



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



THE RACINE FAMILY Y

2019 Winter/Spring Program Brochure

LAKEFRONT BRANCH
725 Lake Avenue
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 4-February 21

Spring 1
February 22-April 18

Spring 2
April 29-June 16

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

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BUILDING HOURS

Day of Week	SEALED AIR	LAKEFRONT	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 childcare 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 that can be served at one time.

CHILD WATCH/PRIME TIME HOURS - Sealed Air Branch:

Monday-Friday	8:00am - 1:00pm (Prime time opens at 4pm)
Monday-Friday	4:00pm - 8:00pm
Saturday	8:00am - 12:00pm

KID'S CORNER (CHILD WATCH) - Lakefront Branch:

Monday-Friday	8:00am - 1:00pm
Monday-Thursday	4:00pm - 8:00pm
Friday	4:00pm - 7:00pm
Saturday	8:00am - 12:00pm

KID'S ALLEY (PRIME TIME) - Lakefront Branch:

Monday-Thursday	5:00pm - 7:30pm
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Free Member/ \$5 per hour General Public

Note: 3 hour time limit. Hours subject to change.



WINTER REGISTRATION BEGINS

Members: Monday, December 17th

General Public: Monday, December 24th

CLASSES BEGIN FRIDAY, JANUARY 4th

SPRING 1 REGISTRATION BEGINS

Members: Monday, February 4th

General Public: Monday, February 11th

CLASSES BEGIN FRIDAY, FEBRUARY 22nd

SPRING 2 REGISTRATION BEGINS

Members: Monday, April 15th

General Public: Monday, April 22nd

CLASSES BEGIN MONDAY, APRIL 29th

WAYS TO REGISTER

IN PERSON:

Register in person at LAKEFRONT, 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 will house 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. The YLA's mission is to nurture the development of leadership abilities and life skills of youth, empowering them to improve the quality of their life and assist them in becoming productive citizens.

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, 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 & Wednesday 4:00pm-6:00pm. Location: Bray Branch (Transportation available)

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. Achievers also receive a free YMCA membership. Program hours are Tuesdays & Thursdays 6:00pm-8:00pm

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

Winter Orientation: January 28

Program: February 4 - March 25

Spring Orientation: April 8

Program: April 15 - June 10

Mondays from 6:00-8:00pm

Location: **LAKEFRONT BRANCH**

P.R.E.P.

The **Personal Responsibility Education Program** is focused on preventing unintended teen pregnancies and STI's while also incorporating important adult preparation subjects such as building healthy relationships, learning about financial literacy and focusing on educational attainment. Although the program is open to all, P.R.E.P. targets African American and Latino youth because of the discrepancies in their rates of unintended pregnancies and contractions of STI's compared to their white counterparts.

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. **These programmatic supports include:**

FATHER FRIENDLY EMPLOYMENT

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

NURTURING FATHERS™

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.

FINANCIAL LITERACY CONFERENCES

Through quarterly conferences, fathers will take part in workshops to enhance their knowledge and skills in areas such as: money management, credit, savings, home ownership, etc.



United Way of Racine County
Community Partner



For more information call
262.898.4610

GENERAL PUBLIC REGISTRATION BEGINS: WINTER-DECEMBER 24 | SPRING 1-FEBRUARY 11 | SPRING 2-APRIL 22 3

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. At the time of registration, please tell the Welcome Center staff which branch registration is for.

7 week session (1x per wk)	8 week session (1x per wk)
Winter: January 4-February 21	Spring 1: February 22-April 18
Spring 2: April 29-June 16	\$64 Member
\$56 Member	\$96 General Public
\$84 General Public	No Classes April 22 - April 28

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

PARENT/TODDLER LESSONS (Ages 6 - 36 months)

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



PRESCHOOL SWIM LESSONS (Ages 3-5 years)

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



by-step progression of swimming and water safety without the aid of a flotation device, designed to adequately prepare your child for the youth program. Student/Instructor ratio will not exceed 6 to 1. All preschool classes are 30 minutes in length.

SCHOOL AGE SWIM LESSONS (Ages 6-12 years)

Location: Lap Pool - Children learn the fundamentals of swimming and water safety with increased stroke development and endurance as levels increase. Classes will not exceed an 8 to 1 student/instructor ratio. All classes are 45 minutes in length and taught in the Lap Pool. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at Stage 1, which has no prerequisite.



YMCA Mission Statement:

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

SC JOHNSON COMMUNITY AQUATIC CENTER THANK YOU FOR ALL YOUR SUPPORT



SESSION CLASS OPTIONS

GREEN=SEALED AIR | BLUE=LAKEFRONT | GREY=BOTH

ALL CLASSES 1X WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stage A 6-18 months		5:05-5:35pm(SA)		6:15-6:45pm(SA)		8:30-9:00am (SA) 9:00-9:30am(LF)
Stage B 18-36 months		5:40-6:10pm(SA)		5:40-6:10pm(SA)	11:10-11:40am(SA)	9:00-9:30am(LF-SA)
Stage 1 Preschool	4:30-5:00pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	HS-2:10-2:40pm(SA) 4:30-5:00pm(SA) 5:05-5:35pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	9:30-10:00am(SA) 5:05-5:35pm(SA) 5:40-6:10pm(SA)	4:30-5:00pm(SA) 5:05-5:35pm(SA) 5:40-6:10pm(LF-SA) 6:15-6:45pm(LF)	10:00-10:30am(SA) 10:35-11:05am(SA)	9:30-10:00am(LF-SA) 10:05-10:35am(SA) 10:40-11:10am(SA) 11:15-11:45am(SA)
Stage 2 Preschool	4:30-5:00pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	HS-2:10-2:40pm(SA) 4:30-5:00pm(SA) 5:40-6:10pm(SA) 6:15-6:45pm(SA)	9:30-10:00am(SA) 5:05-5:35pm(SA) 5:40-6:10pm(SA)	4:30-5:00pm(SA) 5:40-6:10pm(LF-SA) 6:15-6:45pm(LF)	10:00-10:30am(SA) 10:35-11:05am(SA)	9:30-10:00am(LF-SA) 10:40-11:10am(SA)
Stage 3 Preschool	5:05-5:35pm(SA)	6:15-6:45pm(SA)	10:05-10:35(SA) 5:05-5:35pm(SA)	5:05-5:35pm(SA) 6:15-6:45pm(SA)	10:35-11:05am(SA)	10:05-10:35am(SA) 11:15-11:45am(SA)
Stage 4 Preschool	5:05-5:35pm(SA)	6:15-6:45pm(SA)	10:05-10:35(SA) 5:05-5:35pm(SA)	5:05-5:35pm(SA) 6:15-6:45pm(SA)	10:35-11:05am(SA)	10:05-10:35am(SA) 11:15-11:45am(SA)
Stage 1 Youth	4:30-5:15pm(SA) 6:10-6:55pm(SA)	HS-2:00-2:45pm(SA) 4:30-5:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(LF) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA) 5:20-6:05pm(LF-SA) 6:10-6:55pm(SA)		9:30-10:15am(LF-SA) 10:20-11:05am(SA) 11:10-11:55am(SA)
Stage 2 Youth	4:30-5:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	HS-2:00-2:45pm(SA) 4:30-5:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(LF) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA) 5:20-6:05pm(LF-SA) 6:10-6:55pm(SA)		9:30-10:15am(LF-SA) 10:20-11:05am(SA) 11:10-11:55am(SA)
Stage 3 Youth	5:20-6:05pm(SA)	HS-2:00-2:45pm(SA) HS-2:45-3:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA) 5:20-6:05pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)		9:30-10:15am(SA) 10:20-11:05am(LF) 11:10-11:55am(SA)
Stage 4 Youth	5:20-6:05pm(SA)	HS-2:00-2:45pm(SA) HS-2:45-3:15pm(SA) 5:20-6:05pm(SA) 6:10-6:55pm(SA)	4:30-5:15pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)		9:30-10:15am(SA) 10:20-11:05am(LF) 11:10-11:55am(SA)
Stage 5 Youth	6:10-6:55pm(SA)	HS-2:45-3:15pm(SA) 7:00-7:45pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)	7:00-7:45pm(SA)		10:20-11:05am(SA) 11:10-11:55am(LF)
Stage 6 Youth	6:10-6:55pm(SA)	HS-2:45-3:15pm(SA) 7:00-7:45pm(SA)	4:30-5:15pm(SA) 6:10-6:55pm(LF-SA)	7:00-7:45pm(SA)		10:20-11:05am(SA) 11:10-11:55am(LF)
Adultos En Español Begins Spring 2						8:00-8:45am(LF) En Español SABADO SOLAMENTE
Jovenes En Español Begins Spring 2						9:00-9:45am(LF) 10:00-10:45am(LF) En Español SABADO SOLAMENTE
Beginner Teen-Adult			5:20-6:05pm(LF)	7:00-7:45pm(SA)		



NEW

STAGE 7 (Ages 12-14 years) Children entering **Youth Swim Stage 7** should be able to swim 25 yards of front crawl, back crawl, and breaststroke and butterfly. There will be volunteer experience available for anyone who completes these courses.

A: Swim for Fitness - Students will refine stroke technique and will work on increasing endurance to build life-long swim fitness skills
Wednesday & Friday 6pm-7pm | Winter/Spring 2: \$112 Members/ \$168 General Public | **Spring 1:** \$128 Member/ \$192 General Public

B: Jr. Lifeguard Class - Students will start learning basic lifeguarding skills and will complete the RED CROSS JR LIFEGUARDING PROGRAM. - **Mondays 5:30-6:30pm | Spring 1:** \$64 Members/ \$96 General Public | **Spring 2:** \$56 Members/ \$84 General Public

C: Jr. Swim Instructor Program - Students will start learning teaching techniques with experienced swim Instructors while continuing to work on their own swim skills.

Wednesdays 5-6pm | Winter/Spring 2: \$56 Members/ \$84 General Public | **Spring 1:** \$64 Members/ \$96 General Public

GENERAL PUBLIC REGISTRATION BEGINS: WINTER-DECEMBER 24 | SPRING 1-FEBRUARY 11 | SPRING 2-APRIL 22 5

AQUATICS (continued)

TEEN/ADULT SWIM LESSONS (Ages 13 & Older)

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

BEGINNER

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

DEVELOPMENT

Class designed to develop basic stroke 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 the participant to work at a personalized level to achieve swim goals and are a good way to help swimmers focus on a particular skill, or to help overcome a fear of the water. To schedule private lessons, stop by the Welcome Desk or contact Aquatic Coordinators, 262.898.4559.

SEMI PRIVATE SWIM LESSONS

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

PRIVATE SWIM LESSONS

1:1 ratio; Instructor will teach 1 swimmer for 30 minutes per lesson.
3 lessons \$65 Member / \$90 General Public
6 lessons \$110 Member / \$140 General Public

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 12 th	2:00–6:00pm
Saturday – March 9 th	2:00–6:00pm
Saturday – April 13 th	2:00–6:00pm
Saturday – May 11 th	2:00–6:00pm

\$45 Member/ \$60 General Public

CPR and AED Challenge

Saturday – January 12 th	12:00–2:00pm
Saturday – March 9 th	12:00–2:00pm
Saturday – April 13 th	12:00–2:00pm
Saturday – May 11 th	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.

Interactive and Engaging Sessions

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

Session 1: January, Thursday 10th–6pm–8pm, Friday 11th–4pm–9pm, Saturday 12th–8am–5pm & Sunday 13th–9am–4pm
Session 2: February, Thursday 21st–6pm–8pm, Friday 22nd–4pm–9pm, Saturday 23rd–8am–5pm & Sunday 24th–9am–4pm
Session 3: March, Thursday 21st–6pm–8pm, Friday 22nd–4pm–9pm, Saturday 23rd–8am–5pm & Sunday 14th–9am–4pm
Session 4: April, Thursday 11th–6pm–8pm, Friday 12th–4pm–9pm, Saturday 13th–8am–5pm & Sunday 14th–9am–4pm
Session 4: May, Thursday 16th–6pm–8pm, Friday 17th–4pm–9pm, Saturday 18th–8am–5pm & Sunday 19th–9am–4pm

Full Course: \$200 Member/\$225 General Public

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

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

THE YMCA'S SWIM TEAM

The next step in your child's swim career. Swimmers refine their strokes, learn how to compete and learn how to be a team player. SEAY is also dedicated to teaching kids good sportsmanship and fair competition.

Call Coach Wright at 262.898.4766
or visit the team's website at
www.sea-y.org



YOUTH AND FAMILY ENRICHMENT

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

PRESCHOOL ENRICHMENT

WHAT'S FOR DINNER? (Ages 5 & up)

Join us for dinner; this course will give children the opportunity to develop important life skills. Children will work with their parents/guardians to follow recipes and make their own meals. After the meals are made the class will enjoy their creations together.

Sealed Air Branch - MGR

Wednesdays 5:00pm - 6:30pm
Winter/Spring 2: \$50 Member/\$65 General Public (7 wks)
Spring 1: \$56 Member/\$70 General Public (8 wks)

ART SHOW IN THE MAKING (Ages 2.5-4)

Do you have a budding artist? This class will have different art projects each week. The last week will be an art show. Children's art will be displayed and family or friends invited to view their work. Art projects include, but not limited to, Canvas painting, Craypas, 3D creations, Collages, Water colors, Clay, and more.

Sealed Air Branch - Prime Time

Wednesdays 9:30am - 10:15am
Mondays 3:45pm - 4:30pm
Winter/Spring 2: \$50 Member/\$65 General Public (7 wks)
Spring 1: \$56 Member/\$70 General Public (8 wks)

ENGINEER; EXPLORE; MANIPULATE (Ages 5 & up) This class allows children to discover that mistakes are ok. It is designed to focus on the process of STEM (science, technology, engineering, and mathematics) not the finished product. The class will use hands-on exciting experiments, activities, and projects to get children talking about what, how, and why things happen the way they do; and promote problem solving skills.

Sealed Air Branch

Wednesdays (Prime Time) 10:30am - 11:15pm
Thursdays (MGR) 6:00pm - 7:00pm
Winter/Spring 2: \$50 Member/\$65 General Public (7 wks)
Spring 1: \$56 Member/\$70 General Public (8 wks)

Classes will run the first week of the session if at least two participant are registered and will continue ONLY if registration reaches six participants.

TINY TOT OPEN GYM (Ages 18mo - 3 years) The YMCA is excited to announce Tiny Tot Open Gym. The gym will be set up with obstacle courses, mats, balls, small slide, and more for your little one to explore while developing their large motor skills.

Sealed Air Branch - Back half of CNH Gym

Tuesdays 10:00am - 11:00pm
\$5 Members/\$10 General Public per day

School Days Out
January 21
February 15 & 18
March 7 & 8
April 19, 22-26

\$30 Members/\$45 General Public

Registration is now open for the dates listed above.

Contact Katie Svendsen at 262.898.4558

LEADERSHIP ENRICHMENT

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

Monday-January 7, 14, 21 & 28 5:00pm - 7:00pm*
Monday-March 4, 11, 18 & 25 5:00pm - 7:00pm*

\$65 Member/\$75 General Public

*Class may end early depending on attendance of class

Classes will run the first week of the session if at least two participant are registered and will continue ONLY if registration reaches six participants.

SPECIAL EVENTS

EASTER BUNNY MADNESS

The Easter Bunny has already booked a stop at Sealed Air. Come on out and join us for a fun filled morning of activities and end it all with an "eggstraordinary" hunt.

Sealed Air Branch - MGR

Saturday, April 6th 8:00am - 10:00am

\$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 15, 2019 and April 12, 2019

Ages: 6weeks-4yrs \$20 members/\$30 General Public

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

Day Camp at Sealed Air

Camp is preparing for summer 2019. Our camp will run for 12 weeks starting June 10th and running through August 30th. Our staff is working on exciting weekly themes and field trips to make the summer of 2019 one your child will talk about for years to come. **Weekly signups will begin mid-April 2019**
1-3 days \$165 members/ \$185 General Public
4-5 days \$185 members/\$215 General Public

Day Camp at Union Grove

Camp is preparing for its 2nd summer and we couldn't be more excited! Union Grove was a great host and the children had an incredible summer. 2019 will not disappoint; 13 weeks of amazing themes and exciting field trips are waiting for your child.

Weekly signups will begin mid-April 2019

1-3 days \$125 members/ \$150 General Public
4-5 days \$150 members/\$175 General Public

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

Camp MTP and Camp UG **free registration** (a \$30 value) for camp from **January 4th through February 28th 2019.**

YOUTH SPORTS

CHARACTER FIRST, COMPETITION SECOND

The youth sports program at the Y has four goals regardless of the skill level of each child: skill improvement, knowledge growth, character development & most importantly FUN! An instructional program focused on giving children an equal opportunity to improve game fundamentals, game knowledge, sportsmanship, teamwork & appropriate competition. Levels may be combined or divided based on enrollment.

YOUTH BASKETBALL LEAGUE

March 11th - June 1st (Games begin March 16th)

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. Our goal is to provide children with the proper fundamentals and techniques to grow as a basketball player. All participants receive a t-shirt

REGISTRATION INFORMATION

Registration: January 4 - March 1, 2019

Practice: **Lakefront Branch**

Games: **Sealed Air Branch**

COED DIVISION

Mites Ages 4-5 years

Mighty Mites Ages 6-7 years

Sophomores Ages 8-10 years

Juniors Ages 11-12 years

Seniors Ages 12-13 years

\$50 Member/\$70 General Public



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.

Lakefront Branch

Beginner Ages 4-6 years

Tuesday 4:15pm-5:00pm

Intermediate Ages 7-9 years

Tuesday 5:00pm-6:00pm

Advanced Ages 10-13 years

Tuesday 5:00pm-6:00pm

Winter/Spring 2: \$39 Member/\$69 General Public (7 wks)

Spring 1: \$45 Member/\$65 General Public (8 wks)

SPORTS OF ALL SORTS (Ages 5 & up)

Unsure of what sport your child would like to further their development in? This class is for you. Sports of all Sorts focuses on all the 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, 5:30pm - 6:15pm

Spring 2: \$40 Member/\$56 General Public (7 wks)

YOUTH INDOOR SOCCER LEAGUE (Ages 4-13)

January 7th - March 9th

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: November 26 - December 30, 2018

Must be done in person at Lakefront or Sealed Air Branch.

Practice & Games: **Lakefront Branch**

(Subject to change based on numbers)

COED DIVISIONS

Mites ages 4-5

Mighty Mites ages 6-7

Sophomores ages 8-10

Juniors ages 11-12

\$50 Member/\$70 General Public

Practices:

(Subject to change based on numbers)

Mites 4:00pm - Wednesdays

Mighty Mites 5:00pm - Wednesdays

Sophomores 6:00pm - Thursdays

Juniors 7:00pm - Thursdays

Games on Saturdays:

(Subject to change based on numbers)

Mites 9:00am

Mighty Mites 10:00am

Sophomores 11:00am

Juniors 12:00pm



George Bray Neighborhood Branch

Adult Basketball

Tuesday & Thursdays, 11:00-1:00pm

Youth Open Gym and Homework Assistance

Elementary School

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

Middle School

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

TUMBLING

PARENT/TOT (Ages Walking- 2.5 Years)

This course is hands-on and action packed. Children will learn how to roll, balance, slide, jump, and more. Adults must be present and engaged with their child during the class.

Lakefront Branch

Saturday 10:00am-10:30am

Sealed Air Branch

Tuesday 10:00am-10:30am

Friday 5:30pm-6:00pm

Winter/Spring 2: \$18 Member/\$38 General Public (7 wks)

Spring 1: \$20 Member/\$44 General Public (8 wks)

PRESCHOOL TUMBLING (Ages 2.5-4 Years)

This class is designed for kids that have mastered the skills of Parent/Tot tumbling. This class will focus on forward rolls, cartwheels, hand stands, back rolls, backbend kick overs, and more.

Lakefront Branch

Saturday 11:00am-11:45am

Sealed Air Branch

Monday 6:30pm-7:15pm (AB Studio)

Saturday 3:00pm-3:45pm (Mead Witter)

Winter/Spring 2: \$25 Member/\$45 General Public (7 wks)

Spring 1: \$30 Member/\$50 General Public (8 wks)

SCHOOL AGE LEVEL 1 (Ages 5 & up)

This class is designed for school age children who would like to gain the fundamental skills in tumbling. Forward roll, cartwheel, round-off, back and front walk overs, and more.

Lakefront Branch

Saturday 12:00pm-12:45pm

Sealed Air Branch

Tuesday 5:45pm-6:30pm (Mead Witter)

Saturday 4:00pm-4:45pm (Mead Witter)

Winter/Spring 2: \$25 Member/\$45 General Public (7 wks)

Spring 1: \$30 Member/\$50 General Public (8 wks)

SCHOOL AGE LEVEL 2/3

This class is designed for school age children who have basic tumbling and would like to further their skills. Back handsprings, multiple back handsprings, round off back handsprings, round off back tucks, punch fronts, and more.

Sealed Air Branch

Saturday 2:00pm-2:45pm (Mead Witter)

Winter/Spring 2: \$25 Member/\$45 General Public (7 wks)

Spring 1: \$30 Member/\$50 General Public (8 wks)

Questions about Gymnastics or Dance?

Sports & Recreation Director

262.898.4751

CHEER

YMCA CHEER (Ages 3 & up)

This beginning class will give your children the fundamentals of cheerleading. Children will learn arm movements, jumps, beginning tumbling, and chants. The cheer squad will perform at the end of each session. Each participant will receive a t-shirt and pom poms.

Performances:

Winter: YMCA Youth Basketball Game

Spring 1: YMCA Healthy Kids Day

Spring 2: YMCA Flag Football Game

Lakefront Branch

Thursday 6:15pm-7:15pm

Sealed Air Branch

Tuesday 6:15pm-7:15pm

Winter/Spring 2: \$35 Member/\$55 General Public (7 wks)

Spring 1: \$40 Member/\$60 General Public (8 wks)

Youth Flag Football Coming Spring 2019



Sports & Recreation Director

262.898.4751 for more information.



Visit us on
Facebook and
Twitter!



ADULT AND SPECIALTY SPORTS

ADULT DODGEBALL

Get your team together it is time for adult dodgeball. This fast-paced heart-pounding active game will bring everyone back to their childhood as they throw, jump, swerve, and catch. Teams are made up of 10 people 6 on the court and up to 4 subs; this is a coed league.

REGISTRATION:

Open Now

GAMES: GEORGE BRAY NEIGHBORHOOD BRANCH

Thursdays 6:30pm, 7:30pm & 8:30pm

Season runs January 10th-March 14th

COST: \$175/per team

ADULT BASKETBALL LEAGUE

Get your game on! Get a team together or join as an individual and bring your skill to the court! Eight-week season plus playoffs. Fee includes: two referees, stats and score keeper, trophy for the winning team and standings posted every week!

REGISTRATION:

Deadline to Register: April 23, 2019

GAMES: LOCATION TBD

Sundays 1:00pm - 5:00pm

Season runs April 30 - June 9

DIVISIONS

35 and Up Men's League

COST: \$350



2019 LIGHTHOUSE RUN SATURDAY, JUNE 15th

During its 40 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 in 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 kickoff to summer fitness awareness.

REGISTER AT: [lighthouse.run.com](http://lighthouse.run)

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

Lakefront Branch

Tuesday & Thursday, 5:30pm - 7:00pm

Winter/Spring 2: \$72 Members/\$110 General Public (7 wks)

Each additional Family member

\$46 Member/\$70 General Public

Spring 1: \$82 Members/\$125 General Public (8 wks)

Each additional Family member

\$53 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

Winter/Spring 2: \$60 Members/\$80 General Public (7 wks)

Each additional Family member

\$30 Member/\$40 General Public

Spring 1: \$69 Members/\$91 General Public (8 wks)

Each additional Family member

\$34 Member/\$46 General Public

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:

January 4 - February 22

Class Held:

Wednesdays March 6- April 10

Sealed Air Branch

\$65 individual/ \$110 couple

HEALTHY LIVING

Improving the nation's health & well-being.



The RACINE FAMILY YMCA health and fitness classes and programs are designed to build inner and physical strength. Those who engage in fitness programs enjoy the benefits of a healthier heart, lungs, bones and muscles. They also get to enjoy the benefits of friendship and community. By exercising within the limits of one's ability and learning ways to live a healthier lifestyle, individuals may improve their quality of life.

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.

ABS & TONING

A challenging workout that tones & sculpts the entire body, using body weight, hand weights, resistance cables, stability balls and medicine balls.

ACTIVE OLDER ADULTS

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

AQUACISE

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

AQUAROBICS

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

AQUA SPLASH

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

BODYFLOW™

BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life, as you bend & stretch through a series of simple yoga moves & embrace elements of Tai Chi and Pilates. You'll strengthen your entire body & leave the class feeling calm & centered.

BODYFLOW™ STRETCH

Tai-Chi warmup with a yoga stretch and meditation leaving you calm and centered.

BODY FUSION

Total body workout with free weights, bands & balls.

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 – CORE DE FORCE 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 FUSION

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

DEEP WATER AQUACISE

A social deep water fitness class, using flotation belts, water resistance, dumbbells and noodles to give a full body workout.

DEEP WATER FITNESS

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

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

GOLDEN WAVES FUNCTIONAL WATER TRAINING

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

GUTTS-N-BUTTS

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

HIIT

An intense step and barbell cardio bootcamp workout.

HIP HOP CYCLE

An intense cycling workout combining upper and lower body coordination enhancement training to the beat of Hip Hop Music. **Pick up your cycle pass at the Welcome Center Desk. Class is first come first served.**

INDOOR CYCLING

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

INDOOR CYCLING 30

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

INSANITY® LIVE (not for the beginner)

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

JOINT EFFORT

A warm-water aquacise class designed to enhance range of motion for those with arthritis.

KICKBOXING

A kickboxing class using the upright bags, with punching and kicking drills. Core work and stretching completes the class. (Intermediate/Advanced)

LOWER BODY BLAST

20 minutes of targeted gluteal and leg training for strength and toning with a warm-up and cool down/stretch.

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.

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 Remix combines resistance, plyometrics, and cardio style workouts, known as muscle confusion. Never plateau your workout.

HEALTH AND WELLNESS

PILATES

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

PILATES STRETCH

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

PILOXING®

A surprising blend of Pilates and boxing that will capture your interest and 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 and flexibility.

SILVER SNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power 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.

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.

SINGLE STEP-BAR INTERVAL

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

STEP

All step classes are multi-level to appeal to everyone. Classes are taught by experienced energetic instructors.

STRENGTH, SCULPT AND BALANCE

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

STRENGTH TRAINING

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

TABATA HIIT

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

TONING AND BALANCE - LIGHT

Keep your entire body toned and fit in this energizing class. Challenging balance exercises will keep you on your toes.

TRI-FITNESS SWIM WORKOUT

Stroke analysis & technique, drills, speed, endurance & efficiency. To join this class participants must be able to complete 25 yards & be safe in deep water. Our coaching staff will teach participants the rest. Great for Triathlete & fitness swimmers alike, looking for a pool challenge in a team environment.

Wednesday-Friday 6:30am-7:30am Lakefront Branch

Monthly Fee: \$25 Member/\$40 General Public (2x/week)

WATER WORKS

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

WERQ

High impact class moving to the beat of the music with cardiovascular Fiercely fun dance fitness class based on pop, rock, and hip hop music.

YOGA

Stress relieving techniques along with yoga asanas.

YOGA - CHAIR VINYANSA

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

YOGA - GENTLE HATHA

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

YOGA - HOT VINYASA (was Hot Yoga)

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

YOGA - VINYASA FLOW

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

YOGA - VINYASA

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

ZUMBA®

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

ZUMBA® TONING

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

HEALTHY LIVING SPECIALTY PROGRAMS

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 based on demand. To see if this program is a covered benefit, please check with your employer or health insurance provider.

To learn more contact: Lyn Boehm, lboehm@ymcaracine.org or call 262-898-4553.

LIVESTRONG® AT THE YMCA

LIVESTRONG is a research-based physical activity & well-being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass & strength; increasing flexibility & endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

This 12 week program meets on Tue & Thu 1:30-3:00pm, beginning Jan 29, 2019. Program applications due: January 11, 2019. To learn more contact: Andrea Bravo, abravo@ymcaracine.org/call 262-898-4551.

EXERCISE FOR PARKINSON'S

Offered through a partnership with Aurora Health Care

Our Exercise for Parkinsons class is designed to help individuals with Parkinsons 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 Mon & Wed 1:30-2:30pm or 2:45-3:45pm Monthly Fee: \$50 Members/\$75 General public To learn more contact: Lyn Boehm, lboehm@ymcaracine.org/call 262-898-4553.

FITNESS CLASS SCHEDULE - LAKEFRONT BRANCH

CARDIO, STRENGTH AND TONING	DAY	TIMES	INSTRUCTOR	LOCATION
ACTIVE OLDER ADULTS	M/W/TH/F	8:00-8:45am	Larry/Ellen	Large Gym/MPR
	M/W/F	9:00-9:50am	Larry	MPR
BODYFLOW™	T/TH	10:10-11:10am	Carrie	Small Gym
	MON	6:10-7:10pm	Carrie/Brenda	Small Gym
BODYFLOW™ STRETCH	WED	10:20-10:55am	Brenda	Small Gym
BODYPUMP™	M/W/F	9:10-10:10am	Brenda/Carrie	Small Gym
	T/TH	6:15-7:00am	Rachel	Small Gym
	T/TH	6:00-7:00pm	Karen	Small Gym
	SAT	8:15-9:15am	Brenda	Small Gym
HIIT	T/TH	5:00-5:50pm	Angela	Small Gym
SILVER SNEAKERS® Cardio	TUE	8:00-8:50am	Josie	Large Gym
ZUMBA®	THUR	6:00-7:00pm	Jessica	MPR
	SAT	8:30-9:30am	Jessica	MPR
CYCLING-HIP HOP	DAY	TIME	INSTRUCTOR	LOCATION
CYCLING	M/W/F	5:00-5:50pm	Brenda	Small Gym
	T/TH/SUN	9:00-9:50am	Brenda	Small Gym
	WED	6:15-7:15pm	Jon	Small Gym
PILATES-YOGA	DAY	TIME	INSTRUCTOR	LOCATION
PILATES	FRI	9:00-9:50am	Myra	All Saints Room
SILVER SNEAKERS® Yoga	T/TH	9:15-10:05am	Josie/Ellen	MPR
YOGA	MON	5:30-6:30pm	Ellen	All Saints Room
	T/TH	5:15-6:00am	Mike	Small Gym
	FRI	5:30-6:30pm	Ellen	All Saints Room
WATER EXERCISE	DAY	TIME	INSTRUCTOR	LOCATION
AQUACISE	M/W	8:00-8:50am	Josie	Small Pool
	M/W	6:00-7:00pm	Jodie/Lynda	Small Pool
	TUE	9:00-9:50am	Amy/Angela	Small Pool
	FRI	8:00-8:50am	Myra	Small Pool
	FRI	5:30-6:30pm	Angela	Small Pool
DEEP WATER FITNESS	T/TH	8:00-9:00am	Mary	Large Pool
AQUA SPLASH	TUE	8:00-8:50am	Amy/Angela	Small Pool
	M/W	9:00-9:50am	Josie	Small Pool

Schedule subject to change

Check Welcome Center for updates

Classes do fill so we ask that you register

FITNESS CLASS SCHEDULE - SEALED AIR BRANCH

CARDIO, STRENGTH AND TONING	DAY	TIME	INSTRUCTOR	LOCATION
ABS & TONING	MON	10:00-10:50am	Missy	Mead Witter
	FRI	10:30-11:20am	Missy	Mead Witter
ABS & TONING ADVANCED	MON	10:00-10:50am	Cherie	Studio A&B
	W/F	10:30-11:20am	Charlie/Mathias	Studio A&B
ACTIVE OLDER ADULTS	FRI	11:00-11:50am	Arlene	Spirit/Mind/Body
BODY FUSION	FRI	8:00-8:50am	Bobbie	Mead Witter
BOOMERS CARDIO CIRCUIT	FRI	8:30-9:20am	Josie	Studio A&B
COREDEFORCE	THUR	5:05-6:00am	Gavin	Mead Witter
CORE FUSION	MON	9:00-9:50am	Bobbie	Mead Witter
DOUBLE STEP	THUR	5:15-6:30am	Michel	Studio A&B
	FRI	12:00-1:30pm	Michel	Studio A&B
EXTREME INTERVAL STEP	MON	5:15-6:30am	Michel	Studio A&B
	MON	5:00-6:00pm	Michel	Studio A&B
	SAT	7:45-8:55am	Michel	Studio A&B
FREE WEIGHTS	TUE	10:30-11:30am	Michel	Studio A&B
	THUR	10:10-10:50am	Michel	Studio A&B
GUTTS AND BUTTS	T/TH	5:55-6:40pm	Michel	Studio A&B
HOT HIIT	THUR	8:40-9:25am	Julie	Mead Witter
INSANITY LIVE®	FRI	5:05-6:00am	Gavin	Studio A&B
KICKBOXING	MON	6:00-6:50pm	Karen	Mead Witter
	T/TH	9:30-10:20am	Bridgett	Mead Witter

Schedule subject to change

Check Welcome Center for updates

Classes do fill so we ask that you register

FITNESS CLASS SCHEDULE - SEALED AIR BRANCH

CARDIO, STRENGTH AND TONING	DAY	TIME	INSTRUCTOR	LOCATION
MATURE MUSCLES	MON	8:00-8:50am	Cherie	Studio A&B
	M/TH	11:00-11:50am	Cherie	Studio A&B
	WED	8:30-9:20am	Cherie	Studio A&B
METABOLIC MELTDOWN	T/TH	12:00-1:00pm	Angela	Studio A&B
P90X® Live	TUE	5:05-6:00am	Gavin	Studio A&B
PILOXING®	TUE	8:30-9:25am	Julie	Studio A&B
SILVER SNEAKERS® CLASSIC	TUE	9:30-10:20am	Mathias	Studio A&B
SINGLE STEP/BAR INTERVAL	WED	5:15-6:30am	Michel	Studio A&B
STEP	MON	9:00-9:50am	Missy	Studio A&B
	FRI	9:30-10:25am	Missy	Studio A&B
STRENGTH, SCULPT & BALANCE	M/W	12:00-12:50pm	Cherie	Studio A&B
STRENGTH TRAINING	T/TH	5:00-5:50pm	Michel	Studio A&B
TABATA HIIT	MON	5:00-5:50pm	Karen	Mead Witter
	SAT	7:00-7:50am	Rachel D.	Mead Witter
TONING & BALANCE-LIGHT	WED	11:30-12:00pm	Cherie	Studio A&B
	THUR	8:30-9:20am	Cherie	Studio A&B
ZUMBA®	M/F	9:30-10:30am	Hope/Andrea	CNH Gym
	M/W	6:00-7:00pm	Robin/Colleen	CNH Gym/Studio A&B
ZUMBA®/WERQ	FRI	6:00-7:00pm	Colleen/Kari	Studio A&B
ZUMBA® TONING	WED	9:30-10:30am	Andrea	CNH Gym
CYCLING	DAY	TIME	INSTRUCTOR	LOCATION
INDOOR CYCLING	M/T/W/TH/F	12:00-1:00pm	Mathias/Charlie	Cycling Studio
	MON	5:00-6:30pm	Colleen	Cycling Studio
	T/F	5:15-6:30am	Michel	Cycling Studio
	WED	9:30-10:30am	Tim/Rachel F	Cycling Studio
	T/W	6:00-7:00pm	Tom/Tim	Cycling Studio
	T/TH/S	9:00-10:00am	Michel/Gina/Tim	Cycling Studio
	THUR	7:00-8:00pm	Tim	Cycling Studio
	FRI	5:30-6:20pm	Colleen	Cycling Studio
	SAT	10:15-11:15am	Tom	Cycling Studio
WINTER/SPRING 1 ONLY	WED	11:00-11:30am	Cherie	Cycling Studio
CYCLING 30	WED	11:00-11:30am	Cherie	Cycling Studio
PILATES-YOGA	DAY	TIME	INSTRUCTOR	LOCATION
PILATES	M/F	8:00-9:00am	Bobbie/Andrea	Mead Witter/Spirit/Mind/Body
	T/TH	9:00-9:50am	Andrea	Spirit/Mind/Body
	TUE	6:15-7:15am	Kelly	Spirit/Mind/Body
	T/TH	10:00-10:50am	Andrea	Spirit/Mind/Body
PILATES/STRETCH	THUR	7:00-8:00pm	Jeanne	Spirit/Mind/Body
YOGA	M/W	5:30-6:30pm	Lisa W/Lisa P/Doris	Spirit/Mind/Body
	M/T/TH	11:00-12:15pm	Charlie/Chloe	Spirit/Mind/Body
	FRI	9:30-10:45am	Bobbie	Spirit/Mind/Body
YOGA - CHAIR YOGA - VINYASA	FRI	12:00-1:00pm	Arlene	Spirit/Mind/Body
YOGA - GENTLE YOGA	T/TH	7:30-8:30am	Julie/Kelly	Mead Witter
YOGA - HATHA	MON	8:30-9:30am	Chloe	Spirit/Mind/Body
YOGA - PILATES	SAT	9:00-10:00am	Y Staff	Spirit/Mind/Body
YOGA - SILVER SNEAKERS®	THUR	9:30-10:00am	Josie	Spirit/Mind/Body
YOGA - VINYASA	WED	12:00-1:00pm	Chloe	Spirit/Mind/Body
YOGA - VINYASA FLOW	MON	4:15-5:15pm	Lisa W	Spirit/Mind/Body
	WED	8:00-9:00am	Bobbie	Mead Witter
WATER EXERCISE	DAY	TIME	INSTRUCTOR	LOCATION
AQUACISE	M/W	7:00-7:50am	Christine	Leisure Pool
	M/W/F	8:00-9:00am	Amy/Bridget	Leisure Pool
	M/W	6:00-7:00pm	Arlene	Leisure Pool
AQUAROBICS	T/TH	11:00-12:00pm	Jeanne	Leisure Pool
AQUA SPLASH	T/TH	8:00-9:00am	Claire/Josie	Leisure Pool
AQUA ZUMBA®	THUR	10:05-10:50am	Romi	Leisure Pool
DEEP WATER AQUACISE	FRI	9:00-10:00am	Sue	Lap Pool
GOLDEN WAVES	FRI	6:00-7:00pm	Arlene	Leisure Pool
WATER WORKS	T/TH	9:00-10:00am	Michele	Leisure Pool

Schedule subject to change
Check Welcome Center for updates
Classes do fill so we ask that you register

Although Indoor Cycling is FREE with your membership, due to its popularity & limited number of bikes we ask that members pick up a cycle pass at the Welcome Center

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

SMALL GROUP PERSONAL TRAINING(SGPT) (4-6 participants)

Small Group Personal Training (SGPT) provides the energy, camaraderie and push to attain personal goals. Enjoy a strong support system of like-minded individuals and have a blast while working out!

Balance & Foam Rolling • BOSU® Balance & Core • Free Weights
Kettlebell & Ropes • TRX® Fusion
TRX® 101 • Women on Weights

SGPT sessions are fee based and run on a monthly basis.

Pick up a schedule at the Welcome Desk.

TRAINER-LED WORKOUTS (8-16 participants)

Trainer-led workouts are group personal training sessions that offer a cost effective way to meet goals through specialized training sessions led by personal trainers.

Circuit Training • Functional Training • TRX®

Trainer-led workouts are fee based and run on a monthly basis.

Pick up a schedule at the Welcome Desk.

COOKING/UPHOLSTERY CLASSES

JAPANESE COOKING - SEALED AIR BRANCH - MGR

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

CURRY & RICE/TOMATO SALAD

Wed., January 16th 10:30am-12:00pm or 5:30pm-7:00pm

OKONOMIYAKI/JAPANESE SAVORY PANCAKE

Wed., February 27th 10:30am-12:00pm or 5:30pm-7:00pm

POTATO CROQUETTE

Wed., April 17th 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.

UPHOLSTERY CLASS - Lakefront Branch

Please call Cheryl at 262.637.1828 prior to the first class to discuss your project.

Tuesdays, February 5th - April 2nd 6:00pm-9:00pm

Tuesdays, April 2nd - May 21st 6:00pm-9:00pm

\$96 Member/\$120 General Public (8 weeks)

ANNUAL SUPPORT CAMPAIGN YOU CAN MAKE A DIFFERENCE!

Financial assistance keeps the Y available for kids and families who could not otherwise afford memberships or programs. We raise funds through our Annual Support Campaign to ensure the Y is accessible to all people.

This year 1 in 4 people who walk through our doors will receive financial assistance for part of their membership and/or program cost. We count on the generosity of our members and community to help people of all ages and from all walks of life be more 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 _____

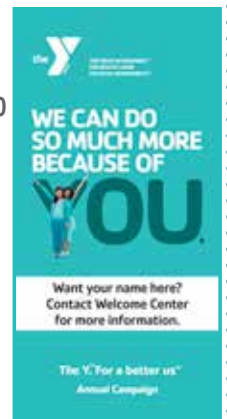
PLEASE RETURN TO:

RACINE FAMILY YMCA

725 Lake Avenue, Racine, WI 53403

262•634•1994

ymcaracine.org





RACINE FAMILY YMCA
725 Lake Avenue
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 Lakefront & Sealed Air Branches
Always Welcome At the Y privileges to Ys across the nation • FREE Babysitting • FREE Equipment Orientation
FREE Fitness/Aquacise Classes including: Zumba, BodyPump™, Spin, Kickboxing and more!
Plus, when you join the Y you're joining an organization that's committed to strengthening our community – together.

SEALED AIR BRANCH 8501 CAMPUS DRIVE MOUNT PLEASANT, WI 53406



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

- Full Size Gymnasium
- Computer lab
- Study Center
- Teen Center
- Classrooms

- Full Size Gymnasium
- Indoor Track
- Wellness Center with full range of resistance & Cardio Equipment
- 2 Swimming Pools
- Racquetball/Handball & Squash Courts
- Adult, Youth & Family Locker Rooms

BRAY BRANCH 924 CENTER STREET RACINE, WI 53403



LAKEFRONT BRANCH 725 LAKE AVENUE RACINE, WI 53403



YMCA Mission Statement:

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

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

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