

WINTER 2027

the YMCA

YMCA of Dodge County

PROGRAM GUIDE







Session Dates

Winter I: January 3 – February 20

Winter II: February 21 – April 10

Register Online or Via Our App!

www.theYdc.org **P: 920-887-8811**

Benefits of Membership!



FREE
Land & Water
Exercise Classes



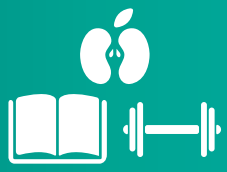
Up to
50% Savings
on classes and programs



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
Dry Sauna



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

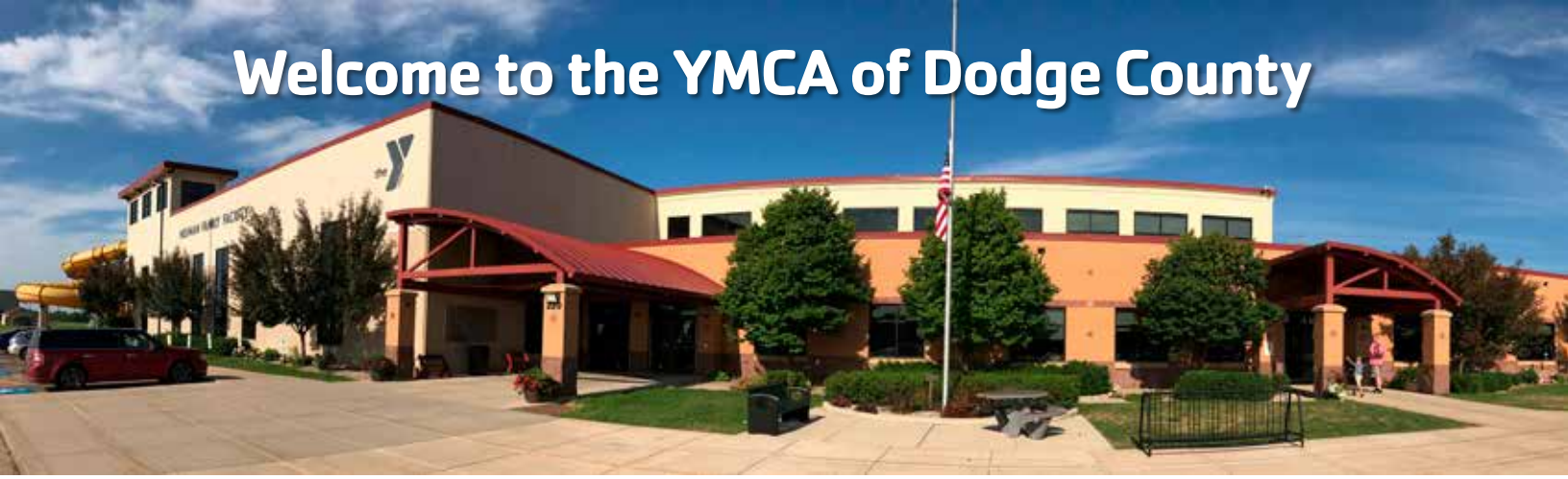
Strengthening the foundations of community...

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 76,000 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

Brand NEW Fieldhouse
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

YMCA Policies

YMCA of Dodge County policies and general information is available on our website at

www.theydc.org/policies

Facility Hours

Monday - Friday	5:00 AM-8:00 PM
Saturday	7:00 AM-6:00 PM
Sunday (1/3-4/25)	12:00 PM-4:00 PM

Family Open Swim Hours: M/W/F 4:00-7:30 PM, SAT. 12:00-4:30 PM, Slide 12:30-3:30 PM

Propulsion Walking: M-F 6:00-11:15 AM & 4:00-7:00PM, SAT. 8:30 AM-12:00 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 8/30/27-9/4/27
Family Pool is closed 9/6/27-9/11/27

Whirlpool Cleaning

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

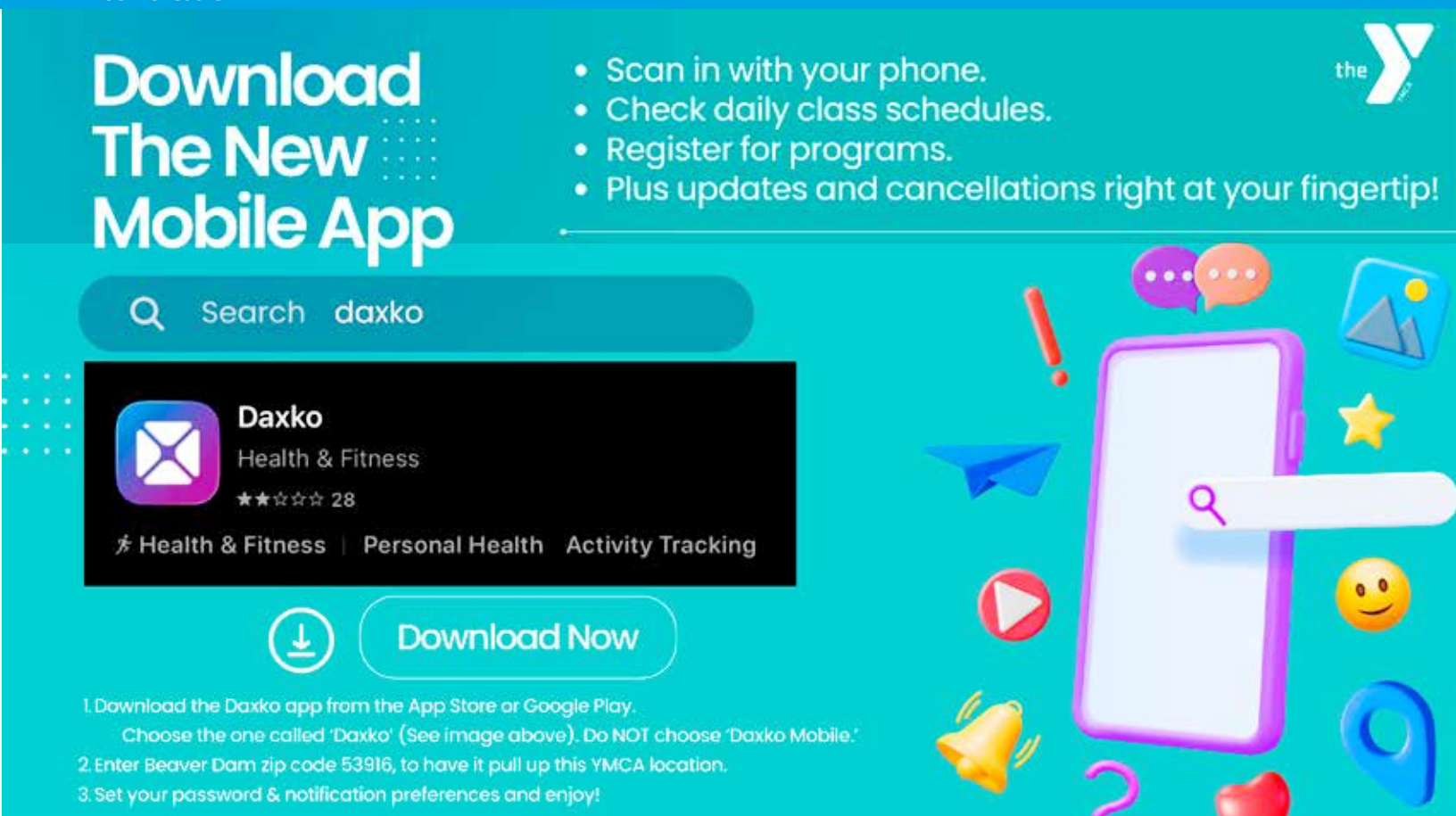
Please check theydc.org/schedules for pool, group exercise, fieldhouse, child watch, and water aerobics days and times!

Sign Up for Our Emails

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

Download The New Mobile App

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



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 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 YMCA

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.

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)



Infants and 1 year olds
$280 *(Includes a Free Family Membership)*
2 year olds
$255 *(Includes a Free Family Membership)*
3 year olds
$235 *(Includes a Free Family Membership)*
4 and 5 year olds
$229 *(Includes a Free Family Membership)*

3K Program

Session 2: February 1, 2027 – May 19, 2027

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. Registration is in person at the welcome center.

Limited spots available! Registration opens August 3rd.

Member: $430 / semester / child

Non-Member: $530 / semester / child

Beaver Dam 4K Program

9/8/26 – 5/21/27, 8:30-11:20 AM

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.





REGISTER NOW!

Y-Kids:
Before & After School Program

- For children in grades K - 5th (Children enrolled in Prairie View and Jefferson all day 4K are eligible based on program space)
- 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
- Registration: July 13 for Full-Time Enrollment; July 20 for Part-Time Enrollment

Beaver Dam Sites: Jefferson, Lincoln, Prairie View, & Washington

Full-Time (Before & After School)	$350/Month
Part-Time (Before School Only)	$55/Week 6:30-8:30 AM
Part Time (After School Only)	$55/Week 3:40-5:45 PM

HORICON (School District of Horicon)

Full-Time (Before & After School)	$350/Month
Part-Time (Before School Only)	$55/Week 6:30-8:00 AM
Part Time (After School Only)	$55/Week 3:00-5:45 PM

Waupun: Meadow View and Rock River Intermediate @ MVP

Full-Time (Before & After School)	$350/Month
Part-Time (Before School Only)	$65/Week 6:00-8:00 AM
Part Time (After School Only)	$65/Week 3:00-5:45 PM

10% Discount 10% discount for additional children in the program for BDUSD and Horicon School Districs Only.

FREE MEMBERSHIP
Choose full-time and receive a Y family membership and School's Day Out - FREE



Registration Fee:

EFT/Debit/Credit is required for monthly/weekly payments. 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.



Registration Forms available at the front desk or at www.theydc.org/y-kids_beforeafter_school

School's Day Out

For children ages 5 through 5th grade

- 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: 9/28, 10/23, 11/2, 11/25, 1/18, 2/12, 2/15, 3/29
- **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 12/28, 12/29, 12/30, $38/day for Members | $50/day for Non-Members.
  - Spring Break March 22-26, 2027, $190/week for Members | $245/week for Non-Members.

Members: $38/day | Non-Members: $50/day

Register for School's Day Out Online or Via Our App! www.theydc.org 920-887-8811



Youth Programs

***Youth programs take place in fieldhouse unless otherwise noted.**

Parent & Child Programs

TUMBLING TIKES

Our little Tikes run, jump, roll and climb on gym mats. Learn to follow simple instruction and control in a new surrounding! Parent participation required. Class location will be teh Queenax Room.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
2	Thursday	5:15-5:45 PM	1/7-2/18	Min 4/Max 10	$25	$50

WINTER FUN

Explore movement through many different venues like music, dance, sensory, locomotor movement and more. Parent participation required for the 2 year old class. Class location will be the Queenax room.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
2	Thursday	5:10-5:40 PM	2/25-4/8	Min 4/Max 10	$25	$50

Preschool & Youth Recreational Programs

MINI MOVERS

Your child will learn more about how their body can move and have fun while doing it! Listening to their teacher, being respectful of others and trying new things are primary skills in this class as the children tumble their way to greater flexibility and control of their bodies. Class location will be the Queenax room.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3	Thursday	5:50-6:20 PM	1/7-2/18	Min 4/Max 12	$25	$50

SILLY SPORTS

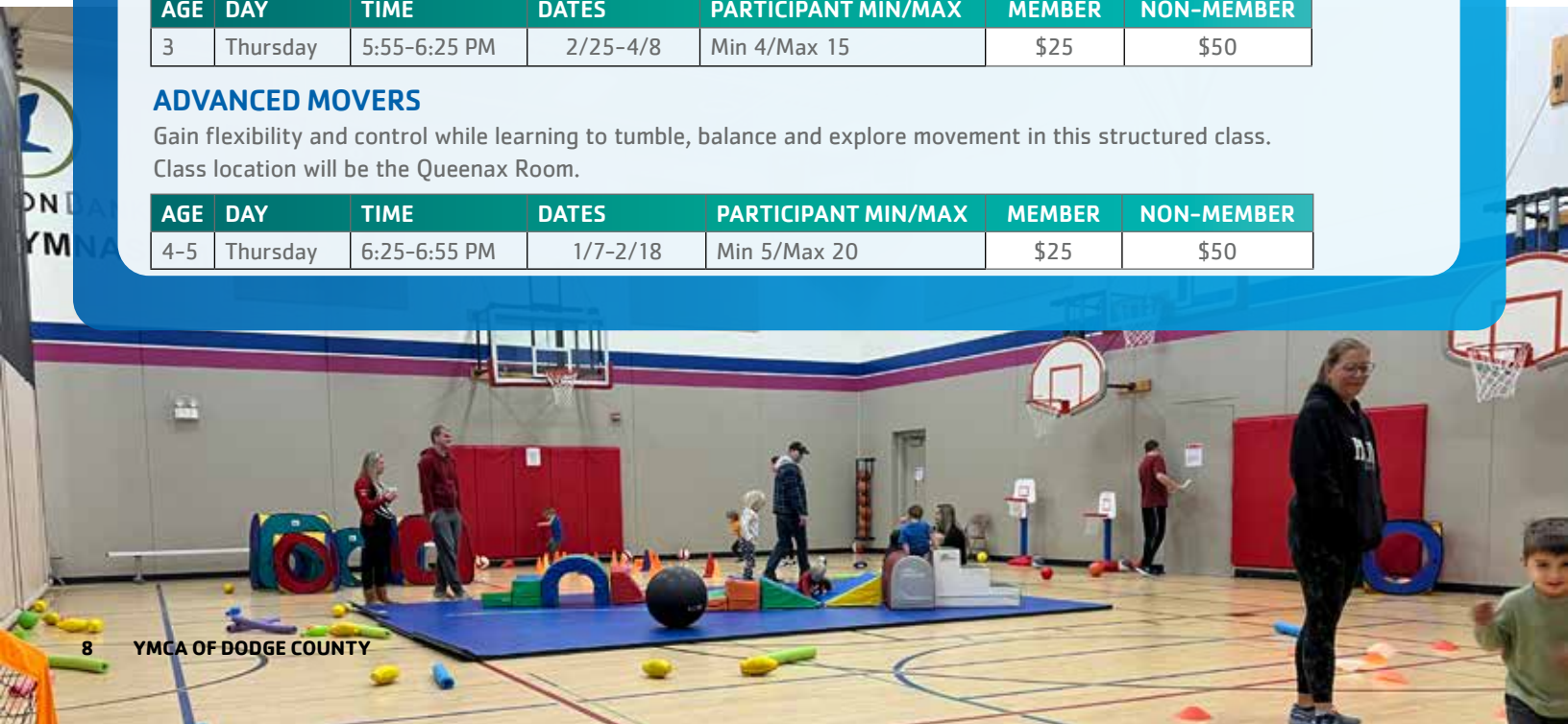
Be SILLY learning about non-traditional sports like tag, parachute, bean bag games, kickball, frisbee and more!

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
3	Thursday	5:55-6:25 PM	2/25-4/8	Min 4/Max 15	$25	$50

ADVANCED MOVERS

Gain flexibility and control while learning to tumble, balance and explore movement in this structured class. Class location will be the Queenax Room.

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
4-5	Thursday	6:25-6:55 PM	1/7-2/18	Min 5/Max 20	$25	$50



Preschool & Youth Recreational Programs (Continued)

WACKY SPORTS

Have a WACKY time learning about non-traditional sports like parachute, bean bag games, tag games, pillo polo hockey, frisbee and more!

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
4-5	Thursday	6:30-7:00 PM	2/25-4/8	Min 5/Max 20	$25	$50

DODGEBALL FUN

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

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
6-10	Wednesday	6:30-7:15 PM	1/6-2/17	Min 5/Max 20	$25	$50

PILLO POLO FLOOR HOCKEY NEW

Learn skills and learn how to play the game of Pillo Polo Floor Hockey (a safe way to play floor hockey).

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
6-10	Wednesday	6:30-7:15 PM	2/24-4/7	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
3rd & 4th Grade (8-10 Yrs)	Monday	5:30-6:15 PM	1/4-2/15 and/or 2/22-4/5	Min 5/Max 20	$25/ Session	$50/ Session
5th & 6th Grade(10-12Yrs.)	Monday	6:15-7:00 PM	1/4-2/15 and/or 2/22-4/5	Min 5/Max 20	$25/ Session	$50/ Session
7th & 8th Grades (12-14yrs.)	Monday	7:00-7:45 PM	1/4-2/15 and/or 2/22-4/5	Min 5/Max 20	$25/ Session	$50/ Session

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	1/6-2/17	Min 5/Max 20	$16	$32
10-18	Monday	1:45-2:30 PM	1/6-2/17	Min 5/Max 20	$16	$32
4-9	Monday	1:00-1:45 PM	2/24-4/7	Min 5/Max 20	$16	$32
10-18	Monday	1:45-2:30 PM	2/24-4/7	Min 5/Max 20	$16	$32

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.

Teen Programs

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	7:10-7:55 PM	1/7-2/18	Min 5/Max 20	$25	$50

OPEN GYM HIGH SCHOOL VOLLEYBALL

Build your volleyball skills and play a friendly volleyball game with other high schoolers!

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
14-18	Thursday	7:00-7:45 PM	1/7 - 2/18 and/or 2/25 - 4/8	Min 5/Max 20	$25/session	$50/session

TEEN KICKBALL/WIFFLEBALL

Build your volleyball skills and play a friendly volleyball game with other high schoolers!

AGE	DAY	TIME	DATES	PARTICIPANT MIN/MAX	MEMBER	NON-MEMBER
13-17	Thursday	7:10-7:55 PM	2/25-4/8	Min 5/Max 20	$25	$50

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.
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Adult Recreation



Basketball

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

Co-ed Basketball League

Nov. 3 - Jan. 26, followed by 2 weeks of playoffs on Feb. 2 and Feb. 9

Tuesdays, Games at 6pm, 7pm

The league has players call their own fouls. League is on-going throughout the year and is for players ages 18+. Contact Contact Logan Ingram, Program Coordinator at 920-210-8421 or e-mail ssupervisor@theydc.org., or go to the YMCA of Dodge County's website.

$225 for Members Teams

$300 for Non-member Teams

Pickleball

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



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

Youth Sports Leagues

DC BASKETBALL

Winter League: January 11 - March 12/13, Games begin January 22nd

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 and Saturday Mornings. Players will practice one night a week based on the night you register for with games on Friday night and Saturday - 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 December 27

Members $45 Non-Members $90



INTERESTED IN BEING A VOLUNTEER COACH?

Contact Logan Ingram, Program Coordinator at 920-210-8421 or ssupervisor@theydc.org.

IN-TOWN SOCCER LEAGUE

Spring League: April 5-May 28 | Games begin April 16

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. Coaches receive a $45 refund at the end of the season.**

Registration opens February 1st for members, February 8th for non-members. | Registration closes March 21
Member: $45 | Non-Member: $90



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 Kailey (920.887.8811 ext 122) or Sami (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 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 1

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 2

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 3

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 4

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

Stroke Mechanics 5

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 yrds 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. 5 – Feb. 18 **Member $63/Non-Member $126**
Session 2: Feb.23 – Apr. 8 **Member $63/Non-Member $126**

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	●			●	
Day Care Kids ONLY		●	●		
Homeschool					●

Tuesday Evenings

Session 1: Jan. 5 – Feb. 16 **Member $31.50/Non-Member $63**
Session 2: Feb. 23 – Apr. 6 **Member $31.50/Non-Member $63**

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. 7 – Feb. 18 **Member $31.50/Non-Member $63**
Session 2: Feb. 25 – Apr. 8 **Member $31.50/Non-Member $63**

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. 9 – Feb 20 **Member $31.50/Non-Member $63**
Session 2: Feb. 27 – Apr. 10 **Member $31.50/Non-Member $63**

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 Kailey Coats, Assistant Aquatics Director at kcoats@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

Intermediate Shallow Water Aerobics

Low intensity exercise for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool. 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. Offered in both our lap and warm water pools. M/W/F 9:00am & 10:00am

Low Impact Shallow Water Aerobics

For people of all ages and abilities. The first 15 minutes consist of walking on your own in the lazy river, followed by 30 minutes of group exercise including range of motion, stretching, strengthening, and aerobic exercises. M/W/F 7:15am

Early Rizers - High Intensity

In this class you are sure to wake up during our high intensity water exercise class. A wide variety of moves and equipment may be used in this class. Be prepared for a cardio and muscle building workout. T/TH 6:00am

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. M 4:15pm & S 8:45am

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. M/W/F 8:00am & M/W 6:30pm

Shallow Water Free Weights

A high intensity, strength training workout targeting all the major muscles using dumbbells. Improve your balance, muscle tone, and core strength. W 4:15pm

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. M/T/W/TH/F 6:00-11:15am S 8:30-12:00pm

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 develop and refine competitive swimming skills for all abilities. We encourage and promote hard work by empowering swimmers to achieve self-confidence, personal goals and social responsibility. Coaches are delighted to capitalize off swimmers enthusiasm and interest in the sport. Our only expectations are for swimmers to achieve personal growth and to have fun!

BRONZE GROUP		
Days	**Times**	**Cost**
Monday – Thursday	6:00-6:30 PM	$37/Month
SILVER GROUP		
Days	**Times**	**Cost**
Monday – Thursday	5:00-6:00 PM	$74/Month
GOLD GROUP		
Days	**Times**	**Cost**
Monday – Thursday	4:30-6:00 PM	$102/Month

- Registration Fee: $30 (All fees are nonrefundable) $50 max per family.
- All participants receive a swim cap and team t-shirt with registration.
- Participants must be an active member of the Y and must be able to swim one length of the pool (25 yards) without stopping or assistance to be on the swim team.
- Full program details are available on-line at www.theydc.org/swim_team.
- For questions regarding Swim Team please contact HeadCoach, Kailey Coats by email at kcoats@theydc.org

Lifeguard Training

Blended Learning Lifeguard Training with on-line and on-site training! Next class:

Dec. 28 & 29

For upcoming class information please contact Sami Schmitt, Aquatics Director by e-mail at sschmitt@theydc.org.

Participants must be 15 years or older, complete a prerequisite swim of 200 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**

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



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

Health forms and fees must be completed 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
Functional Fitness by Precor

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

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

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

the YMCA

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

Spin Crew

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 Thearpy

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

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.

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



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

FREE FAMILY FUN FRIDAYS

November 6, November 20, December 4, December 18, January 8, January 22, February 5, February 19, March 5, March 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 BRAND NEW FIELDHOUSE!



SWIM WITH SANTA

DECEMBER 7 | 4:30 - 7:00 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
Cash donations for Good Karma Children's Radiothon are greatly appreciated.





2026 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 Nov. 2 - Dec. 7.



EGGSTRAVAGANZA

MARCH 20 | 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! Event will take place on the field or it will be a drive thru depending on weather.



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, 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.

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 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.

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!

neuman pools inc.

HORICON BANK

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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