

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

Fall 1&2: \$85 Members/\$125 General Public (8 wks)

Each additional Family member

\$55 Member/\$80 General Public

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. Ages 7 and up

Sealed Air Branch

Tuesday & Thursday

Beginner, 6:30pm - 7:00pm

Intermediate, 7:00pm - 8:00pm

Advanced, 7:00pm - 8:30pm

Fall 1&2: \$70 Members/\$95 General Public (8 wks)

Each additional Family member

\$35 Member/\$50 General Public

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: 5. If minimum enrollment is met & slots are still available, same day drop ins will be accepted.

Wednesday or Saturday 10:30-11:30am - Sealed Air Branch

Friday 6:30-7:30pm - Sealed Air Branch

Friday 10:30-11:30am - Riverside Branch

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

QUESTIONS?

Contact the Welcome Center

262-898-4551

2020 LIGHTHOUSE RUN SATURDAY, JUNE 20th

During its 41 year history, the Lighthouse Run, presented by Educators Credit Union, The Journal Times and the RACINE FAMILY Y, has evolved into one of the premier run/walks in the state of Wisconsin.



That tradition continues with the **Image Management 10 Mile Run**, **Twin Disc 4 Mile Run**, the **Modine 4 & 2 Mile Fun Run/Walk**, **Cree Lighting Mascot Challenge** and **Land Mark Credit Union Kids Power Race**.

Offering both competitive and non-competitive events, the Lighthouse Run serves as the official kickoff to summer fitness awareness.

REGISTER AT:

www.lighthouse-run.com

ADULT COED VOLLEYBALL LEAGUE

Join the YMCA for our Intermediate Competitive Thursday night league. Teams will play 12 weeks of games and end with a tournament. Tournament champions will receive a team trophy.

GAMES BEGIN:

Thursday evening at 6:00pm

Season runs January 9th - April 9th

COST: \$350/per team

BALLROOM DANCING

Join Jeanne Ferraro for an action packed, foot stomping great time as she teaches you several dances. Fox-Trot, Waltz, Cha-Cha, Line Dancing, and more will be explored during this six week class. Sign up as an individual or couple.



Registration opens soon.

See Welcome Desk for specific dates and times.

Class Held:

Thursday evening

Sealed Air Branch

\$65 individual/ \$110 couple



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