



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RACINE FAMILY YMCA

Fall 1 2022 Program Brochure

BRANCH LOCATIONS

MOUNT PLEASANT BRANCH
8501 CAMPUS DRIVE
MOUNT PLEASANT, WI 53406

RIVERSIDE BRANCH
141 MAIN STREET
(enter on State Street)
RACINE, WI 53403

**GEORGE BRAY
NEIGHBORHOOD BRANCH**
924 CENTER STREET
RACINE, WI 53403

FAMILY SERVICE BRANCH
420 SEVENTH STREET
RACINE, WI 53403

NO JOINING FEE!

Join now and only pay the monthly fee

RIVERSIDE 24/7

Begins Tuesday, Sept 6th

SEE DETAILS INSIDE



Fall 1

September 6-October 24, 2022

262•634•1994

www.ymcaracine.org

Fall 2

October 25-December 19, 2022

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BUILDING HOURS

Day of Week	MT. PLEASANT	BRAY	FAMILY SERVICES
Monday-Thursday	5:00am-8:00pm	10:00am-6:00pm	**9:00am-8:00pm
Friday	5:00am-8:00pm	10:00am-6:00pm	**9:00am-3:00pm
Saturday	6:00am-4:00pm	RENTALS ONLY	CLOSED
Sunday	6:00am-2:00pm	CLOSED	CLOSED
RIVERSIDE	OPEN 24/7 BEGINNING SEPTEMBER 6, 2022		

****Family Service Clinic open BY APPOINTMENT ONLY. ****
For more information call 262.898.1001.

The Racine Family YMCA is closed Labor Day, Thanksgiving, Christmas Day, New Year's Day, Easter Sunday, Memorial Day and the 4th of July

CHILD WATCH • PRIME TIME

Available for children ages 6 weeks and up, Child Watch/Prime Time is drop-in babysitting for our members and guests while they use the facility.
CHILD WATCH/PRIME TIME IS FREE TO OUR MEMBERS.

CHILD WATCH HOURS - Mount Pleasant Branch

Monday-Friday	9:00am - 12:00pm
Monday-Friday	4:00pm - 7:00pm
Saturday	9:00am - 12:00pm

PRIME TIME HOURS - Mount Pleasant Branch

For Children 5 years and above

Monday-Friday	5:00pm - 7:00pm
Saturday	9:00am - 12:00pm

Free for Members/\$5 per hour General Public

Note: 3 hour time limit

Space is limited, advance reservation recommended.
Reservations can be made at ymcaracine.motionvibe.com.
Drop ins are welcome based on capacity.

FALL I REGISTRATION DATES

Members: Friday, August 12
General Public: Monday, August 15
CLASSES BEGIN TUESDAY, SEPTEMBER 6

FALL II REGISTRATION DATES

Members: Friday, October 14
General Public: Monday, October 17
CLASSES BEGIN TUESDAY, OCTOBER 25

WAYS TO REGISTER

IN PERSON: Register at our MOUNT PLEASANT or RIVERSIDE branch locations

BY PHONE: Call 262.634.1994 (credit card only). Card must be saved to your account. We accept MasterCard, VISA and Discover

ONLINE: Scan the QR code or visit us at ymcaracine.org and click on 'REGISTER ONLINE.'



MEMBERSHIP RATES

Membership Type	Monthly Draft	Join Fee
Youth 18 & Under	\$19	\$29
College Full Time (ID Required)	\$28	\$49
Gateway Full Time (ID Required)	\$11.50	\$0
Single Adult 19 to 61	\$49.50	\$99
2 Adult Household	\$63	\$99
1 Adult Household with Children	\$63	\$99
2 Adult Household with Children	\$76.50	\$99
3 Adult Household with Children	\$89	\$99
Senior Individual 62 or older	\$44.50	\$99
2 Senior Household one being 62+	\$58	\$99

The Racine Family offers corporate membership rates to qualifying companies. Ask the Welcome Center for details. Annual/Cash payments are accepted.

Rates subject to change.

Our Membership cancellation policies can be found online or may be requested at our Welcome Center.

WELCOME TO MOTIONVIBE

MotionVibe is our platform for scanning into the Y, making reservations and checking schedules.

RESERVATIONS CAN BE MADE FOR:

Child Watch and Prime Time

Court Times: Adult hoops, Family hoops, Pickle ball and Group Fitness classes

Swimming Pool: Adult swim, Family swim, Lap swim and the Current channel

All gym schedules and other schedules can be found at 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, and Customer ID.
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. If you cannot attend:

PLEASE UNRESERVE your time to allow others on the waitlist to attend as follows:

- Go to the top row menu and select the profile button with your name
- This will bring up your registered activities
- Click the "Unregister" button
- If you are on the waitlist, watch your email for notification that you that you have been moved into a spot

NOW AVAILABLE: MOTIONVIBE MOBILE APP

What does the MotionVibe mobile app do?

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



TO DOWNLOAD THE MOTIONVIBE MOBILE APP:

1. On your phone, search for **Racine Family YMCA** in Apple Store or Google Play
2. Download and Open App
3. Allow notifications to receive confirmation of your reservation, information about class or schedule changes and branch-related notifications
4. Enter your current MotionVibe username and password or sign up for an account

More information is available online at ymcaracine.motionvibe.com

**NEW OR FORMER
MEMBER? NOW
IS THE PERFECT
TIME TO JOIN!**

**MEMBERSHIPS ALSO
MAKE GREAT BIRTHDAY
AND HOLIDAY GIFTS!**

**\$0
JOIN
FEE**

**NOW
THROUGH
DEC 31ST**

RACINE FAMILY YMCA

**STOP BY OUR
WELCOME DESK OR CALL
262.634.1994**

**MENTION PROMO CODE
#LETSGETHEALTHY2022**



RIVERSIDE 24/7

Want 24/7 access to health and wellness?

Beginning Tuesday, September 6th, the Racine Family YMCA is launching a new membership add-on that offers **24/7**, year-round access to our Riverside Branch to our active adult members!



How it Works:

- For a \$10 yearly fee, adult members 18 and over can enroll for **24/7** Wellness Center access at our Riverside Branch at 141 Main Street, Racine. This branch is protected by our advanced security system.
- Members can enroll at the Riverside or Mount Pleasant branch Welcome Desks. Members will be required to sign a waiver. Approved members' Membership Cards will be activated to serve as their unique after-hours access key to the facility. To enter, scan your Membership Card to enter the building.
- **24/7** access is for Racine Family YMCA members only. It is not available for group memberships, state or nationwide reciprocity.
- **24/7** access is available at all times the facility is closed, including holidays. During normal Racine Family YMCA business hours you will be required to access the facility through the main doors. Upon closing, you use the main entrance using your programmed Membership card.
- Members with **24/7** access must not allow access to others, even if the individual is a Racine Family YMCA member or someone known and trusted. Granting access to another individual will result in termination of **24/7** access and potential termination of Y membership. Any access to the Riverside Branch after hours without approved 24/7 membership will be considered a trespass.

For more information about 24/7 access, please stop by one of our Welcome Desks, call us at 262.634.1994, scan the QR code or visit our [Riverside 24/7 Access](https://www.ymcaracine.org) page at [ymcaracine.org](https://www.ymcaracine.org).

YMCA Y360

Transforming Spirit, Mind and Body 24/7

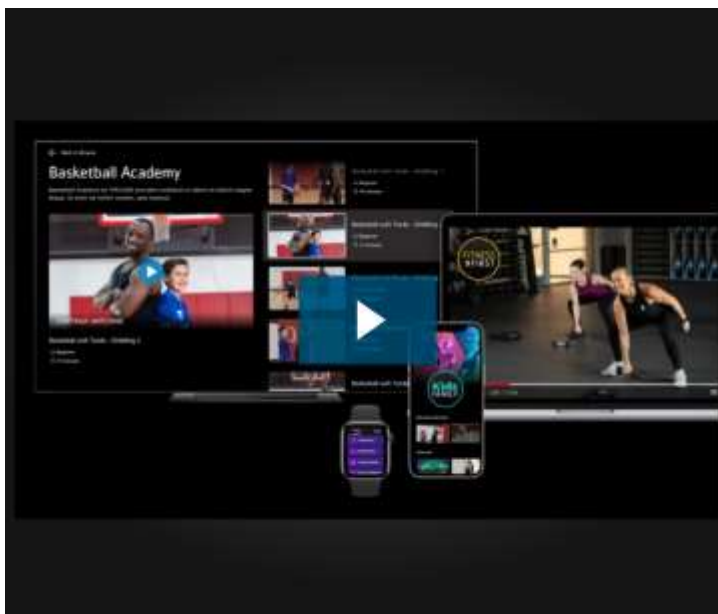
Experience the Y like never before!

Onsite, at home or on the road, experience the best of the Racine Family YMCA and national YMCA instructors online with Y360 . More than 500 programs to click through to fit needs and interests, for children, families, adults and mature adults. Programs include fitness, cooking, arts and crafts, even math!

More content, including ["Kickin It With the Y,"](#) the Racine Family YMCA's podcast series, is added on a regular basis.

YMCA Y360 is an on demand program that will allow Racine Family YMCA members to customize their health and fitness journeys to their lifestyle. There's truly something for everyone, all age and skill level with YMCA Y360!

YMCA 360 videos run from seven to thirty minutes in length and will be literally a click away. You'll be able to take the Y with you anywhere—on vacation,



**Healthy Living for all.
On all screens.**

From yoga to youth sports, enjoy our exclusive collection of on-demand and livestream classes, on all your devices in cinematic 4K. Experience YMCA360, wherever you are and whenever you want, and experience healthy living for all.

HAVE QUESTIONS?

Our Welcome Desk staff are available to answer your questions about lessons and programs.

AQUATIC PROGRAMS

Welcome to our Fall Session of the YMCA's Aquatic Programs

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

7 Week Session (1x per wk) 8 week session (1x per wk)

Fall I: September 6 - October 24 Fall II: Schedule TBD

REGISTER BY SEPT 1 AND
RECEIVE \$5 OFF

Member Registration:
Wednesday, August 17

Member Registration:
TBD

General Public Registration:
Monday, August 22

General Public Registration:
TBD

Members: \$61.00
General Public: \$89.00

Members: \$69.00
General Public: \$101.00

No classes Thanksgiving Day, Thursday, November 24

If there are fewer than three children registered, class can be held only if the participants are willing to pay the semi-private fee. Whenever possible, classes will be combined to accommodate your preferred schedule. Students must have swim teacher's approval to move up to the next level. Classes are not pro-rated. Swim class make-ups are for medical reasons only.

PARENT/TODDLER LESSONS (Ages 6-36 months)

Introductory swimming skills and safety precautions. Location: Instructional and Lap Pools. Water comfort and swimming skills taught through a variety of fun activities. Parents and children will be guided through preparing them for classes without the aid of a parent.



PRESCHOOL SWIM LESSONS (Ages 3-5 years)

Location: Instructional and Lap Pools. This program offers children their first experience in the pool without a parent, made possible through a variety of fun activities and games. Classes provide a step-by-step progression of swimming and water safety without the aid of a flotation device, designed to adequately prepare your child for the youth program. Student/Instructor ratio will not exceed 6 to 1. All preschool classes are 30 minutes in length.

SCHOOL AGE SWIM LESSONS (Ages 6-12 years)

Location: Lap Pool - Children learn the fundamentals of swimming and water safety with increased stroke development and endurance as levels increase. Classes will not exceed an 8 to 1 student/instructor ratio. All classes are 45 minutes in length and taught in the Lap Pool. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Stage 1, which has no prerequisite.



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

QUESTIONS?

Contact the Welcome Desk for details on swim lessons at 262.898.4551 or email frontdesksa@ymcaracine.org.

AQUATICS (continued)

TEEN/ADULT SWIM LESSONS (Ages 13 & Older)

Classes for those who want to learn how to swim and for those who want to improve their stroke efficiency and endurance.

BEGINNER

A class designed for adults and teens who have never swum before or are picking up after a long time out of the water

STROKE DEVELOPMENT

A class designed to develop basic stroke for new swimmers or those getting back into swimming after a long time away.

CLASE DE NATACION EN ESPAÑOL

Clase para los que quieren aprenda a nadar por primera vez. Clase para los que quieren mejorar su manera de nadar para tener mas fuerza nadando y nadar mas eficiente.

SEMI-PRIVATE AND PRIVATE SWIM LESSONS

Private or semi-private swim lessons allow the participant to work at a personalized level to achieve swim goals and are a good way to help swimmers focus on a particular skill or to help overcome a fear of the water. **To schedule semi- and private lessons, stop by the Welcome Desk or contact our Aquatic Coordinators at 262.898.4559.**

SEMI-PRIVATE SWIM LESSONS

2:1 ratio. Instructor will teach 2 swimmers for 30 minutes per lesson
6 lessons: \$80 Members/\$110 General Public

PRIVATE SWIM LESSONS

1:1 ratio. Instructor will teach 1 swimmer for 30 minutes per lesson
3 lessons: \$65 Members/\$90 General Public
6 lessons: \$110 Members/\$140 General Public



**PLEASE WATCH OUR WEBSITE
AND FACEBOOK PAGE
FOR UPDATES!**

EDUCATION

The Racine Family YMCA is a leader in providing up-to-date training and certification through the American Red Cross. We regularly offer certification and challenge courses in Lifeguard Training, CPR/AED and First Aid at our Sealed Air Branch.

CPR & AED TRAINING

Learn a lifesaving skill that could save a friend, family member, co-worker or neighbor. We use the American Red Cross CPR for the professional rescuer course. We will teach you the skills, knowledge and confidence to perform CPR and use an AED.



CPR & AED Full Course

Sunday, September 25	7:00am-12:00pm
Sunday, October 23	7:00am-12:00pm
Sunday, November 27	7:00am-12:00pm
Sunday, December 18	7:00am-12:00pm

\$150 Members/\$200 General Public

RED CROSS LIFEGUARD TRAINING

Blended learning training for lifeguarding, using online and in-person sessions. Registration closes 1 week prior to the start of the class. For more pricing information, please contact our Aquatics Coordinators at 262.898.4559. **Registration closes one week prior to the start of the class.**

RED CROSS LIFEGUARD Course

August 22-26	4:00-8:00pm
September 19-23	4:00-8:00pm
October 24-28	4:00-8:00pm
November 21-25	4:00-8:00pm
December 12-16	4:00-8:00pm

THE YMCA'S SWIM TEAM

The next step in your child's swim career! SEA's Mission is to empower the youth of Southeastern Wisconsin in a safe and supportive environment to be champions in life through excellence in swimming.

Fall & Winter Tryouts

Swim team tryouts will be held Monday, September 19, 5:00-6:00pm at the Mount Pleasant Branch
Stop in any time!

The first day of practice for the fall and winter season is Tuesday, September 20. The last practice will take place on Friday, March 17.

Returning family registration opens Monday, August 22.

For more info contact Coach Neil
Phone: 262.994.3157
Email: south.eastern.aquatics@gmail.com
Team website: www.sea-y.org



YOUTH/ADULT SPORTS

CHARACTER FIRST, COMPETITION SECOND

The youth sports program at the Y has four goals regardless of the skill level of each child: skill improvement, knowledge growth, character development and most importantly FUN! An instructional program focused on giving children an equal opportunity to improve game fundamentals, game knowledge, sportsmanship, teamwork and appropriate competition. Levels may be combined or divided based on enrollment.

YOUTH BASKETBALL LEAGUE

The Youth Basketball league will give your child the opportunity to develop tactics and fundamentals through coaching and game play. Games are held Saturdays for **Sophomore, Junior and Senior** divisions. Come join the fun! All athletes will receive a team t-shirt.

Mites and Mighty Mites will meet on Sunday 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 basketball players and teammates.

Fall league starts November 5/6 and runs through December 17/18. No games the weekend after Thanksgiving. Times to be announced.

PROGRAM INFORMATION

Season: November 5/6–December 17/18

Registration: September 1–November 1

Days: Friday and Saturday

Games: [Mount Pleasant Branch](#)

Fees: \$60 Member/\$80 General Public

COED DIVISION

Mites: Pre-Kindergarten – Kindergarten

Mighty Mites: 1st and 2nd Grade

Sophomores: 3rd and 4th Grade

Juniors: 5th and 6th Grade

Seniors: 7th and 8th Grade

INSTRUCTIONAL BASKETBALL CLASS

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.

PROGRAM INFORMATION

Session: October 11– November 8

Registration: September 1–November 1

Days: Tuesday evenings

Ages 4–7: 6:00–6:45 pm

Ages 8–12: 7:00–7:45 pm

Location: [Mount Pleasant Branch](#)

Fees: \$60 Member/\$80 General Public

Register by September 1–15 and SAVE \$5.00!

Visit [ymcaracine.org](#) to register on September 1st.

YOUTH OUTDOOR FLAG FOOTBALL LEAGUE

September 11–October 23, 2022

The YMCA Flag Football League is designed to introduce boys and girls 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.

Season: September 11–October 23

Registration: August 1–31

Days: Sundays

Games: [Mount Pleasant Branch](#)

Fees: \$60 Member/\$80 General Public

COED DIVISIONS & SUNDAY GAME TIMES (approximate)

Mites: Pre-Kindergarten–Kindergarten (8:00–9:00am)

Mighty Mites: 1st and 2nd Grade (9:00–11:45am)

Sophomores: 3rd and 4th Grade (11:45am–1:00pm)

Juniors: 5th and 6th Grade (After 12 Noon until 3:00pm)

Seniors: 7th and 8th Grade (After 12 Noon until 3:00pm)

Register by August 1–15 and SAVE \$5.00!

Visit [ymcaracine.org](#) to register.



Please note: Athletes may be required to wear masks while playing, spectators may be limited and league format may be adapted based on changing COVID-19 restrictions at the local, state and national levels.

QUESTIONS? Contact Ryan Thompson

262.898.4751

rthompson@ymcaracine.org

MORE YOUTH/ADULT SPORTS

TAE KWON DO

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. For ages 5 and up.

Location: Mount Pleasant Branch

Days: Monday and Wednesday

Times: 7:00-8:30pm

Monthly Fee: \$50 Members/\$75 General Public

Each additional family member:

Monthly Fee: \$30 Member/\$45 General Public

Fees will be automatically drafted on the same date every month.

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.

Location: Mount Pleasant Branch

Days: Tuesday and Thursday

Beginner: 7:00-8:30pm

Intermediate/Advanced: 7:00-8:00pm

Monthly Fee: \$40 Members/\$55 General Public

Each additional family member:

Monthly Fee: \$22 Member/\$30 General Public

Fees will be automatically drafted on the same date every month.

ADULT CO-ED VOLLEYBALL LEAGUE

Are you ready to relieve some stress and expend some energy? Join the YMCA for our recreationally Competitive **Thursday night** league! The team with the best record will receive a team trophy.

Season: October 6-November 17

Registration: August 30-September 19

Days: Thursdays

Games: Mount Pleasant Branch

Fees: \$275 per team



Y members and the community can rent our wonderful facilities!

Need a unique space to celebrate a birthday, family reunion, graduation or other special occasion or meeting?

The Racine Family YMCA offers family and group room rentals that provide the perfect venue for your get-together. The Y is an energizing place for corporate meetings, training and social events. We offer a variety of rental spaces available to fit your event needs.

Rental spaces and services are available at our Mount Pleasant and George Bray Neighborhood YMCA branches at reasonable rates to meet your specific event needs. Each branch provides different facilities for hosting a variety of events, including church gatherings, meetings, training events.

Birthday Party reservations will open September 13th.



For more information about our rentals and exciting party packages, please visit our website at ymcaracine.org.

For space availability and additional details, call 262.634.1994 or email frontdesksa@ymcaracine.org.

GROUP FITNESS

LIVE AND VIRTUAL CLASS DESCRIPTIONS

Your YMCA offers a wide variety of group fitness classes for almost every ability and interest. You'll find low-impact and beginner classes, cardio fitness, dance, Pilates, cycle and Yoga and more advanced cycle, boot camp and kickboxing classes.

GROUP FITNESS SCHEDULES: Our group fitness schedule is available on our website at ymcaracine.org/schedules, on our MotionVibe site at 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 our MotionVibe site or on our Y mobile app ([see Page 3 for details](#)).

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 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 classes are specifically designed to build cardiovascular strength and endurance. Benefits: Increased Strength, Speed, Power and Endurance.

DANCE CLASSES

Dance classes are fun and challenging workouts. These low and medium-intensity exercise classes are specifically designed to tone muscles, develop core strength and increase balance. Fitness Benefits: Cardiovascular Strength, Muscle Toning, Core Strength and Increased Balance.

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 & 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 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.

GROUP FITNESS "VIRTUAL"

Your Y membership now includes virtual fitness options including livestream classes with your favorite instructors and on-demand workouts from local and national Y instructors, plus all the exclusive Y content and resources you love. Participation is easy! Current members can log into MotionVibe and access Virtual YMCA to get started.

VIRTUAL "LIVE" & VIDEOS

As part of your membership, you can join the Y with "LIVE" workouts and videos hosted by our very own group fitness instructors to give you the comfort of your own home. To access, visit ymcaracine.motionvibe.com for class registration and link. Not yet a member? See Page 3 for sign-up details. In MotionVibe, you can register for the class and find the link to start the class.

VIRTUAL ON-DEMAND: YMCA 360

Welcome to the YMCA's on-demand healthy living network. It's your favorite classes, top instructors and the Y community available at home and on the road, 24/7 and 360 degrees! From Boot Camp to Yoga, Active Older Adults to Youth Sports, YMCA 360 matches your lifestyle with a growing library of online videos for children, teens and adults. Y members can view on demand videos by logging into MotionVibe.

LES MILLS VIRTUAL "STUDIOS"

LES MILLS™ Virtual workouts will be available soon at our Sealed Air Branch and Riverside!

We know keeping a routine has never been more important and you can't always make the scheduled "LIVE" classes, so we are bringing state-of-the-art virtual classes to our studios. LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results. Virtual classes are updated every three months with new choreography and music, just like our live classes. Many are also available in different lengths.

BODY PUMP™

Get toned, lean and fit with this total body workout, suitable for everyone. [View BODYPUMP.](#)

BODYCOMBAT™

Power your way to total fitness with this martial arts-inspired workout. Available in 30 and 60-minute format. [View BODYCOMBAT.](#)

BODYFLOW™

Combining yoga, Tai Chi and Pilates, this 30 or 55-minute class improves your mind, body and soul. Suitable for all. [View BODYFLOW.](#)

RPM™

A 30- or 50-minute indoor cycling class set to motivating music. Burn calories, get fit and feel euphoric. [View RPM.](#)

LES MILLS SH'BAM™

A series of 30-minute HIIT workouts, scientifically designed to deliver results through intense athletic training. [View SH'BAM](#)

LES MILLS SPRINT™

A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve fast results. [View SPRINT™.](#)

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! Workout one-on-one, with a partner or as a small group by purchasing a personal training package at one of our Y locations. Sessions are 30 or 60 minutes and are available in packages of 4, 8 or 12 sessions.

Paid in Full Packages	4 Session Package		8 Session Package		12 Session Package	
All fees are per-person	30 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
Personal (1:1)	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172
Partner Training (1:2-3)	M \$76/GP \$104	M \$144/GP \$196	M \$136/GP \$184	M \$256/GP \$360	M \$180/GP \$240	M \$348/GP \$468

Stop by the Welcome Desk for paid in full package terms. All packages expire in 6 months.

GROUP PERSONAL TRAINING (SGPT)

TRAIN TOGETHER

Enjoy all the benefits of personal training and make new friends as you reach your fitness goals with small group personal training. We offer a wide variety of training programs taught by certified instructors who provide you a safe, effective workout for your health and fitness needs. Already have a group of people who want to train together? You can create a small setting at the time and dates your group prefers.

Small Group Personal Training	3 Week Session		4 Week Session		5 Week Session	
All fees are per-person	30 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
Paid in Full	M \$19/GP \$24	M \$39/GP \$49	M \$24/GP \$29	M \$49/GP \$159	M \$29/GP \$34	M \$59/GP \$69
Monthly Plan (*2 Month Min.)	M \$17/GP \$22	M \$35/GP \$45	M \$22/GP \$27	M \$45/GP \$55	M \$27/GP \$32	M \$55/GP \$65

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: Mon 9:30-10:30am or Fri 5:00-6:00am TRX 30 Thu 8:30-9:00am or Fri 8:00-8:30am

SPORTS & AGILITY TRAINING

There are many benefits of speed and agility training, including an increase in athleticism, confidence and improvement of fitness levels. The workouts improve acceleration, deceleration, foot speed, quickness and change of direction. If you want to get better at a sport you must develop your overall athleticism. Building an athletic foundation and motor skills is key and gives you the base to build your sport-specific skills in a balanced way. For first time sport players or veteran athletes it provides the opportunity to get faster, stronger and more skilled without risking overuse injuries due to using the same motions.

SPECIALTY TRAINING

PRE & POST REHAB TRAINING

An injury can have a dramatic effect on the quality of life. Recovery from injury or surgery can present a number of challenges that may take a physical, mental and emotional toll. The pre-rehab training will prepare you for your upcoming surgery. The post-rehab program provides a continuation of healing for individuals recovering from musculoskeletal injuries, after discharge from rehabilitative services and will assist you in returning to not only your normal daily activities but also to help you meet any fitness or sports goals. Your Physical Therapist will work directly with your certified Personal Trainer to relay the history of your injury or surgery and physical therapy as well as ensure appropriate exercise progression.

Program fee includes an eight-week program consisting of 12 visits with a certified personal trainer. Two 45-minute sessions per week during the first four weeks. One 45-minute session per week for the second four weeks. Sessions include warm up, land or water program and cool down/stretch. Fees: \$350 members/General Public \$450

For more information on training programs, contact Mathias Werve, mwerke@ymcaracine.org or call 262.898.4551

HEALTHY LIVING

COMMUNITY HEALTH INITIATIVES

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 this structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). This is the 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.

Cost Members \$450/ General Public \$500

Session begins Monday October 10

EXERCISE FOR DIABETES

An exercise program for individuals with pre-diabetes and diabetes.

REDUCE YOUR RISK

- An individualized exercise plan
- Group exercises focused on cardio and resistance training
- Weekly independent circuit training exercises

MEASURABLE GOALS ONE STEP AT A TIME

- Significant improvements from decreased HbA1c levels
- Improve physical fitness and confidence levels
- Improve lifestyle habits

Monthly Fee

2x per week: Members \$50/General Public \$75

3x per week: Members \$75/General Public \$105

EXERCISE FOR PARKINSON'S BUILDING STRENGTH TO THRIVE

Offered through a partnership with Aurora Health Care.

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.

Monthly Fee

2x per week: Members \$50/General Public \$75

3x per week: Members \$75/General Public \$105

PEDALING FOR PARKINSON'S

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

- Adults ages 30-75
- Parkinson's disease clinical diagnosis, medical clearance
- YMCA membership not required

Monthly Fee

2x per week: Members \$40/General Public \$65

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

Session begins Monday October 3rd

SALSA, SABOR Y SALUD

The first national program of its kind designed to encourage healthy lifestyles among Latino families—designed by Latinos for Latinos. Kraft Foods and NLCI launched the program. This eight-session program assists Hispanic/Latino families with children 12 and under to make healthy choices for eating and incorporate activity into their daily lives, getting the whole family involved.

Salsa, Sabor y Salud is based on four inspiring messages:

- Eat from all food groups every day
- Be sensible about portions
- Be physically active every day
- Take small steps for success



8-Week Session begins Wednesday September 14th

For more upcoming session info and program details, contact Mathias Werve, mwerke@ymcaracine.org or call 262.898.4551

12 FALL I MEMBER REGISTRATION BEGINS AUGUST 12 • GENERAL REGISTRATION BEGINS AUGUST 15

HEALTHY LIVING

COMMUNITY HEALTH INITIATIVES

FALLS PREVENTION

HELPING YOU FEEL STRONG, STEADY AND SAFE

Feeling unbalanced or unsteady can prevent you from taking part in basic everyday activities. When you are hesitant to be active you may feel as if life is passing you by. Goals include improving balance, flexibility, muscle strength and mobility to enhance overall physical health. The safe and supportive group setting offers an opportunity to enjoy learning with like-minded adults and find relief from the isolation that can sometimes accompany living with limited mobility.

Eligibility Requirements

- 65 years or older, physically mobile with impaired stability
- 45 years or older with a chronic condition that impacts mobility

Monthly Fee

2x per week: Members \$15/General Public \$25

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.

Session begins Monday October 3rd

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
- Sense of independence

What participants can expect:

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

Monthly Fee

2x per week: Members \$15/General Public \$25



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.

12-Week Program begins Tuesday September 13th

To learn more, contact Mathias Werve at

mwerke@ymcaracine.org or 262.898.4551.

TAI CHI

Tai Chi is a centuries-old Chinese martial art that descends from qigong, 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 through an 8-week session. Pre-registration is required! Minimum enrollment: 6. If minimum enrollment is met and slots are still available, same day drop ins will be accepted.

Sessions Available:

Monday 10:30-11:30am (Riverside Branch)
Wednesday 10:30-11:30am
Saturday 10:30-11:30am

Advanced Canes

Wednesday 11:45-12:15pm

Location: Mount Pleasant Branch

Monthly Fee

Members \$10/General Public: \$20/month

Fee based on 1 day per week

TRI-FITNESS SWIM WORKOUT - Mount Pleasant Branch

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.

Monthly Fee

\$10 Members /General Public: \$20

QUESTIONS?

Mathias Werve
262.898.4551

mwerke@ymcaracine.org

EMOTIONAL WELLNESS

FAMILY SERVICE YMCA OUTPATIENT MENTAL HEALTH CLINIC

Your health is important. And overall health includes emotional wellness!

Did you know that the Racine Family YMCA has an outpatient mental health clinic? Family Service of Racine joined the Y in 2020 to become our emotional wellness branch. Located at 420 Seventh Street in Racine, our Family Service YMCA Outpatient Mental Health Clinic offers behavioral, social, emotional and mental health services such as counseling for individuals and families, anger management classes, psychoeducational groups, substance abuse counseling, parenting workshops and educational courses to educate and promote mental health and wellness.

If you are experiencing stress, anxiety, mood changes, are dealing with a physical or emotional health challenge of your own or a loved one, or could use an unbiased person to talk through situations in your life, please contact us. Our licensed therapists want the best for you and will provide confidential counseling to help improve the quality of your emotional life.

We accept most types of insurance coverage and private pay.

We also offer in person and virtual sessions. Please call 262.634.2391 to learn more about our services and to make an appointment. Your better life awaits!

OUR SERVICE FRAMEWORK IN ACTION

EMOTIONAL WELLNESS. Outpatient mental health counseling to address acute or long term issues

PARENTAL RESILIENCE. Programs focused on self-care, physical and mental wellness, skill building classes and workshops

SOCIAL CONNECTIONS. Support groups, family events, community building events, volunteerism

KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT. Education, support, coaching, parent support groups, parent-child interactive activities

CONCRETE SUPPORT IN TIMES OF NEED. Financial assistance/barrier removal, child watch, childcare, learning hubs, counseling, youth mentoring,

SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN. Evidence informed YD programs, parent-child programming, mental and physical wellness.

Our Family Service team



EMOTIONAL WELLNESS

MEET OUR FAMILY SERVICE TEAM!



Emily Lock, LCSW, Family Service Outpatient Clinic Director and Vice President of Family Development and Wellness. Emily joined the Racine YMCA in April 2021 to revitalize mental health services in the Racine community. She oversees daily operations at the Y's Family Service branch and provides clinical therapist, staff and intern supervision and develops community emotional wellness collaborations throughout Racine County.

Emily has worked in private practice, medical settings and not-for-profit clinics as a social worker in the local community, treating adolescents, young adults and their families for more than 20 years, and has practiced as a licensed clinical social worker and psychotherapist for the past 12 years.

During the therapy process, she assists clients in discovery of their strengths, building support systems and developing healthy lifestyles to set the foundations for life success. She also incorporates clients' spiritual beliefs into the treatment protocol to holistically address their needs. Emily uses a variety of therapeutic modalities to customize treatment approaches for every individual and family she serves.

Emily received her Bachelor of Art in Community Leadership and Development from Alverno College and her Masters Degree in Social Work with emphasis on Children and Families from Loyola University.

Emily has lived in the Racine community for over thirty years, has a young adult daughter who is a talented artist and advocate, a boyfriend who was a good friend for over 20 years before realizing he was the love of her life, and several very eccentric and goofy pets. Emily is grateful to have a career that allows her to treat those in need with dignity, respect and honor.



Brittany Harris, Office Manager. Brittany coordinates schedules for most of our therapists and supervised visitation team. She manages clinic billing and insurance authorizations and coordinates internal and external services that help the clinic thrive and grow.

Before joining the Racine Family YMCA, Brittany worked as a special education assistant in the Cudahy public school district. She has just completed her Master's Degree in Psychology (July 2022). At that time she plans to join the Clinic staff at the Family Service Outpatient Mental Health Clinic as a psychotherapist.



Jennifer Dubey, SAC, Psychotherapist. Jennifer is a State of Wisconsin-licensed Substance Abuse Counselor in the process of transitioning to a Clinical Substance Abuse Counselor. She holds an Associates of Applied Science for a Human Services Associates Degree, and a Certificate for Alcohol and Other Drug Abuse (AODA) from Gateway Technical College. She is also certified in Moral Recognition Therapy (MRT). Her experience in Medication Assisted Treatment counseling inspires her combined approach in using various behavioral therapeutic modalities to provide a "whole patient" approach to the treatment of dual diagnosis and the family systems therapy of treating addiction.



Yolanda Saffold, Psychotherapist. Yolanda received her Bachelor of Arts in Political Science with a Law Concentration and Sociology and Master's of Social Work Program with Arizona State University. Overcoming adversity and working through trauma related stressors are what drives her to remain resilient and focused on providing therapeutic relief for those aspiring to be free of traumas. Her therapeutic delivery is guided through a person-centered approach rooted in finding solutions to better the mind. In combination with humor, mindfulness, and a strength-based perspective she wants to continue building the bridge of internal and external healing.



Kim Jones, Safe Exchange/Supervised Visitation Worker. Kim has an Associates Degree in Human Services from Gateway Technical College, as well as certifications in Alcohol and Other Drug Use and Child Welfare. Kim is the oldest of four daughters, therefore used to having to be more objective than subjective, which is of great benefit as a supervised visitation worker. Kim enjoys learning about child development and the different ways they express themselves throughout their development, and this has helped Kim in her success in professional and personal life.



Terri Wallow, Clinical Substance Abuse Counselor. Terri is a State of Wisconsin-licensed Clinical Substance Abuse Counselor with a Bachelor's degree in Psychology, currently working toward her Master's degree in Social Work. She obtained her certifications for alcohol and other drug abuse treatment and in aspects of disability, gerontology and child welfare at Gateway Technical College and bachelor's degree from Upper Iowa University. She has worked with many dually diagnosed individuals, those who find themselves at halfway houses or within the D.O.C system, as well as those on medication either for mental health or addiction. She has worked with clients of all ages and diverse backgrounds, helping those dealing with relationship or family issues or trauma and loss.