



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SPRING 1 PROGRAM GUIDE

February 19–April 20

# RACINE FAMILY YMCA



## BRANCH LOCATIONS

### Image Management Family YMCA

8501 Campus Dr.  
Mount Pleasant WI, 53406

### Riverside YMCA

141 Main St.  
Racine WI, 53403

### George Bray Neighborhood YMCA

924 Center St.  
Racine WI, 53403

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**QUESTIONS?**  
**CALL 262.898.4551**



**SCAN ME TO  
REGISTER FOR  
PROGRAMS**



**NOW  
HIRING**



- Lifeguards
- Child Watch
- Welcome Desk
- Sports & Rec

# MEMBERSHIP

MEMBERSHIP TYPE	MONTHLY RATES	LOYALTY MONTHLY RATES	NEW MEMBER LOYALTY PROGRAM
Adult (30-59)	\$64.00	\$54.00	<p>To become a <b>Loyalty Member</b> you must make 12 consecutive monthly payments toward your membership. The Member Loyalty program includes the <b>following benefits:</b></p> <ul style="list-style-type: none"> <li>• <b>Membership Rate will always be \$10/month less than the current standard rate</b></li> <li>• <b>10% Discount on MOST programs</b></li> <li>• <b>Double guest passes: Member Loyalty members will receive 6 guest passes per account</b></li> <li>• <b>Special Member Loyalty key tags for everyone over the age of 14</b></li> <li>• <b>Receive a YMCA color changing cup + wristband</b></li> </ul> <p><b>Check with our Welcome Desk to see if you qualify!</b></p> <p><b>Member Loyalty program begins Feb. 1, 2024</b></p>
Senior (60+)	\$58.00	\$48.00	
2 Adult Household	\$85.00	\$75.00	
1 Adult Household + Children under age of 24	\$83.00	\$73.00	
2 Adult Household + Children under age of 24	\$89.00	\$79.00	
2 Senior Household (One Being Age 60+)	\$76.00	\$66.00	
Youth (8-17)	\$30.00	\$20.00	
Young Adult (18-29)	\$41.00	\$31.00	

\*Proof of residency is required for children on memberships

\*Silver insurance memberships at reduced rates - Contact your insurance provider to see if you qualify



## IMAGE MANAGEMENT FAMILY Y BRANCH FACILITY HOURS

MONDAY-FRIDAY 5:00AM-9:00PM  
SATURDAY 6:00AM-5:00PM  
SUNDAY 6:00AM-4:00PM



## RIVERSIDE Y BRANCH FACILITY HOURS

MONDAY-THURSDAY 5:00AM-7:00PM  
FRIDAY 5:00AM-6:00PM  
SATURDAY 7:00AM-12:00PM  
SUNDAY 8:00AM-11:00AM

## HOLIDAY HOURS

**5:00am-12:00pm**

CLOSED Christmas Day & Easter

# DAY PASSES

The general public is welcome to visit the Racine Family YMCA anytime by purchasing a day pass. Individuals under the age of 12 MUST be accompanied by a parent or legal guardian to visit the Y. To use the fitness center, children under the age of 16 must be accompanied by a parent or legal guardian. Adults accompanying children are required to purchase a day pass and remain in the building regardless of intended use/non-use of facility amenities.

## DAY PASS PRICING

**Youth (17 and under): \$10**

**Adult: \$15**

**Family (up to 5 people): \$25**

**Senior (60+): \$10**



## LOCKER RENTAL

### PRICING

Small Locker: \$36.00 per year

Half Locker: \$60.00 per year

Full Locker: \$84.00 per year

**Locks are available for purchase  
at the Welcome Desk for \$7**

## Benefits of Y Membership

- NO contracts
- FULL FACILITY | Pool, gym, cardio & strength equipment, indoor track and group fitness studios
- DOWNTOWN | Cardio and strength equipment, group fitness studio
- group exercise classes included with membership
- Child Watch | Drop-in childcare while you work out
- FREE Drop-in Swim | Lap, Adult and Family Swim
- FREE Drop-in Court Time | Hoop time, Pickleball
- FREE Orientations | Learn how to use the cardio and strength training equipment
- Program Perks | Reduced program rates
- Nationwide Membership | Access to Ys throughout the United States
- FREE Member Guest Passes | Three per household each year, 6 after joining our loyalty program

## PICKLEBALL

Pickleball is a sport that combines badminton, tennis and ping-pong. Using a paddle, participants rally a whiffle ballover the net. Come join us for this low-intensity, high-excitement game that is fun for all age groups! The Y will provide nets. Members must bring their own Pickleball balls and paddles.





# 2024 SPECIAL EVENTS



## JANUARY

**CULVER'S FUNDRAISER**  
Jan. 24  
5:00-10:00PM  
722 S Sylvania Ave



## FEBRUARY

**WHEELCHAIR  
BASKETBALL GAME**  
Feb. 17  
1:00-3:00PM  
IMAGE MANAGEMENT Y BRANCH



**TEXAS ROADHOUSE  
FUNDRAISER**  
Feb. 20  
4:00-9:00PM  
6228 Durand Ave



## MARCH

**SPORTS EXPO**  
Mar. 2  
10:00-1:00PM  
IMAGE MANAGEMENT Y BRANCH



## APRIL

**HEALTHY KIDS DAY**  
Apr. 21  
12:00-4:00PM  
IMAGE MANAGEMENT Y BRANCH



## MAY

**NO EVENTS YET...  
STAY TUNED!**

## JUNE

**LIGHTHOUSE RUN**  
Jun. 15  
7:30AM-12:00PM  
DOWNTOWN RACINE



## JULY

**4TH OF JULY PARADE**  
July 4th  
DOWNTOWN RACINE



**DEMOLITION DERBY**  
July 28  
TBD  
RACINE COUNTY FAIR GROUNDS



## AUGUST

**NATIONAL NIGHT OUT**  
Aug. 6  
TBD  
GEORGE BRAY Y BRANCH



## SEPTEMBER

**END OF SUMMER BASH**  
Sept. 7  
10:00-4:00PM  
IMAGE MANAGEMENT Y BRANCH



## OCTOBER

**NO EVENTS YET...  
STAY TUNED!**

## NOVEMBER

**NO EVENTS YET...  
STAY TUNED!**

## DECEMBER

**NO EVENTS YET...  
STAY TUNED!**

# YOUTH SPORTS



## BASKETBALL LEAGUE



### Youth Basketball League (Grades Pre K-8th)

The Youth Basketball league will give your child the opportunity to develop skills and fundamentals through coaching and game play. Games are held on Saturdays for Juniors, and Seniors divisions. Come join the fun! All athletes will receive a team t-shirt. Mites and Mighty Mites will meet on FRIDAY evenings for an instructional practice followed by a game. Participants will receive the same color shirts and scrimmages will be played round robin style every week. Our goal is to provide children the proper fundamentals and techniques to grow as a basketball player and teammates.

Divisions: Mites (Pre-K-K), Mighty Mites (1st-2nd grade), Sophomores (3rd/4th grade), Juniors (5th/6th grade), Seniors (7th/8th grade)

PROGRAM DATES: Mar. 15- April 27

**FEE: \$65 Member -- \$80 General Public**



## BASKETBALL SKILLS

### Instructional Basketball (Ages 4-12)

Our talented Sports and Rec staff are ready to improve and develop your child's basketball skills. Our class incorporates fundamental skills, sportsmanship, and team work.

- Held Tuesday Evenings
- Ages 4-7 (6:00-6:45pm)
- Ages 8-12 (7:00-7:45pm)

PROGRAM DATES: Mar. 5- April 2

**FEE: \$60 Member -- \$75 General Public**



## FLAG FOOTBALL

### Flag Football League (Grades 4K-8th)

Our YMCA Flag Football League is designed to introduce boys and girls (ages 5 to 14) to the fundamental elements of football in a fun, instructional and safe environment. From the moment your child steps on the field, our program is designed to assist each player with the advancement of their individual skill level and football knowledge while enhancing their level of play in a fun and structured environment. Each child will receive a shirt for participating.

Divisions: Mites (Pre-K-K), Mighty Mites (1st-2nd grade), Sophomores (3rd/4th grade), Juniors (5th/6th grade), Seniors (7th/8th grade)

PROGRAM DATES: Sundays, Apr. 14-May 19, 2024

**FEE: \$65 Member -- \$85 General Public**



## VOLLEYBALL



### Instructional Volleyball (Ages 8-16)

Our talented Sports and Rec staff are ready to improve and develop your child's volleyball skills! Our class incorporates fundamental skills, sportsmanship, and team work.

PROGRAM DATES: Tuesdays, Mar.12-Apr.16, 2024

**FEE: \$50 Member -- \$65 General Public**



## Questions?

Contact Ryan Thompson, Sports & Rec Director

Email: [rthompson@ymcaracine.org](mailto:rthompson@ymcaracine.org)



# DANCE & MARTIAL ARTS



## TAI CHI

Tai Chi is a centuries old Chinese martial art that descends from gigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class has physical and mental benefits. If done regularly, it improves muscle tone, flexibility, balance, and coordination. Many older people find that it boosts their energy, stamina, agility, sharpens their reflexes, and gives an overall sense of well-being. Aaron Richie, certified Tai Chi instructor will lead you through an hour long class. Pre-registration is required! Minimum enrollment: 6

- Monday 10:30-11:30am (Riverside Branch)
- Wednesday 10:30-11:30am (Image Management Branch)
- Saturday 9:00-10:00am (Image Management Branch)

## Advanced Canes

- Wednesday 11:45-12:45pm (Image Management Branch)
- Saturday 10:00-11:00am (Image Management Branch)

## MONTHLY FEES: \$25 Member -- \$50 General Public

Fees will be auto drafted the 1st of every month.

PRICES INCLUDE UNLIMITED CLASSES PER WEEK

## JUDO & JUJITSU (Ages: 7 and up)

Leland Roth, our lead instructor, brings 30 years of teaching experience. Beginning students learn the fundamentals of Olympic style Judo and Jujitsu. This includes learning how to fall, throw, pin and Jujitsu (self-defence) techniques. Continuing students can learn advanced Judo and Jujitsu techniques.

**Days:** Tuesdays & Thursdays

**Times:** Beginner: 7:30-8:30pm  
Intermediate/Advanced: 7:00-8:00pm

**Location:** Image Management Family Y Branch

## MONTHLY FEES: \$55 Member -- \$95 General Public

Fees will be auto drafted the 1st of every month.



## INTRO TO BALLET (Ages 4-9)

Intro to Ballet is a NEW program! Dancers will be introduced to fundamental ballet skills and techniques combining music and movement. This class is for beginner and new dancers. For any questions email Hailey at [hhaluska@ymcaracine.org](mailto:hhaluska@ymcaracine.org).

**MONTHLY SESSIONS:**  
Saturdays, starting Feb. 3

**FEE: \$45 Member -- \$75 General Public**

Fees will be auto drafted the 1st of every month.

## TAE KWON DO (Ages 5+)

Tae Kwon Do provides an excellent workout that offers discipline for the mind and body. This progressive program teaches proper techniques, self-defense awareness and practical application.

**Days:** Mondays & Wednesdays

**Times:** 7:00-8:30pm

**Location:** Image Management Family Y Branch

## MONTHLY FEES: \$65 Member -- \$100 General Public

Fees will be auto drafted the 1st of every month.



Introduction to Ballet Class



# SCHOOLS DAY OUT



Looking for a safe place for your child while they are off from school? Bring them to the Y for a fun-filled day with friends! When schools are closed during the school year, we offer full-day childcare from 7:00am-5:30pm at our Image Management Family YMCA branch.

The Schools Day Out program keeps kids busy! Students participate in a variety of activities, including arts & crafts, swimming, group games, gym, outdoor activities and much more.

We provide healthy snacks but children must pack the following daily: a healthy nonperishable lunch, swimsuit, towel, goggles (optional), change of clothes, water bottle, and a backpack. Please label everything! No money for the vending machine, toys/electronics is allowed.

## SAMPLE SCHEDULE

7:00-9:00am | Drop Off & Choice Activities  
9:00-9:30am | Bathrooms & Snack  
9:30-11:30am | Outside To Park  
11:30am-12:00pm | STEM  
12:00-12:30pm | Lunch & Bathrooms  
12:30-1:00pm | Arts & Crafts  
1:00-3:00pm | Swimming  
3:00-3:30pm | Bathrooms & Snack  
3:30-4:30pm | Various Games In Gym  
4:30-5:30pm | Choice Activites & Pick Up

## Schools Day Out Schedule

Friday, Jan. 26, 2024	Monday, Apr. 1, 2024
Monday, Feb. 19, 2024	Tuesday, Apr. 2, 2024
Thursday, Mar. 7, 2024	Wednesday, Apr. 3, 2024
Friday, Mar. 8, 2024	Thursday, Apr. 4, 2024
Wednesday, Mar. 13, 2024	Friday, Apr. 6, 2024
Friday, Mar. 29, 2024	Friday, Apr. 26, 2024
	Friday, May 17, 2024

**For any questions email Hailey  
at [hhaluska@ymcaracine.org](mailto:hhaluska@ymcaracine.org).  
To register, scan the QR code  
below:**



# SUMMER DAY CAMP

June 3 – August 30, 2024

**MONDAY – FRIDAY**  
**6:30am – 5:30pm**

**CAMP LOCATION:**  
**Image Management Family YMCA Branch**  
**8501 Campus Dr.**  
**Mount Pleasant, WI 53406**



**SCAN ME FOR  
REGISTRATION INFO**



**Questions?**  
**Email: [Hhaluska@ymcaracine.org](mailto:Hhaluska@ymcaracine.org)**



# CHILD WATCH

## Drop-In Childcare



Child Watch is available for ages 6 weeks to 12 years. Child Watch is childcare for our members and guests while they use our facilities.

**Please make all payments at the welcome desk prior to drop off.**

### HOURS

**AM:** Monday-Friday 8:00am-12:00pm

Saturday 9:00am-12:00pm

**PM:** Monday-Friday: 4:00pm-8:00pm

#### **Daily Time Limits:**

6 weeks-6 months: **1 hour**

7 months-12 years: **2 hours**

### FEES

Y members **MUST** register for Child Watch. Starting Jan.1, 2024 there will be a \$30 annual household registration fee.

(No additional charges for daily usage.)

**Non-Member Fee:** \$10 per visit



## BIRTHDAY PARTIES ARE BACK



Celebrate at the Y

### SPLASH PARTY - LEISURE POOL/TEEN CENTER

The "Splash Party" includes: Small pool with fountains, Lazy River, Leisure Pool and Water Slide. The slide may only be used by children 48 inches and taller. Your pool party is non-exclusive for a group of 20 children and 5 adults (\$5 additional fee per person). You will have use of your party room (Teen Center) for one hour after your pool time to open presents and serve food/refreshments. Max party size: 40.

**FEE: \$225 MEMBERS / \$325 Non-Member**

### GYM PARTY - GYM/TEEN CENTER

A "Gym Party" will use half of the gym for games planned by the party host. Party host may use the party room (Teen Center) to open presents and serve food/refreshments for one hour after gym use. Party size: 20 children and 5 Adults (\$5 additional fee per person). Max party size: 40.

**FEE: \$225 MEMBERS / \$325 Non-Member**

### TEEN CENTER

Party will be able to use the "Teen Center" room for two hours. The Teen Center includes: Ping-pong table, air hockey, foosball and more! The Teen Center can also be used to open presents and serve food/refreshments. Party size: 20 children and 5 adults (\$5 additional fee per person). Max party size: 40.

**FEE: \$175 MEMBERS / \$225 Non-Member**

ALL PARTY RENTALS MAY BE BOOKED BY  
CONTACTING HAILEY AT  
[HHALUSKA@YMCARACINE.ORG](mailto:HHALUSKA@YMCARACINE.ORG)

PARTIES ARE TYPICALLY BOOKED WEEKS IN  
ADVANCE. PLEASE CONSIDER THIS WHEN  
MAKING YOUR PARTY PLANS

# AQUATICS

## POOL HOURS

MONDAY-FRIDAY 5:00AM-8:30PM  
SATURDAY 6:00AM-4:30PM  
SUNDAY 6:00AM-3:30PM

## FAMILY SWIM HOURS

MONDAY-FRIDAY 3:30PM-8:30PM  
SATURDAY 9:00AM-4:30PM  
SUNDAY 9:00AM-3:30PM

**\*SLIDE WILL BE OPEN THE LAST 15 MINUTES  
OF EVERY HOUR DURING FAMILY SWIM**

## WATER FITNESS CLASSES

### AQUA SPLASH

Fun, shallow waters exercises to improve agility, flexibility, and cardio endurance. No swimming skills required. You will use buoys, noodles & a special kickboard to develop strength, balance and coordination.

### AQUAROBICS

Aerobic exercises, dance movements, cardio conditioning, body isolations with the results being total body conditioning.

### AQUACISE

Reduce the stress on your joints with a great cardio & resistance workout using noodles and buoys to tone and sculpt muscles.

### DEEP WATER AQUACISE

A social deep water fitness class, using flotation belts, water resistance, dumbbells and noodles to give a full body workout.

### DEEP WATER FITNESS

**NO SWIMMING SKILLS NEEDED.** Using flotation belts, participants will work out in zero-impact suspension in the large pool at their own fitness level.

### Questions?

Contact Mathias Werve, Healthy Living Director  
Email: [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org)

## SEA SWIM TEAM

### SEA SWIM TEAM

The next step in your child's swim career! Swimmers refine their strokes, learn how to compete and learn to be a team player. SEA-Y is also dedicated to teaching kids good sportsmanship and fair competition.

### SWIM TEAM TRYOUTS

For more info call Coach Neil at 262.994.3157 or visit the team's website at [www.sea-y.org](http://www.sea-y.org)





Questions?

Email: [rmann@ymcaracine.org](mailto:rmann@ymcaracine.org)

**8  
WEEK  
SESSIONS**

# SWIM LESSONS

Swim lessons provide important life skills that can save lives and benefit you for a lifetime.

## **OUR GROUPS:**

Parent/Child: Ages 0-2

Preschool: Ages 3-5

School Age: Ages 6-13

Diverse Abilities: 3-13

**PRIVATE LESSONS AVAILABLE  
FOR AGES 3+**

Image Management Family YMCA Branch  
8501 Campus Dr. Mount Pleasant, WI 53406  
**\$65 Members -- \$95 General Public**

# "DIVE IN" MOVIE

Disney  
*Tangled*



**1 FLOATY RENTAL PER FAMILY  
INCLUDED DURING THE MOVIE**



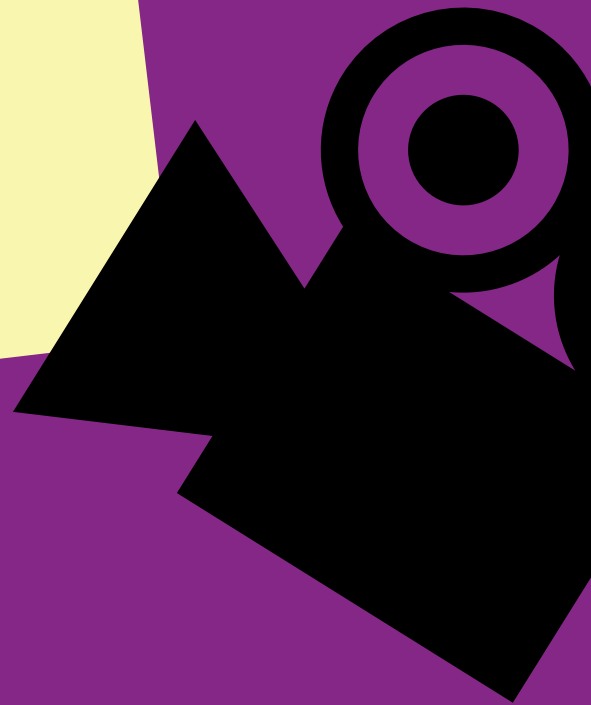
**SWIM,  
SPLASH, AND  
HAVE FUN  
WATCHING A  
MOVIE IN THE  
POOL!**

**TIME:  
5:00-7:00**

**WHEN:  
FEB. 24**

**WHERE:  
IMAGE MANAGEMENT  
FAMILY YMCA BRANCH  
8501 CAMPUS DRIVE  
MOUNT PLEASANT WI 53406**

**PRICE:  
\$20 PER FAMILY OF 4  
OR \$6 PER PERSON**



# HEALTHY LIVING

## PERSONAL TRAINING

### REALIZE YOUR POTENTIAL

By working with a trainer, you will receive instruction and encouragement to push yourself further than you can imagine. Ultimately we hope you can become your own personal trainer, having the confidence and motivation to take charge of your own health and wellbeing. You will love the energy you feel after a great workout with our trainers and the satisfaction of making fitness a priority in your life!

	4 Session Package		8 Session Package		12 Session Package	
	30 Min.	60 Min.	30 Min.	60 Min.	30 Min.	60 Min.
<b>Personal (1:1)</b>	M \$132 GP \$182	M \$265 GP \$365	M \$232 GP \$337	M \$465 GP \$675	M \$305 GP \$442	M \$610 GP \$885
<b>Partner Training (1:2-3)</b>	M \$80 GP \$160	M \$160 GP \$320	M \$140 GP \$217	M \$280 GP \$435	M \$187 GP \$272	M \$375 GP \$545

### SGPT: TRX TRAINING

Get fast, effective total-body workouts with TRX to strengthen your core, improve stability and increase muscular endurance. TRX is a total body resistance exercise that uses a suspension training system, making it possible for you to use your own body weight and gravity for an effective workout. Participants can customize the difficulty of their workout by making simple adjustments to the TRX system. Small group training offers individual attention by a certified personal trainer.

**TRX Fusion:** Monday 8:30-9:30am

Friday 5:00-6:00am

**TRX 30:** Thursday 8:30-9:00am

Fri. 8:00-8:30am

**Monthly Fees: \$60 Members -- \$120 General Public**



### Questions?

Contact Mathias Werve, Healthy Living Director  
Email: [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org)

# COMMUNITY HEALTH



## LOVE YOUR HEART BLOOD PRESSURE SELF MONITORING PROGRAM

The blood pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. With the support from a trained Healthy Heart Ambassador, participants:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

**Location:** Image Management Family YMCA Branch

**Fees: \$40 Members -- \$65 General Public**

**NEW SESSION:** Begins Feb. 26, 2024.

## NATIONAL DIABETES PREVENTION PROGRAM

The National DPP lifestyle change program is an evidence based program focused on helping participants make positive lifestyle changes such as eating healthier, reducing stress and getting more physical activity. Research shows that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing Type 2 diabetes by 58% (71% for people over 60 years old) This is a result of the program helping people lose 5% to 7% of their body weight through healthier eating and 150 minutes of physical activity a week.

- NDPP is a year long program that is delivered in person, online, or through a combination approach. The program includes at least 16 weekly sessions during the first 6 months and at least 6 monthly sessions during the second 6 months.
- The program is taught by trained lifestyle coaches
- The program includes group support
- CDC- recognized program

**Location:** Image Management Family YMCA Branch

**Monthly Fees: \$475 Members -- \$575 General Public**

**NEW SESSION:** Begins Feb.14, 2024.

## PEDALING FOR PARKINSONS

More than one million Americans are living with Parkinson's disease and nearly 60,000 new diagnoses occur each year. There is no known cure and the risk of developing Parkinson's disease increases with age. Pedaling for Parkinson's uses group cycling and support to reduce symptoms in those affected by Parkinson's disease and improves quality of life for patients and their caregivers. YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson's protocol and monitor heart rate and exercise frequency.

### Eligibility Requirements

- Measure and record their blood pressure at least two times per month
- Adults ages 30-75
- Parkinson's disease clinical diagnosis, medical clearance
- YMCA membership is not required

**Location:** Image Management Family YMCA Branch

**Monthly Fees: \$45 Members -- \$90 General Public**

## EXERCISE FOR PARKINSON'S

**Offered through a partnership with Aurora HealthCare.**

Our Exercise for Parkinson's class is designed to help individuals with Parkinson's maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. Participants work with a Physical Therapist and Fitness Specialist.

**Location:** Image Management Family YMCA Branch

**Monthly Fees: \$55 Members -- \$90 General Public**  
(Fees are based on class two times per week)

**Monthly Fees: \$75 Members -- \$100 General Public**  
(Fees are based on class three times per week)

### Questions?

Contact Mathias Werve, Healthy Living Director  
Email: [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org)



**LIVE BETTER  
REDUCE YOUR  
SYMPTOMS**



# COMMUNITY HEALTH

## ENHANCE FITNESS MODIFIED MOVES, MAXIMUM RESULTS

Enhance Fitness is an evidence based group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance and flexibility-everything older adults need to maintain health and function as they age, manage arthritis and reduce the risk of falls.

### Participants have experienced the following changes:

- More Energy
- Better Balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better Sleep

### What participants can expect:

- Classes meet three times each week for 60 minutes
- Stand, sit or hold onto a chair for support
- Focus on strength, flexibility, movement and balance.
- Make friends who support and cheer you on

**Location:** Image Management Family YMCA Branch

**Fees: \$30 Members -- \$60 General Public**

**NEW SESSION:** Begins Mar. 4, 2024.



## TRI-FIT SWIM WORKOUT

Stroke Analysis and technique drills, speed, endurance and efficiency. To join this class participants must be able to complete 25 yards and be safe in deep water. The Y's coaching staff will teach the rest. Great for triathlete and fitness swimmers who are looking for a pool challenge in a team environment.

**Days:** Wednesdays and Fridays

**Times:** 6:00-7:30am

**Location:** Image Management Family YMCA Branch

**Fees: \$25 Members -- \$50 General Public**

**Fees are based on class 1 time per week**

## LIVESTRONG AT THE YMCA

LIVESTRONG is a research-based physical activity and well being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

**NEW SESSION:** Begins Feb. 13, 2024.

**LIVESTRONG®**

**AT THE YMCA**

### Questions?

Contact Mathias Werve, Healthy Living Director

Email: [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org)

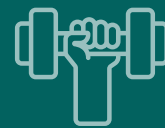
# WE NEED VOLUNTEERS.



Scan me to sign up  
to volunteer at the  
Racine Family YMCA



# GROUP FITNESS



## GROUP FITNESS SCHEDULES

Our group fitness schedule is available on our website at [ymcaracine.org/schedules](http://ymcaracine.org/schedules), on our MotionVibe site at [ymcaracine.motionvibe.com](http://ymcaracine.motionvibe.com) and our Racine Family YMCA app.

## RESERVATIONS:

Group fitness classes are for YMCA members age 14 and older (members under 18 must be accompanied by an adult). Reservations are required for our group fitness classes. Reserve your spot 7 days in advance through the MotionVibe site or on our Y mobile app.

## GROUP FITNESS "LIVE"

### ACTIVE OLDER ADULT CLASSES

Senior classes are fun and challenging. These low-intensity exercise classes are specifically designed to improve overall health with a good workout. Benefits: Muscular Strength, Cardiovascular Endurance, Balance, Flexibility, Mobility and Focus.

## CARDIO AND DANCE CLASSES

Cardio classes are fun and challenging workouts. These low, medium, and high intensity exercise classes are specifically designed for cardiovascular conditioning. Benefits: Coordination, Flexibility, Balance, Focus and Endurance.

## CYCLING CLASSES

Cycling classes are exciting and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to build cardiovascular strength and endurance. Benefits: Increased Strength, Speed, Power and Endurance.

## PILATES & CORE CLASSES

Pilates and Core classes are energizing and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to work all major muscles in the body. Benefits: Improved Flexibility and Increased Balance.

## STRENGTH AND CONDITIONING CLASSES

Strength and Conditioning classes are fun and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to target the entire body utilizing a variety of traditional, functional and strength training tools. Benefits: Muscular Strength, Endurance, Cardiovascular Conditioning and Functional Fitness.

## WATER EXERCISE CLASSES

Water Fitness classes are fun and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to be low impact and ideal for all fitness levels. Non-swimmers are welcome. Benefits: Improved Cardiovascular Endurance, Muscle Conditioning, Muscle Toning and Full Body Workout.

## YOGA & FLEXIBILITY CLASSES

Yoga and Flexibility classes are fun and challenging workouts. These low-intensity exercise classes are specifically designed to include a variety of non impact fitness options for all levels. Benefits: Improved Flexibility, Balance, Focus and Muscle Strengthening.

## BODYPUMP (LESMILLS)

Get toned, lean and fit with this total body workout, suitable for everyone.

## BODY COMBAT (LESMILLS)

Power your way to total fitness with this martial arts inspired workout. Available in 30 and 60 minute classes.

# LESMILLS

**Min. 6 participants for each class.**

**All participants must pre-register on our MotionVibe App**

## Questions?

Contact Angela Pedraza, Healthy Living Coordinator  
Email: [apedraza@ymcaracine.org](mailto:apedraza@ymcaracine.org)

# GEORGE BRAY NEIGHBORHOOD Y BRANCH



## FACILITY HOURS

MONDAY-THURSDAY 8:00AM-6:00PM  
FRIDAY 9:00AM-12:30PM  
SAT.-SUN. RENTALS ONLY

**924 Center St. Racine WI, 53403**



YLA at Knapp Elementary

### Questions?

Contact Quincy Harrison, Center Director  
Email: [qharrison@ymcaracine.org](mailto:qharrison@ymcaracine.org)

### **YOUNG LEADERS ACADEMY (YLA)**

Young Leaders Academy is the Y's after school academic support and development program for children in 2nd-12th grade. YLA offers homework assistance, tutoring, leadership group sessions and activities. School Achiever programming takes place at Knapp and Julian Thomas Elementary Schools. This program runs Monday-Thursday when school is in session. YLA consists of three age-appropriate components: School Achievers for grades 2-5, Young Achievers for grades 6-8 and Teen Achievers for grades 9-12.

### **YOUNG AND TEEN ACHIEVER PROGRAMS**

Young and Teen Achievers take place at the George Bray Neighborhood Y Branch.

#### Young Achievers

Meets Mondays & Wednesdays.

#### Teen Achievers

Meets Tuesdays & Thursdays.

### **OPEN GYM HOURS**

**Adult Basketball:** Monday, Wednesday, Friday:

9:00am-12:30pm

**Youth Basketball:** Monday-Thursday: 3:00pm-6:00pm

### **DAILY MEAL PROGRAMS**

Free meals are served to the community Monday-Thursday. Meals are served from 4:00-6:00pm out of the George Bray Neighborhood YMCA Branch.

### **FACILITY RENTALS**

The George Bray Neighborhood Y Branch is available for rentals. The rental includes the use of a commercial kitchen and gymnasium. If you are interested in renting our space please contact Tanya at [twilliams@ymcaracine.org](mailto:twilliams@ymcaracine.org).

### **MOVIE EVENT**

Join us at the George Bray Neighborhood YMCA for a daytime movie showing of 'SPACE JAM' - A New Legacy. Doors will open at 1030am.

TIME: Mar. 2, 11AM-1PM

**FEE: \$3 Member -- \$5 General Public**

**The George Bray Neighborhood Y Branch offers a safe place for children and families to interact for fun, games, educational activities and leadership programs.**

# MOTIONVIBE APP AND RESERVATIONS



## RESERVATIONS CAN BE MADE FOR:

- Child Watch
- Group Fitness classes

All gym schedules and other schedules can be found at [www.ymcaracine.org/schedule](http://www.ymcaracine.org/schedule).

## STEPS TO CREATE AN ACCOUNT

1. Enter your First Name, Last Name, the barcode on the back of your membership card
2. Create a Username and Password
3. Enter your Birthdate, Email address and choose **Racine Family YMCA**
4. Choose the activity schedule you want and you will see the schedule for the week
5. You will get a reminder email 2 hours prior to your reserved time.

**PLEASE UNRESERVE your time to allow others on the waitlist to attend if you cannot attend**

## What does the MotionVibe app do?

- Make your online reservations
- View up to date schedules
- Scan your barcode to scan into the Y
- Check-in for your reservation



KIND HEAL  
FUTURE STRONG  
EVERYONE WELCOME  
COMMUNITY  
PLAY GROW  
FIT FRIENDS  
THRIVE GOALS  
CONNECT  
LEARN FUN  
YOU CARING  
FOR ALL

THERE'S A Y  
IN EVERY  
FAMILY  
Join ours today!

# YOUR GIFT YOUR IMPACT



DONATE HERE:



YOUR DONATION CHANGES LIVES.

## 2023 IMPACT SNAPSHOT



**1,785**

young athletes  
learned teamwork  
and stayed active in  
youth sports



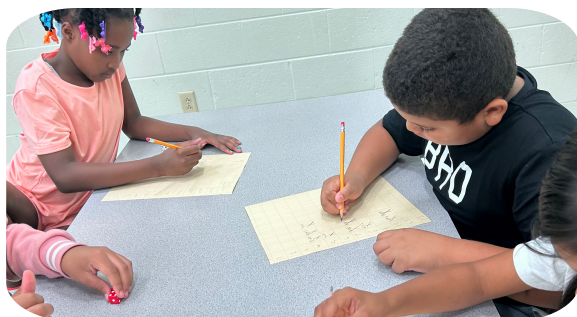
**6,000+**

healthy snacks were  
provided to kids in  
our 12-week Summer  
Day Camp Program



**221,765**

member visits in the  
last year



**250**

youth and families served through  
different programs at the George  
Bray Neighborhood Y Branch



**5,944**

seniors stayed active and  
healthy each month with YMCA  
memberships/programs