

# EXPLORE NEW POSSIBILITIES



RACINE FAMILY YMCA

## Spring 2 Offerings

### SPORTS

#### Instructional Volleyball (8-16)

IMAGE MANAGEMENT FAMILY YMCA

Our Youth Instructional Volleyball program is designed to introduce players to the fundamentals of the game in a fun and supportive environment. Participants will learn basic skills like serving, passing, setting, and teamwork through engaging drills and game play.

#### Let's Kick It Soccer (3-11)

IMAGE MANAGEMENT FAMILY YMCA & GEORGE BRAY YMCA

The Racine Family YMCA is proud to partner with three experienced local soccer coaches—bringing over 30 years of combined coaching expertise—to offer your family three dynamic levels of soccer development.

#### Youth Soccer League (4-13)

IMAGE MANAGEMENT FAMILY YMCA

Build skills and have fun this summer! Led by experienced coach Oscar Toscano, players will practice once a week and compete in six league games. Team shirts are provided. Shin guards and plastic cleats required—no metal cleats allowed.

#### Youth Dodgeball League (6-10)

IMAGE MANAGEMENT FAMILY YMCA

Duck, dive, and dodge your way into Friday night fun! Our Youth Dodgeball League is a high-energy program that combines exciting gameplay with great exercise. Kids will build teamwork, agility, and sportsmanship—all while having a blast. It's the perfect way to stay active and make new friends.

#### Instructional Pickleball (6-14)

IMAGE MANAGEMENT FAMILY YMCA

Perfect for kids who are new to the game, this fun and engaging class teaches the fundamentals of pickleball—including rules, basic techniques, and game play.

#### Adult Pickleball Scramble (40+)

IMAGE MANAGEMENT FAMILY YMCA

Looking for a more competitive and fast-paced pickleball experience? The Adult Pickleball Scramble is perfect for players seeking challenge and fun on the court. Open to players age 40+ and rated 3.0 and above.

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

#### Ray's Basketball Bootcamp (7-13)

GEORGE BRAY YMCA

Learn the game from a proven leader! Coach Ray blends old-school fundamentals with a focus on teamwork, skill-building, and player growth. Perfect for youth looking to level up on and off the court.

### YOUTH & FAMILY

#### Intro to Tumbling (1-6)

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!

#### Intro to Hip-Hop (4-13)

IMAGE MANAGEMENT FAMILY YMCA

Get ready to move and groove! This high-energy class teaches hip-hop basics in a fun, beginner-friendly setting. Dancers will build confidence, improve coordination, and learn a full routine by the end of the session. No experience needed—just bring your energy!

SCAN TO SIGN UP FOR CLASSES >>

YMCARACINE.ORG



## SUMMER CAMP

### 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!

### YLA Summer Session (5-12)

GEORGE BRAY YMCA | CARTHAGE COLLEGE

Our six-week Summer Session for students entering Grades 3-8 helps reverse summer learning loss through daily classroom instruction in core subjects, fun enrichment activities, service learning projects, and educational field trips.

## AQUATICS

### Tri-Fit Swim Workout (16+)

IMAGE MANAGEMENT FAMILY YMCA

Improve your endurance, technique, and overall fitness with our TriFit 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 (selfdefense) 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.

### 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

### 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.

### TRX (16+)

IMAGE MANAGEMENT FAMILY YMCA

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.



## 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