.

*(Program is taught at Martial Arts America)*

Mon & Wed 6:00 pm – 6:45 pm  
Session 1 May 2 – May 18  
Session 2 June 6 – June 22  
Session 3 July 11 – July 27  
Session 4 August 8 – August 24

Member: \$15 | Non-Member: \$20

CODE: YSJUDO (1) (2) (3) (4)

## INTRO TO BOXING & KICKBOXING (AGES 13+)

This class focuses on the basic skills of boxing and kickboxing. Students will train and use professional equipment with no fear of getting hurt or injured. No experience necessary.

*(Program is taught at Martial Arts America)*

Tue & Thur 7:00 pm – 7:55 pm  
Session 1 May 3 – May 19  
Session 2 June 7 – June 23  
Session 3 July 12 – July 28  
Session 4 August 9 – August 25

Member: \$15 | Non-Member: \$20

CODE: ASBOX (1) (2) (3) (4)

# YOUTH WELLNESS

## YOUTH WELLNESS: THE LOFT (AGES 8-16)

The Loft (YW:TL) program allows registered participants to workout independently in the Loft with supervision and guidance from our Wellness Staff. Youth can use the Loft and equipment as often as they wish during the program open hours.

The LOFT Program is FREE for Youth Members ages 8-16 with registration. This program is also open to community youth as a regular program registration.

### Spring/Summer Session: May 2 – September 3

Mondays	5:45 pm – 7:30 pm
Tuesdays	6:00 pm – 7:30 pm
Wednesdays	5:00 pm – 6:30 pm*
Thursdays	4:15 pm – 5:45 pm
Saturdays	9:30 am – 11:00 am

Member: **FREE** | Non-Member: \$15

CODE: FTYWTL

Loft Access Pass: \$5 per participant

CODE: TRANSTYPE 85

### Wednesday Nights are Family Nights in The Loft!

Family members ages 8 years and older of a registered YW:Loft participant can join the fun with a Loft Access Pass.

Climb the rock wall, play on the Lightspace Wall, test your balance on the iJoy Balance Board and more!

## TEEN STRENGTH 1 (AGES 13+)

The Teen Strength Program allows teens to work out under the guidance of a trainer to learn the basics of strength training, cardiovascular conditioning and fitness area etiquette. An excellent program for teens ages 13-15 who wish to start an exercise routine.

Teens under the age of 16 are not permitted in the Fitness Center on their own. After completion of the program, teen YMCA members will be able to utilize the fitness area safely and effectively at any time on their own. Three one hour classes.

Location: Health & Wellness Department | Maximum 5 participants

Mondays	5:35 pm – 6:30 pm
Session 1	May 2 – May 16
Session 2	June 6 – June 20
Session 3	July 11 – July 25
Session 4	August 1 – August 15

Member: \$20 | Non-Member: \$40

CODE: FTTEENSTREN (1) (2) (3) (4)

## PRIVATE TEEN STRENGTH (AGES 13+)

Scheduled by appointment, your teen will get personal one-on-one training. This class teaches how to safely and properly use the Fitness Center equipment. You can choose either Teen Strength 1 or Teen Strength 2. A Health & Wellness Staff Member will contact you to arrange a time that will fit you and your teens schedule.

Member: \$60 | Non-Member: \$75

CODE: FTPRIVATE

# FAMILY TIME

## NEW! FAMILY FUN FITNESS (AGES 8+)

Come on in and join us once a month for a fun filled family half hour fitness activity. Don't discount the importance of making fitness a family affair. Getting your whole family involved is not only a great way for you to grow closer, but also to encourage the people you love to maintain an active lifestyle. Getting children involved in physical fitness is one of the best ways to combat the rising rate of childhood and adult obesity.

So join us and have some Family Fitness Fun! All children must be accompanied by an adult, ready to workout. Afterwards stay and swim for 30 minutes with your family in the Family Adventure Pool.

(You must register to take this class)

Mondays	7:20 pm – 7:50 pm
Session 1	May 16
Session 2	June 13
Session 3	July 18
Session 4	August 15

Member: **FREE** with registration | Non-Member: \$10 per family

CODE: FTFAMILY



**REGISTER EARLY, SPACE IS LIMITED**  
**PRIORITY REGISTRATION FOR MEMBERS**

# COMPETITIVE YOUTH SPORTS

## Youth Leagues

The focus of all our youth leagues is participation, team building, playing-time for all, and having fun. Teams are divided by age group and are coached by a team of volunteer coaches. Games are held weekly. Pick up league registration forms at the Welcome Center or download a registration form from our website.

### FALL IN-TOWN SOCCER LEAGUE (AGES 5-11)

Team work along with learning and improving on the fundamentals of the game is the focus of this program. Practice times are determined by volunteer coaching staff and will include a 1 hour practice each week. Coaches will contact players prior to practices and game schedules will follow. Games are held on Friday nights. All participants will receive a team T-shirt. Players are required to provide their own shin guards.

Registration deadline is August 15; a \$10 late fee for any registrations accepted after the deadline. T-shirts are not guaranteed for those who register after the deadline.

Session August 29 – October 21

Ages 5-6 [CODE: YS56SOC](#)

Ages 7-8 [CODE: YS78SOC](#)

Ages 9-11 [CODE: YS911SOC](#)

Member: \$40 | Non-Member: \$55



## COMPETITIVE SWIMMING

### SUMMER SWIM TEAM (AGES 18 AND UNDER)

Summer Swim Team is a more relaxed program striving to get swimmers interested in competitive swimming, yet still providing opportunities to swimmers who are interested in swimming year around and taking part in competitive opportunities at swim meets. This program makes every effort to assist each swimmer in becoming the best they can be, while learning the proper form and technique. Swim meets will be scheduled throughout the summer. Great for beginning swimmers.

Practices are by age group: Ages 8 & Under | Ages 9-18

#### YMCA OF DODGE COUNTY

June 13 – July 23

Tuesdays & Thursdays

##### [AGES 8 & UNDER](#)

5:00 pm – 5:45 pm

Member: \$25

Non-Member: \$35

[CODE: ST8UN](#)

##### [AGES 9-18](#)

6:00 pm – 7:00 pm

Member: \$30

Non-Member: \$40

[CODE: ST9UP](#)

#### HORICON AQUATIC CENTER

June 20 – August 1

Mondays & Wednesdays

##### [AGES 8 & UNDER/AGES 9-18](#)

5:00 pm – 6:00 pm

Fees: \$20

[CODE: AQHACST](#)

#### WAUPUN FAMILY AQUATIC CENTER

June 21 – August 6

Tuesdays & Thursdays

##### [AGES 8 & UNDER/AGES 9-18](#)

5:00 pm – 6:00 pm

Fees: \$25

[CODE: AQWFACST](#)

## YOUTH SPORTS PHILOSOPHY

The goals and objectives of the Y's Youth Sports programs are based upon a philosophy of eight concepts...

**PARTICIPATION:** Everyone plays!

**FUN:** We play to have fun!

**FITNESS:** Regular exercise is important for a lifetime.

**SKILLS:** We learn basic fundamentals that help us play the game.

**TEAMWORK:** We focus on cooperation, not competition.

**FAIR PLAY:** We respect all involved; other players, coaches, parents and officials.

**VOLUNTEERS:** They are the key to a successful program.

**FAMILY INVOLVEMENT:** Youth sports is a family program. Parents and kids learn and practice together.



# SUMMER CAMPS FOR KIDS AGES 6-12

## CAMP DISCOVERY

June 13-17

### SCIENCE, ARTS & SPORTS EXPLORATION DAY CAMP

An exciting summer day camp that explores the wonders of science, exploration, creativity and sports.

#### DISCOVERING FUN!

Do your kids like to experiment and explore? Are they interested in animals, music, weather and environments? Do they enjoy sports and like to create? Then sign them up to participate in this camp where exploration, creativity, and experimenting are AWESOME!

Campers will interact with many guest presenters, create amazing art projects, participate in crazy experiments, and learn different ways to stay active.

No lunch is provided; please send campers with a healthy non-refrigerated sack lunch and drink each day.

Children must wear non-marking gym shoes and bring a swim suit and towel daily.

#### Registration Deadline: Friday, June 3

Monday - Friday 7:30 am - 3:30 pm

\$100 per child

\$150 for 2 children in the same family

\$185 for 3 or more children in the same family

CODE: YSDISCOVERY

## FLAG FOOTBALL CAMP

June 27-30

Pull your way to fun with a variety of football drills and skills, along with flag football games and swimming in the Family Adventure Pool each day. Bring a swim suit and towel daily.

Monday - Thursday 1:00 pm - 4:00 pm

Member: \$40 | Non-Member: \$60

CODE: YSFFCAMP

## BASKETBALL CAMP

July 11-14

Dribble, pass and shoot your way through this camp while learning fundamentals and playing a variety of games, plus swimming each day in the Family Adventure Pool. Children must wear non-marking gym shoes, and bring a swim suit and towel daily.

Monday - Thursday 1:00 pm - 4:00 pm

Member: \$40 | Non-Member: \$60

CODE: YSBBCAMP

## VOLLEYBALL CAMP

July 25-28

Bump...Set...Spoke! Learn the fundamentals of the sport while playing a variety of games, with time for swimming each day in the Family Adventure Pool. Children must wear non-marking gym shoes and bring a swim suit and towel daily.

Monday - Thursday 1:00 pm - 4:00 pm

Member: \$40 | Non-Member: \$60

CODE: YSVBCAMP

## NEW! Y EXTRAVAGANZA CAMP

August 8-11

New Evening Camp for Kids! Come join the fun with organized games in the gym and the Loft, plus a variety of games and challenges in the Family Adventure Pool. Children must wear non-marking gym shoes and bring a swim suit and towel nightly.

Monday - Thursday 5:00 pm - 8:00 pm

Member: \$40 | Non-Member: \$60

CODE: YSEXTRA

## NEW! ADVENTURE CAMP

August 22-25

Campers will participate in Scavenger Hunts, learn how to Geocache and will take part in other fun, exciting adventures around the Y, plus time for swimming in the Family Adventure Pool! Children must wear non-marking gym shoes and bring a swim suit and towel daily.

Monday - Thursday 1:00 pm - 4:00 pm

Member: \$40 | Non-Member: \$60

CODE: YSADVENTURE

## CLUB WANNAGO Summer Child Care

(For children entering 1st through 6th grade)

Club Wannago is a full day child care program that offers a full curriculum program that includes weekly field trips, swimming, outdoor play, games, sports, arts and crafts, and more. Fill your child's summer with fun and the opportunity to experience many activities and new friendships.

Registration packets are available at our Welcome Center.

See page 11 for more details!

# BEST SUMMER EVER!



# SWIM LESSONS

- Please register on time. Registration after deadline will require approval and payment of a \$10 late fee.
- If you are unable to attend your class, there is no making the class up another day. We do our best to keep the child-instructor ratios consistent in order to teach each class successfully.
- Not sure which class/level is best for your child? Feel free to contact Jacob Van Den Berg, Youth & Adult Development Director, at (920) 887-8811 ext. 111 or [jvandenberga@theydc.org](mailto:jvandenberga@theydc.org).

## CLASS DESCRIPTIONS



### Kipper (Kp) Ages 6 months – 3 yrs

Parent and child are in the water together. Children work on water adjustment and gain physical and social development through games and activities in the pool. Children should wear a swim diaper if not potty trained.



### Perch (Pr) Ages 2 – 3

Children start moving independently through the water without a parent, as well as learn how to adjust to a class situation. (We suggest that you have your child take Kipper first.)



### Pike (Pk) Ages 3 – 5

Beginner level that is designed for new swimmers. Children will learn the basic paddle stroke, kicking skills and the proper use of flotation devices.



### Eel (El) Ages 3 – 5

Advanced beginner level that reinforces Pike skills, for children who are comfortable in the water. Children are taught to kick, float and perform basic paddle strokes.



### Ray (Ry) Ages 3 – 5

Children will build endurance by swimming on their front and back a half length of the pool, learn to tread water, jump off the blocks and perform basic diving skills.



### Starfish (Sf) Ages 3 – 5

Children refine their strokes and build endurance up to one length of the pool without resting, swimming on both front and back.



### Polliwog (Pl) Ages 6+

For beginning school age children. Children work on water adjustment, use of flotation devices, floating and basic swim strokes. By the end of this level they will know front, side and back stroke, and will swim one length of the pool.



### Advanced Polliwog (Apl) Ages 6+

For children who have taken Polliwog and have mastered all the strokes in a basic form. Children will continue to work on form and stroke technique, building endurance to be more confident swimmers.



### Guppy (Gp) Ages 6+

Children perform all skills without a flotation device, and they will build their endurance up to three lengths of the pool with side breathing. (Children must be able to swim one length comfortably without rest to enter this level.)



### Minnow (Mn) Ages 6+

Minnow is the initial intermediate level. Children will refine the strokes they have learned. They will be introduced to the breaststroke, learn more diving skills, and build their endurance up to six lengths of the pool.



### Fish (F) Ages 6+

Children work to perform strokes with appropriate turns. They are introduced to the butterfly stroke and will build their endurance up to ten lengths.



### Flying Fish (Ff) Ages 6+

Children work on performing the butterfly stroke and refining previously learned strokes, and will increase their endurance up to fourteen lengths.



### Shark (Shk) Ages 6+

Children at this level continue to improve their strokes with starts and turns, and build their endurance up to twenty lengths of the pool. They will be introduced to competitive swimming rules and form.



### Porpoise (Porp) Ages 6+

Children build up their endurance to twenty eight lengths of the pool, work on stroke refinement, building endurance in all strokes, and will be introduced to junior life guarding skills.



**REGISTER EARLY, SPACE IS LIMITED  
PRIORITY REGISTRATION FOR MEMBERS**

Pool Schedules are available at the Welcome Center  
or online @[www.theYdc.org/schedules](http://www.theYdc.org/schedules)

TUESDAY/THURSDAY MORNINGS (SPRING)

2 Days Per Week - 4 Week Session  
Member: \$18 | Non-Member: \$35  
(Minimum: 3 participants)

UPDATED INFORMATION!

Session: May 10 - Jun 2 | Registration Deadline: May 5 | (AQTR1)  
If late registrations are accepted, a \$10 fee will be applied

AGES 3 & UNDER		AGES 3 - 5		AGES 3 - 5	
<b>Kipper (Kp)</b> Ages 6 mo - 3 yrs 10:15 - 10:45 AM CODE: AQTR(5)KP		<b>Pike (Pk)</b> 9:05 - 9:35 AM CODE: AQTR(1)PK		<b>Ray (Ry)</b> 9:40 - 10:10 AM CODE: AQTR(3)RY	
<b>Perch (Pr)</b> Ages 2 - 3 10:15 - 10:45 AM CODE: AQTR(6)PR		<b>Eel (El)</b> 9:05 - 9:35 AM CODE: AQTR(2)EL		<b>Starfish (Sf)</b> 9:40 - 10:10 AM CODE: AQTR(4)SF	

TUESDAY/THURSDAY CHILD CARE LESSONS (SPRING)

2 Days Per Week - 4 Week Session  
Member: \$18 | Non-Member: \$35  
(Child must be enrolled in the Y's Child Care. Minimum: 3 participants)

UPDATED INFORMATION!

Session: May 10 - Jun 2 | Registration Deadline: May 5 | (AQTR1)  
If late registrations are accepted, a \$10 fee will be applied

AGES 3 & UNDER		AGES 3 - 5		AGES 3 - 5	
<b>Kipper (Kp)</b> Ages 6 mo - 3 yrs 10:15 - 10:45 AM CODE: AQTR(5)KP		<b>Pike (Pk)</b> 9:05 - 9:35 AM CODE: AQTR(1)PK		<b>Ray (Ry)</b> 9:40 - 10:10 AM CODE: AQTR(3)RY	
<b>Perch (Pr)</b> Ages 2 - 3 10:15 - 10:45 AM CODE: AQTR(6)PR		<b>Eel (El)</b> 9:05 - 9:35 AM CODE: AQTR(2)EL		<b>Starfish (Sf)</b> 9:40 - 10:10 AM CODE: AQTR(4)SF	

TUESDAY / THURSDAY MORNINGS (SUMMER)

2 Days Per Week - 4 Week Session  
Member: \$18 | Non-Member: \$35  
(Minimum: 3 participants)

Session 1: Jun 7 - Jun 30 | Registration Deadline: Jun 3 | (AQTR2)  
Session 2: Jul 5 - Jul 28 | Registration Deadline: Jul 1 | (AQTR3)  
Session 3: Aug 2 - Aug 25 | Registration Deadline: Jul 29 | (AQTR4)  
If late registrations are accepted, a \$10 fee will be applied

AGES 3 & UNDER		AGES 3 - 5		AGES 6 & UP		AGES 6 & UP	
<b>Kipper (Kp)</b> Ages 6 mo - 3 yrs 10:15 - 10:45 AM CODE: AQTR(102)KP		<b>Pike (Pk)</b> 9:05 - 9:35 AM CODE: AQTR(97)PK		<b>Polliwog (Pl)</b> 10:50 - 11:20 AM CODE: AQTR(101)PL		<b>Fish (F)</b> 11:25 - 11:55 AM CODE: AQTR(107)F	
<b>Perch (Pr)</b> Ages 2 - 3 10:15 - 10:45 AM CODE: AQTR(103)PR		<b>Eel (El)</b> 9:05 - 9:35 AM CODE: AQTR(98)EL		<b>Advanced Polliwog (Apl)</b> 10:50 - 11:20 AM CODE: AQTR(104)APL		<b>Flying Fish (Ff)</b> 12:00 - 12:30 PM CODE: AQTR(108)FF	
		<b>Ray (Ry)</b> 9:40 - 10:10 AM CODE: AQTR(99)RY		<b>Guppy (Gp)</b> 11:25 - 11:55 AM CODE: AQTR(105)GP		<b>Shark (Shk)</b> 12:00 - 12:30 PM CODE: AQTR(109)SHK	
		<b>Starfish (Sf)</b> 9:40 - 10:10 AM CODE: AQTR(100)SF		<b>Minnow (Mn)</b> 11:25 - 11:55 AM CODE: AQTR(106)MN		<b>Porpoise (Porp)</b> 12:00 - 12:30 PM CODE: AQTR(110)PORP	

TUESDAY/THURSDAY CHILD CARE LESSONS (SUMMER)

2 Days Per Week - 4 Week Session  
Member: \$18 | Non-Member: \$35  
(Child must be enrolled in the Y's Child Care. Minimum: 3 participants)

Session 1: Jun 7 - Jun 30 | Registration Deadline: Jun 3 | (AQTR2)  
Session 2: Jul 5 - Jul 28 | Registration Deadline: Jul 1 | (AQTR3)  
Session 3: Aug 2 - Aug 25 | Registration Deadline: Jul 29 | (AQTR4)  
If late registrations are accepted, a \$10 fee will be applied

AGES 3 & UNDER		AGES 3 - 5		AGES 3 - 5	
<b>Kipper (Kp)</b> Ages 6 mo - 3 yrs 10:15 - 10:45 AM CODE: AQTR(102)KP		<b>Pike (Pk)</b> 9:05 - 9:35 AM CODE: AQTR(97)PK		<b>Ray (Ry)</b> 9:40 - 10:10 AM CODE: AQTR(99)RY	
<b>Perch (Pr)</b> Ages 2 - 3 10:15 - 10:45 AM CODE: AQTR(103)PR		<b>Eel (El)</b> 9:05 - 9:35 AM CODE: AQTR(98)EL		<b>Starfish (Sf)</b> 9:40 - 10:10 AM CODE: AQTR(100)SF	

WEDNESDAY HOME SCHOOL LESSONS

1 Day Per Week - 4 Week Session  
Member: \$12 | Non-Member: \$25  
(Minimum: 3 participants)

UPDATED INFORMATION!

Session 1: May 4 - May 25 | Registration Deadline: May 1 | (AQW1)  
Session 2: Jun 8 - Jun 29 | Registration Deadline: Jun 4 | (AQW2)  
If late registrations are accepted, a \$10 fee will be applied

Beginners		Advanced	
10:30 - 11:00 AM CODE: 90		11:05 - 11:35 AM CODE: 92	

CLUB WANNAGO LESSONS

1 Day Per Week - 7 Week Session  
Member: \$18 | Non-Member: \$35  
(Child must be enrolled in the Y's Club Wannago Program. Minimum: 5 participants)

Session: Jun 14 - Jul 26 | Registration Deadline: Jun 10 | (AQCW)  
If late registrations are accepted, a \$10 fee will be applied

TUESDAYS	8:30 - 9:00 AM	CODE: AQCW
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# SWIM LESSONS

## SATURDAY MORNING (SPRING)

1 Day Per Week - 6 Week Session  
Member: \$15 | Non-Member: \$35  
(Minimum: 3 participants)

### Session Dates

Session 1: May 7 - Jun 11 | Registration Deadline: May 3 | [\(AQS1\)](#)  
Session 2: Jun 18 - Jul 23 | Registration Deadline: Jun 14 | [\(AQS2\)](#)  
Session 3: Jul 30 - Sep 3 | Registration Deadline: Jul 26 | [\(AQS3\)](#)  
If late registrations are accepted, a \$10 fee will be applied

AGES 3 & UNDER		AGES 3 - 5		AGES 6 & UP		AGES 6 & UP	
<b>Kipper (Kp)</b> Ages 6 mo - 3 yrs 9:10 - 9:40 AM CODE: AQS(51)KP		<b>Pike (Pk)</b> 8:35 - 9:05 AM CODE: AQS(53)PK		<b>Polliwog (Pl)</b> 10:20 - 10:50 AM CODE: AQS(57)PL		<b>Fish (F)</b> 8:00 - 8:30 AM CODE: AQS(64)F	
<b>Perch (Pr)</b> Ages 2 - 3 9:10 - 9:40 AM CODE: AQS(52)PR		<b>Eel (El)</b> 8:35 - 9:05 AM CODE: AQS(93)EL		<b>Advanced Polliwog (Apl)</b> 10:20 - 10:50 AM CODE: AQS(61)APL		<b>Flying Fish (Ff)</b> 8:00 - 8:30 AM CODE: AQS(58)FF	
		<b>Ray (Ry)</b> 9:45 - 10:15 AM CODE: AQS(55)RY		<b>Guppy (Gp)</b> 10:55 - 11:25 AM CODE: AQS(62)GP		<b>Shark (Shk)</b> 8:00 - 8:30 AM CODE: AQS(59)SHK	
		<b>Starfish (Sf)</b> 9:45 - 10:15 AM CODE: AQS(56)SF		<b>Minnow (Mn)</b> 10:55 - 11:25 AM CODE: AQS(63)MN		<b>Porpoise (Porp)</b> 8:00 - 8:30 AM CODE: AQS(60)PORP	

## TUESDAY EVENING (SPRING)

1 Night Per Week - 4 Week Session  
Member: \$12 | Non-Member: \$25  
(Minimum: 3 participants)

### Session Dates

Session: May 10 - May 31 | Registration Deadline: May 6 | [\(AQT\)](#)  
If late registrations are accepted, a \$10 fee will be applied

AGES 3 & UNDER		AGES 3 - 5		AGES 6 & UP		AGES 6 & UP	
<b>Kipper (Kp)</b> Ages 6 mo - 3 yrs 6:15 - 6:45 PM CODE: AQT(16)KP		<b>Pike (Pk)</b> 4:30 - 5:00 PM CODE: AQT(8)PK 5:40 - 6:10 PM CODE: AQT(13)PK 6:15 - 6:45 PM CODE: AQT(19)PK		<b>Polliwog (Pl)</b> 5:05 - 5:35 PM CODE: AQT(12)PL 6:50 - 7:20 PM CODE: AQT(20)PL		<b>Minnow (Mn)</b> 7:25 - 7:55 PM CODE: AQT(23)MN	
<b>Perch (Pr)</b> Ages 2 - 3 4:30 - 5:00 PM CODE: AQT(7)PR 6:15 - 6:45 PM CODE: AQT(17)PR		<b>Eel (El)</b> 4:30 - 5:00 PM CODE: AQT(9)EL 5:05 - 5:35 PM CODE: AQT(10)EL 5:40 - 6:10 PM CODE: AQT(14)EL		<b>Advanced Polliwog (Apl)</b> 5:40 - 6:10 PM CODE: AQT(97)APL 6:50 - 7:20 PM CODE: AQT(21)APL		<b>Fish (F)</b> 7:25 - 7:55 PM CODE: AQT(24)F	
		<b>Ray (Ry)</b> 5:40 - 6:10 PM CODE: AQT(15)RY		<b>Guppy (Gp)</b> 6:50 - 7:20 PM CODE: AQT(22)GP		<b>Flying Fish (Ff)</b> 7:25 - 7:55 PM CODE: AQT(25)FF	
		<b>Starfish (Sf)</b> 5:05 - 5:35 PM CODE: AQT(11)SF				<b>Shark (Shk)</b> 7:25 - 7:55 PM CODE: AQT(26)SHK	

## THURSDAY EVENING (SPRING)

1 Night Per Week - 4 Week Session  
Member: \$12 | Non-Member: \$25  
(Minimum: 3 participants)

### Session Dates

Session: May 12 - Jun 2 | Registration Deadline: May 9 | [\(AQR\)](#)  
If late registrations are accepted, a \$10 fee will be applied

AGES 3 & UNDER		AGES 3 - 5		AGES 6 & UP		AGES 6 & UP	
<b>Kipper (Kp)</b> Ages 6 mo - 3 yrs 5:45 - 6:15 PM CODE: AQR(40)KP		<b>Pike (Pk)</b> 4:00 - 4:30 PM CODE: AQR(27)PK 5:45 - 6:15 PM CODE: AQR(112)PK 6:20 - 6:50 PM CODE: AQR(41)PK		<b>Polliwog (Pl)</b> 5:10 - 5:40 PM CODE: AQR(34)PL 6:20 - 6:50 PM CODE: AQR(44)PL		<b>Minnow (Mn)</b> 6:55 - 7:25 PM CODE: AQR(49)MN	
<b>Perch (Pr)</b> Ages 2 - 3 4:35 - 5:05 PM CODE: AQR(29)PR 5:45 - 6:15 PM CODE: AQR(36)PR		<b>Eel (El)</b> 4:35 - 5:05 PM CODE: AQR(30)EL 5:10 - 5:40 PM CODE: AQR(35)EL 6:20 - 6:50 PM CODE: AQR(42)EL		<b>Advanced Polliwog (Apl)</b> 4:00 - 4:30 PM CODE: AQR(28)APL 6:55 - 7:25 PM CODE: AQR(47)APL		<b>Fish (F)</b> 6:55 - 7:25 PM CODE: AQR(50)F	
		<b>Ray (Ry)</b> 4:35 - 5:05 PM CODE: AQR(31)RY 6:20 - 6:50 PM CODE: AQR(43)RY		<b>Guppy (Gp)</b> 6:55 - 7:25 PM CODE: AQR(96)GP		<b>Shark (Shk)</b> 7:30 - 8:00 PM CODE: AQR(98)SHK	
		<b>Starfish (Sf)</b> 4:35 - 5:05 PM CODE: AQR(32)SF				<b>Porpoise (Porp)</b> 7:30 - 8:00 PM CODE: AQR(52)PORP	

## Private Lessons - All Ages

3 Classes for \$75 [\(TRANSTYPE 125\)](#)

6 Classes for \$140 [\(TRANSTYPE 127\)](#)

10 Classes for \$190 [\(TRANSTYPE 164\)](#)

Lessons are customized to your skills and needs. All ages; schedules are based on instructor availability. Rates are for members and non-members. Contact Jacob Van Den Berg, Youth & Adult Development Director at (920) 887-8811 ext. 111 or [jvandenberga@theydc.org](mailto:jvandenberga@theydc.org) for more information.

If you miss your private lesson, cancel or change your lesson with less than a 24 hours notice, you will be charged for the lesson. This policy is in place out of respect for our instructors and our participants. Cancellations with less than 24 hours notice are difficult to fill. By giving a last minute notice or notice at all, you prevent someone else from being able to schedule into that time slot.



# WATER FITNESS

## PADDLE BOARD YOGA

Add some adventure into your workout while improving your strength, flexibility and balance. Paddle board yoga is held in the competitive pool on inflatable paddle boards that are tethered to the pool side. A total new slant on yoga!

*Participants must be ages 18+ to participate (Min/Max 4 Participants)*

Mondays 5:30 pm – 6:00 pm  
Mondays 6:00 pm – 6:30 pm  
Session 1 May 2 – May 23  
Session 2 July 11 – August 1

Member: \$15 | Non-Member: \$30

CODE: AQPADDLE (1A) (1B) (2A) (2B)

**REGISTER EARLY, SPACE IS LIMITED  
PRIORITY REGISTRATION FOR MEMBERS**

## TOT TIME

Bubbles, babies and more! Bring your child age 5 and under and choose to enjoy playtime in the 0 depth area or bring them along while you propulsion walk. Parents must stay within arms reach of their child at all times. Fountains will not be available, but water toys will be.

Mon | Wed | Fri 9:00 am – 11:30 am  
Member: **FREE**

## PROPULSION WALKING

A great resistance workout for adults and teens. Walking or running – with or against – the water current of the lazy river.

Mondays 6:00 am – 11:45 am  
3:30 pm – 6:30 pm  
Tuesdays 6:00 am – 11:00 am  
4:30 pm – 7:00 pm  
Wednesdays 6:00 am – 11:45 am  
3:30 pm – 6:30 pm  
Thursdays 6:00 am – 11:00 am  
4:00 pm – 6:30 pm  
Fridays 6:00 am – 11:45 am  
3:30 pm – 6:30 pm  
Saturdays 8:00 am – 10:30 am  
Member: **FREE**

## LOW IMPACT WATER AEROBICS

A low impact water aerobics class for people of all ages and abilities. Participants can also utilize the propulsion channel and the hot tub. Each class participant has the option of having their blood pressure and pulse taken by an experienced instructor.

Mon | Wed | Fri 7:00 am – 8:00 am  
Member: **FREE**



**No classes are held on  
dates the Y is closed**



## WATER AEROBICS

Get a great aerobic workout while exercising in a low impact environment to your favorite dance tunes.

Mon | Wed\* | Fri 9:15 am – 10:15 am  
Member: **FREE**

## DEEP WATER AQUA JOG

Exercise in the deep water of our competitive pool. Low impact on your joints, yet a great toning workout.

Mon | Wed\* | Fri 8:00 am – 9:00 am  
Mon & Wed\* 6:30 pm – 7:15 pm  
Member: **FREE**

## HIGH INTENSITY WATER AEROBICS

Get a great aerobic workout while exercising to your favorite dance tunes. This is a HIGH energy class designed to work your entire body.

Mon & Wed\* 5:30 pm – 6:30 pm  
Member: **FREE**

## EASY-PEASY ON THE HIPS & KNEESIES

This class involves low-impact moves and gentle stretching through the water to those classic old songs that are loved and not forgotten. The water is a great way to mobility and pain free exercise for those suffering from any type of pain.

Mon | Wed\* | Fri 10:30 am – 11:30 am  
Member: **FREE**

**\* Every other Wednesday – No instructor led classes  
The pool will be available for self/patron led workout  
Call the Y at (920) 887-8811 for class schedules**

**All water fitness classes and program schedules are  
subject to change based on participation.**

**PARTICIPANTS MUST BE AGES 13+  
UNLESS OTHERWISE NOTED**

# BEA BONNER MCKINSTRY BEGIN TO SWIM PROGRAM

## YOUTH CLASSES

June 6-9

Free program that teaches basic swim skills for infant through grade school age non-swimmers.

Parent/Child (0-3 years) 5:00-5:30 pm

CODE: AQBB1

Preschool (3-5 years) 5:35-6:05 pm

CODE: AQBB2

Preschool (3-5 years) 6:10-6:40 pm

CODE: AQBB3

Grade School 6:45-7:15 pm

CODE: AQBB4

Grade School 7:20-7:50 pm

CODE: AQBB5

Pre-registration is required. Limit 30 participants per class.

## ADULT CLASSES

June 13-15, 6:00 pm - 6:45 pm

Free program that teaches basic swim skills for adult non-swimmers.

Pre-registration is required. Limited to 25 participants.

CODE: AQBBA

Refer to page 7 for the complete story!



## LIFEGUARD TRAINING

August 6, 7 & 13, 14\*

Saturday: 9:00 am - 4:00 pm AND Sunday: 11:30 am - 5:00 pm

*\* All class dates must be attended to complete this class.*

This course focuses on the skills and knowledge required to become a lifeguard.

- Red Cross Certification
- CPR for the Professional Rescuer
- First Aid Certification

Participants must be 15 years or older, complete a prerequisite swim of 300 continuous yards, retrieve a 10 pound item from the bottom of the pool (8 feet minimum depth), and tread water for 2 minutes without using arms.

**Fee: \$185 non-refundable, due upon registration**

Minimum 3 participants | Maximum 15 participants

CODE: AQLGT

# PERSONAL FITNESS

## WELLNESS CENTER ORIENTATIONS

Members (Ages 16+): **FREE**

Sign up today for your free member orientation of our Health and Wellness Center. Our staff will teach you how to safely use the strength and cardiovascular machines, along with proper lifting and breathing techniques.

## PERSONAL TRAINING FOR SENIORS

For Seniors 55 & Older. Because exercise has proven to increase vitality and energy, lower the risk of disease, and prolong life, an exercise program should be part of every senior's life. In addition, Personal Training for Seniors results in seniors who are happier and more active. We offer one-on-one training for seniors ranging from typical, healthy individuals, to post-rehab clients, to active senior athletes, or for those who need a beginning to their fitness journey.

Sessions are 1 hour in length.

Sessions	Cost per Session	Non-Member
1	\$28	\$40
5	\$18	\$30
10	\$13	\$25

## FITNESS ASSESSMENTS

A fitness assessment will help you determine your beginning fitness level and will help measure your fitness improvements. Includes aerobic endurance, muscular strength, muscular endurance, flexibility and body composition measured with a hand held body fat monitor.

Assessment: **TRANSTYPE 120**

Member: \$10

## ONE-ON-ONE PERSONAL TRAINING

Personal Trainers are available for that extra motivation and guidance. They can help design a program for all fitness levels. Sessions are 1 hour in length.

Sessions	Cost per Session	Non-Member
1	\$40	\$52
5	\$34	\$46
10	\$32	\$44

Appointments for all wellness and training sessions/classes listed here can be made at the Welcome Center, or by completing an appointment request on our website

# MEET OUR PERSONAL TRAINING TEAM!



**Stacy Woods: Health & Wellness Director, CPT, ACE**

Stacy has an advanced certificate of completion for Personal Training through UW Madison. She enjoys working with clients with weight loss, stress reduction, muscle toning and increasing flexibility. She is a certified instructor and enjoys teaching Indoor Group Cycling, TRX, Kettlebell, Yoga, and Pilates. Stacy likes to inspire clients with her passion for health and fitness, and motivate them to reach their goals.



**Ethan Coleman: CPT, ACSM**

Ethan has a Bachelors of Science in Health and Human Performance, with an emphasis on exercise and sports science through UW-River Falls, and a certified personal trainer through the American College of Sports Medicine. He incorporates variety into his sessions to help keep clients motivated in reaching their fitness goals. Ethan enjoys working with all ages and fitness levels, and has a passion for helping others begin and maintain a healthy lifestyle and fitness routine.



**Mike Stadler: CPT, CMPT**

Mike is certified through American Fitness Professionals, and has an advanced personal training certificate through Madison Area Technical College. He has been training himself since 1992, and training others in Dodge County and the surrounding area since 1999. Mike enjoys working with different types of clients, at all fitness and health levels, to improve themselves and their daily lifestyles. He incorporates free weights into workout programs for variety, and to help clients achieve their goals.



**Amber Gomez: CPT, LMT**

Amber is certified in Personal Training and Group Fitness through American Sports and Fitness Association, and is a licensed Massage Therapist through Blue Sky School of Massage. She is extremely passionate about health and wellness, and she lets that shine whenever working with a client. Amber enjoys working with clients of all fitness levels, and aiding their health journey in mind, body and spirit.

# IT'S ALL ABOUT YOU!



# SPECIALITY GROUP FITNESS CLASSES

## NEW! BARRE

Barre-based classes use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion-movements. Also don't be surprised if your class incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work.

Tue & Thu 7:00 am - 7:45 am  
Session 1 May 3 - June 9  
Session 2 June 14 - July 21  
Session 3 July 26 - September 1

Member: \$30 | Non-Member: \$50

CODE: FTBARRE (1) (2) (3)



## NEW! R.I.P.P.E.D

Experience this total body "plateau proof fitness formula" workout, utilizing resistance and cardio training, which masterfully combines Resistances, Intervals, Power, Plyometrics, Endurance and Diet components of R.I.P.P.E.D to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective.

Thursdays 9:45 am - 10:40 am  
Session 1 May 5 - June 9  
Session 2 June 16 - July 21  
Session 3 July 28 - September 1

Tuesdays 6:30 pm - 7:25 pm  
Session 1 May 3 - June 7  
Session 2 June 14 - July 19  
Session 3 July 26 - August 30

Member: \$18 | Non-Member: \$36

CODE: FTRIP (1A) (2A) (3A) | (1B) (2B) (3B) (3B)



## EXPRESS TRX

This is a 30 minute metabolic workout using TRX Suspension Trainer. Feel the total body burn as we move from lower body to upper body to core. We don't mess around here!

Location: The Loft

Wednesdays 9:00 am - 9:30 am  
Session 1 May 4 - May 25  
Session 2 June 8 - June 29  
Session 3 July 13 - August 3  
Session 4 August 10 - August 31

Thursdays 6:00 pm - 6:30 pm  
Session 1 May 5 - May 26  
Session 2 June 9 - June 30  
Session 3 July 14 - August 4  
Session 4 August 11 - September 1

Member: \$15 | Non-Member: \$30

CODE: FTEXTRX (1A) (2A) (3A) (4A) | (1B) (2B) (3B) (4B)

## REGISTER EARLY... SPACE IS LIMITED PRIORITY REGISTRATION FOR MEMBERS

Participants Must Be Ages 16+ Unless Noted To  
Participate In Speciality Fitness Classes

## INDOOR GROUP CYCLING

This high-energy class provides a great cardiovascular workout. The energetic music helps to motivate and inspire participants to ride hard in intervals and have a good time while burning calories.

Location: Cycling Room

Mondays 9:00 am - 9:45 am  
Session 1 May 2 - May 23  
Session 2 June 6 - June 27  
Session 3 July 11 - August 1  
Session 4 August 8 - August 29

Thursdays 5:30 pm - 6:15 pm  
Session 1 May 5 - May 26  
Session 2 June 9 - June 30  
Session 3 July 14 - August 4  
Session 4 August 11 - September 1

Member: \$15 | Non-Member: \$30

CODE: FTCYCLE (1A) (2A) (3A) (4A) | (1B) (2B) (3B) (4B)

## INTRO TO BOXING AND KICKBOXING

(Teens and Adults Ages 13+)

Class focuses on the basic skills of boxing and kickboxing. Students will have the opportunity to train and use professional equipment with no fear of getting hurt or injured. No experience necessary.

(Program is taught at Martial Arts America)

Tue & Thur 7:00 pm - 7:55 pm  
Session 1 May 3 - May 19  
Session 2 June 7 - June 23  
Session 3 July 12 - July 28  
Session 4 August 9 - August 25

Member: \$15 | Non-Member: \$20

CODE: ASBOX (1) (2) (3) (4)

## INTRO TO MARTIAL ARTS - TAE KWON DO

(Teens and Adults Ages 13+)

This class is designed to offer a fun look into the world of Tae Kwon Do martial arts training. The objectives of this class will be on building confidence, focus and discipline. Students will learn basic kicking, blocking and striking skills in a fun and safe environment. No experience necessary.

(Program is taught at Martial Arts America)

Tue & Thur 6:00 pm - 6:50 pm  
Session 1 May 3 - May 19  
Session 2 June 7 - June 23  
Session 3 July 12 - July 28  
Session 4 August 9 - August 25

Member: \$15 | Non-Member: \$20

CODE: ASFD (1) (2) (3) (4)

See page 14 for more martial arts classes!

## WANT TO TRY A SPECIALITY FITNESS CLASS OR PAY PER CLASS?

Speciality Fitness Drop-In Passes are available at the Welcome Center. Member: \$8 per class | Non-Member: \$15 per class

Programs have a limited number of spots, please call the day of for class availability!

### ELIGIBLE SPRING/SUMMER CLASSES

R.I.P.P.E.D • Yoga • WOW • Pound • Barre  
Express TRX • Indoor Group Cycling • Kettlebell



## KETTLEBELL

Kettlebell consists of a full-body warm-up and progresses into practicing the foundation and fundamentals of Kettlebell swings, lifts, presses, squats, various movements to increase strength, improve cardiovascular endurance, enhance and improve flexibility to ensure your success in losing body fat. This 45 minute class focuses on developing and maintaining overall general conditioning and fitness.

*Location: Cycling Room*

Wednesdays 6:35 pm - 7:20 pm  
Session 1 May 4 - May 25  
Session 2 June 8 - June 29  
Session 3 July 13 - August 3  
Session 4 August 10 - August 31

Member: \$15 | Non-Member: \$30

**CODE: FTBELL (1) (2) (3) (4)**

## POUND

A full-body cardio jam session, combining light resistance with constant simulated drumming. Workout fuses cardio, pilates, isometric movements, plyometrics and isometric poses into a 45 minute series. Burn between 400-900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique-all while rocking out to your favorite music! You must register to take this class.

*Maximum 20 Participants*

Wednesdays 5:30 pm - 6:25 pm  
Session 1 May 4 - June 8  
Session 2 June 15 - July 20  
Session 3 July 27 - August 31

Member: **FREE** with registration | Non-Member: \$36

**CODE: FTPOUND (1) (2) (3)**



## WOMEN ON WEIGHTS

Take strength to the next level with this full body circuit workout. This class is appropriate for beginners and those who want to change up their program. In this 30 minute circuit class you will use a variety of different equipment in the Loft to get you one step closer to your goals. You must register to take this class.

*Location: The Loft | Maximum 6 Participants*

Mondays 5:00 pm - 5:30 pm  
Session 1 May 2 - June 6  
Session 2 June 13 - July 18  
Session 3 July 25 - August 29

Member: **FREE** with registration | Non-Member: \$30

**CODE: FTWOW (1) (2) (3)**

## YOGA

*(Teens and Adults Ages 13+)*

Reconnect with your spirit, mind, and body. Focus on mindful breathing, relaxation, and stretching which will leave you feeling refreshed and rejuvenated. Join Hatha Yoga and promote health and well-being today. Appropriate for all fitness levels.

*Location: Group Exercise Room*

Mondays 4:30 pm - 5:25 pm  
Session 1 May 2 - June 6  
Session 2 June 13 - July 18  
Session 3 July 25 - August 29  
  
Tuesdays 9:35 am - 10:30 am  
Session 1 May 3 - June 7  
Session 2 June 14 - July 19  
Session 3 July 26 - August 30

Member: \$18 | Non-Member: \$36

**CODE: FTYOGA (1A) (2A) (3A) | (1B) (2B) (3B)**



# ACTIVE OLDER ADULTS

## IT'S BACK! ZUMBA GOLD®

The same great Latin styles of music and dance are used, and just as fun as the regular Zumba classes. Zumba Gold classes strives to improve our balance, strength, flexibility, and most importantly, the heart of the older active adult. We use easy to follow steps.

*Location: Gymnasium*

Fridays 10:00 am - 10:45 am

Member: **FREE**

## TAI CHI GOLD

Tai Chi is a non competitive, self paced system of gentle physical exercise and stretching. To do Tai Chi, participants perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Participants will learn to feel invigorated, energized, and balanced from the natural, choreographed flow of wellness. Tai Chi also helps with arthritis and fibromyalgia. You must register to take this class

Fridays 11:15 am - 12:15 pm

Session 1 May 6 - June 10

Session 2 June 17 - July 22

Session 3 July 29 - September 2

Member: **FREE**

CODE: FTTAI (1) (2) (3)

## SILVER SNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. Class starts with warm-up exercises and stretches. You'll move to the music as your instructor leads the class through the next series of exercises. Cool-down exercises at the end of class.

Tue & Thu 8:00 am - 8:45 am

Thursdays 4:00 pm - 4:45 pm

Member: **FREE**

## SILVER SNEAKERS® YOGA

Yoga is taught from seated and standing positions to enhance the flow and energy created in combination with restorative breathing exercises. The class offers a variety of safe and effective options designed to increase flexibility and balance to improve each individual's sense of well-being. Join for fitness, fun and friends!

Mondays (AM) 9:15 am - 10:00 am

Mondays (PM) 3:40 pm - 4:25 pm

Fridays 8:00 am - 8:45 am

Member: **FREE**

## SILVER SNEAKERS® CIRCUIT

This class involves a little more aerobic activity than the Silver Sneakers - Classic class. It also aims to build strength, balance and flexibility at a slightly more advanced pace. This class will help prevent osteoporosis, arthritis and the loss of muscle mass through its exercises.

Wednesdays 8:00 am - 8:45 am

Member: **FREE**



## ACTIVELY AGING NO MEMBERSHIP REQUIRED!

Join us at the Y for only \$4 on Monday and Friday mornings, and receive all the benefits of a member.

Use the Wellness Center, pools and participate in our member free classes.

Coffee is available following in our lobby.

Mondays & Fridays 8:00 am - 11:30 am  
Fee: \$4 per person

# MEMBER FREE GROUP CLASSES

## NEW! BODY BOOT CAMP

With Spring rearing its head, its time to shape that body into a rough and tough, well oiled machine. What better way to tune up your muscles than a boot camp style body workout class! Using the outdoors as our fitness playground when applicable, we will challenge our body and mind with a variety of different body weight exercises that challenge your cardiovascular endurance, muscular strength and endurance, and also our core stability. Join us and spring into fitness with this unique and fun way to keep fit, or get in the best shape of your life, while enjoying the outdoors.

## NEW! BOOT CAMP EXPRESS

Not enough time? No more excuses! Bootcamp Express is exactly that; get your sweat on in half the time. From plyometrics to static holds, the deep burn is our goal. Good for all levels, however, remember it is Boot Camp!

## NEW! OPPOSITES ATTRACT

Combine the ying and yang of fitness within this 45 minute combo class of cardio and strength along with Yoga sequences. Raise your heart rate, strengthen your body and stretch your limbs!

## BUTTS AND GUTS

Tone, tighten and torch calories that shred your midsection and bootify your backside in just 30 minutes without traditional crunches or high impact pounding. Burn your way to a stronger powerhouse with various exercises, equipment and body resistance to keep that fat burning and muscles responding. This nonstop body carving, calorie-incinerating workout is designed for any fitness level.

## BODY BLAST

Intervals of Strength, Cardio and Abs using weights, bars, balls and body resistance to build physical conditioning and endurance.

## BODY SOLID

Sculpt, tone and strengthen your entire body fast! High energy class for muscle strength and definition. Whether you are a beginner or advanced, this class will work for you.

## DOMINANT STRENGTH

This cardio and strength class involves intervals, power, resistance and stamina.

## FIT TO THE CORE

Have a lot to fit in your schedule? Then this 25 minute core class is for you. Utilizing your own body weight and props, every week will be different. Join us and get Fit to the Core!

## FUNCTIONAL FITNESS

A full-body workout that challenges you to the "core"! Improve muscular endurance, overall strength, coordination, and balance. This class offers a combination of functional strength, core and flexibility exercises that translate into everyday, real-world activities. Join this us for an effective and fun workout. For all fitness levels!

## SOLID STRENGTH

Sculpt and tone your whole body in this one hour class. You will work larger to smaller muscle groups. Lose the fat and gain muscle tone.

## STRENGTHEN, LENGTHEN, TONE

Using your own body weight, along with weights, bands, and balls, with a twist of cardio and stretching to give you a full body workout.

## SUPER SATURDAY

In this 55 minute cardio/strength class your instructor will pick a workout worth waiting the weekend for!

## TABATA

Consider this a 30 minute Full Body Challenge! "Tabata" aka High Intensity Interval Training (HITT). One major effect of this workout is your body continues to burn fat for a significant period of time. After your 30 minute workout, prepare for a 10 minute challenging core workout!

## THE MIX

In 30 minutes get mixed intervals of aerobic conditioning, muscle strengthening and core tightening. This class uses dynamic moves and fun exercises to improve your overall fitness. Join us today and be ready for the mix!

## TOTALLY TONED

An intense energy-filled workout composed of toning exercises using bands, dumbbells, body bars and more. Intervals of cardio exercises will be added to complete the challenge.

## ZUMBA®

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, Latin inspired, effective, easy-to-follow, calorie-burning dance fitness-party. Be sure to wear comfortable workout clothing and bring water!



**Participants must be ages 16+ to participate in Member Free Group Classes.**

Fitness Class Schedules are available at our Welcome Center and on-line @[www.theYdc.org/schedules](http://www.theYdc.org/schedules)

# ADULT RECREATION

## NOON PICK UP SPORTS

### Pickleball

Mon & Wed 12:00 pm – 2:00 pm

Member: **FREE**

(Noon Pickleball 8 pack pass for \$45)

### Basketball

Tuesdays | Thursdays | Fridays

12:00 pm – 2:00 pm

Member: **FREE**

(Noon Ball 8 pack pass for \$45)

## WEDNESDAY NIGHT MEN'S BASKETBALL LEAGUE (AGES 18+)

Recreational basketball league in which players call their own fouls. This league is on-going throughout the year. The League Champions will receive a custom championship T-shirt.

Contact Jacob Van Den Berg, Youth & Adult Development Director, for registration information at (920) 887-8811, ext. 111 or by e-mail at [jvandenberga@theydc.org](mailto:jvandenberga@theydc.org).

Wednesdays 6:00 pm – 9:00 pm

Session 1 June 1 – August 17

Registration after May 27, 2016 will result in a \$10 late fee.

Session 2 August 31 – November 16

Registration after August 26, 2016 will result in a \$10 late fee.

Note: Teams are not entered into league until entry fee is received.

CODE: ASBBALL (1) (2)

# FAMILY TIME

## NEW! FAMILY FUN FITNESS (AGES 8+)

Come on in and join us once a month for a fun filled family half hour fitness activity. Don't discount the importance of making fitness a family affair. Getting your whole family involved is not only a great way for you to grow closer, but also to encourage the people you love to maintain an active lifestyle. Getting children involved in physical fitness is one of the best ways to combat the rising rate of childhood and adult obesity. So join us and have some Family Fitness Fun! All children must be accompanied by an adult, ready to workout. Afterwards stay and swim for 30 minutes with your family in the Family Adventure Pool.

(You must register to take this class)

Mondays 7:20 pm – 7:50 pm

Session 1 May 16

Session 2 June 13

Session 3 July 18

Session 4 August 15

Member: **FREE** with registration | Non-Member: \$10 per family

CODE: FTFAMILY (1) (2) (3) (4)

## WEDNESDAY NIGHTS ARE FAMILY NIGHTS IN THE LOFT!

Family members ages 8+ of a registered Youth & Wellness: Loft participant can join in the fun!

See page 15 for program information and schedule.

Member: **FREE**

Loft Access Pass: \$5 per person (TRANSTYPE: 85)

## FRIDAY FAMILY NIGHT

Stop running in different directions...it's family time. The Y is making it easy to unwind and reconnect with your family after a busy week with Friday Family Nights. Shoot hoops in the gym, take turns on the water slide, or float around the Lazy River in the Family Adventure Pool. You can play water basketball or show your stuff on the diving board in the Competitive Pool. All children are to be accompanied by a parent/guardian.


Fridays 6:30 pm – 8:30 pm

Member: **FREE** | Non-Member: \$20 per family

# MASSAGE THERAPY

Massage has many benefits including; muscle tension release, stress relief, lowers blood pressure, enhances energy levels, reduces body aches and pains, and increases good health.

To schedule an appointment with our Certified Massage Therapist, stop by the Welcome Center, call (920) 887-8811, or complete a appointment request form online.



Target Areas	30 minutes – \$30
Full Body Massage	60 minutes – \$45
	90 minutes – \$65
3 Pack / 60 minute massages	– \$125



# SPECIAL EVENTS

## BLOOD DRIVE

**Friday, June 3 from 9:00 am – 1:00 pm**

The Y in cooperation with the Blood Center of Wisconsin will be hosting a blood drive at the Y. Donations will be collected in the gymnasium. Your donation can enhance the lives of families, friends and people living in our community and through out Wisconsin. Please consider giving this life saving gift.

### Registration Is Easy!

On-line registration is available at [www.bcw.edu](http://www.bcw.edu), or we can help you set up an appointment that works for you by calling or stopping by the Welcome Center.



**Walk-Ins are always Welcome!**

## LIFEGUARD TRAINING

**August 6, 7, & 13, 14\***

**Saturday classes: 9:00 am – 4:00 pm AND**

**Sunday classes: 11:30 am – 5:00 pm**

This course focuses on the skills and knowledge required to become a lifeguard.

- Red Cross Certification
- CPR for the Professional Rescuer
- First Aid Certification

Participants must be 15 years or older, complete a prerequisite swim of 300 continuous yards, retrieve a 10 pound item from the bottom of the pool (8 feet minimum depth), and tread water for 2 minutes without using arms.

Fee: \$185.00 non-refundable, due upon registration

*\*All class dates must be attended for certification.*

*Minimum 3 participants*

*Maximum 15 participants*

**CODE: AQLGT**



## COMMUNITY PRODUCE DRIVE

**August 15 – September 16**

A Dodge County community collection to provide fresh produce to residents in need.

Many residents of Dodge County are living without enough food, especially healthy food. In an effort to provide families with access to healthy eating options, the Y will be collecting produce donations during the harvest season.

Bring in a donation of fresh produce between August 15 – September 16, and receive a Family Day Pass to use or to gift!

Produce donations must serve four or more; no spoiled or rotten produce will be accepted. Multiple donations are accepted with a limit of on a Family Day Pass per day/donation. Donations can be dropped off in bins located at our Welcome Center.

**Donations accepted Monday – Thursday only  
as all produce is delivered daily.**

## OUTDOOR COMMUNITY POOLS

### Fox Lake Aquatic Center

**June 11 – August 14**

Monday – Sunday

1:00 pm – 7:30 pm



### Horicon Aquatic Center

**June 4 – July 31**

#### OPEN SWIM

Monday – Friday

1:00 pm – 5:00 pm

Night Swim

6:00 pm – 8:00 pm

Saturday & Sunday

11:00 am – 8:00 pm

#### LAP SWIM – ADULT SWIM

Monday – Friday

5:00 pm – 6:00 pm

**August 1 – August 28**

#### OPEN SWIM

Monday – Friday

1:00 pm – 7:00 pm

Saturday & Sunday

11:00 am – 7:00 pm



### Lomira Pool

**June 11 – August 14**

#### OPEN SWIM

Monday – Wednesday

1:00 pm – 7:00 pm

Thursday – Friday

1:00 pm – 5:00 pm

Saturday & Sunday

12:00 pm – 7:00 pm



### Waupun Family Aquatic Center

**June 4 – July 31**

#### OPEN SWIM

Monday – Friday

1:00 pm – 5:00 pm

Night Swim

6:00 pm – 8:00 pm

Saturday & Sunday

1:00 pm – 8:00 pm

#### LAP SWIM – ADULT SWIM

Monday – Friday

5:00 pm – 6:00 pm

**August 1 – August 28**

#### OPEN SWIM

Monday – Sunday

1:00 pm – 7:00 pm

**September 3 – September 5**

Saturday – Monday

11:00 am – 7:00 pm

# GET INVOLVED!

## Community Health

### WORKPLACE WELLNESS

Bring Health & Wellness to your workplace, or bring your employees or coworkers to the Y for exercise.

#### **Workplace Wellness Partnership Works includes:**

A one week trial membership at the YMCA of Dodge County.

#### **How Workplace Wellness Partnership works:**

Becoming a Work Place Wellness Partner is FREE and can be customized to meet your companies needs. No minimum number of employees required to participate. Your company will determine and provide a subsidy for each employee membership and the Y will match 50% of that subsidy up to \$10.

#### **Why offer on-site classes?**

Job related stress costs US Industries billions of dollars in absenteeism, diminished production, employee turnover, along with accidents, medical, legal and insurance fees. Physical activity has been shown to improve overall well-being, passing the savings on to you!

#### **Lunch & Learn lets employees learn while eating lunch!**

Employees bring a sack lunch to eat and have the opportunity to learn about a health topic and ask questions.

Topic examples: importance of strength training, flexibility, stress reduction, yoga, etc. The Lunch and Learn includes a twenty minute office-friendly workout.

*For more information or to schedule a program for your business contact Elizabeth Kelm at (920) 887-8811, ext. 110 or by e-mail [ekelm@theydc.org](mailto:ekelm@theydc.org)*

### ACTIVELY AGING

#### **A program for seniors, age 55+. No membership required!**

Join us at the Y for only \$4 on Monday and Friday mornings and participate in all the benefits of a member. Use the Wellness Center, pools and participate in member-free classes. Complimentary coffee is available following in our lobby.

Monday and Friday from 8:00 am – 11:30 am

## Quality of Life

The YMCA of Dodge County initiates, supports and participates in a variety of Quality of Life services for local and global community outreach programs. Please join us in our next food, clothing and toy drives. Watch our website and posters throughout the facility for more information on these and other upcoming drives.

## Financial Support

The Y makes strengthening our communities our cause. As a nonprofit organization we count on the generosity of our members and partners to keep our doors open to whoever needs a place to help them be more healthy, confident, connected and secure.

#### **Here are just a few of the ways you can support your Y!**

### SPONSOR Y CAMPS & EVENTS

The Y is here to give everyone an opportunity to learn, grow and thrive. By sponsoring a kids day camp, sports camp or an event, you will have made a direct impact to a child, adult or senior member of your community. For sponsorship opportunities, please contact our Executive Director, Jen Krueel.

### IMPACT TOURS

We invite our donors, members, and community to an Impact Tour. Learn how we've fulfilled promises and how the facility, its equipment, staff and volunteers are making a difference, changing lives and creating lasting positive and healthy impacts for many Dodge County residents. To hear real, local stories and learn about all of our community collaborations, or schedule a tour, please contact our Executive Director, Jen Krueel.

### SCRIP CARDS

#### **Fund-Raising While You Shop**

Give a percentage to the Y as you purchase everyday expenses like food, clothing, gifts and entertainment. SCRIP is a program that allows you to purchase gift cards for personal use or gifts and a portion of that SCRIP card is donated to the Y. There is no additional expense for you! Simply use SCRIP cards for everyday purchases and automatically provide support to your Y!

Order or view a full directory of available SCRIP cards online at [www.theYdc.org/scrip](http://www.theYdc.org/scrip) or pick up a list at the Welcome Center.

### ANNUAL SUPPORT CAMPAIGN

When you give to the Y, you continue to strengthen our community and move us all forward. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood.

Our Annual Support Campaign (formerly known as our Strong Kids Campaign) is the foundation that provides us with the ability to ensure that no child, family or adult is turned away due to inability to pay. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected, and secure. For more information, or to donate, visit us online at [www.theYdc.org/annualcampaign](http://www.theYdc.org/annualcampaign).

## Volunteerism & Giving

There is no other volunteer organization quite like the Y. We work tirelessly every day to nurture the potential of kids, improve the nation's health and well-being, and give back and support our neighbors.

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. We are in need of youth coaches, program and event volunteers. If interested, visit us online at [www.theYdc.org/volunteer](http://www.theYdc.org/volunteer).

## Employment Opportunities

The Y is always accepting applications for a multitude of opportunities in Aquatics, Child Care, Youth Sports, Health & Wellness, Facility Maintenance and the Welcome Center.

We are dedicated to providing equal employment opportunities for all persons without regard to age, race, color, gender, religion, mental or physical disability, marital status, national origin, veteran status, or any other status protected by law.

Employment Applications are available at our Welcome Center or online @[theYdc.org/employment](http://theYdc.org/employment). Please list department and position of interest.

# Program Registration Form – Spring / Summer 2016

## Registration Dates

Member Registration: April 15

Non-Member Registration: April 18

This form can be dropped off at the Welcome Desk during regular hours, mailed or faxed:

YMCA of Dodge County  
220 Corporate Drive  
Beaver Dam, WI 53916  
Phone (920) 887-8811  
Fax (920) 887-9298

- Registrants that fax or mail their form in will be given confirmation of their classes within 5 days of registering.
- Please note your class or program will not be guaranteed until you receive confirmation.
- You may make copies of this form, or download and print this form @theYdc.org/programs.

Please print legibly using blue or black ink. You may use the same form for more than one member of the same family.

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_-\_\_\_\_

E-mail Address: \_\_\_\_\_

I wish to receive confirmation of my class/program choice(s) by (check ONE):

☐ Phone call ☐ E-mail

Class Name	Registration Code	Fee	Day	Start Time	Start Date	Participants First Name & DOB	Gender (M/F)	T-shirt Size (if applicable)

Total all class fees \$ \_\_\_\_\_

## POLICIES

- Membership must remain current throughout the entire class period to qualify for member rates.
- A full refund will be issued if you cancel prior to the registration deadline or the Y cancels a class. Refunds will be given by check or Y credit voucher only.
- The YMCA of Dodge County does not turn away anyone due to the inability to pay. If you need financial assistance, please stop by the Welcome Center and inquire about financial aid; opportunities.
- If you would like to contribute to our Annual Campaign, which supports our scholarship program, please visit our website or stop by the Welcome Center.

**Waiver:** I agree to abide by the facility, program and membership policies of the YMCA of Dodge County at all times while on the premises (pg 4 & 5).

This waiver also allows the Y to use my image if caught on film for the purpose of advertising and marketing.

Signature: \_\_\_\_\_

## PAYMENT INFORMATION

Type of Card: ☐ VISA ☐ MasterCard ☐ Discover

Credit Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_ • \_\_\_\_\_ • \_\_\_\_\_

Security Code: \_\_\_\_\_

Charge Amount (all fees & dues): \$ \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

# BACK TO THE WILD WILD WEST FUNDRAISER

MAY 21, 2016 AT 5:00 PM  
BEAVER DAM COUNTRY CLUB

We hope you will put on your hats, boots and spurs, and join us as we go "Back to the Wild Wild West".

## THIS YEAR'S EVENT FEATURES:

- Live music from "Beaver Dam's Most Wanted" starting at 9:00 PM
- Live and Silent Auctions throughout the night
- 50/50 Cash Raffle
- Interactive western theme dance show
- Door prize sponsored by the YMCA Board of Directors
- Casual attire; western theme is optional

Tickets can be available at the Y for \$20 per person and includes a pulled pork dinner with all the fixings. Cash bar available.

## PROCEEDS FOR THIS YEAR'S EVENT WILL GO TOWARDS:

- Light Therapy Sauna
- Tricycles for the Child Development Center
- New supplies and equipment to enhance our youth programs and facility
- Swimsuit dryer for the Family Locker Room
- Financial Assistance Program

*Event sponsored by Ellen and Bradley Didion, PhD.*

## ONE FREE MONTH FOR NEW MEMBERS

Join the Y between May 15-31 and the month of August is **FREE!**

Membership must be maintained through June and July to receive the month of August free.

Stop by or call the Welcome Center for more information.

## INDIVIDUAL SUMMER MEMBERSHIP

Term: June 1 - August 31      Fee: \$145

Individual Summer Membership can be paid by cash, check, Visa, MasterCard or Discover.

All membership fees are due upon sign-up, are non-refundable, non-transferable and are not eligible for pro-rated fees.

Thank you to our program partners!



**YMCA OF DODGE COUNTY**

220 Corporate Drive, Beaver Dam WI 53916 P (920) 887-8811 W [theYdc.org](http://theYdc.org) O [facebook/theYdc](https://facebook.com/theYdc) | [twitter/theYdodgecounty](https://twitter.com/theYdodgecounty)