

RACINE FAMILY YMCA



WINTER 2022 PROGRAM BROCHURE

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

BRANCH LOCATIONS

MOUNT PLEASANT YMCA
8501 CAMPUS DRIVE
MOUNT PLEASANT, WI 53406

RIVERSIDE YMCA
141 MAIN STREET
RACINE, WI 53403

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

**REGISTER EARLY
SAVE \$5.00!**

EARLY BIRD DEADLINES

**Winter: December 28th
Spring I: February 15th
Spring II: April 12th**

WINTER
January 2ND-February 15th

262.634.1994
www.ymcaracine.org

SPRING I
February 20th -April 15th

SPRING II
April 24th-June 10th

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BUILDING HOURS

| Day of Week | MOUNT PLEASANT BRANCH | RIVERSIDE BRANCH |
|-----------------|-----------------------|------------------|
| Monday–Thursday | 5:00am–8:00pm | 5:00am–7:00pm |
| Friday | 5:00am–8:00pm | 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 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.

Program Registration

Racine Family YMCA members have first priority when it comes to programs that require registration.

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

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
- **Parent Night Out** | Fun-filled activities for the kids, while you enjoy a night out
- **Personal Training Services** | Reduced rates
- **Program Perks** | Reduced program rates and early sign-up
- **Nationwide Membership** | Access to Ys throughout the US



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 |
| 3 Adult Household + Children | \$94.00 |
| 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 |
| College: Full-time: Minimum of 12 credits | \$33.00 |
| College: Gateway—Full-time: minimum of 12 credits | \$16.50 |
| Joining Fee: | \$99.00 |

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.

Reservations can be made on your MotionVibe app or at our Welcome Desk. Our Membership team is available at 262.634.1994.

CORPORATE MEMBERSHIPS

The Racine Family YMCA offers corporate membership rates to qualifying companies. Ask for details at our Welcome Desks.

Annual/Cash payments are accepted.

Rates subject to change.

Membership cancellation policies can be found online or request a copy from our Welcome Center staff.

PICKLEBALL

Pickleball is a sport that is a combination of 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 paddle and ball.



RIVERSIDE 24/7

Want 24/7 access to health and wellness?

Beginning in 2023, 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://ymcaracine.org/riverside-24-7-access) page at ymcaracine.org.

YMCA 360

Transforming Spirit, Mind and Body 24/7

Experience the Y like never before!

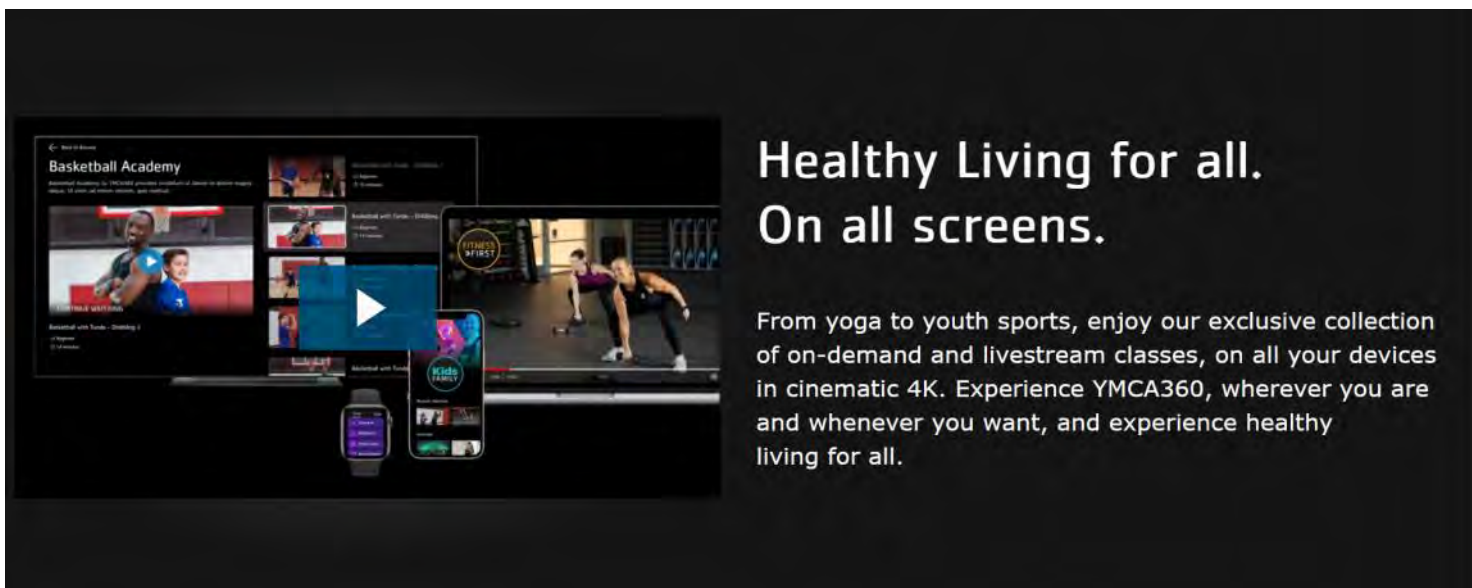
Onsite, at home or on the road, experience the best of the Racine Family YMCA and national YMCA instructors online with YMCA 360. More than 500 programs to click through to fit needs and interests, for children, families, adults and mature adults. Programs include fitness, cooking, arts and crafts, even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

More content, 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 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.
7. Enter the verification code and click **CONTINUE** to access [YMCA 360](#) classes and programs.



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.

AQUATICS

Welcome to our Winter – Spring Session of the YMCA's Aquatic Programs

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



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 Aquatic Coordinator at 262.898.4559.**

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

SEMI-PRIVATE SWIM LESSONS

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

HOMESCHOOL SWIM

Homeschool children, ages 3-12 will learn the basics of swimming, or improve upon the techniques they have already developed.

Preschool Tuesday 2:00pm
Youth Tuesday 2:40pm

PRE-TEAM SWIM

Interested in swim team, but not sure about the commitment? These pre-swim team lessons are a great place to start! Your child will train with an instructor/coach focusing on the fundamentals of all 4 competitive strokes.



Prerequisites: participants must be able to swim 25 yards of front crawl with rotary breathing, 25 yards of back crawl, and be comfortable in deep water (10 feet)



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 SPRING TRYOUTS

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



AQUATIC PROGRAMS

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.

5 Week Session (1x per wk)

Winter: January 9 - February 10 Spring: February 20 - March 24

Member Registration:
Wednesday, December 28

Member Registration:
Monday, February 13

General Public Registration:
Friday, December 30

General Public Registration:
Wednesday, February 15

Members: \$75.00
General Public: \$110.00

Members: \$75.00
General Public: \$110.00



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

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.



IMMEDIATE OPENINGS FOR LIFEGUARDS!

Interested in a job that saves lives?

Email our Welcome Desk at frontdesk@ymcaracine.org for an application today!

SWIM LESSONS

Provide important life skills that could save a life and benefit you for a lifetime

5 week session: \$75 Members • \$110 General Public








Winter: January 9 – February 10

Spring: February 20 – March 24

Member Registration begins: Wednesday, December 28
General Public Registration begins: Friday, December 30

Member Registration begins: Monday, February 13
General Public Registration begins: Wednesday, February 15

| Stages | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|-------------------------------|--|--|----------------------------|--|---------------|--|
| SWIM STARTERS | | | | | | | |
| Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills. | | | | | | | |
|  | Stage A 6-18mo | | 5:05-5:35pm | | | 11:15-11:45am | 8:15-8:45am |
| | Stage B 18-36mo | | 5:40-6:25pm | | | 11:15-11:45am | 8:55-9:25am |
| SWIM BASICS | | | | | | | |
| Students learn personal water safety and achieve basic swimming competency. | | | | | | | |
|  | Preschool: 3-5yrs Stage 1P | 4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:50-6:20pm | 4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm | 5:10-5:40pm 5:50-6:20pm | 4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm | 10:00-10:30am | 9:30-10:00am 10:50-11:20am 11:30-12:00pm |
| | Youth: 6-11yrs Stage 1Y | 4:00-4:45pm | 4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm | | 4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm | | 9:30-10:15am 10:25-11:10am 11:15-12:00pm |
|  | Preschool: 3-5yrs Stage 2P | 4:00-4:30pm 4:35-5:05pm 5:10-5:40pm 5:50-6:20pm | 4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm | 5:10-5:40pm 5:50-6:20pm | 4:00-4:30pm 4:35-5:05pm 5:50-6:20pm 6:30-7:00pm | 10:00-10:30am | 9:30-10:00am 10:50-11:20am 11:30-12:00pm |
| | Youth: 6-11yrs Stage 2Y | 4:00-4:45pm | 4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm | | 4:00-4:45pm 4:50-5:35pm 5:40-6:25pm 6:30-7:15pm | | 9:30-10:15am 10:25-11:10am 11:15-12:00pm |
| SWIM STROKES | | | | | | | |
| Having mastered the fundamentals, students learn additional water safety skills and build stroke technique. | | | | | | | |
|  | Preschool: 3-5yrs Stage 3P | | 5:10-5:40pm | | 6:30-7:00pm | 10:40-11:15am | 10:10-10:50am |
| | Youth: 6-11yrs Stage 3Y | 4:50-5:35pm | 4:50-5:35pm 6:30-7:15pm | | 4:00-4:45pm 4:50-5:35pm 5:40-6:25pm | | 9:30-10:15am 11:15-12:00pm |
|  | Preschool: 3-5yrs Stage 4P | | 5:10-5:40pm | | 6:30-7:00pm | 10:40-11:10am | 10:10-10:50am |
| | Youth: 6-11yrs Stage 4Y | 4:50-5:35pm | 4:00-4:45pm 4:50-5:35pm 5:40-6:25pm | | 4:00-4:45pm 4:50-5:35pm 5:40-6:25pm | | 9:30-10:15am 11:15-12:00pm |
|  | Youth: 6-11yrs Stage 5Y | | 5:40-6:25pm 6:30-7:15pm | | 4:50-5:35pm 6:30-7:15pm | | 10:25-11:10am |
| | Youth: 6-11yrs Stage 6Y | | 6:30-7:15pm | | 4:50-5:35pm 6:30-7:15pm | | 10:25-11:10am |

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 lessons at 262.898.4551 or email frontdesksa@ymcaracine.org.

SAFETY AROUND WATER

Drowning Prevention Safety Around Water

Teaching children how to be safe around water is not a luxury—it is a necessity.

The YMCA's **Safety Around Water** program can help you make sure children learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

What Is Safety Around Water?

Safety around Water sessions help to reduce the risk of drowning by giving children confidence in and around water. The program is geared for **unintended entries into the water and safety**. Our goal is that if a child falls in, they can swim, float swim, tread, and exit the water. The levels build on skill sequences to enable a child to help save themselves or tread/float long enough for help to arrive.

A typical Safety Around Water session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

When do we offer Safety Around Programs?

Spring Break
1st week of summer break



Additional details will be available on our website, ymcaracine.org Registration will open January 2nd

**Thanks to generous community grants and donations,
we offer financial assistance for this program.**

A photograph of a young boy with short dark hair, smiling broadly while in a swimming pool. The background is a clear blue sky.

**WATER SAFETY AND FUN
FOR EVERYONE**
YMCA SAFETY AROUND WATER

**SAFETY
AROUND
WATER**
A YMCA Initiative

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



YOUTH INDOOR SOCCER

An indoor soccer league for students in pre-kindergarten through 8th grade. This year's league will again be led by Oscar Toscano. Toscano has refereed soccer from the youth through the collegiate level, has coached soccer for more than 30 years, has USSF National E, D and C licenses and has reached state Level 6 certification.

The league develops children's fundamental soccer skills and empower passion for the game and will feature soccer fundamental development sessions, followed by a game. Game durations vary by division and each division will be rotated within its division weekly to promote play with different individuals every week.

Program Information

Season: January 29 - March 5

Registration: December 20-January 14

Days: Sundays

Location: Mount Pleasant Branch

Fees: \$60 Members \$80 Community Participants

Divisions: Co-ed

Young Kickers (Ages 3-5): 8:15—9:00am

Beginner (Ages 6-8): 9:05-9:50am

Intermediate/Advanced (Ages 9-11): 9:05-9:50am



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 Friday 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.

Program Information

Season: March 17/18 to April 29

Registration: January 9-March 4

Days: Friday & Saturdays

Location: Mount Pleasant Branch

Fees: \$60 Members \$80 Community Participants

Divisions: Co-ed

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



SPORTS & MARTIAL ARTS

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

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 OUTDOOR FLAG FOOTBALL

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.

PROGRAM INFORMATION

Season: April 16-May 21

Registration: February 1-April 1

Days: Sundays

Location: Mount Pleasant Branch

Fees: \$65 Members \$85 Community Participant

DIVISIONS: CO-ED

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

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.

Beginner: 4-7yrs Tuesday 6:00pm-6:45pm

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

Spring: March 5-April 2

Fees: \$60 Member/\$75 Community Participant

Location: Mount Pleasant Branch

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

Monthly Fee: \$50 Members/\$75 Community Participant
Each additional family member:

Monthly Fee: \$30 Member/\$45 Community Participant
Fees are monthly auto draft and will be drafted on the same date every month.

Location: Mount Pleasant Branch

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.

Days: Tuesday and Thursday

Times: Beginner: 7:00-8:30pm

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

Monthly Fee: \$40 Members/\$55 Community Participant
Each additional family member:

Monthly Fee: \$22 Member/\$30 Community Participant
Fees are monthly auto draft and will be 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: February 16-March 30

Registration: Open through January 6

Days: Thursdays

Games: Sealed Air Branch

Fees: \$275 per team

SUMMER CAMP • RENTALS SPECIAL EVENTS

saccdayscamp@ymcaracine.org • 262.634.1994

**ENHANCE CHILDREN'S COGNITIVE, PHYSICAL, SOCIAL AND EMOTIONAL
DEVELOPMENT THROUGH A VARIETY OF FUN-FILLED ACTIVITIES**



SUMMER DAY CAMP 2023

Summer is a time for kids to be kids. And Y summer day camp is the place to make every precious summer day great!

Campers participate in fun activities that promote confidence, character and self-esteem. Whether your child is registered for a week or the full summer, the friendships and great memories made will last a lifetime.

11 Weeks—June through August 2023

Registration opens March 6, 2023!

Stay tuned for updates on dates, locations, projects and activities.

WI Shares accepted.



SPECIAL EVENTS AND RENTALS

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

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.

Spaces and services are now available at our George Bray Neighborhood YMCA branch at reasonable rates to meet your specific event needs such as church gatherings, meetings, training events and more.

For more information about our rentals and exciting party packages, call our Welcome Desk at 262.634.1994 or email frontdesk@ymcaracine.org.



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 ([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 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 - Cardio, Strength and Athletic. [View GRIT™](#)



PERSONAL TRAINING SERVICES

Mathias Werve, Healthy Living Coordinator
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 | Community Participants: \$450

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



COMMUNITY HEALTH

Mathias Werve, Director of Healthy Living
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LOVE YOUR HEART

BLOOD PRESSURE SELF MONITORING PROGRAM

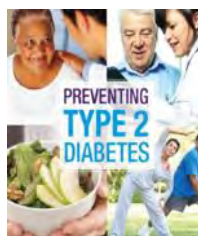
The Blood pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood 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

NEW SESSION starting Monday, January 30, 2023.
Contact the Welcome Desk at 262.634.1994
or email mwerve@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.

Cost Members \$450/ General Public \$500

NEW SESSION starting Monday, February 27, 2023.
Contact the Welcome Desk at 262.634.1994 or email
mwerve@ymcaracine.org

YMCA Mission Statement

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

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

Monthly Fees: \$25 Y Members
\$50 Community Participant

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.

Monthly Fees: \$50 Y Members
\$75 General Public

(Fees are based on class two times per week)

\$75 Y 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 starting Tuesday, February 7, 2023.
Intake forms are available at the Welcome Desk or
email mwerve@ymcaracine.org

COMMUNITY HEALTH

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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

Monthly Fees: \$30 Y Members
\$50 General Public

NEW SESSION starting Monday, March 6, 2023.
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: Sealed Air Branch

Monthly Fees: \$25 Y 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: Sealed Air Branch

Monthly Fees: \$10 Y Members
\$20 General Public

Fees are based on class 1 time per week

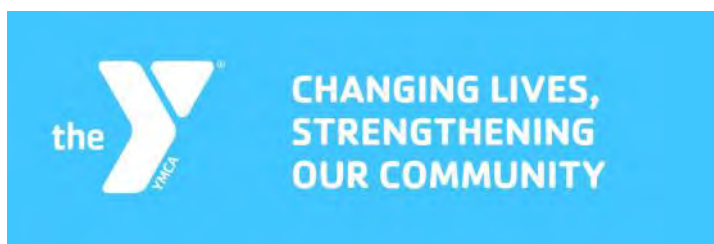
SALSA, SABOR Y SALUD

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 Wednesday, April 12, 2023.
Contact the Welcome Desk at 262.634.1994
or email mwerve@ymcaracine.org.



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 Agenda** increases the strength of community life and improve local conditions through **three service pillars**:

#KIDSTRONGRACINE – 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.
- **Manhood Development Camp** – Mentorship program for youth ages 13–18.

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

- **Focus on Fathers Initiative** – Reconnecting non-custodial fathers with their children through parenting classes and job readiness training.
- **First Choice Pre-Apprenticeship Training** – Diversity and inclusion workforce development and job placement program lifts families out of poverty.
- **Coffee Shop Talks** – This series, led by African American mental health professionals, provide a safe space for African American men to discuss important issues.

#HEALTHSTRONGRACINE – Wellness programs at our Mount Pleasant 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.

The Y's Strong Communities Agenda is made possible through the support of individuals and local agencies and organizations including SC Johnson, United Way of Racine County, Racine Community Foundation, Andis Foundation, City of Racine 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](#)



Thank you for your generous support!