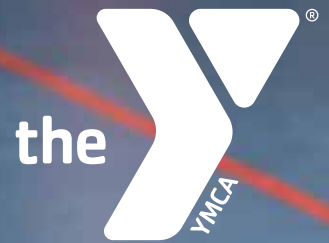


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THE RACINE FAMILY Y

2020 Winter/Spring Program Brochure

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

SEALED AIR BRANCH
8501 Campus Drive
Mount Pleasant, WI 53406

GEORGE BRAY NEIGHBORHOOD BRANCH
924 Center Street
Racine, WI 53403

Winter
January 3-February 20

Spring 1
February 21-April 26

Spring 2
April 27-June 14

262•634•1994 - SERVING RACINE SINCE 1875 - YMCARACINE.ORG

TABLE OF CONTENTS

SOCIAL RESPONSIBILITY

Young Leaders Academy (YLA).....	3
Credible Messengers.....	3
First Choice.....	3
Circle of Sisterhood.....	3
Focus on Fathers Initiative.....	3

YOUTH DEVELOPMENT

Aquatics	4-7
Youth Sports.....	8
Martial Arts.....	9
Adult & Specialty Sports.....	9
Youth & Family Enrichment.....	10

HEALTHY LIVING

42 nd Lighthouse Run.....	9
Group Fitness Descriptions	11-12
Community Living Initiatives	13-14
Personal Training/Teen Strength Attack.....	15
Small Group Training.....	15
Cooking Class.....	15
Branch Locations	Back Cover
Pool & Gym Schedules.....	ymcaracine.org

BUILDING HOURS

Day of Week	SEALED AIR	RIVERSIDE	BRAY
Monday-Thursday	5:00am-9:00pm	5:00am-9:00pm	9:00am-6:00pm
Friday	5:00am-9:00pm	5:00am-7:00pm	CLOSED
Saturday	6:00am-6:00pm	6:00am-4:00pm	CLOSED
Sunday	8:00am-4:00pm	8:00am-12:00pm	CLOSED

The YMCA is closed on: Labor Day, Thanksgiving, Christmas, New Year's Day, Easter, Memorial Day and the 4th of July.

DAY PASSES

The general public is welcome to visit the YMCA anytime by purchasing a day pass. Guests 13 years and older are required to present a picture ID each time they visit. (8 pass per month limit)

DAY PASS: Youth \$5 | Adult \$10 | Family \$15 (non-refundable)

NOON BASKETBALL PASS: \$5 (non-refundable)

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!

Please understand children are served on a first-come, first-served basis. For safety purposes we are limited in the amount of children who can be served at one time.

CHILD WATCH HOURS - Sealed Air Branch:

Monday-Friday	8:00am - 1:00pm
Monday-Friday	4:00pm - 8:00pm
Saturday	8:00am - 12:00pm

PRIME TIME HOURS - Sealed Air Branch:

Monday-Friday	5:00pm - 8:00pm
Saturday	8:30am - 11:30am

Free Member/ \$5 per hour General Public

Note: 3 hour time limit. Hours subject to change. If there are no children for 1 hour, Child Watch & Prime Time may close early.



WINTER REGISTRATION BEGINS

Members: Monday, December 16th
General Public: Monday, December 23rd
CLASSES BEGIN FRIDAY, JANUARY 3rd

SPRING 1 REGISTRATION BEGINS

Members: Monday, February 3rd
General Public: Monday, February 10th
CLASSES BEGIN FRIDAY, FEBRUARY 21st

SPRING 2 REGISTRATION BEGINS

Members: Monday, April 13th
General Public: Monday, April 20th
CLASSES BEGIN MONDAY, APRIL 27th

No Classes April 10th - 16th, RUSD Spring Break.

WAYS TO REGISTER

IN PERSON:

Register in person at RIVERSIDE, SEALED AIR OR BRAY BRANCH Welcome Desk.

BY PHONE only if you have a CREDIT CARD saved on file:

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.**

SOCIAL RESPONSIBILITY

GEORGE BRAY NEIGHBORHOOD YMCA



The George Bray Neighborhood YMCA houses a range of programs designed to increase the strength and effectiveness of community life and improve local conditions, especially for youth in disadvantaged situations. The Y's ability to provide these programs depends on contributions. Please consider helping.

YOUNG LEADERS ACADEMY

The Young Leaders Academy (YLA) is a year-round program consisting of three components dedicated to reversing the negative trend of low academic achievement and stereotypical behavior of **youth ages 7-18** from low-income communities in Racine.

COMPONENT 1: SCHOOL ACHIEVERS

An after school leadership program for **2nd-5th graders**, offering: homework assistance, tutoring, leadership group sessions and recreational activities. Programming is currently held at 3 elementary school sites: Giese, Knapp, Juilian Thomas and Wadewitz Elementary Schools. **Program hours** are Monday thru Thursday from the time school dismisses until 5:30pm.

COMPONENT 2: YOUNG ACHIEVERS

A program for **6th-8th graders**, designed to prepare them for the academic and social rigors of high school and beyond. Young Achievers allows students to participate according to their interests, and provides students with the opportunity to enhance their academic progress, increase existing skills and pursue their interests. **Program hours** are Monday-Thursday 3:45pm-5:30pm. Location: Mitchell, Starbuck, Gilmore and Jerstad

COMPONENT 3: TEEN ACHIEVERS

A teen program for **9th-12th graders**, that offers participants college readiness, college tours, collaboration with local businesses and career exploration workshops. Teen Achievers also receive a free YMCA membership. **Program hours** are Monday-Thursday 4:30pm-6:00pm

CREDIBLE MESSENGERS

We are a transformative, mentoring, intervention movement, for Racine County youth with a restorative justice philosophy for young people in the community at large. Our purpose is to plant positive seeds of growth, reduce recidivism, and inspire youth to unlock their transformative power. "We are what love looks like"

The Process: Receive referrals from Racine County Juvenile Justice Division, sent to the Program Coordinator, forwarded to Family Engagement Specialist, Credible Messengers. Intake and interview scheduled with Youth, Parents, and other Service Providers.

Program Hours of Operation: M-F 8-5pm Youth Program Hours of Operation: Males Monday & Wednesday 4-7pm / Females Tuesday-Thursday 4-7pm

Credible Messengers are on call every day, 24 hours a day in the event of emergencies. We are Funded and supported by Racine County Human Services Department.



FIRST CHOICE

First Choice Pre-Apprenticeship Training's mission is to recruit women, ethnic minorities and others who find the apprenticeship process daunting. Through this initiative inroads have been made especially for women and ethnic minorities to secure a future for themselves and their families with middle income wages and benefits. Graduates leave with stackable credentials also recognized in the industry. Eligibility for enrollment are high school diploma/equivalency, reliable transportation or driver's license and one must be drug-free. This is a 6 week class that totals 240 total hours of classroom, workshop and job site visits for students Times are 9:00 am to 12 noon, Monday through Friday.

CIRCLE OF SISTERHOOD

Circle of Sisterhood (The power of perseverance) initiative provides support for women by supporting and further expanding their understanding centering around healthy relationships, parenting education, financial literacy, job search and essential life skills. We will obtain these goal through using a 13-week curriculum called Within My reach that focuses on communication and healthy relationship building. Also, utilizing professionals in our community to deliver a nonjudgmental holistic approach to further educate individuals on topics listed above. We will meet every Tuesday at 4pm at the George Bray Neighborhood YMCA located at 924 Center St. Program participants will have access to YMCA programs and facilities for parent/child activities is also provided.

FOCUS ON FATHERS INITIATIVE

Focus on Fathers provides fathers with support to help them become better fathers and providers. This initiative offers education and support programs that improve parenting skills, personal relationships, financial literacy and employment status. Focus on Fathers takes a holistic and non-judgmental approach to helping fathers embrace all aspects of responsible fatherhood. **Programmatic supports include:**

FATHER FRIENDLY EMPLOYMENT

Fathers will engage in four monthly employment readiness workshops, job search assistance and employment referrals.

NURTURING FATHERS™

The NFP aims to help fathers become nurturing fathers to their children. Upon completion of the Father Friendly Employment program, fathers will attend Nurturing Fathers™ classes twice a week for 6 weeks.

WITHIN OUR REACH™

Upon completing Nurturing Fathers™, fathers will enroll in the 3 week Within Our Reach™ program, engaging in six group sessions on enhancing the relationship with spouse or partner.

For more information call
262-898-4757

AQUATIC PROGRAMS

Welcome to the Winter/Spring 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.

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.

7 week session (1x per wk)	8 week session (1x per wk)
Winter: January 4-February 20	Spring 1: February 21-April 25
Spring 2: April 27-June 14	\$64 Member
\$56 Member	\$96 General Public
\$84 General Public	No Classes April 10 - April 16

No Classes Thursday, April 10 - 16, RUSD Spring Break.

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.



YMCA Mission Statement:

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

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 children for the youth lesson 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.



SC JOHNSON COMMUNITY AQUATIC CENTER LOOKING FOR A FAMILY GIFT? SUMMER 2020 POOL MEMBERSHIPS ON SALE NOW!

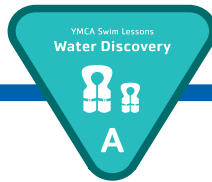


STAGE DESCRIPTIONS



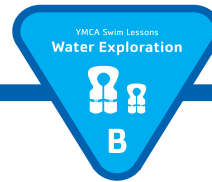
SWIM STARTERS

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.



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.



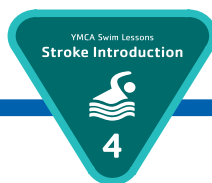
3 / WATER STAMINA

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 BASICS

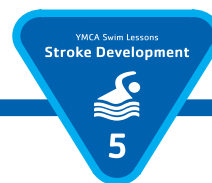
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



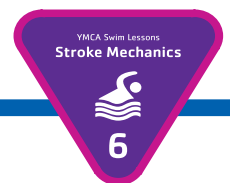
4 / STROKE INTRODUCTION

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.

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.

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

SESSION CLASS OPTIONS (SEALED AIR ONLY)

ALL CLASSES 1X WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stage A 6-18 months	--	5:05-5:35pm	--	6:15-6:45pm	--	8:30-9:00am
Stage B 18-36 months	--	5:40-6:10pm	--	5:40-6:10pm	11:10-11:40am	9:00-9:30am
Stage 1 Preschool 3-5 year olds	4:30-5:00pm 5:40-6:10pm 6:15-6:45pm	HS-2:00-2:45pm 4:30-5:00pm 5:05-5:35pm 5:40-6:10pm 6:15-6:45pm	9:30-10:00am 5:05-5:35pm 5:40-6:10pm	4:30-5:00pm 5:05-5:35pm 5:40-6:10pm	10:00-10:30am 10:35-11:05am	9:30-10:00am 10:05-10:35am 10:40-11:10am 11:15-11:45am
Stage 2 Preschool 3-5 year olds	4:30-5:00pm 5:40-6:10pm 6:15-6:45pm	HS-2:00-2:45pm 4:30-5:00pm 5:40-6:10pm 6:15-6:45pm	9:30-10:00am 5:05-5:35pm 5:40-6:10pm	4:30-5:00pm 5:40-6:10pm	10:00-10:30am 10:35-11:05am	9:30-10:00am 10:40-11:10am
Stage 3 Preschool 3-5 year olds	5:05-5:35pm	6:15-6:45pm	10:05-10:35am 5:05-5:35pm	5:05-5:35pm 6:15-6:45pm	10:35-11:05am	10:05-10:35am 11:15-11:45am
Stage 4 Preschool 3-5 year olds	5:05-5:35pm	6:15-6:45pm	10:05-10:35am 5:05-5:35pm	5:05-5:35pm 6:15-6:45pm	10:35-11:05am	10:05-10:35am 11:15-11:45am
Stage 1 Youth 6-12 year olds	4:30-5:15pm 6:10-6:55pm	HS-2:00-2:45pm 4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	5:20-6:05pm 6:10-6:55pm	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm		9:30-10:15am 10:20-11:05am 11:10-11:55am
Stage 2 Youth 6-12 year olds	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	HS-2:00-2:45pm 4:30-5:15pm 5:20-6:05pm 6:10-6:55pm	5:20-6:05pm 6:10-6:55pm	4:30-5:15pm 5:20-6:05pm 6:10-6:55pm		9:30-10:15am 10:20-11:05am 11:10-11:55am
Stage 3 Youth 6-12 year olds	4:30-5:15pm 5:20-6:05pm	HS-2:00-2:45pm HS-2:45-3:15pm 5:20-6:05pm 6:10-6:55pm	4:30-5:15pm 5:20-6:05pm	4:30-5:15pm		9:30-10:15am 11:10-11:55am
Stage 4 Youth 6-12 year olds	4:30-5:15pm 5:20-6:05pm	HS-2:00-2:45pm HS-2:45-3:15pm 5:20-6:05pm	4:30-5:15pm	4:30-5:15pm 6:10-6:55pm		9:30-10:15am 11:10-11:55am
Stage 5 Youth 6-12 year olds	6:10-6:55pm	HS-2:45-3:15pm	4:30-5:15pm	7:00-7:45pm		10:20-11:05am
Stage 6 Youth 6-12 year olds	--	HS-2:45-3:15pm 7:00-7:45pm	4:30-5:15pm 5:20-6:05pm	--		--
Stage 7 Youth A, C	--		5:00-6:00pm(C) 6:00-7:00pm(A)	--	6:00-7:00pm(A)	--
A - SWIM FOR FITNESS: Students will refine stroke technique and will work on increasing endurance to build life-long swim fitness skills Winter/Spring 2: \$112 Members/ \$168 General Public - 2x per week for 7 weeks Spring 1: \$128 Member/ \$192 General Public - 2x per week for 8 weeks						
C - JR SWIM INSTRUCTOR PROGRAM: Students will start learning teaching techniques with experienced swim instructors while continuing to work on their own swim skills. Winter/Spring 2: \$56 Members/ \$84 General Public - 1x per week for 7 weeks Spring 1: \$64 Members/ \$96 General Public - 2x per week for 8 weeks						
Adultos En Español	--	--	--	--	--	8:00-8:45am En Español SABADO SOLAMENTE
Jovenes En Español	--	--	--	--	--	9:00-9:45am 3-5 anos 10:00-10:45am 6-12 anos En Español SABADO SOLAMENTE
Beginner Teen-Adult	--	--	--	7:00-7:45pm	--	--

6 MEMBER REGISTRATION BEGINS: WINTER-DECEMBER 16 | SPRING 1-FEBRUARY 3 | SPRING 2-APRIL 13

AQUATICS (continued)

TEEN/ADULT SWIM LESSONS (Ages 13 & Older)

A class for those who want to learn how to swim for the first time and want to improve their stroke efficiency and endurance.

BEGINNER

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

DEVELOPMENT

A Class designed to develop basic strokes for new swimmers or those getting back into swimming after a long time away.

REFINEMENT

Class designed for experienced and confident swimmers that want to improve and refine strokes.

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 participants 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 the Aquatic Director, 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

Slide Times

Monday–Thursday
7:00pm – 7:30pm

Friday
5:00pm – 8:30pm

Saturday
1:00pm – 5:30pm

Sunday
1:00pm – 3:30pm

(SLIDE TIMES SUBJECT TO CHANGE)

Children must be **48** inches tall to ride the water slide.
Parents may not catch or ride down with a child.



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

Saturday – January 4th 2:00–6:00pm
Saturday – March 28th 2:00–6:00pm
Saturday – May 23rd 2:00–6:00pm
\$45 Member/ \$60 General Public

CPR and AED Challenge

Saturday – January 4th 12:00–2:00pm
Saturday – March 28th 12:00–2:00pm
Saturday – May 23rd 12:00–2:00pm
\$40 Member/ \$55 General Public

Registrations closes 1 week prior to the start of the class.



RED CROSS LIFEGUARD TRAINING

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.

RED CROSS LIFEGUARD INSTRUCTOR TRAINING COURSE

For dates and times for Lifeguard Training and Instructor Training courses contact the Aquatic Director at 262-898-4559.

RED CROSS BABYSITTING COURSE (Ages 11 & Up)

This Red Cross babysitting training course can help provide the skills you need to take care of the kids in your neighborhood when their parents can't be with them.

This in-class training gives you the skills to become a safe reliable babysitter. At the conclusion of the class participants will receive a Red Cross Babysitting certificate and a resource binder.

Sealed Air Branch – Conference Room 5:00pm – 7:00pm

Tuesday – February 4, 11, 18, 25 & March 3, 10
Tuesday – April 21, 28, & May 5, 12, 19, 27
\$65 Member/\$75 General Public

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 team players. SEAY is also dedicated to teaching kids good sportsmanship and fair competition.

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 the 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

Late March - Early May

The Youth Basketball league will give your child the opportunity to develop tactics and fundamentals through coaching and games. Come join the fun! Practices are held during the week, with games on Saturdays for Sophomores, Juniors, and Seniors.

Mites and Mighty Mites will meet on Friday evenings for an instructional practice and Saturday mornings for a scrimmage. The goal is to provide children with the proper fundamentals and techniques to grow as basketball players. All participants receive a t-shirt

REGISTRATION INFORMATION

Registration: January 6 - March 1, 2020
Practice: **George Bray Neighborhood Branch**
Games: **Sealed Air Branch**

COED DIVISION

Mites Pre K - Kindergarten
Mighty Mites 1st grade - 2nd grade
Sophomores 3rd grade - 4th grade
Juniors 5th grade - 6th grade
Seniors 7th grade - 8th grade
\$50 Member/\$70 General Public



YOUTH INDOOR SOCCER LEAGUE (Ages 4-13)

January 25 - March 20

A fun, exciting way to spend time making new friends while learning the basic fundamentals of soccer. Participants will receive team shirts.

REGISTRATION INFORMATION

Registration begins: January 6
Must be done in person at the Sealed Air Branch.
Practice: **George Bray Neighborhood Branch**
Games: **Sealed Air Branch**

COED DIVISIONS

Mites Pre K - Kindergarten
Mighty Mites 1st grade - 2nd grade
Sophomores 3rd grade - 4th grade
Juniors 5th grade - 6th grade
Seniors 7th grade - 8th grade
\$50 Member/\$70 General Public



BEGINNER CHEER CLINIC

Join High School Cheerleaders and learn the fundamentals of sideline cheerleading. Participants will learn multiple cheers and perform them at one of our Youth Basketball games.

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. Class meets once a week in the evenings Sealed Air branch.

Sealed Air Branch

Beginner Ages 4-6 years
Tuesday 6:00pm-6:45pm
Intermediate Ages 7-9 years
Tuesday 7:00pm-7:45pm
Spring 1: \$40 Member/\$65 General Public (8 wks)

SPORTS OF ALL SORTS (Ages 5 & up)

Unsure of what sport your child MIGHT like? This class is designed as a sampler of all League opportunities the YMCA has to offer. Your child will experience Soccer, Basketball, Swimming, and Football taught by league specific staff.

Sealed Air Branch: Tuesdays, 5:00pm - 5:45pm
Winter: \$40 Member/\$55 General Public (7 wks)
Spring 2: \$40 Member/\$55 General Public (7 wks)

Sealed Air Branch Monday-Thursday 1:00pm-2:30pm

Performance at 12pm the Saturday after break.

Spring Break: \$35 Member/ \$50 General public

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 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



Visit us on
Facebook and
Twitter!



YOUTH AND FAMILY ENRICHMENT

Enhance children's cognitive, physical, social and emotional development through a variety of fun-filled activities.

PRESCHOOL ENRICHMENT

PARENT/TOT ART CLASS (Ages 2 & up)

Do you have a budding artist? This class will offer you and your child to work together and create art that can be displayed at home and cherished for years to come. Art activities will include but not limited to; canvas, water color, three-dimensional, and more.

Sealed Air Branch - Prime Time

Tuesdays (January 14 - February 4) 10:00am - 10:45am

\$40 Member/\$55 General Public

WHAT'S FOR SNACK (Ages 2 & up)

Do you have a picky eater? Do you feel like you are making the same snacks all the time? Join us for a "cooking class" meant for you and your child. Leave tasting new snacks and recipes you can recreate at home.

Sealed Air Branch - Prime Time

Tuesdays (February 25 - March 17) 10:30am - 11:15am

\$40 Member/\$55 General Public

WHAT'S GROWING? (Ages 3 - 5)

Introduce your children to the steps of gardening; soil preparation, seeds, planting, care for seedlings; and more. Each child will leave with their own homemade container garden to care for after the class is over.

Sealed Air Branch - Prime Time

Tuesdays (April 28 - May 19) 10:30am - 11:15am

\$40 Member/\$55 General Public

SAFETY DAYS (Ages 2 (potty trained) - 5 years)

Join us for a 4 day long adventure. The Youth and Family Coordinator is excited to educate your children about all things safety; Fire, Police, Department of Public Works, Water, Stranger Danger, and more.

Sealed Air Branch - Prime Time

April 6 - April 9 9:30am - 11:45am

\$50 Member/\$65 General Public

SACC/SCHOOL DAYS OUT

The Sealed Air YMCA offers care on days when Racine Unified is not in session. The School Days Out program brings you back to summer.... how you ask? During SDO your child will engage in STEM activities, swim, and much much more. Each day is themed and planned with a variety of activities.

January 2nd, 3rd, and 20th

February 14th and 17th

March 12th and 13th

April 10th, 13th - 16th and 17th

June 11th and 12th

\$30 per day Members/\$45 per day General Public

Registration opens three weeks before the dates listed above.

Contact Katie Svendsen at 262.898.4558

SPECIAL EVENTS

EASTER BUNNY MADNESS

The Easter Bunny has already booked a stop at Sealed Air. Come on out and join us for a hopping good time; Bunny crafts, games, snacks, and more.

Sealed Air Branch - MGR

Saturday, March 28th

9:00am - 11:00am

\$5 Members/\$10 General Public

Children must be accompanied by an adult.

PARENT'S NIGHT OUT

Parents take some time for yourself and bring your children to the YMCA for a night of fun. Swimming, Open gym, crafts, and more are all a part of this event. This night is open to all children ages 6 weeks to 12yrs. There are limited spots for children 4 and under.

Sealed Air Branch

Drop of is between 6:00-6:15pm

Pick up in between 9:45-10:00pm

February 14th

Ages: 5yrs-12yrs \$15 members/\$20 General Public

SUMMER DAY CAMP

DAY CAMP AT SEALED AIR

Camp is preparing for Summer 2020.

Our camp will run for 11 weeks starting June 15th and running through August 28th.

Our staff is working on exciting weekly themes and field trips to make the Summer of 2020 one your child will talk about for years to come.

Weekly signups will begin mid-April 2020

1-3 days \$170 Members/ \$190 General Public

4-5 days \$190 Members/\$220 General Public

DAY CAMP AT UNION GROVE

Camp is preparing for its 3rd Summer and we couldn't be more excited!

Union Grove was a great host and the children had an incredible summer. 2020 will not disappoint; 13 weeks of amazing themes and exciting field trips are waiting for your child.

Weekly signups will begin mid-April 2020

1-3 days \$125 members/ \$150 General Public

4-5 days \$150 members/\$175 General Public

Save.....Save.....Save

Summer Day Camp **free registration** (a \$30 values) for camp from

January 6th through February 28th 2020.

RESIDENT CAMPS

Great Summer options for Youth!

Check out Camp Manitowish & Camp Jorn at:
manito-wish.org or campjornymca.org

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 from working out with instructors and other members in a group setting.

Most fitness classes are **FREE** for members, however classes do have daily maximums and are filled on a first come, first served basis. **Please register ahead to ensure availability.** Classes are subject to cancellation if minimums are not met.

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 MUSCLESS: 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®

Silver Sneakers classes are safe, multilevel, and equipment-based total body conditioning classes for Medicare-eligible participants. Classes improve muscular strength, increase range of motion & flexibility.

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.

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

GROUP FITNESS

STRENGTH-CARDIO-CORE

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 using free weights and body weight. To impose increasingly greater resistance and stimulating muscle strength.

TABATA HIIT

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

WERQ

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

ZUMBA®

Zumba is a Latin dance-based fitness class.

ZUMBA® TONING

Zumba Toning targets the abs, thighs, arms and muscles throughout the body using 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 studio. 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 that is great for beginners and seniors.

MIND-BODY

BODY FUSION

Total body workout that uses 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 increasing flexibility. Instructors help modify exercises to accommodate all levels.

PILATES STRETCH

A combination of Yoga and Pilates, providing 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.

MIND-BODY

YOGA - CHAIR VINYANSA

Enjoy the benefits of 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 - 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 water exercises to improve agility, flexibility, and cardio endurance. No swimming skills are 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 work out in zero-impact suspension in the large pool at their 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 to strengthen & challenge the muscles.

RIP TIDE

A challenging high energy water fitness class with music from all genres incorporating Aqua tabata.

WATER WORKS

High impact class moving to the beat of the music for cardio fitness, coordination, flexibility & range of motion.

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

HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

Committed to promoting healthy living for all, the RACINE FAMILY YMCA offers a variety of programs for those who suffer from or are at risk for developing specific chronic diseases. Chronic disease prevention programs and services support people in changing their lifestyles, managing stress levels and adopting beneficial fitness and nutrition behaviors for every stage of life.

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. Information session Monday, January 27 at 4:00pm & Friday, January 31 at 8:00am – Sealed Air Branch. Classes beginning in February. To be added to the interest list, email lboehm@ymcaracine.org or call 262-898-4551.



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.

The program meets on:

Monday/Wednesday 1:30-2:30pm or 2:45-3:45pm

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

Friday 12:30-1:30pm or 1:30-2:30pm

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



PEDALING FOR PARKINSON'S

Building Strength to Thrive

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

The program meets on:

TBD

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

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.

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

OUR AIM: TO HELP YOU FEEL BETTER

A full hour of fun, meeting 3 times per week for 16 weeks, **EnhanceFitness** focuses on dynamic cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. **Enhance Fitness** is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace.

WHO QUALIFIES?

EnhanceFitness welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.

Information sessions:

Thursday, December 19, 2019

Thursday, January 9, 2020

9:30am – Sealed Air Branch.

Classes begin: January 14, 2020

Tuesday, Thursday & Friday 10:30-11:30am

Registration is ongoing throughout the session

Monthly Fee: \$20 Members/ \$30 General public

(16 weeks, 3 times per week)

To be added to the interest list, email

lboehm@ymcaracine.org or call 262-898-4551.



For more information contact:

Lyn Boehm, lboehm@ymcaracine.org
or call 262-898-4551

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 and led by a qualified instructor 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.

Potential Gains

- A positive social experience
- Improved balance and stability
- Improved memory and cognition
- Improved muscle strength
- Improved self-confidence
- Reduced stress
- Improved flexibility
- Improved mental and emotional well-being



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

Dates & Times

TBD (12 wks/2 times per week)

Monthly Fee: \$15 Members/\$25 General Public

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

Session 1 Orientation: Sealed Air Branch
Friday, March 6, 2020 - 6:30pm
March 13 - May 1; Friday 6:30-8:00pm

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.



The next 12 week program meets on Tu & Th 1:30-3:00pm, beginning February 4, 2020. Applications due: December 30, 2019. **To learn more, contact: Andrea Bravo, abravo@ymcaracine.org or call 262-898-4551.**

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: \$350 Members/\$450 General Public

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
or call 262-898-4553

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

Personal trainer's request 24 hours notice if cancelling an 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.

TEEN STRENGTH ATTACK (Ages 12-15)

A fitness coach will guide teens through proper use of the cardio and the selecterized strength circuit while 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 TRAINING

Get fast, effective, total-body workouts with TRX that 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

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

TRX 30

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

COOKING CLASSES

JAPANESE COOKING - SEALED AIR BRANCH - MGR

Join this hands-on class and learn how to make authentic Japanese dishes from a Japanese native.

ONIGIRAZU & ONIGIRI/RICE SANDWICH 7 RICE BALL

Wed., January 15th 10:30am-12:00pm or 5:30pm-7:00pm

CHOCOLATE ROLL CAKE

Wed., February 12th 10:30am-12:00pm or 5:30pm-7:00pm

KARAAGE/JAPANESE FRIED CHICKEN

Wed., March 18th 10:30am-12:00pm or 5:30pm-7:00pm

YAKISOBA/STIR FRIED NOODLES WITH MEAT, VEGETABLE AND A SWEET AND SALTY SAUCE

Wed., April 15th 10:30am-12:00pm or 5:30pm-7:00pm

\$20 Member/\$40 General Public (Limit 8 per class)

All cooking class participants must register at least 48 hours prior to the date of the class. Classes without 4 pre-registered participants are subject to cancellation.

YOU CAN MAKE A DIFFERENCE. Please Support our Annual Campaign!

The Y raises funds through the Annual Campaign to strengthen communities, improve kids' grades and build leadership skills, and ensure the Y is welcoming and accessible to all people.

The Y is a community leader in providing high quality educational and extracurricular activities. Your generosity supports the Strong Communities Agenda, which transforms the lives of low income families and youth in Racine through programs that create hope, celebrate personal responsibility, and gets kids excited about school and the future. We count on your generosity to help people of all ages and walks of life in Racine to be healthy, confident, connected and secure.

YES! I WANT TO SUPPORT THE Y!

MY COMMITMENT TO Y's ANNUAL CAMPAIGN

\$25 \$50 \$100 \$250 \$500

Banner Program Gold (\$2500 or greater)

Banner Program Silver (\$1000 - \$2499)

PAYMENT METHOD

Check (payable to RACINE FAMILY YMCA)

Credit Card (Visa/Mastercard/Discover)

Number _____ Exp. Date _____

Name _____

Address _____

Phone _____

Signature _____ Date _____

PLEASE RETURN TO :

RACINE FAMILY YMCA

245 Main Street, Racine, WI 53403

262•634•1994

ymcaracine.org





RACINE FAMILY YMCA
 245 Main Street
 Racine, WI 53403

Non-Profit
 Organization
 U.S. Postage
 PAID
 Racine, WI
 Permit No. 54

262•634•1994 - SERVING RACINE SINCE 1875 - YMCARACINE.ORG

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 and Family Locker Rooms

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



BRAY BRANCH
 924 CENTER STREET
 RACINE, WI 53403

- Full Size Gymnasium
- Access to Chromebooks
- Study Center
- Kitchen
- Conference Room

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

YMCA Mission Statement:

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

Community Health Initiatives Healthy Living Fair

NATIONAL THYROID AWARENESS MONTH
 Tuesday January 21st - 9:00-11:30am

NATIONAL HEART MONTH
 Tuesday, February 18th -9:30-11:30am

THANK YOU TO OUR GOLD SPONSORS FOR THEIR SUPPORT OF THE Y'S ANNUAL CAMPAIGN - YOU CAN MAKE A DIFFERENCE TOO!



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