

FDLSD | COMMUNITY
ED & REC

72 W. 9th St.
www.fdlrecdept.com
920-929-2885

BACK TO SCHOOL

FALL 2026



WELCOME

Monday - Friday
7:30am - 4:00pm

72 W. 9th St.
Fond du Lac, WI 54935
(920) 929-2885
www.fdlrecdept.com



Scan here for more information on the
FDL-SD Community Education &
Recreation Department policies and
procedures

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Coordinator

Kent Ellingson
Recreation Supervisor

Alyssa Muchka
Aquatics Manager

Susan Golla
Recreation Secretary

Julie Mich
Recreation Secretary

Tom Pickart
Lead Maintenance



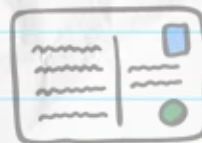
ONLINE

www.fdlrecdept.com
"Log In" link on the upper right of the
screen. Follow prompts &
complete process with payment!



STOP IN

Monday - Friday, 7:30am - 4:00pm.
After hours? Place registration form &
payment in secured drop box located
at the front door.



MAIL

Drop your registration form and
payment in the mail to:
FDL-SD Community Ed & Rec Dept.,
72 W. 9th St., Fond du Lac, WI 54935

Adult Sports & Fitness	10 & 11
Adult Enrichment	7 - 9
Bus Trips	17
Early Childhood	2
FDL-SD Aquatic Center	12 - 16
Special Events	17 - 19
Swimming Lessons	13 & 14
Youth Enrichment	5 & 6
Youth Sports	3 - 5



¡ESPAÑOL!

Escanee aquí para obtener nuestra guía de
actividades digitales en español



O pase por nuestra oficina para
obtener copias impresas.

Wiggles & Giggles: Ages 2 & 3 w/Adult

Children will develop and improve motor skills, balance, coordination, and flexibility through activities that make them wiggle and giggle. Children will also grow socially and confidently while having fun and making new friends. The class includes group parachute games, dancing, singing, and so much more.

Location: Classroom - 85 Morningside Drive

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-214	2 & 3 w/ Adult	Oct 5 - 26	Mon	5:30 - 6:15pm	\$18	6/10



Turkey Tales: Ages 2 - 4 w/Adult

Thanksgiving is right around the corner! Join us for Thanksgiving stories and have some physical activity for fun learning all about the early days of our nation! An adult must accompany and participate in each class. **Location: Classroom - 85 Morningside Drive**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-233	2 - 4 w/ Adult	Nov 9 - 30	Mon	5:30 - 6:15pm	\$22	8/12



'Twas the Night before Christmas: Ages 3 - 5

Explore the magic of Christmas! Children will participate in activities all based around Christmas. Classes will include art and craft projects, stories, large motor skills, and so much more!

Location: Classroom - 85 Morningside Drive

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-241	3 - 5	Dec 7 - 21	Mon	5:30 - 6:15pm	\$28	8/12

Kids Yoga: Ages 3 - 8

Preschool/4k children will learn fun and basic yoga poses to gain awareness of how to stretch and move their bodies. They will also learn to breathe by recognizing their feelings and using beanie babies to calm themselves. This class will include themes and interactive games to build self-confidence.

Elementary will learn fun and basic yoga poses through interactive theme days, using dice and flashcards, by then gaining flexibility and balance. Your child will learn how to recognize what to do when they are feeling different emotions by using various poses and breathing techniques in a fun and interactive way. Your child will gain confidence in their ability to use mindfulness to teach others.

Location: Conference Room - 85 Morningside Dr.

Activity Code	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-216	Preschool	Oct 7 - 28	Wed	4:00 - 4:30pm	\$12	4/10
2627-217	Elementary	Oct 7 - 28	Wed	4:45 - 5:15pm	\$12	4/10
2627-227	Preschool	Nov 4 - Dec 2	Wed	4:00 - 4:30pm	\$12	4/10
2627-228	Elementary	Nov 4 - Dec 2	Wed	4:45 - 5:15pm	\$12	4/10

Girls Basketball Clinic: Gr. K - 8

Join Girls Basketball Coach Jenna Johnson and the FDLHS Girls Basketball Team in a 4-week clinic that will focus on developing a love of basketball through basic skill drills and game play to emphasize skills as well as enhancing skill development into finishing, shooting, and applying those skills to small, sided game play. **Location: FDL High School Fieldhouse**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2627-211	Gr. K - 3	Oct 3 - 31 (no camp Oct 10)	Sat	8:30 - 9:30am	\$25
2627-212	Gr. 4 & 5	Oct 3 - 31 (no camp Oct 10)	Sat	9:30 - 10:30am	\$25
2627-213	Gr. 6 - 8	Oct 3 - 31 (no camp Oct 10)	Sat	10:30 - 11:45am	\$25

Cardinal Skippers Clinic: Grades 1-12

Here's your opportunity to find out what the Cardinal Skippers Jump Rope Team is all about! Current Cardinal Skippers and past jumpers will teach participants some start up skips, jumps, and turns to introduce them to the Skippers Program. Registration includes a t shirt. The skippers are excited to share their passion and fun for the sport of Jump Rope! For more information, please contact: Jolinn Ennis, ennisj@fonddulac.k12.wi.us **Location: Riverside Elementary Gym**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2627-230	Gr. 1 - 12	Nov 7	Sat	9:00 ^{am} - 12:00 ^{pm}	\$25 by Oct 30 \$30 after Oct 30 or at door

Don't miss these opportunities to represent your school and grade in these recreation sports leagues. Games or matches will take place on the days listed below and team practices will take place at the coach's discretion. Students will receive league registration information from their schools. Please return all registration information to your school's athletic coordinator. All participants must have a signed concussion & SCA form turned into their school.

Interested in coaching a team? Please let your school's athletic coordinator know right away!

VOLLEYBALL	Co-Ed: Gr. 4 & 5	Middle School Girls
	Mondays & Wednesdays September 28 - October 21 Times: 4:15/5:00/5:45pm Location: Elementary Schools TBD	Tuesdays & Thursdays Sept 15 - Oct 15 4:00/4:55/5:50 Woodworth, Sabish, Theisen, Riverside
	Middle School Boys	
	Boys Middle School Volleyball information will be available in our 2027 Winter/Spring Activity Guide.	



BASKETBALL	Boys Gr. 4 & 5	Girls Gr. 4 & 5
	Mondays & Wednesdays November 18 - December 21 (No games Nov 25) 4:00/4:55/5:50pm Elementary Schools TBD	Mondays & Wednesdays January 25 - February 17 4:00/4:55/5:50pm Elementary Schools TBD
	Middle School Boys	Middle School Girls
	Tuesdays & Thursdays Nov 5 - Dec 17 5:30/6:20/7:10pm Woodworth, Sabish, Theisen, Riverside	Tuesdays & Thursdays January 7 - February 11 (No games Jan 19) 5:30/6:20/7:10pm Woodworth, Sabish, Theisen, Riverside

Cardinal Volleyball Clinic: Gr: 4-8

Join the Cardinal Girls Volleyball team, for a clinic that will improve your volleyball skills and fundamentals through drills, techniques, and games in a fun and recreational setting. This camp will be led by Coach Emily Riese and FHS Varsity Girls Volleyball players. **Location: FdL High School**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2627-221	Gr. 4 & 5	Oct 18	Sun	1:00 - 2:30pm	\$23
2627-222	Gr. 6 - 8	Oct 18	Sun	2:30 - 4:00pm	\$23



FOND DU LAC
— SCHOOL DISTRICT —



NEW Driver Education Program at Fond du Lac School District!

Fond du Lac School District has partnered with CESA 2, a Wisconsin education service agency serving K12 schools, to provide high-quality driver education for students.

Registration is now open for the self-paced online course! Students may begin the behind-the-wheel portion of the program after completing the online course.



Prefer a traditional classroom experience? In-person courses are also coming to Fond du Lac! Spring semester dates will be announced in upcoming Fond du Lac newsletters.

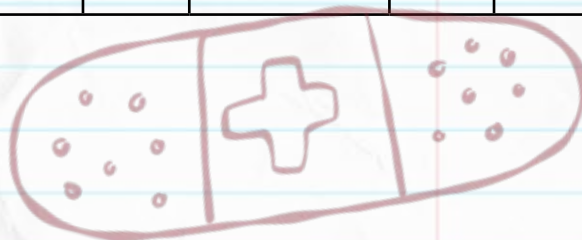
Enroll Today!



"Home Alone" Babysitting Class: Ages 10 - 15

Being in charge of younger children is a great responsibility. Babysitting can be fun, rewarding, and oftentimes a challenging experience. This class will provide the basic information on preparing yourself to babysit, dealing with children, parent rules and expectations, discipline, safety, first aid, and how to deal with emergencies should they arise. The class will cover basic first aid, choking, and CPR. Students will receive an American Heart - CPR/AED certification upon completion of the course. Please bring a bag lunch with you to class. **Location: Rec Dept Classroom**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-232	10 - 15	Nov 7	Sat	8:00 ^{am} - 4:00 ^{pm}	\$70	10/20



Christmas Cookies: Ages 6 - 12

Get in the spirit of the season by decorating Christmas cookies! We will provide the cookies and decorating supplies, you provide the creativity for the decorating! Let your creativity run wild as we decorate Christmas trees, candy canes, ornaments, stockings, snowflakes, and more! All participants will receive 15 cookies that they will decorate and a Christmas Cookie tin to take home.

Location: Classroom - 85 Morningside Drive

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-240	6 - 12	Dec 5	Sat	10:00 - 11:15 ^{am}	\$25	8/12



Youth Project Studio: Ages 7 - 15

Because it's craft class where the fun never stops! Join us as we craft through the seasons.

Location: Community Ed and Rec Dept Classroom (85 Morningside Drive)

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-199	7 - 15	Fall Gnome	Sept 1	Tues	5:00 - 6:00 ^{pm}	\$5	6/10
2627-236	7 - 15	Turkey Mosaic	Nov 24	Tues	5:00 - 6:00 ^{pm}	\$5	6/10
2627-239	7 - 15	Christmas Gift	Dec 1	Tues	5:00 - 6:00 ^{pm}	\$5	6/10
2627-243	7 - 15	Christmas Surprise	Dec 15	Tues	5:00 - 6:00 ^{pm}	\$5	6/10

Maker's Monthly: Ages 16+

Because it's craft class where the fun never stops! Join us as we craft through the seasons.

Location: Community Ed and Rec Dept Classroom (85 Morningside Drive)



Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-201	16+	Fall Gnome	Sept 1	Tues	6:30 – 8:00 ^{pm}	\$5	6/15
2627-235	16+	Give Thanks Sign	Nov 24	Tues	6:30 – 8:00 ^{pm}	\$5	6/15
2627-238	16+	Tipping Tree	Dec 1	Tues	6:30 – 8:00 ^{pm}	\$5	6/15
2627-242	16+	Bow & Tag making	Dec 8	Tues	6:30 – 8:00 ^{pm}	\$5	6/15
2627-244	16+	Christmas Surprise	Dec 15	Tues	6:30 – 8:00 ^{pm}	\$5	6/15

FOND DULAC
— SCHOOL DISTRICT —

WORK IN FONDY

- We Are Hiring
- Apply Today on WECAN
- JOIN US, visit FDLsd.org/work for more information

FOND DULAC
— SCHOOL DISTRICT —

ENROLL IN FONDY

- Is Your Child(ren) Enrolled?
- Complete Your Paperwork Today
- How To Enroll, visit FDLsd.org/enroll

* Out-of-District Open Enrollment annually February to April

"Voice-Overs...Now is your Time!": Ages 18+

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class. **Location: Virtual**

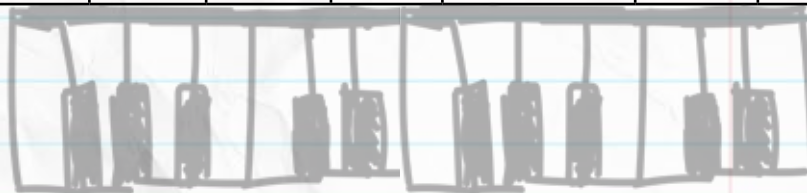
Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2627-225	18+	Oct 27	Tues	6:30 – 8:30 ^{pm}	\$25

Instant Piano for Hopelessly Busy People: Ages 13+

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture demonstration.

Location: Class is held via Zoom.

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2627-208	13+	Sept 28	Mon	6:30 - 9:30pm	\$60	1/25



Instant Guitar for Hopelessly Busy People: Ages 13+

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. **Location: Class is held via Zoom.**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2627-209	13+	Sept 29	Tues	6:30 - 9:00pm	\$60	1/25

Instant Ukulele for Hopelessly Busy People: Ages 13+

In just a few hours you can learn enough about playing the ukulele to give you years of musical enjoyment and you won't have to take private lessons to do this. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online recorded follow up lessons, a recording of the class and also access to optional live periodic question and answer sessions at no additional cost. Class is online using zoom and is partly hands on and partly lecture/demonstration. **Location: Class is held via Zoom.**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2627-210	13+	Oct 1	Thurs	6:30 - 9:00pm	\$60	1/25

The Influential Voice - Speaking & Recording for Digital Media: Ages 18+

Learn how to turn any idea into a podcast, YouTube video, or social post using "closet studio" gear and vocal techniques that keep listeners hooked. Instructor: David Goldberg (CEO of Edge Studio)

Location: Virtual

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2627-203	18+	Sept 14	Mon	8:30pm	\$25

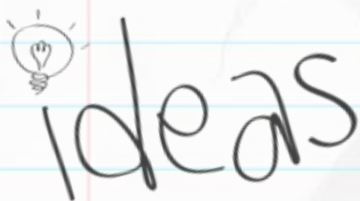
Professional Speaking & Presence - Leverage Your Voice To Influence: Ages 18+

Master the vocal variety and "hooks" professional broadcasters use to command attention in corporate meetings, pitches, and remote presentations. Instructor: David Goldberg. **Location: Virtual**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2627-206	18+	Sept 21	Mon	8:30pm	\$25

Interviewing Skills That Will Change Your Future (Teens & Young Adults): Ages 15+

Tailored for ages 15-21, this class teaches students how to eliminate nervous speaking quirks and project confidence for college or first-job interviews. **Location: Virtual**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2627-215	15+	Oct 6	Tues	6:30pm	\$25

Life-Changing Interview Skills for Professionals: Ages 18+

A hands-on workshop for career-switchers and those seeking promotions, focusing on mastering elevator pitches and navigating AI-screened interviews. Instructor: David Goldberg.

Location: Virtual

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2627-234	18+	Nov 14	Sat	12:30pm	\$25

Women's Recreation Volleyball League

Ages 18+

Wednesdays: Oct 28 - Mar 10

(16 Game Schedule)

Sponsor Fee: \$130.00

Team Fee: \$160.00

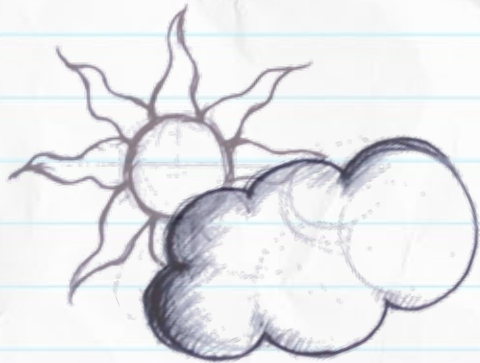
Location: Riverside Gym

Game Times: 6:30, 7:15, & 8:00^{pm}

Dance Fitness: Ages 16+

Let it move you! There are a lot of ways to lose weight and get in shape, some are just more fun! Join the ultimate dance-fitness party that beats a boring old workout any day. Some benefits of Dance Fitness workouts include combining all elements of fitness - cardio, muscle, conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class. Bring everything including your smile and let the music free your body. Dance Fitness will groove you into shape.

Location: Riverside



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2627-204	16+	Sept 15 - Oct 27	Tue	5:30 - 6:15 ^{pm}	\$36
2627-226	16+	Nov 3 - Dec 15	Tue	5:30 - 6:15 ^{pm}	\$36

Adult Pickleball: Ages 16+

Come and join the newest craze in Sports! Pickleball! Thinking about playing pickleball, but don't know how?? **Beginner** 4-week class will introduce the basics of pickleball; including fundamentals of serving, return of a serve, dinking, scoring, etc. Paddles will be provided but are welcome to bring your own. **Skills & Drills Intermediate** 4-week class will help improve your pickleball skills through drills; serving, return of a serve, dinking, technique, etc. The importance of having fun will be enforced. Limited spots available!! Sign up today to join the FUN!! **Location: Riverside Elementary**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-218	16+	Beginner	Oct 8 - 29	Thurs	4:15 - 5:15 ^{pm}	\$25	6/12
2627-219	16+	Skills & Drills Intermediate	Oct 8 - 29	Thurs	5:30 - 6:30 ^{pm}	\$25	6/12

Paddle Board Pilates with Proactive Core Health: Ages 16+

This class is an indoor paddle board Pilates mat-style class taught by a licensed physical therapist, also trained in Pilates instruction. Pilates is great for anyone, beginner or advanced, wanting to increase or improve their flexibility, stability, mobility and strength. This is a fantastic program that works on improving an individual's body awareness by focusing on deep core muscles while adding in the extra balance challenge of being on the water. Be sure to join a class today! **Location: FdL-SD Aquatic Center**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2627-200	16+	Sept 1 - Oct 6	Tues	9:00 - 9:45 ^{am}	\$30/\$40	3/6
2627-223	16+	Oct 20 - Nov 24	Tues	9:00 - 9:45 ^{am}	\$30/\$40	3/6

Pilates with Proactive Core Health: Ages 16+

Water not your thing? Join us in the Aquatic Center Classroom for our indoor Pilates mat-style class taught by a licensed physical therapist, also trained in Pilates instruction. Pilates is great for anyone, beginner or advanced, wanting to increase or improve their flexibility, stability, mobility and strength. This is a fantastic program that works on improving an individual's body awareness by focusing on deep core muscles. Be sure to join a class today! **Location: FdL-SD Aquatic Center**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2627-202	16+	Sept 1 - Oct 6	Tues	10:00 - 11:00 ^{am}	\$30/\$40	5/8
2627-224	16+	Oct 20 - Nov 24	Tues	10:00 - 11:00 ^{am}	\$30/\$40	5/8

Rise & Restore: Ages 16+

Wake up your body the right way! This 30-minute class blends Pilates-inspired exercises with stretching, balance, and stability work to improve strength, posture, and flexibility. If you're wanting to feel stronger, more balanced, & ready for whatever the day brings, join us Thursday mornings. Shower facilities will be available at the FDL Aquatic Center Please bring a yoga mat if you have one, otherwise extras are available. **Location: Riverside Gymnasium - Please enter thru Aquatic Center**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2627-205	16+	Sept 17 - Oct 29	Thurs	6:30 - 7:00 ^{am}	\$25 General Public \$10 Current FDL-SD Employees
2627-229	16+	Nov 5 - Dec 17	Thurs	6:30 - 7:00 ^{am}	\$25 General Public \$10 Current FDL-SD Employees

Hours of Operation

September 8 – December 30

Mon – Fri	Sat
6:00 ^{am} – 12:00 ^{pm} 4:00 – 6:30 ^{pm} *	8:00 ^{am} – 12:00 ^{pm} **
*Small pool closed Monday evenings Sept 28 – Nov 16 **Small pool closed Saturdays 9am – 12pm Nov 7 – Dec 21	

Aquatic Center closes from 12:00 – 4:00^{pm} Mon – Fri.

Closed:
Dec 24, 25, 31
Jan 1



WATER WELLNESS

\$4.50/class

Punch Cards Available for all Water Wellness Classes – 10 for \$40 • 20 for \$75

Water wellness classes are ongoing at the FdL-SD Aquatic Center, registration not required unless otherwise noted.
Each class must have a minimum of 5 participants to run.

LOW IMPACT AEROBICS: This is a 45 minute workout in the large pool that includes a warm-up, aerobic activity, toning, and a cool-down.	Tues & Thurs 8:00 – 8:45am
MODERATE – HIGH IMPACT AEROBICS: This class is a 45 minute workout that includes a warm-up, 20-30 minutes of aerobic activity, toning, and cool-down.	Mon/Wed/Fri 8:00 – 8:45am
DEEP – [DEEP END EXERCISE PROGRAM]: Flotation belts provide buoyancy, eliminating stress on the joints. This class includes cardiovascular conditioning and toning.	Tues & Thurs 6:00 – 6:45pm
VERY DEEP: Our high intensity DEEP class. Participants must be able to swim the width of the deep end without the aid of a flotation device.	Mon & Wed 6:00 – 6:45am
JOINT EFFORTS: A series of range-of-motion exercises done in the small pool. The pool depth ranges from 1.5 ft to 4 ft.	Tues & Thurs 10:00 – 10:45am
BALANCE & STRENGTH: A series of range-of-motion exercises done in the small pool. The pool depth ranges from 1.5 ft to 4 ft.	Mon 9:00am

Fall Swimming Lessons & Registration

Online registration opens the following dates at 8:00^{pm} on the FdL-SD Community Education & Recreation Department website www.fdlrecdept.com - No in-person registration available:

Saturdays: Thursday, Oct 22

\$40 Residents
\$48 Non-Residents

Session 1: Thursday, Sept 17

Session 2: Thursday, Oct 15

\$45 Residents
\$53 Non-Residents

- \$5.00 processing fee will be assessed for any transfer, change in lesson times and/or sessions, or refunds.
- Registering for the incorrect class will not guarantee your child(ren) a spot in classes. If the appropriate class is full, your registration fee will be refunded (minus the \$5.00 processing fee) and your child(ren) must participate in swim lessons at a later date.
- Parents/guardians must observe lessons from the balcony or hallway areas only.

Saturdays: Nov 7th - Dec 19th

(Classes will NOT meet on Saturday, Nov 28th)



Small Pool Lessons (3 - 5 yrs old)		Large Pool Lessons (6 - 14 yrs old)	
Pre-School 1	9:00 - 9:30 ^{am}	Level 5/6	9:00 - 9:40 ^{am}
	10:10 - 10:40 ^{am}	Level 4	9:00 - 9:40 ^{am}
	10:45 - 11:15 ^{am}	Level 1	9:45 - 10:25 ^{am}
Pre-School 2	11:20 - 11:50 ^{am}		11:15 - 11:55 ^{am}
	9:00 - 9:30 ^{am}	Level 3	9:45 - 10:25 ^{am}
	9:35 - 10:05 ^{am}		10:30 - 11:10 ^{am}
Pre-School 3	10:45 - 11:15 ^{am}	Level 2	10:30 - 11:10 ^{am}
	11:20 - 11:50 ^{am}		11:15 - 11:55 ^{am}
	9:35 - 10:05 ^{am}	Adult Swim Lessons (18+) 8:00 - 8:45 ^{am}	
	10:10 - 10:40 ^{am}		

Mondays

Session 1

Sept 28 - Nov 16

Large Pool Lessons (6 - 14 yrs old)	
Level 1	4:15 - 5:00 ^{pm}
Level 1	5:05 - 5:50 ^{pm}

Monday & Wednesdays

Session 1

Sept 28 - Oct 21

Session 2

Oct 26 - Nov 18

Small Pool Lessons (3 - 5 yrs old)	
Pre-School 1	4:00 - 4:30 ^{pm}
Pre-School 2	4:30 - 5:00 ^{pm}
Pre-School 3	5:00 - 5:30 ^{pm}
Pre-School 1	5:30 - 6:00 ^{pm}

AGES 3 - 5 SMALL POOL	Pre-School 1:	Pre-School 2:	Pre-School 3:
	No or little experience in water. Will learn proper kicking, submerging head, basic front float, and safety around water.	Must be able to submerge head and do skills learned in Pre-School Level 1. Will learn front & back crawl combination.	Must be able to do skills learned in Pre-School Level 2. Will learn rotary breathing and work on refining previously taught skills without assistance.
AGES 6 - 14 LARGE POOL	Level 1:	Level 2:	Level 3:
	No experience in water or is unable to prone float, back float, or do rhythmic breathing. Will learn supported floating, submerging of face, blowing bubbles, and able to move comfortably through the water.	Must be able to do skills of level 1. Will learn front and back floats, front and back glides, rhythmic breathing, and combined arm & leg motions.	Must be able to do skills of level 2. Will learn front crawl, back crawl, treading of water, and butterfly kick.
	Level 4:	Level 5:	Level 6:
	Must be able to do skills of level 3. Will learn stride jump, feet-first surface dive, elementary backstroke, sidestroke, butterfly, & coordination of front & back crawls. At conclusion, student will be able to swim front crawl, back crawl, & elementary back for 25 yards each & breast stroke, butterfly, & side stroke for 15 yards each.	Must be able to do all skills of level 4. Will learn long shallow dive, surface dives, flip turns, and will perfect front crawl, back crawl, breaststroke, side stroke, survival float, and treading of water.	Must be able to perfect skills of level 5. Level 6 will include perfection of all strokes & surface dives, conditioning, underwater swimming, competitive turns for all strokes, and life guarding basics.

Registering for the incorrect class will not guarantee your child(ren) a spot in classes. If the appropriate class is full, your registration fee will be refunded (minus the \$5.00 processing fee) and your child(ren) must participate in swim lessons at a later date.

WATER BUDS

Parent-Tot swim class

Ages: 6 months - 3 years

MONDAYS

6:00 - 6:30pm

No registration required

\$4.50 per class

Discount punch cards available



**U.S. MASTERS
SWIMMING**

A workout group for improving technique, speed, stamina, and overall fitness.

Led by a Masters Certified Swim Coach.

Day(s)	Mon & Wed	Tues & Thurs
Time(s)	6:00 - 7:00am	10:30 - 11:45am

Swimmers must be registered with U.S. Masters Swimming to participate.
FDL-SD Aquatic Center admission fees apply.

Lifeguarding Training: Ages 15+

The Fond du Lac Community Aquatic Center will be offering a Red Cross blended learning format Lifeguarding Training class. Upon completion of this course you will be certified as a Red Cross Professional Lifeguard, also certified in CPR for the Professional Rescuer, and Community First Aid & Safety. Certifications are valid for two years. Participants must be 15 years of age to be hired as a lifeguard. **Location: FDL-SD Aquatic Center**

Please contact the Aquatics Manager (920-906-6465) to make an appointment for your prerequisite test prior to the class start date.

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2627-207	15+	Sept 25, 26, & 27	Fri Sat, & Sun	4:00 – 7:30 ^{pm} 8:00 ^{am} – 5:30 ^{pm}	\$150

Lifeguard Training Prerequisite Skills Tests

(to be completed prior to beginning of class)

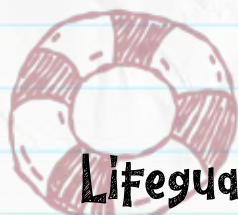
Skill Test 1:

- Jump into the water and totally submerge, resurface then swim 150 yards using front crawl, breast stroke or a combination of both. (Swimming on the back or side is not permitted. Swim goggles are allowed)
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs
- Swim 50 yards using the front crawl, breaststroke or a combination of both

Skill Test 2: Complete within 1 minute, 40 seconds

- Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed)
- Surface dive (feet-first or head-first) to a depth of 7 – 10 feet to retrieve a 10-pound object.
- Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface.
- Exit the water without using a ladder or steps.

If you would like to practice prior to being tested, please call the Aquatic Center at (920) 929-3536 and check for available open swim hours and let them know you are coming in to practice for your skills test.



Lifeguarding Recertification: Ages 15+

The Fond du Lac Community Aquatic Center will be offering a Red Cross blended learning format Lifeguarding Recertification class. Upon completion of this course you will be certified as a Red Cross Professional Lifeguard, also certified in CPR for the Professional Rescuer, and Community First Aid & Safety. Certifications are valid for two years. Participants must have a current Red Cross Lifeguarding Certification. **Location: FDL-SD Aquatic Center**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2627-237	15+	Nov 28	Sat	8:00 ^{am} – 6:00 ^{pm}	\$100

Water Safety Instructor (W.S.I) Training: Ages 16+

W.S.I Training Course trains candidates to teach Red Cross Swimming and Water Safety programs to people of all ages and abilities. The course covers topics such as:

Teaching skills: Using course materials, conducting training sessions, evaluating participant progress, and organizational and presentation skills

Water safety: Basic Water Rescue and Personal Water Safety

Swimming skills: Higher-level swim skills, stroke mechanics, and diving from a diving board

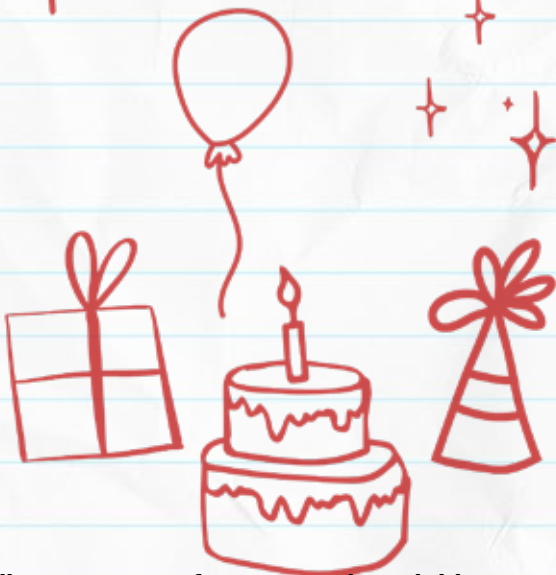
Fitness: Aquatic fitness and training

Location: FDL-SD Aquatic Center

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2627-220	16+	Oct 17, 18, 24, & 25	Sat & Sun	9:00 ^{am} – 3:30 ^{pm}	\$150

LET'S PARTY!

Birthday Parties are Back!
Come & Celebrate with us.



Call 920-929-2885 for costs and available sessions!



Warren's Cranberry Festival

Join us for a day of fall fun at the 52nd Annual Warren's Cranberry Festival. Tour the cranberry marshes and browse more than three miles of antiques, arts & crafts booths, and many food vendors. This festival is spread across the town of Warrens and a considerable amount of walking will be required. The festival has courtesy carts and people movers available, but cannot guarantee availability for everyone. The festival is held rain or shine. For more information on the festival, visit www.cranfest.com

Departure: FDL Aquatic Center parking lot, 100 W. 9th St.



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2526-429	18+	Sept 25	Fri	6:45am - 7:30pm	\$48	30/48

Annual Chicago Shopping Trip

The options are endless, and the food is amazing in the Windy City! Shop over 400 exclusive stores and boutiques in three indoor malls all on the Magnificent Mile or explore Chicago's skyline at Willis Tower. Take a stroll or hop on the trolley to Millennium Park for some outdoor skating and photo opportunities with famous Chicago architecture. The day will include lots of walking and be prepared for all kinds of weather! **Departure: FDL-SD Aquatic Center parking lot, 100 W. 9th St.**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2627-231	All	Nov 7	Sat	6:30 ^{am} - 7:30 ^{pm}	\$48 (18+) \$15 (5 -17) FREE (4 & under)	30/48

Trick your Trunk

Save the date and join us for our Annual Halloween Trick your Trunk! Deck out your ride like you would your house (include candy for all the little ones). Little ghouls and goblins will trick or treat from trunk to trunk and have a wicked great time!

NEW LOCATION IN 2026!! FDL Children's Museum - 75 W. Scott Street



Age(s)	Date(s)	Day(s)	Time(s)	Cost
All	Oct 30	Fri	5:00 - 6:30 ^{pm}	FREE

We are always looking for groups, individuals, or organizations interested in decorating their vehicle and handing out candy. If you are interested in helping, please contact the Rec Dept at 929-2885. Prizes will be awarded for the best vehicle!

Letters to Santa

Children of all ages are asked to write a letter to Santa. Please remember to include your names, city, age, school (if applicable), and most importantly, how you plan to stay on the "NICE" list.

(parents/guardians, please remember to print a full name and complete address so Santa will know where to send the letter. He wants to make sure each child will get a letter back)

Drop the Letter at one of the special mailbox locations:

FDL Aquatic Center, 100 W. 9th St.
FDL Comm Ed & Rec Dept, 72 West 9th St.
FDL Public Library, 32 Sheboygan St.



The mailboxes will arrive on Monday, November 2nd. Santa's helpers will pick up the mailboxes on Tuesday, December 1st. Santa needs time to make his lists and write back to all the children before Christmas. Santa looks forward to hearing from you!!!

Ho! Ho! Ho!

Family Snowman Building Contest

First snow fall - March 8th

Open to all residents in the FDL School District. Anyone interested, should build a snowman in their yard and take a picture of the snowman and your family standing by it. Be creative, make your snowman unique. Prizes will be awarded for the following categories: Largest, Most Likes on Facebook, Best Animal, Best use of Accessories and Best Traditional Snowman! Photos will be posted on the Rec Dept Facebook page and the winner will be selected by the FDL-SD Comm Ed & Rec Dept.

How to enter: Send a photo along with your name, address, and phone number to ellingsonk@fonddulac.k12.wi.us or drop off your photo and info at the FDL-SD Comm Ed & Rec Dept. One entry per address.



FDLSD

**COMMUNITY
ED & REC**

presents:

Holiday Wonder

Art & Craft Expo

Saturday, November 7th

9:00^{am} – 3:00^{pm}

Admission: \$2.00

(10 & under FREE w/ paid adult)

Held at FdL Fairgrounds
Recreation Center

