

# RACINE FAMILY YMCA



## MEMBER NEWSLETTER

Volume 2 Issue 4  
January 2009

### The YMCA - Planning for the Future

For over 130 years the Racine Family YMCA has been serving the needs of youth and families in Racine County. The finalization by the board of the YMCA's next long range plan is the platform that will drive the next 130 years.

The board, over the last year met numerous times, reaffirmed the Y's mission, "to put Christian Principles into practice through programs that build a healthy spirit, mind and body for all," reaffirmed its vision, "to build strong kids, strong families and strong communities," and has approved four major focus areas that will direct the organization into the future.

**Focus Area One: Downtown**  
Establish a long-term viable downtown program that supports the mission and contributes to a successful downtown area. To meet this focus the YMCA must sell the current facility and with the proceeds, build or remodel a new downtown facility that is designed to achieve the established programming goals.

**Focus Area Two: West**  
Positively affect the lives of at least 50% of Racine County residents through the operation of full service facilities in both the near and far western portions of the county. To accomplish this focus the YMCA must establish programming expectations for each site through an evalua-

tion of existing community programs, identification of areas of significant community need, and input from community members as well as assessing its current ability to meet those expectations and needs. The YMCA must then obtain complimentary alliances and partnerships; then develop and implement a funding plan that is sensitive to the economic times.

**Focus Area Three: Community Equity**  
75% of members and community stake holders will say that the YMCA is an important and highly valued contributor to the health, growth and stability of the community and worthy of

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**Member comments are always welcome!**



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).

### Chocolate and Heart Health – Fact or Fallacy?

Wouldn't it be wonderful if chocolate and heart health went hand in hand. However, there is so much information lately about the health benefits of chocolate that it is only natural that people get confused.

It is true, that if people only ate pure cocoa, then there might be heart health benefits. The problem is that most people eat processed chocolate bars containing sugar, corn syrup, hydrogenated

oils, dairy cream not to mention other "baddies" contained in some of those tasty fillings. Some of these added ingredients can clog up arteries and create havoc to your waistline.

## A Few Quick Items

### 7 – 12 Year Olds—Things to Do

A few families have asked, “What can my older children do in the building when I work out. They won’t go to Kids Alley?” That’s a good question and something we’ve tried to address. There are now a number of options for them. Here are a few:

- The large pool is scheduled for open swim M&W beginning at 8pm and T-R-F beginning at 7pm. (small pool for family swim).

- The Youth Center, with a computer lab, downstairs of the 8<sup>th</sup> street door, is available after 6pm for games, TV, studying etc. it’s “lightly” supervised.

- The gym, one side for older youth, one side for younger youth, is available afternoons after school until 6pm and again after 7:30pm on Monday, Tuesday and Wednesday.

Lots of options!

### Swim Lessons

Families are once again turning strongly to the YMCA’s swim lesson program for the quality lessons they’re looking for. Know someone who can’t swim yet? New sessions begin January 5th, February 23rd and April 20th.



### 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!

### Family Locker Room

If you have younger children of the opposite sex you need to supervise in the locker room, please try the family locker room!

### 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!

### Email?

Prefer to have this newsletter delivered by email? Give your email address to

*New Program Sessions Begins:  
January 5th, February 23rd and April 20th  
Register Now!*

the staff at the welcome center or email it to us at [nmarks@ymcaracine.org](mailto:nmarks@ymcaracine.org).  
Thanks for saving a tree!

### Back Stairs (8th Street)

For the winter, the city has closed the stairs from the city parking lot at the end of 8th street. If you arrive and park in that lot, prior to when we open the 8th street door, please walk around to the north entrance.

### Squash Players

Squash players are looking for other squash players. If you’d like 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

The YMCA will be hosting focus groups in early to mid February for family members. If you’re selected in the random process, please consider responding and participating. Again, we’re trying to get input from members to make the best choices into the future. Thanks in advance for your help.

### Family New Year’s Eve Party

It was great fun! If you missed it, plan on attending next year.

### Other Family Events

During the next year, watch for other special family events. We hope they’ll be something you’ll want to participate in.

### Family Swim - Family Gym

Check out the gym and pool schedule!

## How About A YMCA Summer Day Camp Experience

**Day Camp—Ages 5 - 10:** 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 Camp—Ages 11 - 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.



# INTERESTING ITEMS

**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.

**Towel Kidnapping**

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

**Member Breakfast**

Thanks to those of you who attended the member breakfast on December 10th. It worked our well in the lobby... lots of people participated. The food was excellent and everyone seemed to have a great time!



United Way of Racine County

Each year the United Way of Racine County

commits significant amounts of money to assist the YMCA in providing youth with opportunities to participate in YMCA activities regardless of their ability to pay. We're appreciative of the efforts of the United Way and all of its donors.

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

**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!

## PLANNING FOR THE FUTURE (FROM PAGE 1)

continued community support. To meet this focus, the YMCA must recommit to its values and programming objectives, establish objective measures of success, regularly solicit feedback from the community and establish and implement action plans to address areas for improvement.

**Focus Area Four: Resource Development**

The YMCA must further develop the resources that will lead to success through attracting, developing and retaining a highly motivated, diverse and service oriented staff; attracting and engaging diverse and highly qualified board members; increasing by 20% the number of volunteers who are willing to help the YMCA make a difference for people in the community; and continuously seek out and develop successful partnerships with community groups that further the mission of the "Y" and those other organizations in the most cost effective manner.

Are these areas of focus aggressive? Yes. Will these goals be difficult to accomplish? Yes. Will the YMCA accomplish them? Yes with the help of the community!

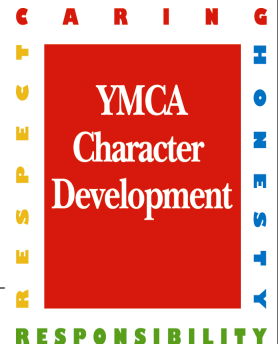


### Asset Building

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 difference for community youth!



# January 2009 Member Newsletter

New program sessions begin:  
January 5th  
February 23rd  
April 20th.

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

Healthy Kids Day

April 18, 2009  
Don't miss the fun!

Light House Run  
June 20th  
Start Preparing 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 1/31/09*

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



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