

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.

Sealed Air Branch

Ages 7 and up

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 10:30am or Saturday 10:30am

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

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 Mascot Challenge** and **Land Mark Credit Union Kids Power Race**.

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

REGISTER AT:

www.lighthouse-run.com

George Bray Neighborhood Branch

Adult Basketball

Monday - Thursday, 11:00-1:00pm

Youth Open Gym and Homework Assistance

Elementary School

Monday & Wednesday, 4:00-6:00pm

Middle School

Tuesdays & Thursday, 4:00-6:00pm

Adult Noon Basketball

Monday thru Friday

11:30am - 1:00pm

Sealed Air Branch

- Must be 18 years or older
- Members: Free
- General Public: \$5
- Photo ID required

