

# RACINE FAMILY YMCA



## MEMBER NEWSLETTER

Volume 3 Issue 1

April 2009

### Serving the Community Well - the YMCA's Commitment

For over 130 years the Racine Family YMCA has provided quality programs and services for area youth, adults and families, responding with appropriate programs to meet the needs of residents regardless of their ability to pay. The "Y" is synonymous with outstanding recreation facilities, but it is far more than that. It offers unique programs to ensure the strength of youth and families in our community.

Today's Racine YMCA is more dedicated than ever to building strong kids, strong families and strong communities and is positioned better than ever before to positively affect the lives of community youth and families. While membership fees

cover the cost of an individual or family's membership, in 2008 the YMCA received over \$500,000 in contributed support from individuals, corporations, foundations, and through the United Way to assist with all of the other "good things" that the YMCA does for people in the community.

You see, the YMCA is much more than sweat socks and swimming pools.

Through a variety of interrelated program experiences and guided by trained leaders, the YMCA helps individuals to develop an appreciation of self-worth, stronger family relationships, a concern for others, citizenship and leadership responsibility and fitness in spirit, mind and body.

While not a complete list of opportunities, this community support made a difference in the lives of people in Racine County by providing:

- 180 inner city youth in the Young Leaders Academy with activities that teach leadership skills and self-discipline.
- 225 youth with life enriching activities and adult role models in Summer Day Camp.
- 75 youth with before and after school activities, that strengthen values and promote participation in healthy activities.
- More than 1,000 youth with (continued on page 3)

### A Walk A Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies. A classic eight-year study of 13,000 people conducted at the Institute for Aerobics Research under the

direction of Dr. Steven Blair found that those who walked the equivalent of 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
  - Lower blood pressure
  - Increase cardiovascular endurance
  - Boost bone strength
- Burn calories and keep weight down

Enjoy your walking!

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### Have you been following the Savings Challenge?



The Savings Challenge is a cooperative effort of YMCAs in Southeastern Wisconsin and Educators Credit Union. Check out the families that are participating, the play at home version and the upcoming workshops at [www.ecu.com](http://www.ecu.com) or click the link at [www.ymcaracine.org](http://www.ymcaracine.org).

# A Few Quick Items

## Swim Lessons

Families are turning strongly to the YMCA's swim lesson program for the quality swim lessons they're looking for. Know someone who can't swim yet? A new session begins April 20th. It's also time to start thinking about summer lessons beginning June 15th.

## SEA-Y, the YMCA's Competitive Swim Team



Did you know that after your kids have the basics down pat there are additional, more competitive options for progress. Check out the YMCA's competitive swim team. It's the next step after swimming lessons!

Four of the team's older swimmers are headed for the National Championships in Ft. Lauderdale next week. Good Luck Everyone!

## YMCA Gymnastics - Basic to Highly Competitive

Did you know that the YMCA offers parent/child gymnastics for you and your toddler, progressive gymnastics for youth of all ages as well as a competitive team? A quality program, taught by experienced instructors and coaches, YMCA gymnastics is an excellent option for your kids!

*Spring 2 Program Session Begins April 20*  
*Summer Programs Begin June 15*

## Email?

Prefer to have this newsletter delivered by email? Give your email address to the staff at the welcome center or email it to us at [nmarks@ymcaracine.org](mailto:nmarks@ymcaracine.org). Thanks for saving a tree!

## Squash Players

Still looking for other Squash players? Want to learn to play? Leave your info at the welcome center.

## Weights Away

Please, when you've finished using weights return them to the racks. It makes it so much more convenient for the next member. Thanks for your consideration.

## Focus Groups Completed

The YMCA recently hosted focus groups in early for family members. Thanks to those of you who participated. The information you provided will make a big difference in the YMCA's ability to serve its members and the community well, now and into the future.

## Family Swim

Check out the pool schedule for all of the times when Family Swim is scheduled.



What a great time to spend just lounging in the water enjoying you children!

## Socks in Kids Alley

Just a reminder... if your kids want to play in Kid's Alley they must have socks. Thanks!

## SPLASH

(sponsored by the Racine Kiwanis Club)

Four Swim Lessons for \$1

Monday - Thursday, April 13 - 16

Register Early! Contact Welcome Center.



## Black History Month Celebration

On February 27th the YMCA held its 2nd annual Black History Celebration. Over 250 people of all ages participated in the program of songs, poetry and awards for outstanding achievement. Congratulations to all of the winners!



**Healthy Kids Day** - Saturday April 18th - 11am to 1pm. Don't miss the fun!



# How About A YMCA Summer Day Camp Experience

**Day Camp—Ages 5 - 12:** A quality day camp experience with includes games, crafts, swimming, sports, educational outings and great fun and friendships. YMCA day camp is the great experience that your kids will remember for the rest of their lives.

**Middle School Adventure Camp—Ages 12 - 14:** New this year, campers will experience a variety of leadership experiences, learn first aid and CPR and take some exciting adventure excursions.

**PASS (power, agility, strength and speed) Camp:** In cooperation with the Physical Therapy Department at Wheaton/Franciscan, this camp will provide the off season preparation needed by athletes of all abilities with the physical and mental tools they need to be more successful. **Football Camp with the Racine Threat is in the works!**

# A FEW IMPORTANT ITEMS

**We Appreciate your Suggestions  
Complaints – Ideas– Comments**

Please let us know... say something... drop a note in the suggestion box at the front desk... talk to a staff member... We want to know... we need and appreciate your input!

**On-Line Registration:**



Just a reminder if you're currently not using on-line registration and want to start, you must obtain a special password first by emailing: [nmarks@ymcaracine.org](mailto:nmarks@ymcaracine.org). She'll activate your access and send you a password. You'll be able to access your YMCA account too! If you have any trouble, please, just give us a call at 262-634-1994. Continue to provide your feedback so this process will continue to improve! Thanks!!

**Nurturing Father's Program**



A 13-session program to help fathers better understand how to make a difference in their children's lives. Call for more information.

**Please Help with Towels!**

Please remember to leave your towels when you head home, and please bring back any YMCA towels you may have. The Y has been losing towels at a rate of 38/day. That's around 1000 dozen towels since a year.

**Parking**

We've noticed a few people going in the out. Please don't! There have almost been some crashes. If you notice someone go in the out, please let the welcome center staff know. Thanks!

**Annual Meeting**

You're Invited to the YMCA's Annual Meeting

Friday April 24th

Noon

MPR

(the room at the South entrance)

R.S.V.P. to Nette at ext. 204

State of the "Y" - Elections

Awards - Lunch



United Way of Racine County

Congratulations to the United Way and all of its volunteers for having raised over \$5M this year!

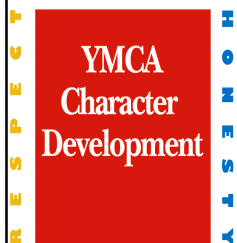
# SERVING THE COMMUNITY WELL (FROM PAGE 1)

swim lessons and water safety programs that build self-confidence and promote healthy lifestyles.

- 500 youth in YMCA sports leagues and classes with opportunities to learn new skills, sportsmanship, and teamwork.
- 100 youth and teens with Service Learning activities through Teen Achievers and Youth In Government.
- Over 60 families with parental discussions, activities, and experiences through the Strong Communities Agenda's Parent Support Group and weekly Family Fun Nights.
- More than 3,000 youth and their family members, who would not otherwise have been able to participate, with scholarships to access YMCA programs and activities.

The YMCA is committed to the certainty that programs for youth and families are the best investment in the world and will continue to hold onto that commitment as it proceeds with its long range goals and strategies. The Racine County Family YMCA determinedly looks forward to the next 130 years of commitment to meeting the needs of area residents through its vision to build strong kids, strong families and a strong community.

**C A R I N G**



**RESPONSIBILITY**  
difference for community youth!

**Asset Building**

One of the primary methods that the Y uses to accomplish its mission is through the implementation of its Community Development Department's Strong Communities Agenda.

National and local research shows that there are 40 Developmental Assets young people need to succeed. They're the things that really matter in a young person's life. The 40 assets can be divided into two main categories: external assets and internal assets. Young people need sufficient numbers of each to thrive.

The Racine Family YMCA is proactively addressing the issues with initiatives that provide asset-based programming to 3rd through 12th grade students. In addition, the YMCA has established numerous collaborations with other community agencies. We believe that together we can make a bigger



# April 2009 Member Newsletter

Spring 2 Program Session  
begins:

April 20th

Summer Program Sessions begin:

June 15th

Register Today at the Welcome  
Center or at [www.ymcaracine.org](http://www.ymcaracine.org)

Healthy Kids Day

April 18, 2009

11am—2pm

Don't miss the fun!

Light House Run

June 20th

Register Now!

## YMCA Mission:

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

*The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. If we can help you this way, or if you'd like to contribute to the funds available for assistance, please let us know.*

## RACINE FAMILY YMCA Bring a Friend!

name (please print) \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_

home phone \_\_\_\_\_

email \_\_\_\_\_

*Good for one visit. Pass expires 4/30/09*

**We build strong kids, strong families, strong communities.**

United Way  
of Racine County



[www.ymcaracine.org](http://www.ymcaracine.org)

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Racine Family YMCA



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