



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COVID-19
Information on
page 3

THE RACINE FAMILY Y

2020 Fall Program Brochure

RIVERSIDE BRANCH
141 Main Street
(entrance on State Street)
Racine, WI 53403

SEALED AIR BRANCH
8501 Campus Drive
Mount Pleasant, WI 53406

Fall 1
September 8-October 26

Fall 2
October 27-December 21

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BUILDING HOURS - HOURS SUBJECT TO CHANGE

Day of Week	SEALED AIR	RIVERSIDE
Monday-Thursday	5:00am-8:00pm	5:00am-7:00pm
Friday	5:00am-8:00pm	5:00am-6:00pm
Saturday	6:00am-2:00pm	7:00am-12:00pm
Sunday	6:00am-2:00pm	8:00am-11:00am

The YMCA is closed on: Labor Day, Thanksgiving, Christmas, New Year's Day, Easter, 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 utilize the facility. CHILD WATCH/PRIME TIME IS FREE TO OUR MEMBERS!

**Advance reservations required.
Reservations can be made on our
MotionVibe site, ymcaracine.motionvibe.com**

CHILD WATCH HOURS - Sealed Air Branch:

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

PRIME TIME HOURS - Sealed Air Branch:

For Children 5 years old and up only

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

Free Member/ \$5 per hour General Public

Note: 3 hour time limit.

TIMES subject to change.

If there are no children for 1 hour, Child Watch & Prime Time may close early.



FALL 1 REGISTRATION BEGINS

Members: NOW OPEN

General Public: Monday, August 24th

CLASSES BEGIN Tuesday, September 8th

FALL 2 REGISTRATION BEGINS

Members: Monday, October 12th

General Public: Monday, October 19th

CLASSES BEGIN Tuesday, October 27th

No Classes Thursday, November 26th

WINTER REGISTRATION BEGINS

Members/General Public - Mid December
Classes begin early January.

WAYS TO REGISTER

IN PERSON:

Register in person at RIVERSIDE OR SEALED AIR
Welcome Desk

BY PHONE:

Call 262•634•1994 (credit card only)

We accept Mastercard, VISA, Discover.

ONLINE:

Visit us at ymcaracine.org and click on 'REGISTER ONLINE'.

MEMBERSHIP RATES

Membership Type	Monthly Draft	Joiner Fee
Youth 18 & under	\$18	\$29
College Full Time (ID Required)	\$27	\$49
Single Adult 19 to 61	\$48	\$99
2 Adult Household	\$61	\$99
1 Adult Household with Children	\$61	\$99
2 Adult Household with Children	\$74	\$99
3 Adult Household with Children	\$85	\$99
Senior Individual 62 or older	\$43	\$99
2 Senior Household one being 62+	\$56	\$99

The RACINE FAMILY YMCA offers corporate membership rates to qualifying companies. Ask at the Welcome Center for details. Annual/Cash payments are accepted. **Rates subject to change. Membership & Cancellation Policies can be found online or request a copy from the Welcome Center Staff.**

COVID-19 UPDATES

COVID-19 SAFETY PROTOCOLS AND GUIDELINES AS OF AUGUST 15, 2020

We are excited to see you back at the Racine Family YMCA. We have opened in phases to keep our members and staff safe and protected while using our facilities. Thank you for #Staying With Us and #Caring With Us during the closure.

The following protocols will be in place at the Racine Family YMCA wellness facilities at the Sealed Air and Riverside Branches. Please note that these protocols are subject to change based on new guidelines from the CDC and Racine Health Department.

ONSITE SAFETY PROTOCOLS

- **Single Entry/Exit:** The Sealed Air Branch will have one (1) entry point and (3) exit points. The Riverside Branch will have (1) entry point and one (1) exit point.
- **Self-Scan:** Members are asked to self-scan to allow for limited contact entry.
- **Social Distance:** All open interior areas are rearranged to ensure social distancing. Signage has been prominently placed to ensure awareness of this requirement.
- **Member-Only Access:** Racine Y members are allowed access at this time. No guests or Nationwide members will be accepted.
- **Locker Rooms:** are available for changing or showering.
- **Age Restrictions:** Members under the age of 15 must be accompanied by a parent/guardian at all times, except in Child Watch-Prime Time.
- **Cleaning Protocol:** Strict cleaning protocols are in place to ensure safety and cleanliness.
- **Unavailable Services:** MGR, Gymnasium, Indoor Track, Steam Room, Coffee and Towel Services. Other areas may be closed to adhere to social distancing guidelines.

MEMBERS ARE ASKED TO HELP MAINTAIN SAFETY

- **Stay Home if Sick:** Members are asked to stay home if they don't feel well. The CDC and state public health officials encourage members of vulnerable populations, including those with underlying health conditions, to stay at home.
- **Bring a Towel, Mask and Water Bottle:** Towel services are currently unavailable. Members are asked to bring their own water bottle and a workout towel.
- **Maintain Distance:** Exercise on designated equipment only and maintain social distance. Maintain at least six feet of distance from others.
- **Wash hands:** Wash hands for at least 20 seconds or use hand sanitizer.
- **Equipment Wipe-Down Before and After Use:** Members are asked to wipe down all equipment, weights, mats, etc. before and after use. Cleaning materials will be provided.

ADDITIONAL COVID-19 RESOURCES

CDC:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

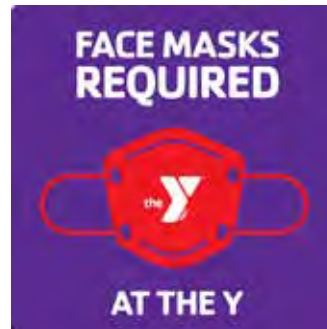
Central Racine County Health Department:
<https://crchd.com/covid-19>

City of Racine Health Department:
<https://www.cityofracine.org/health/>

Racine Public Health Department:
<https://www.cityofracine.org/Health/>

FACE MASK PROTOCOL

EFFECTIVE AUGUST 1 - SEPTEMBER 30, 2020



Per Governor Evers' Executive Order 82, declaring a public health emergency, and corresponding Emergency Order 1 requiring face coverings in the state of Wisconsin, it is the Racine Family YMCA's responsibility to begin **requiring face coverings** for individuals inside our facility **beginning Saturday, August 1, 2020.**

EXCEPTIONS:

- Children under the age of 5
- Individuals who have trouble breathing, especially during accelerated physical exertion activities
- Individuals with medical conditions that prevent wearing of a face covering
- Individuals who have mental health conditions, sensory sensitivities or developmental disabilities
- While swimming, using aquatics facilities, or showering
- When a staff member is speaking while leading an activity such as group exercise or youth programs, as long as they remain 6 feet from others

We **trust** that our members and staff will show **care** for others by doing the right thing and complying to this order, unless they meet any criteria that prevents them from doing so, as listed in the order.

Thank you for your ongoing cooperation in keeping our community safe and healthy, and **respect** of the decisions our organization must make to follow our community and state guidelines.

RESERVATIONS ARE REQUIRED AT
ymcaracine.motionvibe.com for:

Lap, Adult, Family Swim & Current Channels
Reservations available at 6:00am
2 days in advance

Fitness & Child Watch-Prime Time
Reservations available at 6:00am
7 days in advance

AQUATIC PROGRAMS

Welcome to the Fall Session of the YMCA Aquatic Programs.

Registration deadline will be 2 days prior to session starting. If there are fewer than 3 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. At the time of registration, please tell the Welcome Center staff which branch registration is for.

7 week session (1x per wk)	8 week session (1x per wk)
Fall 1: Sept. 8-Oct. 26	Fall 2: Oct. 27-Dec. 15
\$56 Member	\$64 Member
\$84 General Public	\$96 General Public

Special Note about NEW LESSON FORMAT. We are excited to announce the new updated Y-USA National Swim Lesson Program. As you will notice the names of the levels have changed, to find out what STAGE your child should be in please check our website or call the front desk or our Aquatics department.

PARENT/TODDLER LESSONS (Ages 6-36 months)

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



PRESCHOOL SWIM LESSONS (Ages 3-5 years)

Location: Instructional & Lap Pools - This program offers children their first experience in the pool without a parent, made possible through a variety of fun activities & 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.



YMCA Mission Statement:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

SC JOHNSON COMMUNITY AQUATIC CENTER WATCH WEBSITE/FACEBOOK FOR 2021 NEWS!





STAGE DESCRIPTIONS

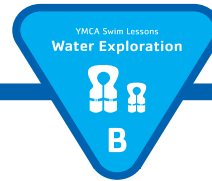
SWIM STARTERS

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.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.

SESSION CLASS OPTIONS

ALL CLASSES 1X WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stage A 6-18 months	--	5:00-5:30pm	--	6:30-7:00pm	11:30-12:00m	8:00-8:30am
Stage B 18-36 months	--	5:45-6:15pm	--	5:45-6:15pm	--	8:45-9:15am
Stage 1 Preschool 3 - 5 year olds	4:15-4:45pm 5:45-6:15pm 6:30-7:00pm	HS-2:00-2:30pm 4:15-4:45pm 5:00-5:30pm 5:45-6:15pm 6:30-7:00pm	5:00-5:30pm 5:45-6:15pm	4:15-4:45pm 5:45-6:15pm	10:00-10:30am 10:45-11:15am	9:30-10:00am 11:00-11:30am
Stage 2 Preschool 3 - 5 year olds	4:15-4:45pm 5:45-6:15pm 6:30-7:00pm	HS-2:00-2:30pm 4:15-4:45pm 5:00-5:30pm 5:45-6:15pm 6:30-7:00pm	5:00-5:30pm 5:45-6:15pm	4:15-4:45pm 5:45-6:15pm	10:00-10:30am 10:45-11:15am	9:30-10:00am 11:00-11:30am
Stage 3 Preschool 3 - 5 year olds	5:00-5:30pm	HS-2:45-3:15pm 6:30-7:00pm	5:00-5:30pm	5:00-5:30pm 6:30-7:00pm	10:45-11:15am	10:15-10:45am 11:45-12:15pm
Stage 4 Preschool 3 - 5 year olds	5:00-5:30pm	HS-2:45-3:15pm 6:30-7:00pm	5:00-5:30pm	5:00-5:30pm 6:30-7:00pm	10:45-11:15am	10:15-10:45am 11:45-12:15pm
Stage 1 Youth 6 - 12 year olds	5:15-6:00pm 6:15-7:00pm	HS-2:00-2:45pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	6:15-7:00pm	5:15-6:00pm 6:15-7:00pm	--	9:15-10:00am 10:15-11:00am 11:15-12:00pm
Stage 2 Youth 6 - 12 year olds	5:15-6:00pm 6:15-7:00pm	HS-2:00-2:45pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	6:15-7:00pm	5:15-6:00pm 6:15-7:00pm		9:15-10:00am 10:15-11:00am 11:15-12:00pm
Stage 3 Youth 6 - 12 year olds	4:15-5:00pm 5:15-6:00pm	HS-2:00-2:45pm HS-3:00-3:45pm 5:15-6:00pm	4:15-5:00pm 5:15-6:00pm	4:15-5:00pm 5:15-6:00pm		9:15-10:00am 11:15-12:00pm
Stage 4 Youth 6 - 12 year olds	4:15-5:00pm 5:15-6:00pm	HS-2:00-2:45pm HS-3:00-3:45pm 5:15-6:00pm	4:15-5:00pm 5:15-6:00pm	4:15-5:00pm 5:15-6:00pm		9:15-10:00am 11:15-12:00pm
Stage 5 Youth 6 - 12 year olds	4:15-5:00pm	HS-3:00-3:45pm 4:15-5:00pm	4:15-5:00pm	4:15-5:00pm 7:00-7:45pm		10:15-11:00am
Stage 6 Youth 6 - 12 year olds	4:15-5:00pm	HS-3:00-3:45pm 4:15-5:00pm	4:15-5:00pm	4:15-5:00pm 7:00-7:45pm		--
Stage 7 Youth A, B, C	6:00-7:00pm (B)		6:00-7:00pm(A) 5:00-6:00pm(C)		6:00-7:00pm(A)	
Adultos En Español	--	--	--	--	--	8:00-8:45am En Español SABADO SOLAMENTE
Jovenes En Español	--	--	--	--	--	9:00-9:30am 3-5 anos 9:45-10:30am 6-12 anos En Español SABADO SOLAMENTE
Beginner Teen-Adult	--	7:00-7:45pm		--	--	--
Stroke Development Teen-Adult	--	--	--	7:00-7:45pm	--	--

AQUATICS (continued)

TEEN/ADULT SWIM LESSONS (Ages 13 & Older)

Classes for those who want to learn how to swim for the first time and classes that want to improve their stroke efficiency and endurance.

BEGINNER

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

STROKE DEVELOPMENT

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 aprender 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 & 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 private lessons, stop by the Welcome Desk or contact Aquatic Coordinators, 262.898.4559.

SEMI PRIVATE SWIM LESSONS

2:1 ratio, Instructor will teach 2 swimmers for 30 minutes per lesson.

6 lessons \$80 Member / \$110 General Public

PRIVATE SWIM LESSONS

1:1 ratio; Instructor will teach 1 swimmer for 30 minutes per lesson.

3 lessons \$65 Member / \$90 General Public

6 lessons \$110 Member / \$140 General Public

SEALED AIR SLIDE IS CLOSED

UNTIL FURTHER NOTICE.

WATCH

WEBSITE/FACEBOOK

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. Using 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 and AED Full Course

Sunday - September 6th 8:00am-2:00pm

Sunday - November 8th 8:00am-2:00pm

\$100 Member/ \$125 General Public

CPR and AED Challenge

Sunday - September 6th 8:00am-2:00pm

Sunday - November 8th 8:00am-2:00pm

\$90 Member/ \$115 General Public



RED CROSS LIFEGUARD TRAINING

NEW BLENDED LEARNING TRAINING FOR LIFEGUARDING, WITH ONLINE AND IN-PERSON SESSIONS

Comprehensive Training Sessions

- Equivalent to the traditional in-person course; two-year certification includes: Lifeguarding, First Aid, CPR and AED.
- Online lessons are completed prior to in-person training, maximizing time in water for rescue & swimming skills.
- In-water skills & review sessions are conducted at the Racine Family YMCA.

Interactive and Engaging Sessions

- Online lessons allow participants to explore information & choose how content is presented.
- Learning enhanced by a high level of interactive elements, including: narrative, case studies, "What Should You Do" scenarios, video, drag-and-drop matching exercises and other gaming elements that appeal to participants.

Class dates and time TBD.

Full Course: \$225 Member/\$280 General Public

Recertification: \$100 Member/\$125 General Public

Contact Aquatic Director, 262.898.4559 for class times.

RED CROSS LIFEGUARD INSTRUCTOR TRAINING COURSE

Contact Aquatic Director, 262.898.4559 for more information.

THE YMCA'S 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. SEAY is also dedicated to teaching kids good sportsmanship and fair competition.

Swim Team Tryouts - Sealed Air Branch

Monday, September 21

5:00-6:00 PM (stop by anytime)

If you can't attend, please contact Neil Wright at 262.994.315

Call Coach Wright at 262.898.4766

or visit the team's website at

www.sea-y.org



YOUTH 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 & most importantly FUN! An instructional program focused on giving children an equal opportunity to improve game fundamentals, game knowledge, sportsmanship, teamwork & appropriate competition. Levels may be combined or divided based on enrollment.

YOUTH BASKETBALL LEAGUE

Bring your basketball talents to The Y and register for the Racine Family YMCA's Youth Leagues. Our goal is to provide children with the proper fundamentals and techniques to grow as a basketball player. Participants will receive a team t-shirt.

THERE WILL BE ONE PRACTICE BEFORE THE START OF SEASON, THEN VIRTUAL VIDEOS FOR INDIVIDUAL DEVELOPMENT.

Registration: August 17- September 11

Season: October 3 - November 14

Days/Times: Saturdays/varies

Location: Sealed Air Branch

COED DIVISIONS

Mites(PreK-Kindergarten)

Mighty Mites(1st-2nd Grade)

Sophomores(3rd-4th Grade)

Juniors(5th-6th Grade)

Seniors(7th-8th Grade)

\$50 Member/\$70 General Public



OUTDOOR FLAG FOOTBALL

Our YMCA Flag Football league is designed to introduce boys and girls (ages 5 to 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 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. Each child will receive a shirt for participating.

Registration Deadline: September 1

Season: September 20 - October 11

Days/Times: Sundays/varies

Location: Sealed Air Branch

COED DIVISIONS

Mites(PreK-Kindergarten)

Mighty Mites(1st-2nd Grade)

Sophomores(3rd-4th Grade)

Juniors(5th-6th Grade)

Seniors(7th-8th Grade)

\$40 Member/\$55 General Public

QUESTIONS?

Contact Ryan Thompson , Sports Department
262.898.4751

YOUTH INSTRUCTIONAL BASKETBALL

This class teaches children of all skill levels the fundamentals, and more, of basketball including sportsmanship and teamwork. Class meets once a week in the evenings at our Sealed Air branch.



Beginner Ages 4-7 years
Tuesday 6:00pm-6:45pm

Intermediate Ages 8-12 years
Tuesday 7:00pm-7:45pm

Fall 2 Only: \$40 Member/\$56 General Public

ADULT AND SPECIALTY SPORTS

TAE KWON DO

Tae Kwon Do provides an excellent workout that offers discipline for the mind and body. Our progressive program teaches proper techniques, self-defense awareness, and practical application. Ages 5 and up.

Sealed Air Branch

Monday & Wednesday, 7:00pm - 8:30pm

\$45 Members Monthly/\$70 General Public Monthly

Each additional Family member

\$25 Member Monthly/\$40 General Public Monthly

JUDO & JUJITSU

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-defense) techniques. Continuing students can learn advanced Judo and Jujitsu techniques.

Sealed Air Branch

Ages 7 and up

Tuesday & Thursday

Beginner, 6:30pm - 7:00pm

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

\$35 Members Monthly/\$60 General Public Monthly

Each additional Family member

\$17 Member Monthly/\$25 General Public Monthly

ADULT CO-ED VOLLEYBALL LEAGUE

Join the YMCA for our Intermediate Competitive Thursday night league. Teams will play 8 weeks of games and end with a tournament. Tournament champions will receive a team trophy.

Starting in October

Games begin at 6pm

\$350/team

HEALTHY LIVING

Improving the nation's health & well-being.



Whether you're starting your fitness journey, trying to get back on track or have always made FITNESS a part of your day, we have a variety of classes to keep you motivated and excited to work out. Experience the support and encouragement that comes with working out with instructors and other members in a group setting.

VIRTUAL FITNESS CLASSES - See website for details **GROUP FITNESS ONLINE**

We will continue to offer virtual classes online for our members. Check out our website or ymcaracine.motionvibe.com for virtual videos. All virtual videos are only available to our YMCA members.

ON DEMAND GROUP FITNESS CLASSES

We will be offering ON DEMAND Les Mills group fitness classes in our studios at our Riverside & Sealed Air branches **THIS FALL**. We love our instructors, but understand you can't always make the scheduled class. Don't miss your workout, try our Les Mills virtual led classes in our studios. Classes will be available at a variety of hours, from open to close.

STRENGTH-CARDIO-CORE **ACTIVE OLDER ADULTS (AOA)**

A cardio, strength & flexibility workout for the mature member.

BAR INTERVAL

A group strength class incorporating barbells.

BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave your inhibitions at the door.

BODYPUMP™

BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Burn up to 590 calories. You'll leave the class feeling challenged & motivated.

BOOMERS CARDIO CIRCUIT

A standing exercise class where Boomers, 55 or better, tone using cables and hand weights to strengthen, as well as sticks and small balls for hand dexterity. Up-beat music, with a great cardio workout.

CORE DE FORCE™

KICKBOXING and MUAY THAI in 3 minute rounds – workouts are broken into 3 minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations. Bodyweight moves with a fat-blasting cardio spike in every round.

CORE & SCULPTING

A class that's more than just abs. Using a variety of equipment to strengthen your chest, back, abs & hip, using body weight, hand weights, resistance cables, stability balls & medicine balls.

CORE & STRENGTH

Using stability balls, hand weights and resistance cables to tone and sculpt a healthy body.

CORE FUSION

Build full body strength focusing on the core muscle groups, using resistance bands.

COREFLOW

Short & to the point, this core is sure to fire up your core from all sides. Work your core from the front, back, and side.

DOUBLE STEP

60 minutes of step cardio using 2 steps.

EXTREME INTERVAL STEP

This step class challenges cardio endurance with varying intervals.

FREE WEIGHTS

Upper body toning using dumbbells, bands & balls

GUTTS-N-BUTTS

An intense workout to strengthen & define your abs, legs & glutes!

HIIT

An intense step and barbell cardio bootcamp workout.

INSANITY® LIVE (not for the beginner)

An intense cardio & calisthenics workout that uses no equipment. Participants perform long bursts of maximum intensity exercises with short periods of rest alternating between anaerobic and aerobic intervals.

KICKBOXING

A kickboxing class using the upright bags, with punching and kicking drills. Core work and stretching completes the class.

MATURE MUSCLES

For those 55 or better who are looking for an energetic workout that engages both mind and body. This class uses hand weights and cables for toning and stability balls for core strength. Fun music brings the group through one hour of cardio and toning.

MATURE MUSCLES: LIGHT TONING AND BALANCE

Keep your entire body toned & fit in this energizing class with challenging balance exercises.

METABOLIC MELTDOWN

Cardio & weight lifting intervals, body burning fat & building muscle, using dumbbells, medicine balls, weighted bars, steps, bosu ball and bands.

P90X® LIVE (not for the beginner)

Short training cycles will constantly challenge muscles with variety and intensity. P90X Live combines resistance, plyometrics, and cardio style workouts, known as muscle confusion. Never plateau your workout.

PILOXING®

A surprising blend of Pilates and boxing that will transform your body.

SILVER SNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SINGLE STEP-BAR INTERVAL

Full body toning using body bars mixed with cardio on the step.

Register for group fitness classes on MotionVibe
ymcaracine.motionvibe.com

GROUP FITNESS

STRENGTH-CARDIO-CORE CONTINUED: STEP CARDIO

Using the step, you'll move your way through several choreographed combinations that will give your heart the cardio boost it needs to stay healthy & happy. Class complexity & intensity varies.

STEP INTERVAL

Using the step, this energetic class will guide you to a mix of aerobic step movements combining dynamic weight training while maintaining coordination on or off (optional) your step. Great for all levels.

STRENGTH TRAINING

Improving muscular strength by gradually increasing resistance through the use of free weights and body weight. Strength training is designed to impose increasingly greater resistance, stimulating muscle strength to meet the added demand.

TABATA HIIT

An intense workout that will take you thru Tabata Drills (20 sec) using the HIIT (high intensity interval training) concepts.

TONING

Using stability balls, hand weights and resistance cables to tone and sculpt a healthy body.

WERQ

Fiercely fun dance fitness class based on pop, rock, and hip hop music.

ZUMBA®

Zumba is a Latin dance-based fitness class. Salsa and merengue your way to a healthy, fit body.

ZUMBA® TONING

Zumba Toning will target the abs, thighs, arms and other muscles throughout the body with the use of toning sticks or light hand held weights.

STRONG BY ZUMBA®

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

CYCLING INDOOR CYCLING

An intense cardio workout in our indoor cycling class. Every workout is designed to challenge all fitness levels. **Pick up your cycle pass at the Welcome Center Desk. Class is first come first served.**

INDOOR CYCLING 30

A 30 minute Indoor cycling class, great for beginners and seniors.

MIND-BODY BODY FUSION

Total body workout with free weights, band & balls.

PILATES

Pilates classes are performed on a mat. All exercises are zero impact and easy on the joints, strengthening the core muscles and gently increases flexibility. Instructors help modify exercises to accommodate all levels.

PILATES STRETCH

A combination of Yoga and Pilates, giving you a great workout with both workouts in one.

SILVER SNEAKERS® YOGA

A series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

YOGA

Rest & relax in this class using stress relieving techniques along with yoga asanas.

YOGA - CHAIR VINYANSA

Enjoy the benefits from Yoga seated in a chair. Working on leg strength, range of motion in shoulders & hips, both static & dynamic balance, core strength, stamina & flexibility.

YOGA - GENTLE HATHA

Slow & gentle paced, concentrating on physical health & mental well being. Hatha yoga uses bodily postures & breathing techniques, with the goal of promoting balance & flexibility while bringing about a sound, healthy body & clear, peaceful mind.

YOGA - HOT VINYASA (was Hot Yoga)

Is vinyasa-style flow that is hot & sweaty, performed in a warm room because heat is purifying, cleansing & healing. Gain strength, flexibility & balance -intermediate flow. Added warmth prepares muscles & connective tissue for deeper stretches & facilitates perspiration which serves to cleanse the mind & body.

YOGA - VINYASA FLOW

Traditional yoga, flowing from one posture to another, including pose holds and deep stretches. All levels welcome.

YOGA - VINYASA

Fun, engaging class including sun salutations, standing poses, balancing postures, seated & reclining poses, all while connecting each pose to the breath. Modifications are explained for all postures to suit the needs of all ages & skill levels.

WATER EXERCISE AQUACISE

Reduce the stress on your joints with a great cardio & resistance workout using noodles and buoys to tone and sculpt muscles.

AQUA BOOT CAMP

Combines core strengthening, muscle toning, flexibility, & cardio exercises, using the unique buoyancy, resistance & movement of water.

AQUA ROBICS

Aerobic exercises, dance movements, cardio conditioning, body isolations with the results being total body conditioning.

AQUA SPLASH

Fun, shallow waters exercises to improve agility, flexibility, and cardio endurance. No swimming skills required. You will use buoys, noodles & a special kickboard to develop strength, balance and coordination.

DEEP WATER FITNESS

NO SWIMMING SKILLS NEED for this fun aqua class. Using floatation belts (optional and provided), participants will work out in zero-impact suspension in the large pool at own fitness level whether staying active, working aerobically, core strengthening or toning.

GOLDEN WAVES FUNCTIONAL WATER TRAINING

Build stability of the core muscles in various ways, using exercise equipment in the water that strengthens & challenges the muscles.

RIP TIDE

A challenging high energy water fitness class with music from all genres. Aqua tabata is incorporated into the class.

WATER WORKS

High impact class moving to the beat of the music with cardiovascular fitness, coordination, flexibility and range of motion.

**Register for group fitness classes on MotionVibe
ymcaracine.motionvibe.com**

HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

Community Health programs will be offered this fall as virtual and in-person programs. In these changing times, we will post all updates on our website as they become available, ymcaracine.org.

DIABETES PREVENTION PROGRAM

If you are at high risk of developing Type 2 Diabetes, the YMCA's Diabetes Prevention Program can help you make lifestyle changes that will improve your overall health and well-being and reduce your chances of developing the disease. In order to qualify for the program, participants must be at least 18 years old, overweight (BMI \geq 25) and at high risk for developing Type 2 Diabetes or have been diagnosed with



prediabetes. Class dates, times and location are based on demand. To see if this program is a covered benefit, please check with your employer or health insurance provider.

MOVEWELL TODAY®

The MoveWell Today® Diabetes Exercise Program (DEP) is an outcome-based licensed physical activity intervention program for diabetes prevention and self-management. The program adheres to the American College of Sports Medicine and American Diabetes Association exercise guidelines.

REDUCE YOUR RISK

An individualized exercise orientation and prescription will be completed for all participants.

- 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 level, nutrition knowledge, and confidence level.
- Improve lifestyle habits.
- Knowledge and self management tools to improving your health.

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 a week Members \$50 members/General Public \$75
3x a week Members \$75 members/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 Parkinson's disease sufferers and improve the quality of life of 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:

3x a week Members \$50 members/General Public \$75

LOVE YOUR HEART - LAUNCHING OCTOBER 2020 Blood Pressure Self Monitoring Program

The Blood Pressure Self-Monitoring program is to help 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 on energy

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. The eight-session program assists Hispanic families with children 12 and under to make healthy choices for eating and incorporate activity into their daily lives, getting the whole family involved.

It's based on four messages:

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

Visit ymcaracine.org/schedules for Group Fitness schedules or stop by Welcome Center.

For more information contact:

Lyn Boehm, lboehm@ymcaracine.org

HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

MOVING FOR BETTER BALANCE Helping You Feel Strong, Steady & Safe



Feeling unbalanced or unsteady can prevent you from taking part in basic everyday activities like cooking a meal or taking a

walk with a friend. When you're hesitant to be active, you may feel like life is passing you by. Moving for Better Balance can help you maintain your independence!

This 12-week, evidence-based group exercise program is based on the principles of Tai Chi teaching eight movements modified especially for fall prevention. Goals include improving balance, muscle strength, flexibility 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 and/or mobility
- 45 years or older with a chronic condition that may impact stability and/or mobility

Monthly Fee:

2x per week Members \$15 members/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.

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
- More feelings of happiness
- 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:

3x per week Members \$20 members/General Public \$30

LIVESTRONG® AT THE YMCA

LIVESTRONG is a research-based physical activity & 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 & strength; increasing flexibility & 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.



This is a 12 week program. **To learn more, contact: Andrea Bravo, abravo@ymcaracine.org or call 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 both 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. Pre-registration is required! Minimum enrollment: 6. Same day drop ins will be accepted.

Sessions Available:

Wednesday 10:30-11:30am
Friday 10:30-11:30am
Saturday 10:30-11:30am

Location: Sealed Air Branch

**Members: \$10 month/General Public \$20 month
Fee based on 1 day per week**

TRI-FITNESS SWIM WORKOUT - Sealed Air Branch

Stroke Analysis & technique drills, speed, endurance and efficiency. To join this class participants must be able to complete 25 yards & be safe in deep water. The Y's coaching staff will teach the rest. Great for triathlete & fitness swimmers alike, looking for a pool challenge in a team environment. Wednesday & Friday - 6:00am - 7:30am

Fee: \$25 Members/\$40 General Public

For more information contact:

Lyn Boehm, lboehm@ymcaracine.org

MORE HEALTH AND WELLNESS

PERSONAL TRAINING

REACH YOUR GOALS WITH A CERTIFIED PERSONAL TRAINER

Everyone needs the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal, partner and small group training to help with setting and meeting goals in order to live healthier.

All fees are per person	1 Session 60 min session	5 Session 60 min session	10 Session 60 min session
Personal (1:1)	M\$65/GP\$80	M\$300/GP\$375	M\$500/GP\$700
Partner (1:2-3)	M\$55/GP\$70	M\$250/GP\$325	M\$450/GP\$500

Our personal trainers request 24 hours notice if you must cancel your appointment. Appointments cancelled with less than 24 hours notice will be forfeited. All personal training sessions are nonrefundable and expire twelve months after date of purchase. **Call 262.634.1994 to schedule a baseline assessment & training sessions.**

TEEN STRENGTH (Ages 12-15)

A fitness coach will guide teens through proper use of cardio and selecterized strength circuit, teaching proper techniques and rules of the Wellness Center. This class and parental supervision are required for 12 to 15 year olds who want to use the Wellness Center. **(FREE)**

TRX

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 (60 Minutes)

Monday 9:00am-10:00am
Friday 5:00am-6:00am

TRX 30 (30 Minutes)

Thursday 8:30am-9:00am
Friday 8:00am-8:30am

30 min training 4 weeks: M\$25/GP\$35 5 weeks: M\$30/GP\$40
60 min training 4 weeks: M\$49/GP\$69 5 weeks: M\$59/GP\$79



NUTRITION CLASSES

JAPANESE COOKING CLASSES

Join this hands-on class and learn how to make authentic Japanese dishes from a Japanese native. Watch our website for upcoming classes.



Visit us on
**Facebook and
Twitter!**



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.

WORKPLACE WELLNESS

BUILDING A HEALTHIER WORKFORCE

Healthy employees create a healthy workplace. A Workplace Wellness program means supporting every employee in the improvement or maintenance of their current state of health. This includes mental, physical, and emotional support to guide employees toward positive lifestyle changes. And everyone knows that healthy employees make productive companies. Let the YMCA help you develop a plan to incorporate a program today.

Healthy Living programs have been shown to:

- Improve job performance
- Boost morale
- Lower absenteeism and turnover
- Decrease disability days
- Reduce medical costs
- Cost Effective: Low estimates of wellness programs suggest an ROI of 3:1. That's a \$3 return for every \$1 invested. With health and productivity management you might see returns as high as 6:1.
- Employee Retention: On average, 78% of employees will utilize a corporate wellness program and 50% consider it an incentive to continue with their present employer.
- Increased Productivity: When compared to the average office worker, whose efficiency decrease 50% for the final two hours of the workday. Exercise adherents work at full efficiency all day, amounting to a 12.5% increase in personal productivity.

Healthy Living programs have been shown to:

- On-site Lunch & Learns, Group Fitness classes, Wellness Challenges
- On-site Personal Training-Small Group Training, Fitness Assessments, Body Composition, Screenings
- Participation or Management of Health Fair
- Management of on-site Fitness Center
- Diabetes Prevention Program
- Safety Trainings & certifications
- Monthly Healthy Living Newsletter

For more information contact:
Lyn Boehm, lboehm@ymcaracine.org



RACINE FAMILY YMCA
245 Main Street
Racine, WI 53403

**Non-Profit
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RACINE FAMILY Y MEMBER BENEFITS

**Programs for the whole family & special family events • Full access to Riverside & Sealed Air Branches
Nationwide Membership to Ys across the nation • FREE Babysitting • FREE Equipment Orientation
FREE Fitness/Aquacise Classes including: Zumba, BodyPump™, Spin, Kickboxing and more!
Plus, when you join the Y you're joining an organization that's
committed to strengthening our community – together.**

**SEALED AIR BRANCH
8501 CAMPUS DRIVE
MOUNT PLEASANT, WI 53406**



- Full Size CNH Gymnasium
- Indoor Walking/Running Track
- Wellness Center with full range of resistance & Cardio Equipment and Running Track.
- 2 swimming pools: Waterslide & Family Fun Pool and Lap Pool
- Multi-Generational Room
- Adult, Youth & Family Locker Rooms

**RIVERSIDE BRANCH
141 MAIN STREET
(ENTER OFF STATE)
RACINE, WI 53403**



- Fitness Studio
- Wellness Center with full range of resistance & Cardio Equipment
- Adult Locker Rooms

The **RACINE FAMILY YMCA** expresses sincere thanks to all the individuals, companies, foundations and government agencies that #StayedWithUs and #CaredWithUs during the COVID-19 pandemic. Thanks to you, we were able to continue providing our essential community services to children and families, and serve more than 15,000 healthy, free lunches to Racine students during the school shutdowns. Racine County came together during a time of unprecedented crisis to help care for vulnerable seniors, children and families, and we are so grateful to be part of this extraordinary effort. We truly are a #StrongCommunity!



**THE SIMPSON FAMILY - ERIC & LISA OLESEN - BRIAN & ANGELA LEE - THE WESLASKI FAMILY
MEAD WITTER FOUNDATION - RACINE COMMUNITY FOUNDATION - ELLEN & DAVE EASLEY - TWIN DISC
BUTTER BUDS - RUUD FAMILY FOUNDATION - CARON BUTLER - SC JOHNSON - THE LANG FAMILY FOUNDATION, INC.
WHEATON FRANCISCAN ALL SAINTS FOUNDATION - LAKESIDE LEGACY FUND - CREE LIGHTING - MODINE**