

EXPLORE NEW POSSIBILITIES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RACINE FAMILY YMCA Spring 1 Offerings

SPORTS

Youth Basketball League (4-13)

IMAGE MANAGEMENT FAMILY YMCA

Our Youth Basketball league will give your child the opportunity to develop fundamentals through coaching and game play. Our goal is to provide children with the proper fundamentals and techniques to grow as a basketball player and teammate.

Instructional Basketball (4-12)

IMAGE MANAGEMENT FAMILY YMCA

Through a combination of skill-building drills, participants will develop their shooting, dribbling, passing, and defensive techniques. Our experienced coaches provide personalized instruction to help each child improve their skills, boost their confidence, and foster a love for the game.

Youth Flag Football League (4-13)

IMAGE MANAGEMENT FAMILY YMCA

Develop and grow as athletes. Learn foundational football skills and teamwork. Forge new friendships and learn values that can be used on and off the field.

Instructional Flag Football (4-12)

IMAGE MANAGEMENT FAMILY YMCA

Develop and grow as athletes. Learn foundational football skills and teamwork. Forge new friendships and learn values that can be used on and off the field.

YOUTH & FAMILY

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!

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

Spring Break Camp (5-12)

IMAGE MANAGEMENT FAMILY YMCA

Our Spring Break Camp is packed with exciting activities to keep kids active, creative, and engaged! Campers will enjoy swimming, hands-on STEM projects, creative crafts, games, and more—plus a special field trip to make the week even more memorable.

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!

Homeschool Gym (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!

SCAN TO SIGN UP FOR CLASSES >>>

YMCARACINE.ORG



AQUATICS

Swimming 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 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

RIVERSIDE YMCA BRANCH

141 Main St. | Racine, WI 53403 | 262-898-4760