



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA of Dodge County**



# Winter 2024 Program Guide

## SESSION DATES

Winter I: January 7 – March 2

Winter II: March 3 – April 27

**Register Online or Via Our App!**

**[www.theydc.org](http://www.theydc.org) | 920.887.8811**



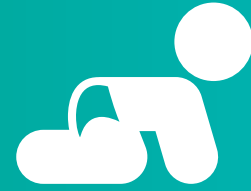
# Benefits of Membership!



**FREE**  
Land & Water  
Exercise Classes



Up to  
**50% Savings**  
on classes and programs



**FREE** Child Watch for  
children 6 weeks to 7 years old  
while you work out



Nationwide Membership  
with access to over 2,600  
YMCAs across the USA



**FREE**  
Personal Fitness  
Orientation



Discounts on Summer Camp  
Programs



**FREE**  
Special Events for the  
family at the Y!



Youth 13+ can work out  
in the Health & Wellness  
Center without a parent



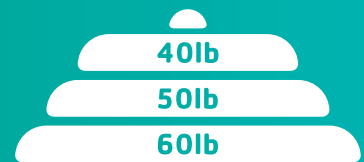
**FREE**  
Active Older  
Adult Fitness Classes



12 complimentary guest  
passes every year so  
you can bring a friend!



Indoor Family Water Park  
Competitive Pool and  
Light Therapy Sauna



State-of-the-Art Fitness  
Center and Queenax Functional  
Fitness System

## Strengthening the foundations of community...

The Y is a powerful association of men, women, and children of all ages, and from all walks of life joined together by a shared passion: **to strengthen the foundations of community.**

With a commitment to nurturing the potential of children, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. Anchored in more than 10,000 neighborhoods around the country, the Y has the long-standing relationships and physical presence, not just to promise, but to deliver lasting personal and social change.

**Though the world may be unpredictable, one thing that remains certain...the Y is, and always will be, dedicated to building healthy, confident, secure and connected children, families and communities.**



# Welcome to the YMCA of Dodge County



We are a state-of-the-art 60,000 square foot facility that includes these great amenities:

## Health & Wellness Center

Including personal training and tons of classes

## Family Adventure Water Park

Enjoy the lazy river propulsion walking, fountains & slides

## Child Watch – Babysitting While You Work Out

Work out knowing your kids are safe and close by

## Queenax Functional Fitness

Think epic jungle-gym for adults

## 8-Lane Competitive Pool

Burn calories in a comfortable environment

## Gymnasium and Racquetball Court

Shoot hoops on your own time or join the league

## Licensed Child Care Center

Great support to nurture your children's potential

## Youth Sports and Swim Lessons

Grow their confidence in the water or on the field

## Guest Passes

Share the fun by inviting friends and family

## Financial Assistance

Applications always available, just ask

# This is Y.

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# Facility Information

## YMCA OF DODGE COUNTY

220 Corporate Drive  
Beaver Dam, WI 53916  
P (920) 887-8811  
F (920) 887-9298  
[www.theydc.org](http://www.theydc.org)

## YMCA Policies

YMCA of Dodge County policies and general information is available on our website at [www.theydc.org/policies](http://www.theydc.org/policies)

## Facility Hours

Monday – Friday	5:00 AM–8:00 PM
Saturday	7:00 AM–6:00 PM
Sunday (1/7–5/26)	12:00 PM–4:00 PM

## YMCA Holiday Closures

### The Y is CLOSED:

New Year's Day, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving & Christmas

### The Y CLOSSES EARLY:

Christmas Eve: closing at 12:00 PM

New Year's Eve: closing at 3:00 PM

## Pool Cleaning

Competitive Pool is closed 8/26/24 – 8/30/24

Family Pool is closed 9/2/24 – 9/7/24

## Whirlpool Cleaning

Closed the **FIRST TUESDAY OF EVERY MONTH FROM 11:30 AM–8:00 PM** for cleaning and general maintenance


## Sign Up for Our Emails

### Benefits Include:

- Keep up-to-date on what's happening at the Y
- Upcoming promotions
- Pool schedules
- Group exercise schedules
- Camp details
- Children's day out information
- Events
- Job opportunities
- And SO MUCH MORE!

## DOWNLOAD THE Y MOBILE APP!

Check Daily Class Schedules • Register for programs  
Plus updates and cancellations right at your fingertip!

1. Download the  daxko mobile app from the App Store or Google Play
2. Type in "YMCA of Dodge County" when prompted as your Y
3. Set your notification preferences and enjoy!





# Membership Information

Membership Type	Monthly Rate
Family*	\$60
Adult (Ages 19-59)	\$45
Two Adult	\$55
Senior (Age 60+)	\$41
Senior Two Adult	\$54
Youth (Ages 8-18)	\$26

\* This category includes membership for 1 or 2 adults & their dependents up to age 23 in the household. On a dependent's 24th birthday, a new membership will need to be created.

## YMCA Nationwide Network

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA. Reach your health and wellness goals wherever you live, work or travel.

### What You Need to Know

- Valid for active, full facility YMCA members
- On a monthly basis, nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants and special memberships are not eligible for Nationwide Membership
- Bring a photo ID with you for your visit
- You will be asked to sign a waiver your first time visiting another Y location

\*Price Change Effective 1/1/24

**Ask about our 30 day and 2 week Short Term Memberships!**

## Child Watch

Drop off your child in our supervised playroom (up to two hours per day). This is **FREE** for Y members. Refer to our Y App for hours.

- Drop-In Child Watch is available for children ages 6 weeks through 7 years old. All participants must be signed in/out of Child Watch by a parent, grandparent, or legal guardian
- Parent/Guardian must remain on the YMCA premises at all times
- The non-member/away member fee is \$3.00 per hour, punch cards can be purchased at the Welcome Center

Monday-Friday  
8:45-11:30am, 4-7pm  
Saturday  
8:45-11:30am



# YMCA Full-Day Child Care

For children ages 6 weeks to 5 years, 5 Days/Week

6:00 AM – 6:00 PM (maximum 10 hours per day)

Ages 6 Weeks to 23 Months
\$225 (Includes a Free Family Membership)
Ages 2 to 3 Years
\$205 (Includes a Free Family Membership)
Ages 3 to 4 Years
\$185 (Includes a Free Family Membership)
Ages 4 to 5 Years
\$180 (Includes a Free Family Membership)

## 3K Program

Spring Semester: January 8 – May 17, 2024

Monday & Wednesday Mornings | 9:00 am – 11:30 am

Tuesday & Thursday Mornings | 9:00 am – 11:30 am

This program is perfect for children ages 3-4! They will explore literacy, physical, social-emotional, and cognitive development. Limited spots available.

**Member: \$350 / semester / child**

**Non-Member: \$450 / semester / child**

## Beaver Dam 4K Program

September 5, 2023 – May 31, 2024

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.

Please contact the Beaver Dam Unified School District for full program information.

### Inclement Weather Cancellation Policy

Our 4K program follows the Beaver Dam Unified School District's inclement weather closings.

### School & Distributor Disclaimer

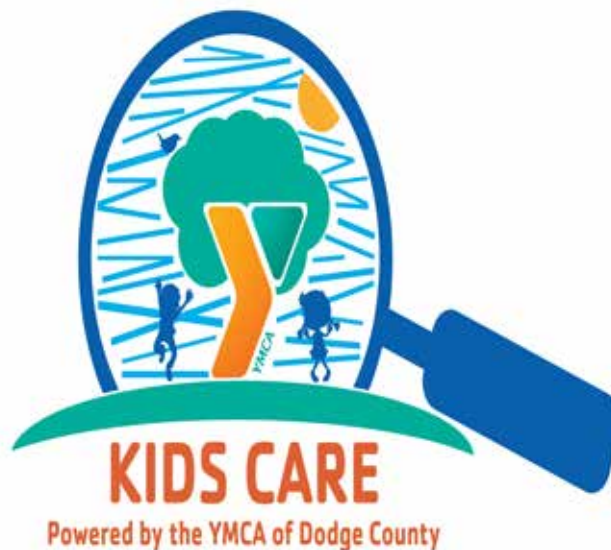
These materials are neither sponsored by the school district and/or business, its employees or agents. The materials and the view and information they express, do not reflect the approval or disapproval of the business and/or school district administration.

# KIDS CARE Full-Day Child Care

For children ages 6 weeks and up, 5 Days/Week

5:30 AM – 5:30 PM (maximum 10 hours per day)

Ages 6 Weeks to 23 Months
\$242.50 (Includes a Free Family Membership)
Ages 2 to 3 Years
\$220 (Includes a Free Family Membership)
Ages 3 to 5 Years
\$185 (Includes a Free Family Membership)



# Y-Kids: Before & After School Program

For children in grades K – 5th, select 4K sites available

- Flexible scheduling: Choose full time and receive a Y family membership and school's day out – FREE. Just Before School or just After School also available.
- Licensed care, structured schedule, planned activities, and provided meals and snacks

Y-KIDS OPTIONS					
*BDUSD AND HORICON SCHOOL DISTRICTS ONLY					
Option	Beaver Dam Sites: Jefferson, Lincoln, Prairie View, & Washington	Prairie View 4K	Horicon	Waupun: Meadow View and Rock River Intermediate @ MVP	Added Benefits
<b>Full-Time (Before &amp; After School)</b>	\$300/Month	\$550/Month	\$240/Month	\$300/Month	<ul style="list-style-type: none"> <li>• 10% discount* for additional children in the full-time program.</li> <li>• FREE School's Out Program (\$270 Value). Does not include Winter or Spring break weeks.</li> <li>• FREE Y Membership (\$531 Value)!</li> </ul>
<b>Part-Time (Before School Only)</b>	\$45/Week 6:30-8:30 AM	\$45/Week 6:30-8:30 AM	\$45/Week 6:30-8:00 AM	\$55/Week 6:00-8:00 AM	<ul style="list-style-type: none"> <li>• 10% discount* for additional children in the part-time program.</li> </ul>
<b>Part Time (After School Only)</b>	\$45/Week 3:40-5:45 PM	\$150/Week 12:30-5:45 PM	\$55/Week 3:00-5:45 PM	\$55/Week 3:00-5:45 PM	<ul style="list-style-type: none"> <li>• 10% discount* for additional children in the part-time program.</li> </ul>
<b>Registration Fee</b>  <b>EFT/Debit/Credit is required for monthly/weekly payments.</b>	\$30/Child or \$50/Family	\$30/Child or \$50/Family	\$30/Child or \$50/Family	\$30/Child or \$50/Family	A non-refundable registration fee of \$30/child or \$50/family is due at the time of registration. County assistance is available. The Y offers financial assistance for those who qualify.

## School's Day Out

For children ages 5 through 5th grade, and Prairie View 4K

- Scheduled activities including STEAM (Science, Technology, Engineering, Art, and Math) based hands-on activities, and swimming
- Structured schedule that includes large and small group activities, and time for free choice
- Dates that coincide with BDUSD for Horicon and Waupun will be held at the YMCA
- Horicon SDO Dates: 10/20, 11/3, 11/22, 12/22 early dismissal, 1/2, 1/15, 1/19, 2/16, 2/19, 3/22 early dismissal, 5/24 early dismissal, 5/28, 5/29
- Beaver Dam SDO Dates: 9/29, 10/20, 11/6, 11/22, 1/15, 1/22, 2/16, 2/19, 3/29, 4/1
- Waupun SDO Dates: 10/20, 10/23, 11/22, 11/27, 1/15, 2/2, 2/19, 3/4, 5/31 Early dismissal
- **Full time students in Before and After School Programs are FREE**
- **Additional Fee:** Spring Break March 18-22, 2024. Winter Break is Dec. 26-29, 2023. Care will be offered these dates at the YMCA. \$160 for Members | \$210 for Non-Members. It's not included in the cost of Y Care



# Youth Programs

\*Youth programs take place in gym unless otherwise noted.

## Parent & Child Programs

### SCOOTER TOWN

Scoot on your scooter while exploring the town. Children will stop at different stations where they may interact with story, music, sensory, pretend play and more. Parent participation is required at centers. (Parents don't need to ride scooters!)

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
2	Monday	10:00-10:30 AM	1/8-2/26	Min 4/Max 8	\$20	\$40
3	Monday	10:30-11:00 AM	1/8-2/26	Min 4/Max 8	\$20	\$40

### MINI MOVERS

Our Mini Movers run, jump, roll and climb on gym mats. Learn to follow simple instruction and control in a new surrounding! Parent participation encouraged.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3	Thursday	5:00-5:30 PM	1/11-2/29	Min 4/Max 12	\$20	\$40

### BALLS OF FUN

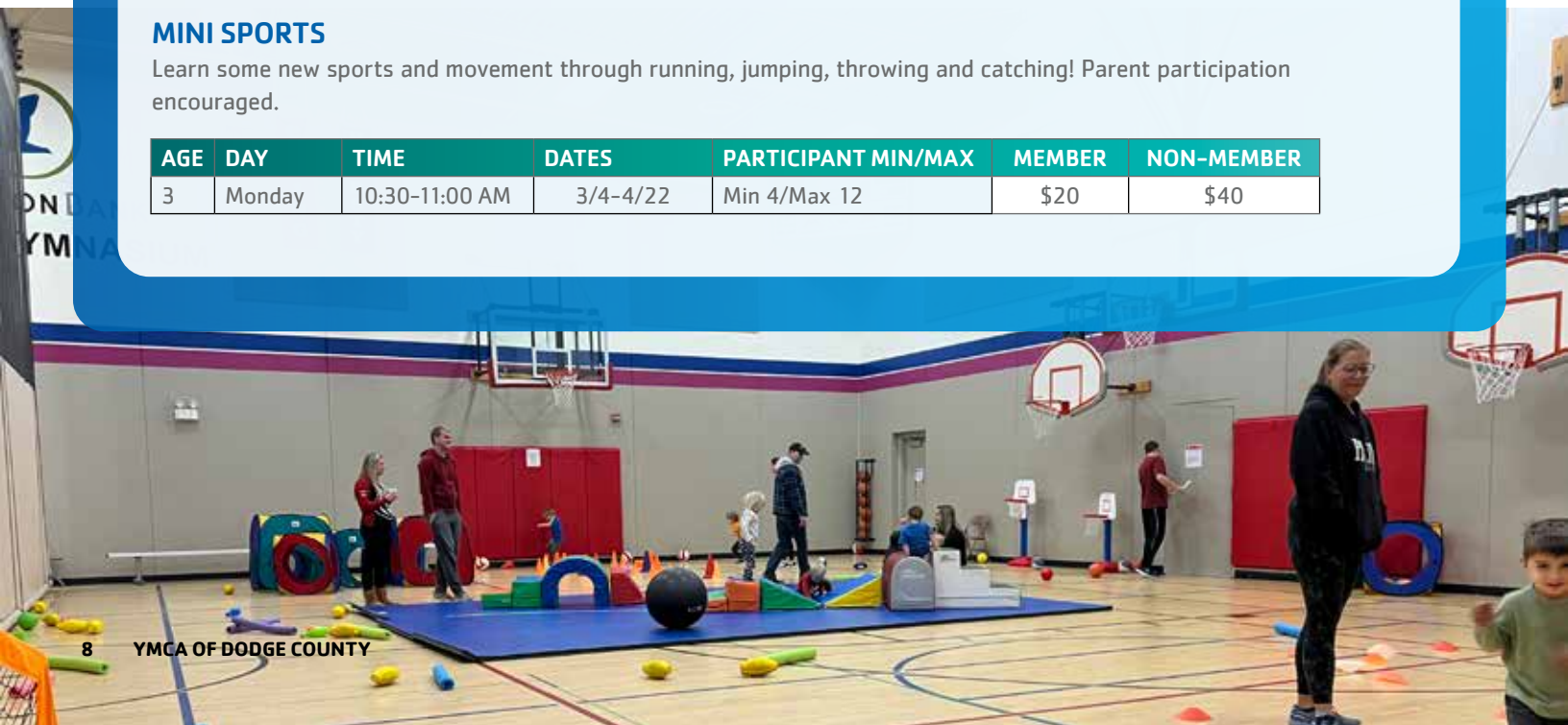
Get ready to have a ball! We will explore running, jumping, throwing, catching and playing with balls in this center-based class. Discover a new sport each week! Parent participation required.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
2	Monday	10:00-10:30 AM	3/4-4/22	Min 4/Max 12	\$20	\$40

### MINI SPORTS

Learn some new sports and movement through running, jumping, throwing and catching! Parent participation encouraged.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3	Monday	10:30-11:00 AM	3/4-4/22	Min 4/Max 12	\$20	\$40





# Preschool & Youth Recreational Programs

## SILLY SPORTS

Have fun learning about non-traditional sports like tag, parachute, bean bag games, kickball, frisbee and more!

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3-4	Thursday	5:00-5:30 PM	3/7-4/25	Min 4 / Max 15	\$20	\$40

## DODGEBALL FUN

Get together with others to play a variety of dodgeball games.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
7-10	Thursday	6:10-6:40 PM	3/7-4/25	Min 5/Max 20	\$20	\$40

## HOME SCHOOL GYM

Provide positive physical education for home schooled children ages 4 and up. Educational, safe and structured games will be played to help build confidence and teamwork!

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
4-9	Monday	1:00-1:45 PM	1/8-2/26	Min 5/Max 20	\$12	\$24
10-18	Monday	1:45-2:30 PM	1/8-2/26	Min 5/Max 20	\$12	\$24
4-9	Monday	1:00-1:45 PM	3/4-4/22	Min 5/Max 20	\$12	\$24
10-18	Monday	1:45-2:30 PM	3/4-4/22	Min 5/Max 20	\$12	\$24

## TUMBLING TIKES

Gain flexibility and control while learning to tumble, balance and explore movement.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
4	Thursday	5:35-6:05 PM	1/11-2/29	Min 5/Max 20	\$20	\$40

## ADVANCED MOVERS

Gain flexibility and control while learning to tumble, balance and explore movement in this structured class.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
5-6	Thursday	6:10 - 6:40 PM	1/11-2/29	Min 5/Max 20	\$20	\$40

## DO IT ALL SPORTS

Learn and develop skills in a variety of sports, helping build confidence and exposure to multiple sports.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
5-8	Thursday	5:35-6:05 PM	3/7-4/25	Min 5/Max 20	\$20	\$40

## VOLLEYBALL

Play age-appropriate games and drills to build confidence in bumping, setting, and spiking.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
5-7	Monday	5:00-5:30 PM	1/8-2/26	Min 5/Max 20	\$20	\$40
8-10	Monday	5:30-6:15 PM	1/8-2/26	Min 5/Max 20	\$20	\$40
11-14	Monday	6:15-7:00 PM	1/8-2/26	Min 5/Max 20	\$20	\$40

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
5-7	Monday	5:00-5:30 PM	3/4-4/22	Min 5/Max 20	\$20	\$40
8-10	Monday	5:30-6:15 PM	3/4-4/22	Min 5/Max 20	\$20	\$40
11-14	Monday	6:15-7:00 PM	3/4-4/22	Min 5/Max 20	\$20	\$40

# Teen Programs

## TEEN BASKETBALL

Get together with others to develop basketball skills, program broken up into practices and mini games among group.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
11-17	Thursday	6:45-7:30 PM	3/7-4/25	Min 5/Max 20	\$20	\$40

## TEEN DODGEBALL

Get together with others to play a variety of dodgeball games.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
11-17	Thursday	6:45-7:30 PM	1/11-2/29	Min 5/Max 20	\$20	\$40

## HIGH SCHOOL VOLLEYBALL

Learn the basics of the game of volleyball, play age-appropriate games and drills, learn bumping, setting, and spiking.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
14-18	Monday	7:00-7:45 PM	1/9-2/26	Min 5/Max 20	\$20	\$40
14-18	Monday	7:00-7:45 PM	3/4-4/22	Min 5/Max 20	\$20	\$40

### Program Registration:

- Payment of class fee is required at time of registration in order to secure your enrollment.

### Cancellation Policy:

- Program cancellations must be completed at the Welcome Center one week prior to the start of the program. No refunds will be given if cancellation occurs within one week of the start of the program.
- Credits are not given for missed classes due to personal circumstances or inclement weather. Class fees are prorated as necessary for the holidays.
- A prorated refund will be given if participation ceases due to medical reasons. A note from the doctor is required to receive a refund.
- The YMCA of Dodge County reserves the right to cancel or change a class time and will give a full credit on the account.

### Refund Policy:

- Cancellations done one week prior to the start date are eligible for a refund to the original payment method or for credit that can be used toward any future programming, product or service the YMCA of Dodge County offers.

# Adult Recreation

## Basketball

Please check the gym schedule for available times and dates. Schedules vary per season.

## Indoor Soccer

Please check the gym schedule for available times and dates. Schedules vary per season.

## Adult Basketball League

### Winter Session: January 4 – March 22

The league has players call their own fouls. League is on-going throughout the year and is for players ages 18+. Contact Jordan Polk, Sports and Program Director, for registration information at (920) 887-8811, or by e-mail at [jpolk@theydc.org](mailto:jpolk@theydc.org), or go to the YMCA of Dodge County's website.

AGE	DAY	TIME	TEAMS MIN/MAX
18+	Tuesday	6:00-9:00 PM	Min 4/Max 8

Early registration discounted fee \$150: November 20-December 3, 2023

Normal registration fee \$175: December 4-December 24, 2023 (December 24th is deadline)

Anyone that registers after December 24th will receive a \$25 late fee included in the total registration amount.

## For up-to-date schedules, refer to the Y's mobile app.



# Youth Sports Leagues

## DC BASKETBALL

**Winter League: January 15– March 9** NEW

**Leagues: Ages 5-6, 7-9, 10-12**

Brought to you by the YMCA of Dodge County in partnership and collaboration with the City of Beaver Dam Community Activities & Services. This 8-week co-ed league offers team t-shirts and will be comprised of weekly practices and 7 games. Schedules and rosters will be sent via e-mail one week prior to the start of the program. Teamwork along with learning and improving on the fundamentals of the game is the focus of this program at all age levels. **Volunteer coaches are needed.**

**Registration due by January 8**

**Members \$35 Non-Members \$45**

## INTERESTED IN BEING A VOLUNTEER COACH?

Contact Jordan Polk, Camp and Sports Director at (920) 887-8811 or [jpolk@theydc.org](mailto:jpolk@theydc.org)

## IN-TOWN SOCCER LEAGUE

**Spring League: April 8–May 31**

**Leagues: Ages 5-6, 7-9, 10-12**

This 8-week, co-ed league offers t-shirts and will be comprised of weekly practices and games on Friday nights. Players will practice one night a week based on the night you register for with games on Friday night – time based on game schedule. Practice drills and coaching packets will be provided. Teamwork along with learning and improving on the fundamentals of the game is the focus of the program at all levels. **Volunteer coaches are needed.**

**Registration due by: March 29**

**Member: \$36 | Non-Member: \$72**

## OUR SWIM LESSONS HAVE CHANGED!

In the best interest of our Y kids and parents, we have simplified our swim lessons. We now have a Water Exploration Class and Levels 1-5. We no longer register by age. Please see our registration information for level placements. You can also call Jill (920.887.8811 ext 122) or Drew (920.887.8811 ext 111), in the Aquatics Department, for help with placing your child.

## WHICH LEVEL IS YOUR CHILD READY FOR?

# SWIM LESSON LEVEL DESCRIPTIONS

### Water Exploration



### Water Movement



### Stroke Introduction



## WATER EXPLORATION

This class is for an adult/guardian and child. Come explore our Y waters while singing and playing to some of your favorite songs. While having fun your child will be learning to scoop, kick, float and blow bubbles. Your child will become comfortable in the water in this class and when they become confident enough on their own they will be ready for level 1.

\*Flotation bubbles are provided.

### SKILLS DEVELOPED

- Scoop, kick and float
- Blow bubbles
- Independently play in water w/o parent
- Ability to follow direction from the teacher

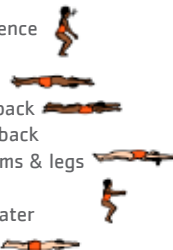


## LEVEL 1

This level is designed for children who are just starting out. Anyone who needs our flotation bubbles needs to register for Level 1. Your child will learn to be comfortable in the water. After completion of this class, your child will be jumping from the side, doing bobs and swimming on their front and back without flotation devices. Once your child no longer needs the flotation device they will be ready for level 2.

### SKILLS DEVELOPED

- Jump from side w/o help w/ confidence
- Bobs comfortably w/ nose bubbles
- Back float 10 seconds w/o belt
- Swim 10 yards w/belt on, front & back
- Swim 5 yards w/o belt on, front & back
- Intro to elementary back stroke arms & legs
- Intro to sitting dives
- Swims comfortably w/ ear in the water
- Front float w/ face in the water



## LEVEL 2

In this level your child will be swimming in our competitive pool without the use of any flotation devices. They will be learning to tread water, jump in and swim in deep water. Introduction to front and back crawl as well as diving. When completed they will be swimming one half length of our pool in good form without help.

### SKILLS DEVELOPED

- 10 bobs comfortably w/ nose bubbles
- Jump in from deep side
- Intro to swim underwater
- Intro to tread water - 30 seconds
- Intro to front crawl/breathing w/ kick board
- Intro to backstroke with straight leg kicks
- Intro to dives - kneeling & standing
- Elementary back stroke 1/2 length
- Swim on front & back 1/2 length (good form)



### Water Stamina



### Stroke Development



### Stroke Mechanics

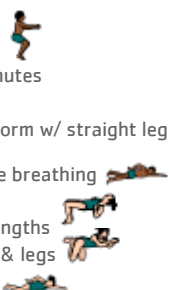


## LEVEL 3

In this level your child will be jumping from the block, diving and treading water for 1-2 minutes. Side and breast stroke will be introduced. Your child will be required to swim the front and back crawl 1 length in good form.

### SKILLS DEVELOPED

- Jump from block
- Dive from pool edge
- Tread water 1-2 minutes
- Front survival float 1-2 minutes
- Intro to side stroke
- Backstroke 1 length good form w/ straight leg kicks
- Front crawl 1 length w/ side breathing
- Swim underwater
- Elementary backstroke 2 lengths
- Intro to breaststroke arms & legs
- Endurance swim 3 lengths

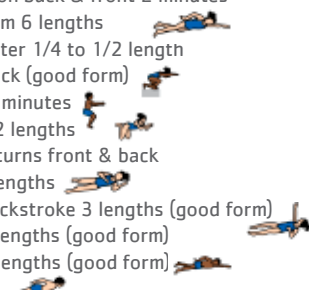


## LEVEL 4

In level 4 your child will be swimming all strokes in good form. They will be diving from the block, treading water 2 minutes and swimming an endurance swim for 6 lengths. All strokes will be swam a minimum of 2-3 lengths. We will introduce the butterfly kick and expect a survival float on front and back for a minimum of 2 minutes. They will also be introduced to front and back open turns.

### SKILLS DEVELOPED

- Survival float on back & front 2 minutes
- Endurance swim 6 lengths
- Swim underwater 1/4 to 1/2 length
- Dives from block (good form)
- Tread water 3 minutes
- Breaststroke 2 lengths
- Intro to open turns front & back
- Sidestroke 2 lengths
- Elementary backstroke 3 lengths (good form)
- Backstroke 3 lengths (good form)
- Front crawl 3 lengths (good form)
- Butterfly kick

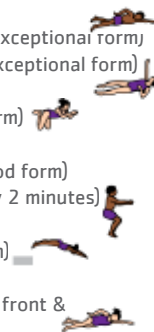


## LEVEL 5

In level 5 your child will be swimming all strokes in excellent form. They will be swimming these strokes for 4 laps with flip turns in good form. Your child will be swimming under water for 3/4 of our pool length and treading water for 5 minutes. They will learn feet first surface dives as well as diving from the blocks in exceptional form.

### SKILLS DEVELOPED

- Front crawl 4 laps w/ flip turns (exceptional form)
- Back crawl 4 laps w/ flip turns (exceptional form)
- Side stroke
- Breast stroke 2 lengths (good form)
- Butterfly arms
- Open/flip turns (front & back good form)
- Tread water 5 minutes (arms only 2 minutes)
- Under water swim (3/4 length)
- Dive from block (exceptional form)
- Feet first surface dive
- Endurance swim 7 laps (350 yds) front & back crawl
- 100 yds medly (25 yds each no rest) fly, back, breast, free



**HAVE MORE QUESTIONS?** Our aquatics staff is available to answer any questions about the swim lessons program.



# Swim Lessons

## Tuesday AND Thursday Mornings

Session 1: Jan. 9 – Feb. 29      Member \$56/Non-Member \$112  
Session 2: Mar. 5 – Apr. 25      Member \$56/Non-Member \$112

AM TIMES	8:30-8:55	9:00-9:25	9:30-9:55	10:00-10:25	10:30-10:55
Water Explor.					
Level 1					
Level 2					
Homeschool					

## Tuesday Evenings

Session 1: Jan. 9 – Feb. 27      Member \$28/Non-Member \$56  
Session 2: Mar. 5 – Apr. 23      Member \$28/Non-Member \$56

TUESDAYS	4:00-4:25	4:30-4:55	5:00-5:25	5:30-5:55	6:00-6:25	6:30-6:55	7:00-7:25
Water Explor.							
Level 1							
Level 2							
Level 3							
Level 4							
Level 5							

## Thursday Evenings

Session 1: Jan.11 – Feb. 29      Member \$28/Non-Member \$56  
Session 2: Mar. 7 – Apr. 25      Member \$28/Non-Member \$56

THURSDAYS	4:00-4:25	4:30-4:55	5:00-5:25	5:30-5:55	6:00-6:25	6:30-6:55	7:00-7:25
Water Explor.							
Level 1							
Level 2							
Level 3							
Level 4							

## Saturday Mornings

Session 1: Jan. 13 – Mar. 2      Member \$28/Non-Member \$56  
Session 2: Mar. 9 – Apr. 27      Member \$28/Non-Member \$56

AM TIMES	8:30-8:55	9:00-9:25	9:30-9:55	10:00-10:25	10:30-10:55	11:00-11:25	11:30-11:55
Water Explor.							
Level 1							
Level 2							
Level 3							
Level 4							
Level 5							

## Private Swim Lessons – All Ages

Interested in a more customized approach to your child’s swim lessons? Try our private lesson options for one-on-one instruction based on your child’s skills and needs. Schedules are based on family and instructor availability. Please contact Jill Steinich, Swim Lesson Coordinator at [jsteinich@theydc.org](mailto:jsteinich@theydc.org) for more information.

**SINGLE LESSON**      **3 LESSONS**  
Member: \$30      Member: \$55  
Non-Member: \$60      Non-Member: \$115

**6 LESSONS**      **10 LESSONS**  
Member: \$100      Member: \$150  
Non-Member: \$200      Non-Member: \$270

## Semi-Private Lessons (2 or more in group)

**SINGLE LESSON**      **3 LESSONS**  
Member: \$45      Member: \$82  
Non-Member: \$80      Non-Member: \$172

**6 LESSONS**      **10 LESSONS**  
Member: \$150      Member: \$225  
Non-Member: \$280      Non-Member: \$400

### Cancellation Policy:

Private Swim Lesson cancellations or schedule changes must be completed with at least 24 hour notice. No refunds will be given if cancellation occurs within 24 hours.

### Program Registration:

- Payment of class fee is required at time of registration in order to secure your enrollment.

### Cancellation Policy:

- Program cancellations must be completed at the Welcome Center one week prior to the start of the program. No refunds will be given if cancellation occurs within one week of the start of the program.
- Credits are not given for missed classes due to personal circumstances or inclement weather. Class fees are prorated as necessary for the holidays.
- A prorated refund will be given if participation ceases due to medical reasons. A note from the doctor is required to receive a refund.
- The YMCA of Dodge County reserves the right to cancel or change a class time and will give a full credit on the account.

### Refund Policy:

- Cancellations done one week prior to the start date are eligible for a refund to the original payment method or for credit that can be used toward any future programming, product or service the YMCA of Dodge County offers.

Classes that do not meet the minimum participants required to run a class will be closed and parents will be notified the week of start date. Wait list participants will be called the week of start date if a class opens.





# Water Fitness Classes

## Shallow Water Aqua Fit

Be prepared to be challenged while you use the resistance of the water, cardio exercises and various pieces of pool equipment to improve your flexibility, balance, range of motion, core strength, muscle tone and cardiovascular endurance.

## Deep Water High Intensity Water Fitness

A high energy, high intensity, no impact workout targeting all the major muscles. This class begins with a brief warm-up, moves right into strength training then 20-30 minutes of cardio/interval training and finishes off with a relaxing comprehensive cooldown.

## Deep Water Aqua Jog

Use the water's natural resistance to increase cardiovascular endurance, and strengthen and tone major muscle groups. A workout for those comfortable in deep water. Float belts provided.

## Early Risers

In this class you are sure to wake up during our intermediate water exercise class. A wide variety of moves and equipment may be used in this class. This class is self-led some of the mornings with the exception of Tues./Thurs. Come join us!

## Low Impact Water Aerobics

For people of all ages and abilities. First half hour is walking on your own in the lazy river. Second half hour is group exercise including range of motion, stretching, strengthening and aerobic exercises.

## Propulsion Walking

Water walking offers benefits over a typical stroll on land. The water provides resistance, making your muscles work harder to move forward. At the same time, it provides buoyancy, helping reduce strain to your joints. Walking or running with the water current.

## Intermediate Water Aerobics

Medium intensity exercise for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool. Get a great workout while enjoying your favorite dance tunes.

## Paddle Board Balance & Flow

You will practice a wide range of positions while on your paddle board. Much is focused on the mind and state of being; practicing the various positions will contribute to your balance and stability.

**PLEASE CHECK THE WATER  
AEROBICS SCHEDULE FOR  
DAYS AND TIMES**

## Benefits of Water Fitness

- Water has 12 times the resistance of air - build strength by moving water.
- Reduce impact on joints by up to 90%
- No swimming skills required
- Improve mood and decrease anxiety
- Burn calories in a comfortable environment





## Dodge County Sea Dragons Swim Team

Season: November – March

A competitive swim team for youth ages 5-18. Our team works to teach and refine competitive swimming skills for all abilities. We encourage and promote hard work by empowering swimmers to achieve personal goals.

BRONZE GROUP		
Days	Times	Cost
Monday – Wednesday	6:00-6:30 PM	\$35/Month
SILVER GROUP		
Days	Times	Cost
Monday – Thursday	5:00-6:00 PM	\$60/Month
GOLD GROUP		
Days	Times	Cost
Monday – Thursday	4:30-6:00 PM	\$85/Month

- Registration Fee: \$30 (All fees are nonrefundable)
- All participants receive a Swim Cap with registration
- Participants must be a member of the Y and must be able to swim two lengths of the pool (1 lap front stroke/1 lap back stroke) without stopping or assistance to be on the swim team
- Full program details are available on-line at [www.theydc.org/competitive-swimming](http://www.theydc.org/competitive-swimming)
- For questions regarding Swim Team please contact Head Coach Lauren by email at [lalston@theydc.org](mailto:lalston@theydc.org)



## Lifeguard Training

Blended Learning Lifeguard Training with on-line and on-site training! Dates/Times TBD

For upcoming class information please contact Drew Buteyn, Aquatics Director by e-mail at [dbuteyn@theydc.org](mailto:dbuteyn@theydc.org). 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.



# Health & Wellness

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, under Health & Wellness.

## FREE Personal Fitness Orientation

Learn how to safely use the strength and cardiovascular machines, along with lifting and breathing techniques as you start your health and wellness journey.  
Ages: 13+ • Members: **FREE**

## Personal Training For Seniors

For seniors 60 & older. Because exercise has been 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. **Cost is per session.**

SESSIONS (1 HOUR EACH)	MEMBER COST/SESSION	NON-MEMBER COST/SESSION
1	\$29	\$58
5	\$19	\$38
10	\$14	\$28

## Small Group Personal Training

Gather a group of friends or family members to train with a personal trainer. Get the advice and push you need to reach your goals. It is less cost but the same value. Minimum 3 Participants/ Max 5 Participants  
**Cost is per person**

SESSIONS (1 HOUR EACH)	MEMBER COST/SESSION	NON-MEMBER COST/SESSION
1	\$19	\$38
5	\$18	\$36
10	\$17	\$34

## Partner Personal Training

Share a personal trainer with your significant other or a friend and achieve your goals together! Sessions are one hour in length. **Cost is per session.**

SESSIONS (1 HOUR EACH)	MEMBER COST/SESSION	NON-MEMBER COST/SESSION
1	\$52 (\$26/person)	\$104
5	\$46 (\$23/person)	\$92
10	\$44 (\$22/person)	\$88

## 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 one hour in length. **Cost is per session.**

SESSIONS (1 HOUR EACH)	MEMBER COST/SESSION	NON-MEMBER COST/SESSION
1	\$41	\$82
5	\$35	\$70
10	\$33	\$66





## YMCA DC Sports Performance Training

Sports Performance at the YMCA of Dodge County is a specially designed training for individuals and teams ages 10 and up to improve fitness levels to a given sport. Teams and individuals will work with qualified trainers to increase performance, power, speed and functionality.

### Benefits of Sports Performance Training:

- Increase functional movement with Queenax
- Better speed, reaction, agility, and explosive movements
- Improves sport specific abilities to their given sport
- Helps create an injury resistant athlete
- Improved functional strength
- Special skill sets improve mental and physical health
- Individualized Programs inside and outside of the gym

For questions and inquiries please contact:

Andrew Perkins  
Health and Wellness Director  
920-887-8811 x114  
aperkins@theydc.org

## Massage Therapy

Massage Therapy is available right here at the YMCA! Massage has many benefits including: muscle tension release, stress relief, reduction in blood pressure, enhanced energy levels, reduction in body aches and pains and overall increase in health. Schedule with our Certified Massage Therapist, today!

Packages	Member	Non-Members
Target Areas (30 min):	\$30	\$60
Full Body (60 min):	\$45	\$90
3 Pack (60 min each):	\$125	\$250

**Health forms and fees must be complete before appointment. Forms are available at the Welcome Center. Massage Therapist will call you to set up an appointment within 24 hours (excludes weekends & holidays) after forms and fees are received.**





# Adult Fitness (Ages 13+)

## Group Fitness Classes – Free for Members!

No registration required for free group exercise classes. Please check fitness schedule for dates and times.



### Strong by Zumba

Combine body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every move. Every squat, every lunge, every burpee is driven by music, helping you make the last rep, and maybe five more!

### Vinyasa Yoga

Find your sequence of steps in this total inclusive full body flow of yoga poses and techniques for a total mind-body experience.

### Lunch WOD

Take a break on your lunch and get your WOD (workout of the day) in! These workouts will take place in our functional training Queenax room and be around a 30 minute fast-paced boost your metabolism, full body blasted workout! Class is from 12:00 p.m. to 12:45 p.m.

### Body Sculpt

Sculpt, strengthen, and learn new movements with light weights. Using full body movements and exercises, this class will help create a strong and injury resistant core for your entire body! This class is structured for anyone. Beginner friendly as well as for the more advanced individual looking for new structure!

### Zumba

Perfect for everybody and any body! Each Zumba class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness –cardio, muscle conditioning, balance, flexibility, boosted energy and a serious dose of awesome each time you leave class.



### Queenax Classes

Join in on our functional strength and conditioning jungle gym! Get in shape, try something new, and build a complete body foundation for all your fitness and wellness goals with our Queenax Coaches! Classes available:

- HIIT
- Metabolic Boost
- Total Core



### Queenax Warrior

Become a master of your own body and learn training techniques that make you a real-life karate kid or ninja warrior! Advance through better push-ups, pull-ups, and planks. Then learn how to do pistol squats, crawl on the walls, and stand on your hands! All warriors develop abs of steel over time! Serious note, a combination of calisthenics, plyometrics, and Pilates with an emphasis on strictly body weight exercises. Get advanced training advice or follow along with the trainer in a beginner routine.

### Barre Fitness

Barre workouts are a fusion of Yoga, Pilates, strength training, and ballet. Barre class incorporates specific sequencing patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility, and posture.

### WERQ

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip-hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ Instructors build a playlist based on trend-setting pop and hip-hop music. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ready to WERQ?

### POP Pilates (Ages 16+)

A powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat that burns calories, increases functionality and changes the pace of traditional exercise!

### Forever Fit

Stay fit and learn new things with equipment exploration and full body workouts. Designed to be low impact, low intensity, but high volume. Don't be fooled, still starting the day with a challenge to complete. Something new every class!

### Yoga Yin-Flow

This class combines a vinyasa flow by bringing postures together so that the body moves from one to another seamlessly, using breath. The Yin yoga targets your deep connective tissues, fascia, ligaments, joints, and bones and holding poses for a longer period. It's slower and more meditative, giving you the space to turn inward and tune into both your mind and physical sensations of your body.

## DODGE COUNTY VIRTUAL FITNESS

### WORKOUT LIBRARY NUTRITION MOTIVATION

Not able to make it to the gym a certain day? We have you covered! Check out our member exclusive YMCA of Dodge County Fitness page on Facebook. Over 100+ recorded classes to choose from!

Like us on Facebook for weekly posts on upcoming classes!



Join @YMCA of Dodge County Fitness

## Specialty Group Fitness Classes

Registration is required. Participants must be **ages 16+** unless otherwise noted to participate in Specialty Group Fitness Classes

### Group Cycling

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

**Class Registration and fees required.**  
**Member: \$25/8 week session**

### Hip Hop Spin

Ride your way to the beat with this new fun and exciting form of spinning. Burn calories with hot beats from the Hip Hop industry and choreography from our very talented and experienced WERQ instructor!

**Class Registration and fees required.**  
**Member: \$32/8 week session**

### 20/15/10

Improve your cardiovascular, functionality, and strengthen your core with 20 minutes of high intensity on the bike, 15 minutes of strength and conditioning with Kettlebells and 10 minutes of Yoga/Pilates core work for a full body balanced workout. Burn calories and boost metabolism throughout the day with this complete workout!

**FREE**

### Begin at the Beginning Yoga

This class is designed as an introduction to the practice of yoga. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Emphasis is placed on the student understanding, safety, and stability within each pose. Gradually these poses will be linked together into a gentleflow sequence. All bodies are welcome.

**Class Registration and fees required.**  
**Member: \$22/4 week session**

Note: Must be able to get up and down from the yoga mat room the floor

### Yoga Flow

Clear your mind of stress and find yourself in the present moment! This vinyasa-style class is open to all levels and focuses on mindful movement and pairing the poses with breath work. Each class begins with a short meditation and continues with comprehensive movements for the whole body, so participants will leave feeling strong, refreshed, and ready to slay their busy life.

**FREE**

#### PLEASE NOTE:

- Classes not held due to inclement weather are not refundable and do not qualify for a credit.
- When registering for classes, please note that Members are only allowed to register those living within their household (i.e., spouse, children, step-children, dependents and grandchildren). This includes FREE with Registration Classes and Drop-In classes.

### Group Exercise Drop in Passes

Want to pay per class?

Or maybe try a specialty class and unable to make a full session? Purchase a drop-in pass at the Welcome Center.  
Members \$8.00

**REGISTER ONLINE OR AT THE Y**  
Please check the Group Exercise Schedule for class days and times!



# FREE Active Older Adult Fitness

Looking for a class to get started, or keep it light and modified to your needs? Check out our Actively Aging Adult Fitness Classes to keep moving and stay active!

## Silver Sneakers® - Circuit

This class involves a little more aerobic activity than the Senior Strength Training 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.

## Silver Sneakers® - Yoga

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement.

## Silvers 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. A chair is used for seated and/or standing support.

## Metabolic Boost

Try out our functional training jungle gym designed to improve balance, stability, and strength with circuit style workouts designed to help improve your core functions for everyday life!

\*Please check fitness schedule for class dates and times



## FITNESS EVENTS

**JOIN THE 24 HOUR CHALLENGE**

Join us in February! Log 24 Hours of any exercise:

- Swim
- Run/Walk
- Bike
- Shovel
- Group Exercise

Receive a FREE T-Shirt upon completion!

the **YMCA of Dodge County**

## 24-Hour Challenge

### Y Members Only

For the entire month of February, make exercise a habit by taking part in our 24-hour challenge!

Workout a total of 24 hours in the month of February and receive an exclusive Y 24-hour challenge T-Shirt! Complete 24 hours of physical activity during the month of February by recording your time spent exercising aerobically or strength training on the provided log sheets that will be in a binder on the Wellness Desk. If you complete the 24-Hour Challenge by the end of the month, receive your well-deserved Y-shirt! Register at the Welcome Center.

**Member: FREE**

**Team of Two \$6.00**  
(for a combined total of 24 hours)



# SPECIAL EVENTS

## SWIM WITH SANTA

DECEMBER 11 | 4:30 - 7:30 PM

Santa is taking a break from his busy schedule to join us in our pool- right here at the Y! Bring the entire family and enjoy an evening swimming in our Family Adventure Pool with Santa! Don't forget your camera - Santa will be posing for pictures from 4:30-6:00 PM and Santa will be swimming from 6:00-7:00pm.

**Member: FREE | Non-Member: \$10/family**



## 2023 TOY BANK DRIVE

Established in 1965, the mission of the Dodge County Toy Bank is to make sure every child in Dodge County, WI has at least one gift to open on Christmas Day. The YMCA of Dodge County will be helping collect any toy contributions for families of Dodge County! Bring in your items and lay them under our Christmas tree in the group exercise studio. Toy donations may be given at any time, the tree will be available November 27th.



## EGGSTRAVAGANZA

APRIL 6 | Egg Hunt Begins at NOON

Join us for our Annual Easter Egg Hunt for children up to 11 years old. The Easter Bunny will be available for pictures before and after the hunt! Don't forget to bring your egg baskets and cameras!



## FREE FAMILY FUN FRIDAYS

November 3, November 17, December 1, December 15, January 5, January 19, February 2, February 16, March 1, March 15, April 5, April 19 | 9:00-11:00 AM

Is your not-yet-school-aged child in need of burning some cold weather energy? This program is free and open to the public. There will be bounce houses set up, tumbling mats to crawl on, cars to drive, and so much more in our family gymnasium!







## Join The Y

You can join anywhere, but you BELONG! At the Y, we stand for youth development, healthy living and social responsibility. Our mission is to provide you and your family the resources and support needed to learn, grow and thrive!

## Annual Campaign

**Dues operate the facility – gifts change lives!** Our annual campaign is the foundation that provides us with the ability to ensure no child, family or adult is turned away due to the inability to pay. For communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

By giving to the Y, you continue to strengthen our community and move us all forward. As one of the nation's leading nonprofit organizations, your gift makes a meaningful, enduring impact right in your own neighborhood.

For more information, or to donate, visit us on-line at [www.theydc.org/give](http://www.theydc.org/give), or stop by the Y's Welcome Center.

## Impact Tours

We invite our donors, members, and the community to an Impact Tour of our Y! 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.

**DUES OPERATE THE FACILITY  
GIFTS CHANGE LIVES**



## Programs & Events

The Y is here to give everyone an opportunity to learn, grow, and thrive! Whether it is one of our Youth Leagues, our Dodge County Sea Dragons Swim Team or any of the special events throughout the year, your sponsorship makes a direct impact on families in our community.



## Workplace Wellness

Bring Health & Wellness to your workplace, or bring your employees or coworkers to the Y for exercise! For more information, or to schedule a program for your business contact Hannah Senn (920) 887-8811, ext. 110, [hsenn@theydc.org](mailto:hsenn@theydc.org).

## Volunteer at The Y

When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. We are always looking for youth coaches, summer camp counselors, and event volunteers. If interested, please visit [www.theydc.org/volunteer](http://www.theydc.org/volunteer) and complete a volunteer questionnaire form.

## Careers

The Y is always accepting applications for a multitude of opportunities: Aquatics, Child Care, School Age Child Care, Youth Sports, Health & Wellness, Facility Maintenance, and the Welcome Center. Employment applications are available at our Welcome Center or download from our website at [www.theydc.org/careers](http://www.theydc.org/careers).

## Amazon Smile

Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases whenever you shop on Amazon Smile. Amazon Smile has the same products, same prices, and same service! Just visit [www.smile.amazon.com](http://www.smile.amazon.com) or add Amazon Smile to your app and select the YMCA of Dodge County as your charity! It's that easy!

## Give to The Y

The Y makes strengthening our local 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.

# Thank You To Our Program Partners!





# We're Here to Serve You!

## Welcome to the Y

In challenging times, when bonds are frayed and the concept of community feels distant, the Y continues to bring people together by bridging divides and strengthening "us." The Staff and Board of the YMCA of Dodge County proudly welcome you to visit the Y and discover what it means to truly belong. When you do, you'll discover that you are part of an organization that's dedicated more than ever to strengthening our community.

We make sure everyone regardless of age, income, or background has the opportunity to live, grow and thrive together. No member of our community regardless of age, income, or background is ever turned away due to inability to pay.

Everything we do is designed to nurture the potential of children and teens (Youth Development), improve health and well-being (Healthy Living) and motivate people to support their neighbors and the larger community through service to others (Social Responsibility), while instilling the core values of caring, honesty, respect and responsibility.

Welcome to the Y!  
Dirk Langfoss, CEO



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