



YMCA of Dodge County

# 2026 SPRING/SUMMER *Program Guide*

Join Us for a Spring/Summer of Fun and Adventure!



**SESSION DATES**  
**SPRING: APRIL 12 – MAY 23**  
**SUMMER I: MAY 31 – JULY 4**  
**SUMMER II: JULY 5 – AUG. 29**

**DEVELOPMENT**

**GROWTH**

**COMMUNITY**

Register Online or Via Our App!



920-887-8811



[www.theydc.org](http://www.theydc.org)



220 Corporate Dr., Beaver Dam, WI 53916

# 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



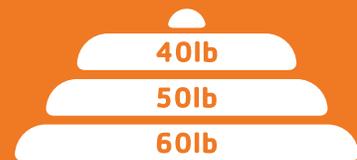
**FREE**  
Active Older  
Adult Fitness Classes



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



Indoor Family Water Park  
Competitive Pool and  
Dry 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 – Drop in Childcare 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

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 are 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 (1/4-4/26)	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 **CLOSES EARLY**:

Christmas Eve: closing at 12:00 PM

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

## Pool Cleaning

Competitive Pool is closed 8/31/26-9/5/26

Family Pool is closed 9/7/26-9/12/26

## 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 New Mobile App

Search daxko



Download Now

- Scan in with your phone.
- Check daily class schedules.
- Register for programs.
- Plus updates and cancellations right at your fingertip!



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



# Membership Information

Membership Type	Monthly Rate
Family*	\$73
Adult (Ages 19-59)	\$55
Two Adult	\$67
Senior (Age 60+)	\$50
Senior Two Adult	\$66
Youth (Ages 8-18)	\$32

\* This category includes membership for 1 or 2 adults & their legal 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

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

## the Y Child Watch

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

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.

### NEW HOURS

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

Saturday 8:30-11:30am



# 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)



<b>Infants and 1 year olds</b>
\$280 <i>(Includes a Free Family Membership)</i>
<b>2 year olds</b>
\$255 <i>(Includes a Free Family Membership)</i>
<b>3 year olds</b>
\$235 <i>(Includes a Free Family Membership)</i>
<b>4 and 5 year olds</b>
\$229 <i>(Includes a Free Family Membership)</i>

## 3K Program

Fall dates will be announced later summer 2026.

Spring Semester: Jan 05 – May 13, 2026 (Spring Break – March 16-20)

Mon. & Wed. – 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. Note: children need to be fully potty trained to attend.

**Member: \$380 / semester / child**

**Non-Member: \$480 / semester / child**

## Beaver Dam 4K Program

September 2, 2025 – May 20, 2026

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 views 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 to 5 years, 5 Days/Week

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

<b>Infants and 1 year olds</b>
\$280 <i>(Includes a Free Family Membership)</i>
<b>2 year olds</b>
\$255 <i>(Includes a Free Family Membership)</i>
<b>3 year olds</b>
\$235 <i>(Includes a Free Family Membership)</i>
<b>4 and 5 year olds</b>
\$229 <i>(Includes a Free Family Membership)</i>





# Y-Kids: Before & After School

For children in grades K – 5th

- 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



YMCA of Dodge County

## Y-KIDS OPTIONS

Option	Beaver Dam Sites: Jefferson, Lincoln, Prairie View, & Washington	Horicon	Waupun: Meadow View and Rock River Intermediate @ MVP	Added Benefits
<b>Full-Time (Before &amp; After School)</b>	\$325/Month	\$300/Month	\$325/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 (\$350 Value). Does not include Winter or Spring break weeks.</li> <li>• FREE Y Membership (\$612 Value)!</li> </ul>
<b>Part-Time (Before School Only)</b>	\$50/Week 6:30-8:30 AM	\$50/Week 6:30-8:00 AM	\$60/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>	\$50/Week 3:40-5:45 PM	\$60/Week 3:00-5:45 PM	\$60/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	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.

\*BDUSD AND HORICON SCHOOL DISTRICTS ONLY

Registration Forms available at the front desk or at [www.theydc.org/y-kids\\_beforeafter\\_school](http://www.theydc.org/y-kids_beforeafter_school)

## School's Day Out

For children ages 5 through 5th grade, 6:30 AM – 5:45 PM, 10 Hour Max.

- 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 held at the YMCA: 9/29, 10/23, 10/24, 11/3, 11/26, 1/19, 2/13, 2/16, 4/3, 4/6
- Dates held at Meadowview Elementary in Waupun: (Minimum enrollment of 8 required to run program): 10/17, 11/17, 3/2
- **School's Day Out is FREE for full-time students in Before and After School Programs!**
- **Additional Fee**, not included in the cost of Y Care. Care offered at the YMCA:
  - Winter Break is 12/29, 12/30, 1/2, \$35/day for Members | \$45/day for Non-Members.
  - Spring Break March 16-20, 2026, \$175/week for Members | \$225/week for Non-Members.

**Member: \$35/day | Non-Member: \$45/day**

Register for School's  
Day Out Online or  
Via Our App!  
[www.theydc.org](http://www.theydc.org)  
920-887-8811



# WELCOME TO SUMMER CAMP 2026

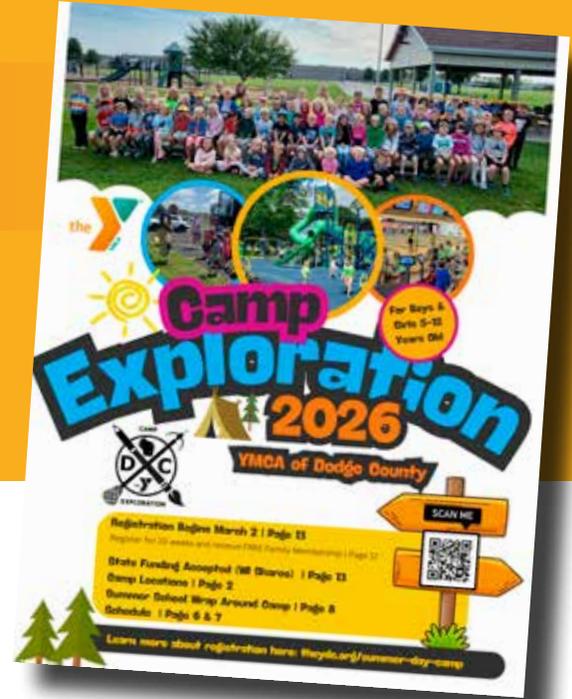
We are excited to spend the summer learning new skills, developing new friendships, and creating lifelong memories with you! Our mission is to support youth development, healthy living, and encourage social responsibility through our Summer Camp Program. We will discover new themes each week and take weekly field trips allowing exploration of new skills and fun activities. Our camp staff go through rigorous training to prepare themselves for the best summer ever! We cannot wait to spend the summer with you!

Camp Begins: June 8  
Camp Ends: August 28

SCAN ME



The full camp brochure is available online. Learn more about registration here: [theydc.org/summer-day-camp](http://theydc.org/summer-day-camp)



Camp Begins  
June 8

Camp Ends  
August 28

 **Camp Exploration**  
YMCA of Dodge County  
220 Corporate Drive  
Beaver Dam, WI 53916



 **Camp Jefferson**  
Jefferson Elementary School  
301 Brook St.  
Beaver Dam, WI 53916



JOIN US!

**Open House/Swim Test  
Night for Summer Camp:**  
April 15, April 29, or May 13  
5:00-6:00 PM

- Fill out emergency card for your child
- Your child will complete the swim test

# DAY CAMP PRICING

Participants who enroll in Monday-Friday for 10 of the 12 weeks are eligible for a FREE family membership for the summer.

Pricing for camp is per week, payments must be set up on automatic withdrawal or paid before participation (exemption for county funded participants). Financial Aid is available for participants enrolled in Day Camp and Specialty Camps. Rates will not be prorated for missing a day of camp for reasons out of our control such as weather, appointments, vacations, etc. Please inquire with Camp Directors or YMCA Welcome Center.

	Camp Type	Member	Non-Member
Camp Exploration	Traditional	\$118/week	\$157/week
	Add-on Specialty Camp	ADD \$30/week	ADD \$60/week
Camp Jefferson	AM Mon.-Th.	\$57/week	\$74/week
	PM Mon.-Th.	\$68/week	\$90/week
	Both AM & PM Mon.-Th.	\$95/week	\$125/week
	Add-on Field Trip Fridays	ADD \$50/week	ADD \$60/week
	Both AM & PM & Field Trip Fridays	\$118/week	\$157/week

## TRADITIONAL DAY CAMP

Camp Exploration is charged weekly. Enrollment options include Monday – Friday. Due to licensing, weekly registration must be consistent throughout the entire summer. Participant can only attend registered days.

## SPECIALTY CAMP

Looking for something extra this summer? Sign up for our specialty camps to explore new hobbies, sports, activities, and more! Camp Exploration participants will “check out” of Day Camp and “check in” to their specialty camp. Specialty camps run Monday – Thursday 9:00-10:45 a.m. and are an additional fee. Specialty camps are only open to participants enrolled in Camp Exploration Day Camp. Specialty Camps are not eligible for county funding. See page 9 of Summer Camp Brochure for more information.

	MONDAY - THURSDAY
MEMBER	\$30/WEEK
NON-MEMBER	\$60/WEEK

## FIELD TRIPS

Camp Exploration will attend field trips on Fridays throughout the summer included in their weekly rate. Parents should pack their lunch. Campers should dress in appropriate clothing and footwear for the weekly field trip location. Some examples of field trips include; State/County/City Parks, County Zoo, Bowling, and Museums. Check back in May for the posted Field Trip schedule on Page 6 and 7.

\*This can be an Add-on option for Camp Prairie View Summer School Camp participants.

	FRIDAY
MEMBER	\$50/WEEK
NON-MEMBER	\$60/WEEK



## SUMMER CAMP SWIM LESSONS

\*\*\*Swim lessons are an additional fee to the camp fee.\*\*\*  
 We will be offering swimming lessons exclusive for Day Camp Participants. These will have limited space and be available Tuesday/Thursday between 10:30 am – 12:00 pm. The goal of these lessons will be to build and strengthen swimming skills and abilities. Participants will register separately. You can call Jill (920.887.8811 ext 122) in the Aquatics Department, for help with placing your child. Register at the front desk or call. Joining the waitlist is encouraged.

	SESSION 1 (4 WKS) 6/9 - 7/2	SESSION 2 (7 WKS) 7/7-8/20
MEMBER	\$36	\$63
NON-MEMBER	\$72	\$126

## RECREATIONAL SWIM TIME



All children will have the opportunity to swim. Each pool is staffed by YMCA lifeguards, a waterfront supervisor, and our counselors in the water.

Please connect with your YMCA Day Camp Director to learn more about how we keep campers safe while swimming.

A swim test will be offered to see if campers are able to utilize the Competitive Pool.

# Youth Programs



## Parent & Child Programs

### SUMMER FUN

Explore movement through many different venues like music, dance, sensory, locomotor movement and more. Parent participation required for the 2 year old class, encouraged for 3 year olds if needed. Class location will be the gym or the Queenax room (if construction in gym).

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
2yr	Thurs.	5:15-5:45pm	6/4-7/2	Min 4/Max 8	\$25	\$50
2-3yr	Thurs.	5:50-6:20pm	6/4-7/2	Min 4/Max 8	\$25	\$50
3-4yr	Thurs.	6:25-6:55pm	6/4-7/2	Min 4/Max 8	\$25	\$50

### MAT FUN

Slide, jump, roll and climb, on gym mats staged with different activities. Learn to follow simple instructions and control in a new environment! Parent participation required for the 2 year old class, encouraged for 3 year olds if needed. Class location will be the gym or the Queenax room (if construction in gym).

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
2yr	Thurs.	5:15-5:45pm	7/9-8/27	Min 4/Max 8	\$25	\$50
2-3yr	Thurs.	5:50-6:20pm	7/9-8/27	Min 4/Max 8	\$25	\$50
3-4yr	Thurs.	6:25-6:55pm	7/9-8/27	Min 4/Max 8	\$25	\$50

### 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 required for the 2 year old class, encouraged for 3 year olds if needed. Class location will be the gym or the Queenax room (if construction in gym).

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
2 yr	Thurs.	5:15-5:45 pm	4/16-5/21	Min 4/Max 10	\$25	\$50
2-3yr	Thurs.	5:50-6:20 pm	4/16-5/21	Min 4/Max 10	\$25	\$50

## 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! Activities will be indoor and outdoor.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
4-9	Monday	1:00-1:45pm	4/13-5/1	Min 5/Max 20	\$16	\$32
10-18	Monday	1:45-2:30pm	4/13-5/1	Min 5/Max 20	\$16	\$32



# Preschool & Youth Recreational Programs



## INDOOR T-BALL

Learn the basics of T-Ball through batting, running the bases, and playing games inside!

\*Baseball gloves are NOT needed for this class. Class will take place in the gym. (class may be moved outside to the baseball field at the YMCA if the gym is unavailable due to construction)

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3	Monday	5:15-5:45pm	4/13-5/18	Min 4/Max 15	\$25	\$50
4	Monday	5:50-6:20pm	4/13-5/18	Min 4/Max 15	\$25	\$50
5-6	Monday	6:25-6:55 pm	4/13-5/18	Min 4/Max 15	\$25	\$50

## DODGEBALL

Get together with others to play a variety of dodgeball games. Class location will be the gym or the Queenax room (if construction in gym).

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
6-10	Thursday	6:25-6:55pm	4/16-5/21	Min 6/Max 15	\$25	\$50

**SKILLS AND DRILLS SOCCER** Play age appropriate games and drills to build confidence in ball handling, passing, shooting and defense. Program held outdoors on a specified age appropriate soccer field. 10 week class.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3	Wednesday	5:15-5:45pm	6/10-8/12	Min 4/Max 20	\$40	\$80
4	Wednesday	5:50-6:20pm	6/10-8/12	Min 4/Max 20	\$40	\$80
5-6	Wednesday	6:25-6:55pm	6/10-8/12	Min 4/Max 20	\$40	\$80
7-12	Wednesday	7:00-7:45pm	6/10-8/12	Min 4/Max 20	\$40	\$80

**OUTDOOR T-BALL** Learn the basics of T-Ball through batting, running the bases, and playing games outside! Program held on baseball diamond. \*Baseball gloves ARE needed for this class. 10 week class.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3	Monday	5:15-5:45pm	6/8-8/10	Min 5/Max 15	\$40	\$80
4	Monday	5:50-6:20pm	6/8-8/10	Min 5/Max 15	\$40	\$80
5-6	Monday	6:25-6:55pm	6/8-8/10	Min 5/Max 15	\$40	\$80

## BALLOON VOLLEYBALL

Learn volleyball skills through the use of balloons and beach balls in age appropriate volleyball skills games.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
4-5	Wednesday	5:15-5:45pm	4/15-5/20	Min 5/Max 20	\$25	\$50

## MINI VOLLEYBALL

Learn the game of volleyball and how to bump, set, spike and serve

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
6-8	Wednesday	6:00-6:45 pm	4/15-5/20	Min 5/Max 20	\$25	\$50

## 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
9-12	Monday	7:00-7:45 pm	4/13-5/18	Min 5/Max 20	\$25	\$50

**JIM HOLWERDA ARCHERY - INTRODUCTION TO ARCHERY** **NEW** An innovative education program focused on introducing beginners of all ages and abilities to the lifelong sport of target archery.

\*On Soccer Field G.

AGE	LEVEL	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
8-12	Beginner	Tuesday	5:30-6:30PM	6/2-8/21	Max 6	\$25	\$50
8-12	Advanced	Thursday	5:30-6:30PM	6/4-8/23	Max 6	\$25	\$50



# Teen Programs

## ULTIMATE SPORTS

Learn the rules and strategies of the fast pace game of Ultimate. We will play different types of ultimate games like ultimate frisbee, ultimate football, speed ball (ultimate soccer), and netball (if gym is available). Location will be in the gym or outside on the soccer field at the YMCA.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
12-18	Thursday	7:00-7:45pm	4/16-5/21	Min 5/Max 20	\$25	\$50

## BASE SPORTS

Learn the rules and play different sports played on the baseball field like Wiffle ball and Kick ball. Location will be at the baseball diamond at the YMCA or on a soccer field at the YMCA.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
12-18	Thursday	7:00-7:45pm	6/4-7/2	Min 5/Max 20	\$25	\$50

## SOCCER

Learn the rules and play the game of soccer with other teens. Location will be at one of the soccer fields at the YMCA

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
12-18	Thursday	7:00-7:45pm	7/9-8/27	Min 5/Max 20	\$25	\$50

## TEEN VOLLEYBALL

Build your volleyball skills and play a friendly volleyball game with other teens.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
13-18	Wednesday	7:05-7:50pm	4/15-5/20	Min 5/Max 20	\$25	\$50



# Adult Recreation

## Basketball

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

## Pickleball

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



## NEW Co-ed Basketball League

Spring/Summer Session: Dates TBD

Contact Logan Ingram [ssupervisor@theydc.org](mailto:ssupervisor@theydc.org) for more info.

AGE	DAY	TIME	TEAMS MIN/MAX
18+	Tuesday	6:00 - 9:30 PM	Min 4/Max 8

Contact Andrew Perkins, Health and Wellness Director, for registration information at (920) 887-8811, or by e-mail at [aperkins@theydc.org](mailto:aperkins@theydc.org), or go to the YMCA of Dodge County's website.

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



**YOUTH  
SOCCER**

**IN-TOWN**

**AGES: 5-6, 7-9, AND 10-12**  
**REGISTRATION STARTS**  
**FEBRUARY 2 FOR MEMBERS,**  
**FEBRUARY 9 FOR NON-MEMBERS**

**REGISTRATION CLOSES**  
**MARCH 25**



**Y MEMBERS: \$45**



**NON-MEMBERS: \$90**



**8-WEEK, CO-ED LEAGUE: APRIL 6 - MAY 28 GAMES START APRIL 17**

Volunteer coaches are needed. Coaches receive a \$45 discount on their child's registration.

Contact Andrew Perkins  
920.887.8811 ext. 114



[theYdc.org/intown-soccer](http://theYdc.org/intown-soccer)



220 Corporate Dr.  
Beaver Dam, WI

## 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) in the Aquatics Department, for help with placing your child.

### WHICH LEVEL IS YOUR CHILD READY FOR?

# SWIM LESSON LEVEL DESCRIPTIONS

## Water Exploration



### 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

## Water Movement



### 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 

## Stroke Introduction



### 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



### 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 

## Stroke Development



### 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 swum 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 

## Stroke Mechanics



### 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: April 14 - May 21 Member \$54/Non-Member \$108

Session 2: June 2-July 2 Member \$45/Non-Member \$90

Session 3: July 7 - Aug. 27 Member \$72/Non-Member \$144

AM TIMES	8:30-8:55	9:00-9:25	9:30-9:55	10:00-10:25	10:30-10:55
Water Explor.	● Session 1 Only				
Level 1	●		●	●	
Level 2				● Sessions 2 & 3 Only	
Day Care Kids ONLY		●	●		
Homeschool (Levels 1-5)					● Session 1 Only

## Tuesday Evenings

Session 1: April 14 - May 19 Member \$27/Non-Member \$54

Session 2: June 2-30 Member \$22.50/Non-Member \$45

Session 3: July 7 - Aug. 25 Member \$36/Non-Member \$72

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: April 16 - May 21 Member \$27/Non-Member \$54

Session 2: June 4-July 2 Member \$22.50/Non-Member \$45

Session 3: July 9-Aug 27 Member \$36/Non-Member \$72

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: April 18-May 23 Member \$27/Non-Member \$54

Session 2: June 6-27 Member \$18/Non-Member \$36

Session 3: July 11-Aug. 29 Member \$36/Non-Member \$72

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							●

### 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.

## 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

Member: \$38

Non-Member: \$76

### 3 LESSONS

Member: \$68

Non-Member: \$136

### 6 LESSONS

Member: \$124

Non-Member: \$248

### 8 LESSONS

Member: \$153

Non-Member: \$306

### 10 LESSONS

Member: \$186

Non-Member: \$372

## Semi-Private Lessons

### (Only 2 per Group)

### SINGLE LESSON

Member: \$54

Non-Member: \$108

### 3 LESSONS

Member: \$100

Non-Member: \$200

### 6 LESSONS

Member: \$185

Non-Member: \$370

### 8 LESSONS

Member: \$232

Non-Member: \$464

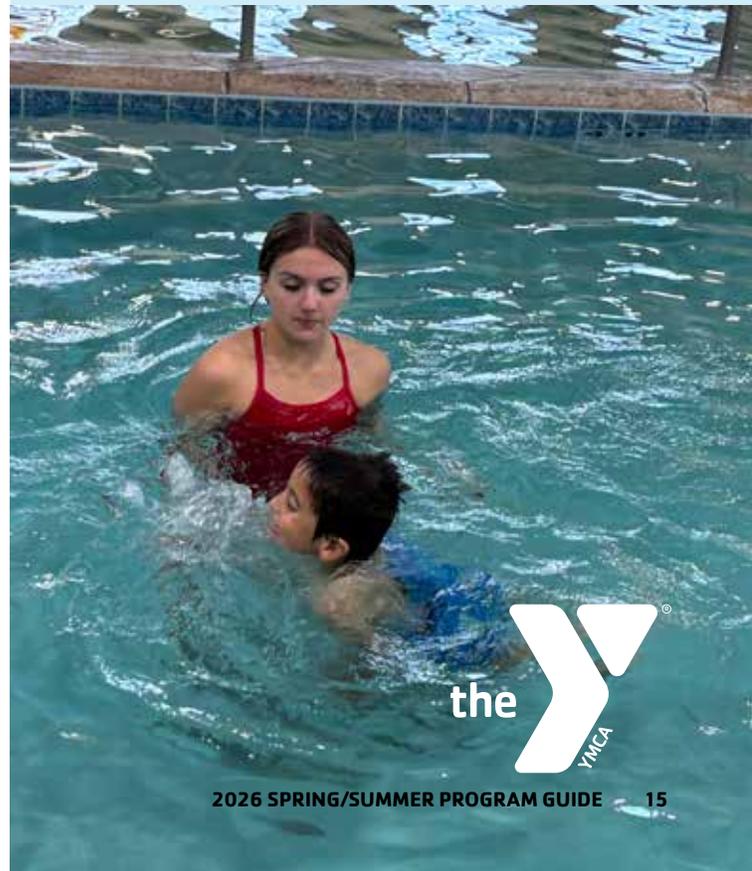
### 10 LESSONS

Member: \$275

Non-Member: \$550

### 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.





# 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.

## 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, that will leave you energized!

## Low Impact Water Aerobics

For people of all ages and abilities. First part of class (7:15-8am) is walking on your own in the lazy river. Second part of class 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

Low intensity exercise for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool.

**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



the **YMCA** **BEA BONNER MCKINSTRY  
BEGIN TO SWIM PROGRAM**



**TUESDAY, MAY 26 - FRIDAY, MAY 29**

**REGISTRATION OPENS MARCH 2**

**FREE AND OPEN TO THE COMMUNITY, Y MEMBERSHIP IS NOT REQUIRED!  
LEVEL DESCRIPTIONS AVAILABLE ONLINE.**

**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 intent to fulfill these two purposes through the endowment fund and by sharing Bea Bonner McKinstry's personal experience with a swimming related tragedy.

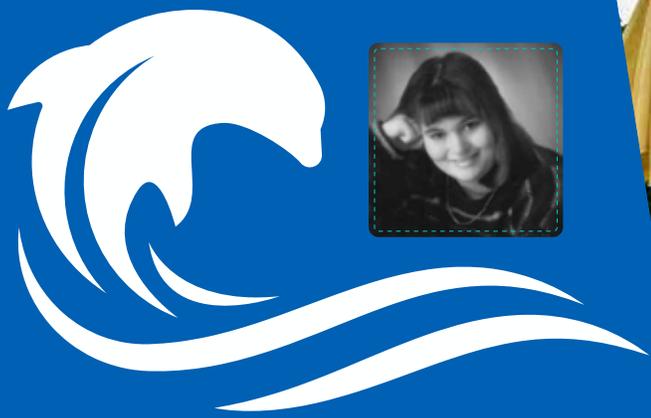
**THE STORY**

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. Despite 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.

PM Times	4:00-4:30	4:35-5:05	5:10-5:40	5:45-6:15	6:20-6:50	6:55-7:25
Water Exploration (Adult in water w/ Child)	X	X	X	X		
Level 1	X	X	X	X	X	
Level 2	X	X	X	X	X	X
Level 3, 4, 5					X	X
Adults						X



**FREE & Open to the Community**

# CANDACE WOJAHN START OUT SAFE WATER PROGRAM

**Monday, June 8th - Thursday, June 11th**



**Registration Starts:  
April 6th**

the



[www.theydc.org](http://www.theydc.org)



### THE PURPOSE

This annual program is designed to reduce children's risk of drowning by teaching them basic water safety skills. Held at the Waupun Family Aquatic Center, basic pool rules and water games are also incorporated in this curriculum. It is the intent of the Wojahn Family to provide swimming skills to all area children including those who would not otherwise have the opportunity. Swimming is a life skill that can begin at an early age and last a lifetime.

### THE PERSON

Candace Wojahn was a kind passionate woman who grew up in the Waupun area. At an early age she learned how to swim at the Fond du Lac County Park pool and enjoyed it very much. She also loved music, theater, dolphins, and children. She worked at the Waupun Wee Care Facility and McDonald's. She volunteered her time at the Union Congregational Church, helping with Sunday school and in the nursery. Candace also knew challenges having been diagnosed with epilepsy as a teen, and later as a single mother of three daughters. Candace passed away in 2007 due to an epileptic episode. It is in her memory and spirit this program was created.

### THE ENDOWMENT FUND

In honor and in memory of Candace, the Candace Wojahn Endowment Fund has been created. This was established by Keith & Carla Wojahn, with the help and support from Candace's siblings Tabitha Bossenbroek and Benjamin Wojahn, along with Candace's daughters Alia and Alyssa Hutchison, and Jorden Wojahn. The YMCA of Dodge County, as a 501c3 organization, will manage the contributions and investments. It is the intent that this fund will be perpetual, serving the Waupun area for years to come. It is from this fund the Candace Wojahn Start Out Safe Water Program is financed. Additional future programs may be developed as funding becomes available.

AM/PM Times	10:25 - 10:55	11:00- 11:30	11:35- 12:05	12:10- 12:40	5:15- 5:45	5:50- 6:20
Ages 6 mo. - 3yrs Child with guardian		X		X		X
Ages 3-5		X	X		X	
Ages 5-8	X		X	X	X	X
Ages 6-12	X			X		X



# Dodge County Sea Dragons SUMMER Swim Team

Season: June 1 - July 30 (9 weeks)

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.

- 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 Kailey Coats by email at [kcoats@theydc.org](mailto:kcoats@theydc.org)

Decide if you want to do 4 days per week or  
pick and choose from days below:

**10 & Under –  
\$72/Month**

M/W 4-4:30 PM  
T/TH 3:30-4PM

**11 & Older –  
\$88/Month**

M/W 4:30-5:30 PM  
T/TH 4:00-5:00

Monthly Fee



EMAIL KAILEY 

**KCOATS@THEYDC.ORG**

LEARN MORE: [WWW.THEYDC.ORG/COMPETITIVE-SWIMMING](http://WWW.THEYDC.ORG/COMPETITIVE-SWIMMING)



# 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



## 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	NON-MEMBER
1	\$50	\$100
5	\$44	\$88
10	\$39	\$78

## 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	NON-MEMBER
1	\$36	\$72
5	\$24	\$48
10	\$17	\$34





YOUTH SPORTS  
PERFORMANCE CAMP  
MONDAY-THURSDAYS 8-10 AM

## Youth Sports Performance Training Camp

Youth Sports Performance Camp- Looking for a head start on your upcoming season, need to stay in shape, or looking for something new and fresh to stay active for kids? Our Youth Sports Performance Camp has a little bit of everything for any ability level. We will teach proper warm up routines, weightlifting, speed and endurance training and incorporate fun interactive games while doing so. Available to all ability levels! **Camp runs for 4 weeks Monday-Thursdays 8-10 a.m. Ages 8-15**

### 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



### Additional questions and inquiries please contact:

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

**Session 1: June 1 - June 25**

**Session 2: July 6 - July 30**

MON.-THURS.	AGES	MEMBER	NON-MEMBER
8 - 10 am	8-15	\$75	\$115

### 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):	\$40	\$80
Full Body (60 min):	\$62	\$124
3 Pack (60 min each):	\$155	\$310

**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:



### 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.



### 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.

### Tai Chi **NEW**

Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements, connecting the mind and body. New moves will be incorporated into the series of exercises each week.

### Cardio Kickboxing **NEW**

A full body workout with cardio and kickboxing mixed into one followed by some core movements at the end of class.

## 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

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 Required.**  
**FREE**

### 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 Required.**  
**FREE**

### Spin Crew **NEW**

This high energy and motivating class provides a feeling of community among Spin crew members and excitement for your next class! Spin Crew not only works on your cardiovascular health through rhythm bike riding, it includes choreographed strength training to increase and improve upper body muscle tone and strength. Spin Crew uses a wide variety of equipment to challenge your muscles and mind while riding to music of all genres. Spin Crew welcomes all different fitness skill levels and ages as the ride is customizable to your fitness needs!

**Class Registration Required.**  
**FREE**

### Block Therapy **NEW**

The Block Therapy system addresses the entire body to ensure both cause and pain sites are addressed. Understanding and correcting your posture will help maintain the results from Block Therapy and build a powerful foundation to prevent us from falling back into poor alignment.

**Class Registration Required.**  
Registration is \$35 for 6 weeks.



### 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**

#### 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.

### 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 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.

\*Please check fitness schedule for class dates and times



# SPECIAL EVENTS

## EASTER EGGSTRAVAGANZA

March 28

Egg Hunt Begins at 12 PM SHARP | Open Swim 12:00 PM – 4:30 PM

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! Event will take place on the field or it will be a drive thru depending on weather.

Join us for our Annual Easter Egg Hunt for children up to 11 years old.

12 PM sharp - Egg Hunt

11:15 AM – 12:30 PM - Pictures with the Easter Bunny

12 PM - 4:30 PM - Free Open Swim

FREE and Open to the Community.

Don't forget to bring your egg baskets and cameras!



## FREE FAMILY FUN FRIDAYS

March 6, March 27

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

**EXPANDING POSSIBILITIES,  
YOUR Y, OUR FUTURE**  
Learn more about our  
capital campaign expansion:  
[www.theydc.org/expandingpossibilities](http://www.theydc.org/expandingpossibilities)

**\$4.4 M**  
108 additional kids

**\$4.0 M**  
89 additional kids

**\$3.7 M**  
65 additional kids

**\$3.4 M**

**WE ARE SO CLOSE**  
JOIN US IN REACHING OUR GOALS FOR THE CHILD DEVELOPMENT CENTER AND GYM EXPANSION

**EXPANDING POSSIBILITIES**  
Your Y, Our Future  
Help Us More Than Double Our Impact:  
Serve 108 More Kids and Expand Gym Space!

**THE WE HAVE RAISED \$3.5 MILLION**  
HELP US RAISE ANNUAL \$900,000

**SCAN ME**

**SCAN ME**

## 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.

## 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).

## 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!  
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