

ENERGIZE NEW SUCCESSES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RACINE FAMILY YMCA Winter Offerings

SPORTS

Let's Kick It – Instructional Soccer (3-11)

IMAGE MANAGEMENT FAMILY YMCA

Each session includes 45 minutes of skill-building drills focused on the fundamentals of soccer, such as dribbling, passing, and shooting. After drills, players will participate in a 15-minute scrimmage, allowing them to apply their new skills in a fun, game-like setting.

Instructional Volleyball (8-16)

IMAGE MANAGEMENT FAMILY YMCA

Participants will develop essential skills like serving, passing, setting, and spiking through engaging drills, practice games, and skill-building exercises. Our experienced coaches provide personalized instruction to help each player improve their techniques, build confidence, and understand game strategies.

Wiffle Ball League (6-13)

IMAGE MANAGEMENT FAMILY YMCA

This league focuses on fundamentals like batting, throwing, and fielding, making it ideal for players of all experience levels. With friendly competition and an emphasis on teamwork and sportsmanship, players will develop their skills, stay active, and connect with new friends!

Winter Sports Camp (7-13)

IMAGE MANAGEMENT FAMILY YMCA

The Sports of All Sorts Winter Break Camp offers kids a chance to stay active and improve their skills in a variety of indoor sports. This fast-paced, technique-oriented camp combines skill-building drills with fun, structured gameplay, providing an engaging way for kids to learn new sports and enjoy exercise in a supportive environment.

Youth Soccer Skills (9-14)

GEORGE BRAY NEIGHBORHOOD YMCA

Designed for players of all levels, our Youth Soccer Skills program focuses on building core skills like dribbling, passing, shooting, and defending. With guidance from experienced coaches, participants will grow their confidence, improve techniques, and have fun!

Explore new opportunities to learn, explore, play, and thrive. Visit our website for a complete list of offerings, including dates and times.

Adult Futsal (21+)

GEORGE BRAY NEIGHBORHOOD YMCA

The Bray Center's Drop-in Futsal program invites adults (21+) to enjoy futsal in a relaxed, community-focused setting. With a format of informal 4v4 or 5v5 games (no goalies, using PUGG goals), players can join in friendly matches that promote fitness, skill-building, and social connections. Teams are formed weekly based on attendance. Please wear indoor shoes with non-marking soles.

YOUTH & FAMILY

School Days Out (5-12)

IMAGE MANAGEMENT FAMILY YMCA

The Racine Family YMCA offers safe, quality care for your child when their school is closed. Join us at School Days Out for a fun-filled day of activities including games, sports, swimming arts & crafts, and so much more!

Intro to Tumbling (1.5-6)

IMAGE MANAGEMENT FAMILY YMCA

This program is all about building confidence and skills! Kids will explore basic tumbling moves like rolls, jumps, and balances in a fun, encouraging environment. Through plenty of movement and games, they'll develop strength, coordination, and body awareness—all while having a blast!

SCAN TO SIGN UP FOR CLASSES >>

YMCARACINE.ORG



Homeschool Gym Class (4-13)

IMAGE MANAGEMENT FAMILY YMCA

Each week, participants will dive into a different sport-like soccer, basketball, and more—designed to build teamwork, coordination, and a love for staying active. This program is a great way to stay healthy, make friends, and explore new skills!

Summer Day Camp (5-12)

IMAGE MANAGEMENT FAMILY YMCA

Make this summer unforgettable at our Summer Day Camp! Campers will enjoy weekly field trips, daily activities like crafts and games, weekly swimming, and so much more. With a variety of fun and engaging experiences, this camp is perfect for making new friends, staying active, and creating lasting memories!

REGISTRATION OPENS DECEMBER 15!

Intro to Art Class (5-12)

IMAGE MANAGEMENT FAMILY YMCA

Explore your creativity in our Intro to Art class! Each week, participants will work with a different artistic medium, from painting and drawing to sculpture and more. This class encourages self-expression and skill development in a fun, supportive environment—perfect for budding artists of all levels!

AQUATICS

Swim Lessons (All Ages)

IMAGE MANAGEMENT FAMILY YMCA

Learn essential swimming skills and water safety with Swim Lessons! Open to all ages and abilities, this program helps participants build confidence and improve technique with guidance from certified instructors.

Tri-Fit Swim Workout (16+)

IMAGE MANAGEMENT FAMILY YMCA

Improve your endurance, technique, and overall fitness with our Tri-Fit Swim Workout. Designed for swimmers of all levels, this program combines interval training and drills to enhance speed, strength, and stamina in the water.

MARTIAL ARTS

Judo & Jujitsu (7+)

IMAGE MANAGEMENT FAMILY YMCA

Beginning students learn the fundamentals of Olympic-style Judo & Jujitsu. This includes learning how to fall, throw, pin, and Jujitsu (self-defense) techniques. Continuing students can learn advanced Judo and Jujitsu techniques.

Tai Chi (16+)

IMAGE MANAGEMENT FAMILY YMCA

Discover balance and relaxation with our Tai Chi program. This class combines gentle movements with breathing techniques to improve flexibility, strength, and mindfulness.

LOCATIONS

IMAGE MANAGEMENT FAMILY YMCA BRANCH

8501 Campus Dr. | Mount Pleasant, WI 53406 | 262-898-4551

GEORGE BRAY NEIGHBORHOOD YMCA BRANCH

924 Center St. | Racine, WI 53403 | 262-898-4757



Tae Kwon Do (5+)

IMAGE MANAGEMENT FAMILY YMCA

Our Tae Kwon Do program offers participants of all skill levels the opportunity to learn this traditional martial art in a structured, supportive environment. Classes focus on developing self-discipline, physical fitness, and confidence through techniques in kicking, striking, and forms. Guided by experienced instructors, participants will build strength and coordination, and gain self-defense skills.

HEALTHY LIVING

Diabetes Prevention Program (18+)

IMAGE MANAGEMENT FAMILY YMCA

The Diabetes Prevention 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.

Exercise for Parkinson's (18+)

IMAGE MANAGEMENT FAMILY YMCA

Our Exercise for Parkinson's class is designed to help individuals with Parkinson's maintain an active and healthy lifestyle.

Speed & Agility Training (13-17)

IMAGE MANAGEMENT FAMILY YMCA

Boost athletic performance with our Youth Speed and Agility Training program! Designed for young athletes, this program focuses on improving speed, coordination, balance, and overall athleticism through targeted drills and exercises. Perfect for all sports and skill levels, participants will build confidence and enhance their physical abilities in a supportive environment.

Enhance@Fitness (18+)

IMAGE MANAGEMENT FAMILY YMCA

This evidence-based group exercise program helps older adults of all fitness levels become more active, energized, and empowered to sustain independent lives. EnhanceFitness 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.

Interested in one of our Healthy Living programs? Email our Healthy Living Director at mwerve@ymcaracine.org.