

RACINE FAMILY YMCA



MEMBER NEWSLETTER

Volume 1 Issue 4

April 2008

Annual Meeting

The 2008 annual meeting is scheduled for Friday, April 18 at noon. We'll honor 20+ year members, retiring board members and elect new board members and officers. Board Chairman Dave Perkins will update the membership on the state of the Y. Good food (your first grilled burgers and dogs of the new year) and a good time! RSVP to Nette at 635-3841 by Monday, April 14, and \$5.00 at the door (honorees free!).

Nurturing Fathers Program

This class, targeting men with children in their lives, begins April 3 at 5:30 (ending at 8pm) and will run 13 weeks. It will be held at Wheaton Franciscan Healthcare-All Saints Spring Street Campus. This free, group-based program helps men relate to their children in a positive and nurturing way. The program helps men look back at their childhoods, to see what kind of impact their upbringing has on their present behavior. This program is a joint effort by the YMCA's Fatherhood Project and Safe Kids Coalition. Please call Ahmad 634-1994 ext. 259 for more information.

YMCA Healthy Kids Day April 12, 2008

YMCA Healthy Kids Day is an annual event that supports the healthy growth and development of kids. Most YMCA's across the country do Health Kids Day making it the nation's largest health day for children; an important event to further assist kids, adults and families who want to

1st Annual African American Heritage Celebraton

On Feb. 28, 2008, the Racine Family YMCA hosted its 1st Annual African American Heritage Celebration. African Americans have been at the heart of the YMCA Movement for over 150 years starting with the first Black YMCA started in Washington D.C. The Y honored one of Racine's Civil Rights Activist, Chuck Tyler, by naming an annual award in his name- the Chuck Tyler Award. This award honors Mr. Tyler's commitment and dedication to Racine's African American community. The first recipient of this award was the Director of the Dr. Martin L. King, Jr. Community Center, James Wilson (pictured at right with Chuck Tyler).

In addition, the Y gave Exceptional Student Awards to two Young Leader Academy members and Teen Achiever Jamil Garrett.



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Member Comments are Always Welcome!



****On-Line Registration**:**

You must obtain a special password first by emailing: nmarks@ymcaracine.org.

Nette will activate your access and send you a password.

The process is still not great, but it works!

If you have any trouble, just give us a call at 262-634-1994.

Please continue to provide your feedback on this process so we can continue to improve!

Thanks!!

New Equipment! Spin bikes and weight training equipment on order

Members—Did you know?

New Class Session to Begin

The Spring 2 session of classes, an eight week session, begins April 14th. Sign up now for Swim Lessons, Gymnastics Classes, Youth Sports and a variety of other options. Remember, all of your Wellness classes are free!

Fitness Classes

Hopefully you've been taking advantage of all the free classes available as part of your membership. Yoga, Pilates, Spinning, (new bikes on the way), Zumba, and Kick Boxing are just a few of the many options! Check out the program flyer, pick up a Fitness Class schedule in the lobby, or go on-line at www.ymcaracine.org and figure out what works best for you! The classes are exciting and the instructors make it fun!!

Family Locker Room

Parents with young kids—you can use the family locker room. From time to time we've noticed others besides families using the locker room as a restroom. Families, please let staff know and we'll talk with whoever it was. Thanks!

Nutrition Classes

A "light" look at nutrition and the new food pyramid. Watch for information posted around the wellness center!

(More Than) Babysitting

Reminder...it's free for members, and if you haven't used it for a while we've made some changes. So that it's a bit more than just babysitting the staff is planning a couple of organized activities each day.

On the safety side, wrist bands are issued to parent and child as an additional identification method for pick-up, and we've requested additional medical information to keep a healthier environment for everyone!

We also continue to adjust the hours to better accommodate you with the fitness classes you're taking. We'll post any changes.

We hope in the near future we'll be able to make it even more convenient allowing you to check your child in and out by swiping your membership card. We're getting there!!!

Program Session Begins:

April 14

Register Now!

Lost and Found

Missing anything recently? Seems we're always finding something. A couple of wedding bands, watches, wallets have been turned in the past couple of months. Ask at the Welcome Center if you think something might be yours.

Community Development *Building Assets In Kids!*



The Racine Family YMCA's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. One of the primary methods that the Y uses to accomplish this mission is through the implementation of its Community Development 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.

A 2003 profile conducted by the Racine Community Coalition for Youth found that "on average, Racine County students in grades seven through 12 possess 16.7 of the 40 developmental assets. According to the Search Institute, communities should strive to ensure that youth develop 31 or more of the 40 assets." In addition, the profile identified that the number of assets decreased as students get older (e.g., 7th graders having an average of 18.2 assets, and high school seniors having an average of 15.8 assets).

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 difference for community youth!

Friday Night Family Events! (every Friday night 6-9p.m.)

Families are at the center of the Racine Family YMCA and our mission. We provide programs and services to develop strength and priority of the family. We aim to enhance the quality of family time by designing fun and exciting activities for all ages. Your experience with your child, parent, spouse, grandparent or any family member will create memories to last a lifetime.

The YMCA believes in strengthening families

through our family night programs, offering children and their parent's opportunities to laugh, love, learn, and grow together.

Coming Special Super Friday Family Nights:

April 11 and May 9



Good Things Happening!

Thanks for the Floors!

A special thanks to Johnson Diversity for refinishing the gym and court floors. What a difference!

New Equipment

New spin bikes and weight training pieces are on order and on their way! Expected arrival in 7–10 weeks!! The new TVs in the wellness center have also made a big difference! Time to celebrate!

Parking—Membership Cards

We're slowly but surely making progress on membership cards doubling as parking cards. If you've added parking to your membership, you'll get an additional membership card that you'll be able to scan at the parking gate. Greater convenience and fewer hassles...isn't that the kind of service you're

all looking for!!!

Volunteer Anyone?

Want to volunteer at the Y? We can always use help in a variety of roles. Greeting members, answering phones, assisting with programs (especially swim lessons and youth sports), or even helping on a committee are all possibilities! A volunteer application is available on our website or at the Welcome Center. Please let us know who you are and how you'd like to help.

Its Party Time!

There's plenty of space and lots of options for having YOUR party at the Y. Members receive a special "member only" rate to rent the pool, gym or other party room. Birthdays, special events, family reunions... take your pick! Call Nette at 635-3841.

Corporate Cup 2008!

Has your team entered yet? 26 events, a variety of options and great fun! If your company is not a part of corporate cup form a "Y" team and compete. Call Nette at 635-3841 to register a team. Forms, schedules and rules can be found under special events at www.ymcaracine.org.

Suggestions – Complaints – Ideas

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!

Light House Run – Year #30



On Saturday June 21st, the YMCA and our sponsoring partners Modine and the Journal Times will host the 30th annual Lighthouse Run! This has been a wonderful community event that helps support many of the programs the Y does for youth. The time to begin training is NOW...and if you want the early bird rate, the time to REGISTER is NOW!! We look forward to seeing you at this event! For registration information go to the special events link at www.ymcaracine.org

KEEPING KIDS HEALTHY AND STRONG

Day Camp

A great summer experience that your kids will remember for a lifetime. This summer we'll hold camp at three location: the YMCA, Smolenski Park in Mt. Pleasant and Crawford Park in Caledonia. If you're looking for something for your kids to do, or need some place for them to be that's fun, safe and healthy, then day camp's just right! This year we'll also be offering some sports specific camps in cooperation with Wheaton Franciscan. More information is available on the website, www.ymcaracine.org, or call Pete at 634-1994 ext. 256.



Sport Specific Camps

This summer we'll try something new! In partnership with Wheaton Franciscan, we'll be offering some sports specific camps. Some will teach basic sports skills in basketball, soccer, golf, etc. while some will offer higher level skills. There will even be offerings that focus on speed and agility, power, strength, flexibility and endurance. Check out the website, www.ymcaracine.org, beginning in late April, then register before they're full!



SEA-Y The YMCA's Competitive Swim Team.

It's the step after swimming lessons! Call for more information.

Adventure Guides

This family-oriented YMCA program is for both boys and girls (grades K to 5th) and their fathers/mothers. This program offers parents and children the chance to be together while learning games, songs, crafts and skills. Throughout the year, Y-Guides participate in monthly activities such as camping trips, day outings and the Pinewood 500 Derby Race. There are also monthly meetings held to schedule the next camp-outs, play group games and make crafts. Call Pete Matson for details.

YMCA April 2008 Member Newsletter

New Program Session begins:
April 14

Register Today at the Welcome Center or Online at www.ymcaracine.org

Light House Run

Saturday June 21st
Register now at www.ymcaracine.org

Friday Night is Family Night
Special Super Family Nights
April 11 and May 9

Kinder Music at the Y!
Call Pete for more info.

Healthy Kids Day

April 12—see front page for more info!

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. Please let us know if we may serve you or your family in this way

RACINE FAMILY YMCA Bring a Friend in April!

name (please print) _____
address _____
city _____
home phone _____
email _____

Good for one visit. Pass expires 4/30/08

We build strong kids, strong families, strong communities.



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Racine Family YMCA



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