



# Racine Family YMCA Member Newsletter

April 2010

Volume 4 Issue 1

## Savings Challenge

- A cooperative effort with Educators Credit Union to promote financial literacy in the community.
- You can Play too!
- Check it out at [www.ecu.com](http://www.ecu.com)



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## The YMCA Responds...

Every day the Racine Family YMCA responds to critical social needs in the community by drawing on our strength as one of the largest not-for-profit community service organizations in Racine. The Racine Family YMCA serves more than 20,000 people each year, uniting children and adults of all ages, races, faiths, backgrounds, abilities and income levels from Racine County. Our reach and impact can be seen in the lives we touch every year. At every stage of life, the Racine YMCA is committed to helping children, families and individuals reach their full potential.

### Youth

Every day, the YMCA helps children and youth to deepen positive values, their commitment to service and their motivation to learn. The Racine YMCA provided high-quality, affordable out of school time care and programming to over 250 children each day last year,

with 75 percent of kids involved receiving financial assistance. Children age 17 and under are also served at the "Y" through a variety of other activities, including youth sports, gymnastics, and aquatics programs. The YMCA also provides a wide range of youth development programming, including Teen Achievers and Youth and Government. These programs teach teens about the democratic process and helps them gain leadership skills through participation in state-organized model governments.

### Individuals

Since its founding in 1876, the Racine YMCA has offered programs that enable individuals to strengthen their spiritual, mental and physical well-being. Today's YMCA is one of the communities largest providers of health and well-being programs. All are welcome at the YMCA, regardless of age, race, sex, faith, background, ability or income.

We're working to promote healthy living for thousands of people in the Racine area through Activate America® by redefining ourselves to better support community members of all ages who are struggling to achieve and maintain well-being of spirit, mind and body. The Women's Wellness Initiative is helping minority women who have been identified with health issues to "get on track."

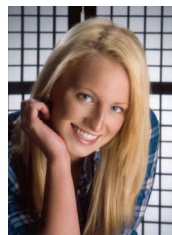
### Families

The Racine YMCA helps families build stronger bonds, spend quality time together and become more engaged with their communities. Many families participate in our family programs that focus on bringing children and parents together, like the Friday night family nights and parenting classes.

Parents also can come to the Y for support and education when dealing with life changes and family stress. The YMCA offers parenting skills classes, (continued on page 2)

## The YMCA and Swimming

by Paige Weslaski (a teen member)



Swimming has been a major component of my life since age ten. I've swum hundreds of races and attended thousands of practices. Luckily, I have not grown to dislike the sport nor have I experienced any sort of burnout like other peers around me. Improving my times, achieving state and national qualify-

ing times, and even attaining a state record or two are all wonderful features of the sport. But, once one looks past the times and records, swimming can have a much deeper meaning. Working hard with new friends, cultivating a bond with a coach, and staying out of trouble can have long-term effects on young athletes. I am fortunate enough to be a part of a YMCA Swim Team. Respect, responsibility, caring, and honesty are por-

trayed by the organization as important characteristics its members must portray. Being a member of a YMCA team as opposed to a USS team has an abundant amount of benefits. Instead of swimming for their personal benefit, one swims representing each of the 2,686 YMCA's in the world. The YMCA Swim Teams are banded together, and swimming for one of these teams makes the swimmers know that they belong. Everyone is

## The YMCA Responds (continued from front page)

fatherhood programs, relationship summits and a variety of other family strengthening options.

### Volunteers

Volunteer founded and volunteer led, the Racine YMCA depends on the generosity and dedication of its volunteers to meet the unique needs of our community. Volunteers are at the center of YMCA operations—from reading to preschoolers to teaching swimming and working with seniors. They also serve on policy making boards that set the strategic direction for their YMCA, partner with professional staff to ensure that each Y program is mission driven,

and raise the necessary funds so that we don't have to turn anyone away if they can't afford YMCA programs or membership. Last year alone the YMCA provided financial assistance of over \$300,000 to community members.

A **membership organization**, the Racine Family YMCA is striving every day to meet the needs of people in the community. The vision is spelled out quite clearly; to build strong kids, strong families and a strong community.

Yes, the YMCA is about "sweat sox and swimming pools," sports, health and

fitness, but, as you've seen, it's also about so much more.

### Annual Campaign

It's for all of these reasons that each year we ask you to consider contributing to the Strong Kids/Communities Campaign. The YMCA is something that's bigger. It's more than just four walls and a building. It's a living, breathing, cause driven organizations that's making a difference for a lot of people in many different ways. A crucial pillar in the community that would be severely missed if it wasn't here, the YMCA has an infinite capacity to do good things. Please help when asked.

**Thanks for being part of it.**

by Paige Weslaski

## Swimming (continued)

welcome into these clubs, and no one's turned away. Personally, competing in a YMCA meet is much more enjoyable than another meet; the atmosphere is friendlier, and there seems to be an aura of teamwork with every single swimmer. Having a little fun seems to be on each YMCA meet's agenda, whether it's singing the YMCA theme song in unison or a parade around the pool. YMCA meets are much more enjoyable for all ages, strengthening the pact of friendship even tighter. Swimming for the YMCA has an incredible amount of benefits that have impacted me greatly. I have attended the National Meet for the past two years, and it is hands down one of the most pleasurable experiences of my life. Being rewarded with a meet seconds from the beach is

extremely satisfying. I had a particular good meet at the last National meet, and I was contacted by the YMCA to join some other swimmers at the Olympic Training Center for an all-paid swim camp in August. The YMCA paid for my lodging, meals, pool time, and gifts, and I made some great friends that I am still in contact with today. Being given an experience like this, I am completely indebted to the YMCA and would recommend it to anyone.

The YMCA is one of the largest nonprofit community service organizations in the United States. Making money is not a priority; their priority is to give its members lasting memories. The YMCA has gone far beyond what I would have expected any one organization to do for one swimmer. I love to swim, and that is enough for me. Being

given the opportunity to swim at the National level and being taken on an all-expenses paid trip to Colorado are just the icing on the cake. Representing the YMCA is one of the best things a young swimmer can choose to do; practicing peace, breathtaking opportunities, and team oriented camaraderie among the team make swimming for this organization so rewarding.

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*Editor's Note:*

*Paige's commitment to swimming has paid off. She has received a scholarship to swim at St. Bonaventure University in western New York where she'll be studying Broadcast Journalism. She leaves for school in mid-August. Good luck and have fun!*



**Father's, are a crucial part of a child's life.**

**Ask about the "Focus on Fatherhood"**

## YMCA Annual Meeting

Join us for the 2010 Annual Meeting at noon on May 7th in the MPR.

Advance reservations are required and can be made at the Welcome Center.



**The YMCA... helping to build strong kids, strong families and a strong community!**

## Bits and Pieces

### Swim Lessons

The last set of Spring swim lessons is just beginning, and summer lessons begin on Monday June 14th. Sign-up early to ensure you can have your first choice of days and times. The Y's experienced/high level instructors can do wonders with your kids in the water!

### Church Group Party Anyone?

The YMCA would love to host your church to a Sunday afternoon pool party. Call Jen for more information.

### Fitness Classes

If you're not already involved, try one of the Y's outstanding land or water fitness classes. Highly trained, friendly and caring instructors lead classes at a variety of times through the day. Check it out!!

### Birthday Parties

Swimming? Gymnastics? Basketball? The Y's a great place to schedule your child's party!

### Family Locker Room

A reminder that mom's with young boys or dad's with young girls are welcome to use the family locker room!

### Lifeguard Training Classes

Ready for a lifeguarding job? The next YMCA lifeguard training classes will be held in Mid-June and Mid-July. Lifeguarding is a 32 hour class so plan now and register early while there is still space available. Check for exact dates and times at the Welcome Center.

### Gymnastics

The YMCA's progressive gymnastics program helps kids to start young and build their skills to tumble, flip and handle body movement more confidently.



**Lighthouse Run  
June 19th**

**Be There!**

**On-line Registration  
Available**

## Bring a Friend!! - Bring a Friend!! - Bring a Friend!!



### A Special Membership Option

If you get a friend to join on bank draft by the Lighthouse Run on June 19th we'll waive your friend's joining fee and if you are both still members in December we'll give you both a free month!!!

### Summer

**Building Hours**

**Begin Sunday**

**June 13th**

The YMCA will  
be closed on:

**Memorial Day**

**July 4th**

**Labor Day**

## 2010 Annual Meeting

The 2010 Annual meeting is scheduled to be held at Noon on Friday May 7th.

Lunch will be served, (the year's first BBQ). Please RSVP at the Welcome Center by April 31.

The agenda will include the 2009 Year-End financial report, a State of the YMCA address, and the opportunity for members to hear the report of the

nominating committee and elect new board members.

In addition, those who have been members for 20 years or more will be honored.

**Please help us thank Dave Perkins, Rose Fowler and Chris Leberfing who will rotate off the board and be greatly missed.**

**Nominated for a three year term to the board are:**

**Gary Akavickas - SC Johnson**

**Brian Lee - Modine**

**Paul Mason - WFHC**

**Scott Terry - Fuel Media Group**

**Michael West - Carthage College**



### CPR Classes

**Open to all  
Members**

**Saturdays, May 2nd  
and August 7th.  
Details at the  
welcome center.**

# April 2010 Member Newsletter

## Dates to Remember

**Annual Meeting**  
May 7—Noon in MPR

**Lighthouse Run**  
Saturday June 19

**Summer Day Camp Begins**  
June 14  
All Day – All Week for 10 Weeks

**SEA-Y Swim Team Try-Outs**  
June 7 - 5:30pm - 6:30pm  
Case HS Natatorium

**New - Flag Football League**  
Registration begins June 28

**Summer Swim Lessons Begin**  
Monday June 14  
Many Options of Days and Times

### YMCA Mission:

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

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

address \_\_\_\_\_

city \_\_\_\_\_

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

email \_\_\_\_\_

*Good for one visit. Pass expires 6/20/10*

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.

More Great Stuff on the Web  
[www.ymcaracine.org](http://www.ymcaracine.org)



Join us on  
facebook!

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



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