

RACINE FAMILY YMCA



FALL 2023 PROGRAM BROCHURE

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**END OF
SUMMER BASH**
Saturday, Sept. 9

Fall 1 Registration Begins:

**Friday, August 11 (For Members)
Monday, August 14 (For the General Public)**

BRANCH LOCATIONS

**IMAGE MANAGEMENT
FAMILY YMCA**
8501 CAMPUS DRIVE
MOUNT PLEASANT, WI 53406

RIVERSIDE YMCA
141 MAIN STREET
RACINE, WI 53403

Fall 1

September 5-October 23

262.634.1994

www.ymcaracine.org

Fall 2

October 24-December 18

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BUILDING HOURS

DAY OF WEEK	IMAGE MANAGEMENT BRANCH	RIVERSIDE BRANCH
Monday–Thursday	5:00am–9:00pm	5:00am–7:00pm
Friday	5:00am–9:00pm	5:00am–6:00pm
Saturday	6:00am–4:00pm	7:00am–12:00pm
Sunday	6:00am–2:00pm	8:00am–11:00am

HOLIDAY HOURS

The Racine Family YMCA is open most holidays.
OPEN 5AM–12 NOON LABOR DAY, MON. SEPT. 4

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 – Image Management Family Branch

Monday–Friday 8:00am – 1:00pm and 3:30–7:30pm

Saturday 9:00am – 12:00pm

PRIME TIME HOURS – Image Management Family Branch

For Children 5–12 years

FALL 2023 HOURS

Monday–Friday 3:30pm – 7:30pm

Saturday 9:00am – 12:00pm

SUMMER HOURS: SAME AS CHILD WATCH

Free for Members / \$5 per hour General Public

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

Program Registration

We accept MasterCard, VISA and Discover.

Racine Family YMCA members have first priority for programs that require registration.

REGISTER IN PERSON: Register for programs at our Image Management Family YMCA or Riverside branches.

QUESTIONS? For assistance, please contact our Welcome Desk at 262.634.1994.

Benefits of Y Membership

- **NO contracts**
- **FULL FACILITY** | Pool, gym, cardio & strength equipment, indoor track, group fitness studios
- **DOWNTOWN** | Adult only: 16+ years only: cardio and strength equipment, group fitness studio
- **FREE Group Exercise Classes** | More than 100 group exercise classes included with membership
- **FREE Child Watch** | Drop-in childcare while you work out
- **FREE Drop-in** | Lap Swim, Adult Swim, Family Swim
- **FREE Drop-in Court Time** | Hoop Time, Pickleball
- **FREE Orientations** | Learn how to use the cardio and strength training equipment
- **YMCA 360** | The Y's digital library of hundreds of on-demand and live classes you can do anywhere, anytime
- **LES MILLS VIRTUAL STUDIO** | On-site Les Mills virtual classes
- **Program Perks** | Reduced program rates and early sign-up
- **Nationwide Membership** | Access to Ys throughout the US
- **FREE Member Guest Passes** | Three per household annually



MOTIONVIBE APP AND RESERVATIONS

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, Pickleball 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 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: This enables you 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



**CHANGING LIVES,
STRENGTHENING
OUR COMMUNITY**

MEMBERSHIP RATES AND INFORMATION

MEMBERSHIP RATES

Membership Rates	Monthly Rate
Adult (Individual age 19 to 61)	\$54.50
2 Adult Household (Individuals 19 to 61)	\$68.00
1 Adult Household + Children	\$68.00
2 Adult Household + Children	\$81.50
Senior: (Individual age 62 and above)	\$49.50
2 Senior Household: (One being age 62 and above)	\$63.00
Youth: (Under age 18)	\$20.00

FAMILY SWIM

Visiting the pool is a great family activity and the Y makes sure families can enjoy swimming together.

We reserve "Open Swim" time in our pools every day so that individuals and families can enjoy time to play, splash and swim laps together.

Please note that safety is our highest priority. We require children to be accompanied by a parent/guardian.

CHILD WATCH-PRIME TIME

We want to help you take care of yourself by offering short-term Child Watch-Prime Time care. Our qualified, friendly staff members provide fun and enriching activities while you are working out or taking classes.

Child Watch & Prime Time services are free for our YMCA members for children ages 6 weeks and up.

Please understand that children are served on a first-come, first-served basis. To ensure maximum safety, the number of children allowed at one time is based on availability of staff and the needs of the children.

Reservations can also be made on your MotionVibe app or at our Welcome Desk at 262.634.1994.



Annual/Cash payments are accepted.
Rates subject to change.

Membership cancellation policies are posted online and available at our Welcome Desks.

PICKLEBALL

Pickleball is a sport that combines badminton, tennis and ping-pong. Participants rally a whiffle ball using a paddle over 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.

Reservation can be made in MotionVibe.



YMCA 360

Transforming Spirit, Mind and Body 24/7

Experience the Y like never before!

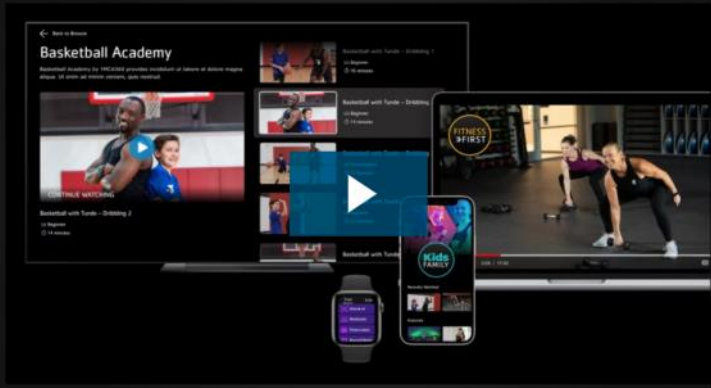
Onsite, at home or on the road, experience the best of the Racine Family YMCA and national YMCA instructors online with YMCA 360. More than 500 programs to click through to fit needs and interests, for children, families, adults and mature adults. Programs include fitness, cooking, arts and crafts, even math!

More content is added on a regular basis. YMCA Y360 is an on demand program that allows Racine Family YMCA members to customize their health and fitness journeys to their lifestyle. There's truly something for everyone 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, work trips, at home, even at the Y!

HOW TO LOG IN

1. Visit YMCA360.org or add the [YMCA 360](#) channel to your Android TV, Apple TV or Roku device
2. Click **LOGIN** or **SIGN-UP**
3. Enter your zip code and click **CONTINUE**
4. Select your home branch
5. Enter the email address you use for your Y membership and click **CONTINUE**
6. Check the email you entered for a six digit verification code. If you don't see a verification code in your inbox, please check your SPAM folder or request for the verification email to be re-sent.



**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.

SCHOOLS DAY OUT

School's Out, Fun's In!

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 School's Out Fun Day program keeps kids busy! Students receive a morning and afternoon snack and participate in a variety of activities, including arts & crafts, swimming, group games, gym, outdoor activities and much more.

We provide a healthy snack, 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 or toys are allowed.

SAMPLE SCHEDULE (subject to change)

- 7:00 -9:00 AM | Arrival & Choice Activities
- 9:00-9:30 AM | Bathrooms & Snack
- 9:30-11:15 AM | Large Group Activity
- 11:15 AM - 12:00 PM | Lunch
- 12:00-1:00 PM | Arts & Crafts
- 1:00-2:30 PM | Swimming (when available)
- 2:30-3:30 PM | Bathrooms & Snack
- 3:30-4:30 PM | Group Activity
- 4:30-5:30 PM | Choice Activities & Depart

For more information about Schools Day Out, visit <https://ymcaracine.org/schools-day-out> on our website. To register, scan the QR code below:



SCHOOL DAYS OUT SCHEDULE 2023-2024

Friday, Sept. 22, 2023	Friday, Jan. 26, 2024
Friday, Oct. 13, 2023	Monday, Feb. 19, 2024
Thursday, Nov. 9, 2023	Thursday, Mar. 7, 2024
Friday, Nov. 10, 2023	Friday, Mar. 8, 2024
Wednesday, Nov. 22, 2023	Wednesday, Mar. 13, 2024
Friday, Dec. 8, 2023	Friday, Mar. 29, 2024
Friday, Dec. 22, 2023	Monday, Apr. 1, 2024
Wednesday, Dec. 27, 2023	Tuesday, Apr. 2, 2024
Thursday, Dec. 28, 2023	Wednesday, Apr. 3, 2024
Friday, Dec. 29, 2023	Thursday, Apr. 4, 2024
Tuesday, Jan. 2, 2024	Friday, Apr. 5, 2024
Wednesday, Jan. 3, 2024	Friday, Apr. 26, 2024
Monday, Jan. 15, 2024	Friday, May 17, 2024



AQUATICS

Welcome to our Fall 1 Session of the YMCA's Aquatic Programs

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



SWIM LESSONS—6 WEEK SESSION September 11–October 18

YOUTH LESSONS	HOMESCHOOL LESSONS	PRESCHOOL LESSONS
MONDAYS	TUESDAYS (HOMESCHOOL)	WEDNESDAYS
	Stages 1p-4p 2:00-2:30pm	
	Stages 1y-4y 2:45-3:30pm	
Stage 1y & 2y: 5:00-5:45pm		Stages 1p & 2p 5:00-5:30pm
Stage 3y & 4y 6:00-6:45pm		Stages 1p & 2p 5:45-6:15pm
Stage 5y & 6y 7:00-7:45pm		Stages 3p & 4p 6:30-7:00pm
		Stages 5p & 6p 7:15-7:45pm

Fee: \$55 Members \$85 General Public



For more information, contact our **Aquatics Director** at 262.898.4551 or agilmore@ymcaracine.org.

SEA SWIM TEAM

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



SWIM TEAM TRYOUTS

For info call Coach Neil at 262.994.3157 or visit the team's website at www.sea-y.org

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.

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

ADAPTED PROGRAM

NEW! SENSORY SWIM



SENSORY SWIM is designed for individuals with sensory, motor or other development needs. The program incorporates aquatic activities to assist with sensory processing.
All Ages Welcome!

Dates: Saturdays, August 26–September 30
(August 26, September 2, 9, 16, 23 and 30)

Times: 9:00–11:00am

Location: Image Management Family YMCA branch

Fee: \$60 Members / \$85 Non-Members

(Fee includes 1 guardian/caregiver per swimmer. Minors must be accompanied by an adult)



Questions and Registration: Please contact Hailey Haluska, 262.634.1994 or hhaluska@ymcaracine.org



YOUTH SPORTS

Ryan Thompson, Sports & Rec Director
rthompson@ymcaracine.org • 262.898.4751



EVERYONE GETS A SHOT AT THE Y YMCA SPORTS: The Child First, The Sport Second



SCAN TO
REGISTER

INSTRUCTIONAL BASKETBALL LEARN, PLAY, GROW!

Our talented Sports & Rec staff are ready to improve and develop you child's basketball skills! Our class incorporates fundamental skills, sportsmanship and teamwork.

Program Information

When: Class meets once per week on Tuesdays

Dates: October 10-November 14

Times: Ages 4-7 - 6:00-6:45pm
Ages 8-12 - 7:00-7:45pm

Location: Image Management Family YMCA Branch

Fee: \$60 Members \$75 General Public

Limit of 12 children per class

Register online: ymcaracine.org

Questions? Please contact Ryan Thompson, Sports & Rec Director, 262.898.4751 or rthompson@ymcaracine.org.

YOUTH CO-ED BASKETBALL LEAGUE

The Youth Basketball league will give your child the opportunity to develop skills and fundamentals through coaching and game play. Our goal is to provide proper fundamentals and techniques to grow as basketball players and teammates. Come join the fun! All athletes receive a team t-shirt.

Program Information

When: Class meets once per week

Dates: November 3-December 16 (Mites & Mighty Mites)
November 4-December 16 (Sophomore-Seniors)

Location: Image Management Family YMCA Branch

Fee: \$65 Members \$80 General Public

Divisions

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

Register online: ymcaracine.org or scan the QR code

Questions? Please contact Ryan Thompson, Sports & Rec Director, 262.898.4751 or rthompson@ymcaracine.org.



SCAN TO
REGISTER



YOUTH SPORTS

Ryan Thompson, Sports & Rec Director
rthompson@ymcaracine.org • 262.898.4751

CHARACTER FIRST, COMPETITION SECOND

The Y's youth sports program 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



YOUTH INSTRUCTIONAL BASKETBALL

This class is for boys and girls of all skill levels and will teach good sportsmanship, teamwork and the fundamentals of basketball.

Dates: October 10-November 14

Times:

Beginner: 4-7yrs Tuesday 6:00pm-6:45pm
Intermediate: 8-12 Tuesday 7:00pm-7:45pm

Limit of 12 children per class

Location: Image Management Family Y Branch

Fee: \$60 Members / \$75 General Public

OUTDOOR FLAG FOOTBALL

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

Divisions

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

Dates: September 10-October 15

Times: Sundays, Mornings & Afternoons starting at 8:30am

Location: Image Management Family Y Branch

Fee: \$65 Members / \$85 General Public

LET'S KICK IT SOCCER

The Racine Family YMCA has partnered with Oscar Toscano, with over 30 years of experience, to offer three levels of soccer development.

Young Kickers (3-5 years)

Our young kickers program is set up to introduce your child to the sport of soccer through games, drills and skill development. Our young kickers will spend 30 minutes on skill development and finish with a 15 minute scrimmage.

Beginner (6-8 years)

Our beginner class is designed for children who are new or newer to the sport and want to increase their skills and development. Our beginners will spend 45 minutes on skill development and finish with a 15 minute scrimmage.

Intermediate/Advanced (9-11 years)

Our Intermediate/Advanced class is designed for children already playing the sport who want to develop more specific skills. They will spend 45 minutes on skill development and finish with a 15 minute scrimmage.

Dates: September 3-October 8

Times:

Young Kickers: Sundays 9:00am-9:50am

Beginners: Sundays 10:00-10:50am

Intermediate/Advanced: Sundays 10:00-10:50am

Location: Image Management Family YMCA Branch

Fee: \$50 Members / \$65 General Public

INSTRUCTIONAL VOLLEYBALL

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

Dates: September 5-September 26

Times:

Ages 8-11: Tuesdays 5:30-6:20pm

Ages 12-16: Tuesdays 6:20-7:10pm

Location: Image Management Family Y Branch

Fee: \$45 Members / \$60 General Public

For Questions and Registration:

Please contact: Ryan Thompson, 262.898.4751 or
rthompson@ymcaracine.org

SPORTS & MARTIAL ARTS

Ryan Thompson, Sports & Rec Director
rthompson@ymcaracine.org • 262.898.4751

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 5–November 16

Days: Thursdays

Times: 5:45pm

Location: Image Management Family YMCA Branch

Fee: \$275 per team

Questions and Registration:

Please contact: Ryan Thompson, 262.898.4751 or
rthompson@ymcaracine.org



JUDO & JIJITSU 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: Tuesday and Thursday

Times: Beginner: 7:00–8:30pm

Intermediate/Advanced: 7:00–8:00pm

Location: Image Management Family YMCA Branch

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

Fees are monthly auto draft and will be drafted on the same date every month.

Questions and Registration:

Please contact: Ryan Thompson, 262.898.4751 or
rthompson@ymcaracine.org

MARTIAL ARTS

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.

Days: Monday and Wednesday

Times: 7:00–8:30pm,

Location: Image Management Family YMCA Branch

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

Fees are monthly auto draft and will be drafted on the same date every month.

Questions and Registration:

Contact: Ryan Thompson 262.898.4751 or
rthompson@ymcaracine.org



Have questions?

Our Welcome Desk staff is here to help! Contact us in person, by phone at 262.634.1994, email us at frontdeskIM@ymcaracine.org or submit your question through our website by scanning the QR code:



SCAN TO REGISTER



GROUP FITNESS

Mathias Werve, Healthy Living Director
mwerve@ymcaracine.org • 262.898.4556

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.

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 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 & 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.

LES MILLS "ON DEMAND" VIRTUAL GROUP FITNESS

Les Mills "ON DEMAND" Virtual is available at the Y, when studios are not in use for "LIVE" classes. Schedules are available on our Group Fitness schedule in MotionVibe. Reservations can be made on our MotionVibe App or see our Welcome Desk staff for assistance.

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

BODYATTACK™ A high-energy, fun and athletic workout focused on cardio fitness, stamina and agility. [View BODYATTACK™](#)

LES MILLS BARRE™ A modern expression of classic balletic training; a 30 minute workout designed to shape and tone the muscles, build core strength. [View LES MILLS BARRE™](#)

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

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

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™](#)

THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. [View THE TRIP™](#)

LES MILLS CORE™ is a 30-minute core training workout that delivers quick results for all fitness levels. [View Les Mills CORE™](#)

LES MILLS GRIT™ is a series of 30-minute high-intensity interval training (HIIT) workouts that deliver incredible fitness results, fast. Each of the LES MILLS GRIT workouts -



PERSONAL TRAINING SERVICES

Mathias Werve, Director of Healthy Living
mwerve@ymcaracine.org • 262.898.4556

GROUP PERSONAL TRAINING 1:1 and Partner 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 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
Personal (1:1)	M \$130/GP \$181	M \$252/GP \$349	M \$235/GP \$328	M \$454/GP \$630	M \$315/GP \$441	M \$605/GP \$844
Partner Training (1:2-3)	M \$80/GP \$109	M \$151/GP \$206	M \$143/GP \$193	M \$269/GP \$378	M \$189/GP \$252	M \$365/GP \$491

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: Members: \$350 members / \$450 General Public

SGPT: TRX TRAINING

Get fast, effective, total-body workouts with TRX to strengthen your core, improve stability and increase muscular endurance.

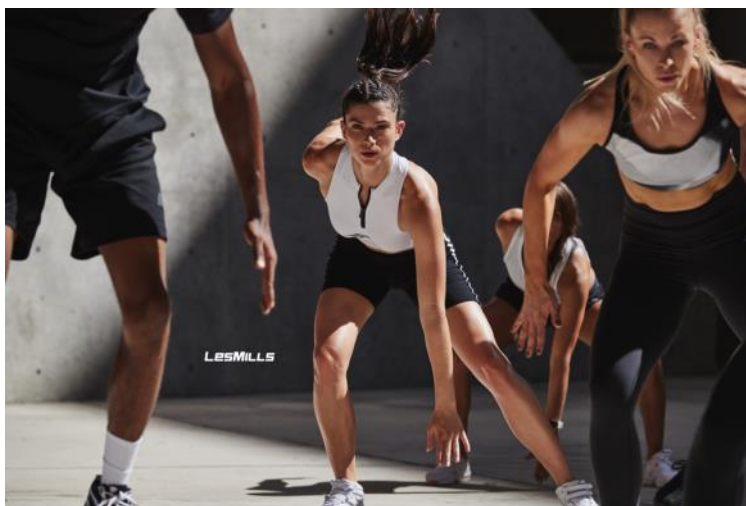
TRX is a total body resistance exercise that uses a suspension training system, making it possible for you to use your own body weight and gravity for an effective workout. Participants can customize the difficulty of their workout by making simple adjustments to the TRX system. Small Group Training offers individual attention by a certified personal trainer.



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

Monthly Fees:* Members: \$59 / \$69 General Public

*Monthly fees are based on number of sessions per month.



LESMILLS

COMMUNITY HEALTH

Mathias Werve, Director of Healthy Living
mwerke@ymcaracine.org • 262.898.4551

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:

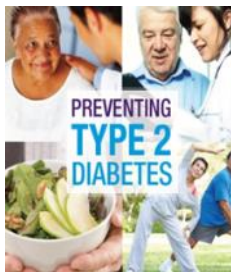
- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

Location: Image Management Family YMCA Branch
Fee: \$40 Members / \$65 General Public

NEW SESSION: Begins October 2. Contact the Welcome Desk at 262.634.1994 or email mwerke@ymcaracine.org or email mwerke@ymcaracine.org

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.

Location: Image Management Family YMCA Branch
Fee: \$450 Members / \$500 General Public

NEW SESSION: Begins October 4. Contact the Welcome Desk at 262.634.1994 or email mwerke@ymcaracine.org

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 no required

Location: Image Management Family YMCA Branch
Monthly Fees: \$25 Y Members / \$50 General Public

EXERCISE for PARKINSONS

Building Strength to Thrive

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: \$50 Members / \$75 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)

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 September 12. Contact the Welcome Desk at 262.634.1994 or email mwerke@ymcaracine.org

COMMUNITY HEALTH

Mathias Werve, Director of Healthy Living
mwerve@ymcaracine.org • 262.898.4551

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 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

Location: Image Management Family YMCA Branch
Monthly Fees: \$30 Members / \$50 General Public

NEW SESSION: Begins September 25. Contact the Welcome Desk at 262.634.1994 or email mwerve@ymcaracine.org

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: Wednesday and Friday

Times: 6:00-7:30am

Location: Image Management Family YMCA Branch
Monthly Fees: \$25 Members / \$40 General Public

Fees are based on class 1 time per week

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

- Monday 10:30-11:30am (Riverside)
- Wednesday 10:30-11:30am (Mount Pleasant)
- Saturday 9:00-10:00am (Mount Pleasant)

Advanced Canes

- Wednesday 11:45-12:45pm
- Saturday 10:00-11:00am

Location: Image Management Family YMCA Branch
Monthly Fees: \$10 Members / \$20 General Public

Fees are based on class 1 time per week

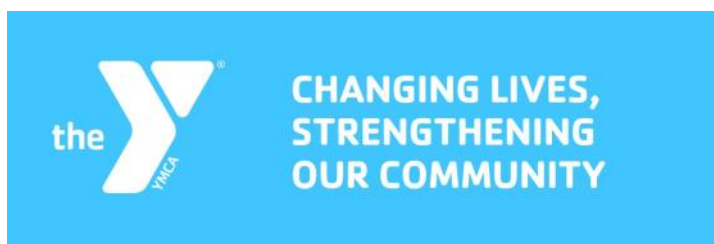
SALSA, SABOR Y SALUD

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

NEW SESSION starting this Fall!
Contact the Welcome Desk at 262.634.1994 or email mwerve@ymcaracine.org.



END OF SUMMER BASH!

SATURDAY, SEPTEMBER 9, 2023



The poster features a bright blue background with white clouds. At the top left, there is an illustration of an ice cream stand with a red and yellow striped umbrella. At the bottom left, there is an illustration of a red and yellow food truck. At the bottom right, there is an illustration of a purple and yellow bounce house. The text is centered and reads: "RACINE FAMILY YMCA PRESENTS" in white, "the Y YMCA" logo in white, "END OF Summer BASH" in pink and blue script and bold fonts, "Benefiting youth and families in Racine County!" in purple, "SATURDAY, SEPTEMBER 9, 2023" in black, "10AM-4PM" in large black bold font, "IMAGE MANAGEMENT FAMILY YMCA BRANCH" and "8501 Campus Drive, Mount Pleasant" in black on a yellow background, "FOOD TRUCKS • BOUNCY HOUSES • LIVE MUSIC WITH THE ROCKIN' ROBINS AND THE CHERYL MCCRARY BAND • FACE PAINTING • QUIET ROOM 50/50 RAFFLE AND MORE!" in black, and "RACINE COUNTY YOUTH SPORTS EXPO, 10AM-2PM" in black on a yellow background.

RACINE FAMILY YMCA
PRESENTS

the Y YMCA

**END OF
Summer
BASH**

Benefiting youth and families in Racine County!

SATURDAY, SEPTEMBER 9, 2023
10AM-4PM

IMAGE MANAGEMENT FAMILY YMCA BRANCH
8501 Campus Drive, Mount Pleasant

**FOOD TRUCKS • BOUNCY HOUSES • LIVE MUSIC WITH THE ROCKIN' ROBINS
AND THE CHERYL MCCRARY BAND • FACE PAINTING • QUIET ROOM
50/50 RAFFLE AND MORE!**

RACINE COUNTY YOUTH SPORTS EXPO, 10AM-2PM



Live Music Entertainment by



Media Partner
The Journal Times



www.ymcaracine.org



Cheryl
McCrary Band

STRENGTHENING OUR COMMUNITY

When our community is faced with a challenge or a neighbor needs support, the Racine Family YMCA is here to help.

Thanks to the generosity of our members, volunteers, and donors, we can inspire at-risk youth to improve their grades and aim high. We can strengthen individuals and families through workforce development training, parenting classes and nutrition programs. We can provide aquatics instruction to save lives and programs that support a healthy lifestyle.

This is the power of our **Strong Communities Annual Campaign**.

The Y's **Strong Communities** development programs increase the strength of community life and improve local conditions through **three service pillars**:

#KIDSTRONG – Youth development programs at our George Bray Neighborhood Branch.

- **Young Leaders Academy** – After school and summer initiative for children in Grades 2–12.
- **Healthy Living Kitchen** – Free, nutritious meals and instruction in healthy food choices.

#FAMILYSTRONG – Family strengthening services at our George Bray Neighborhood Branch.

- **First Choice Pre-Apprenticeship Training** – Diversity and inclusion workforce development and job placement program lifts families out of poverty.

#HEALTHSTRONG – Wellness programs at our Image Management Family YMCA Branch.

- **Community Health** – LiveStrong for cancer survivors, programs for Parkinson's patients, diabetes prevention, blood pressure management and instruction in proper nutrition.
- **Aquatics and Exercise Programs**. Physical wellness for every age and skill level.
- **Youth Sports**. Focused on character development, discipline and sportsmanship.

The Y's community development programs are made possible through the support of individuals, local agencies and organizations including SC Johnson, United Way of Racine County, Racine Community Foundation, Andis Foundation, City of Racine, Racine County and the State of Wisconsin. The Y is dedicated to youth development, healthy living, and social responsibility to positively affect the lives of youth and families throughout the community and beyond.

It's easy to change lives!

- Scan the QR code to give securely online:
- Mail your gift to: **Racine Family YMCA**
Attn: Fund Development
8501 Campus Drive
Mount Pleasant, WI 53406
- Y members can make a gift through their [account](#)

