



# Racine Family YMCA Member Newsletter

October 2009

Volume 3 Issue 3

## 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)



### Inside this issue:

The YMCA Responds	2
(continued)	
Fatherhood Initiative	2
Strong Kids - Strong Communities	2
Bits and Pieces	3
Special Offer	3
Holiday Closings	3
Upcoming Events	4
Mission Statement	

## 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 15,000 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 1873, 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.

### 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 or Adventure Guides.

Parents also can come to the (continued on page 2)

## Jumping Rope

There are many great benefits to your cardio-respiratory system from jumping rope. First off, it's hard! When you were a kid and could do that thing non-stop for hours, boy, were you in good shape! It's a tough motion to get used to initially. Jumping rope in a forward motion is the most comfortable, and once you are able to do (let's say...) 40-50 in a

row, change it up and do it on one foot at a time to make it more challenging on your leg muscles (especially calves). The only problem with jumping rope is that of rounded shoulders, since most people only jump forward; this puts all the pushing motion on the anterior (front part of your) deltoid, resulting in somewhat more rounded shoulders. Try

jumping backwards! Not only is jumping rope backwards darn hard, but it puts more of the motion onto your posterior (back part of your) deltoid. When you get too good at backwards, perform it one foot at a time backwards. This is another challenging thing you can do for your cardio routine.



**Father's, are a crucial part of a child's life. Read about the Y's Fatherhood Initiative!**

**Family New Years Eve Party!!!**

**Join us for an exciting family event on New Year's Eve, December 31st from 7:30pm - Midnight**



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

**The YMCA Responds (continued from front page)**

Y for support and education when dealing with life changes and family stress. The YMCA offers parenting skills classes, 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 \$500,000 to community members.

A **membership organization** rooted in Christian Values,

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 it's also about so much more. Come join us. Get what you're looking for and at the same time be part of something that's bigger, something that makes a difference for everyone.

**Fatherhood Project**

**The Need:**

Involved fathers provide practical support in raising children and serve as models for their development. Children with involved, loving fathers are significantly more likely to do well in school, have healthy self-esteem, exhibit empathy and pro-social behavior compared to

children who have uninvolved fathers. Committed and responsible fathering during infancy and early childhood contributes emotional security, curiosity, and math and verbal skills.

**The Solutions:**

You may not know, but the YMCA has been working for the past two years through a

variety of programs, using proven practices and curriculums, to involve fathers in the lives of their children in healthier, more positive ways. With help from the Jr. League the Y has been able to target and make a difference in the lives of teen fathers through outreach efforts and group workshops.

**Strong Kids - Strong Communities**

This has been a difficult year for many families in our community who have faced financial hardships due to company layoffs and an unstable economy. The "extras" – like family outings or summer programs for kids – have been hard to come by. However, thanks to the past generosity of you – our donors – the

Racine Family YMCA through the Strong Kids/Strong Communities Campaign has been able to provide financial assistance to over 10,000 local children and teens to attend YMCA programs and activities.

We're asking that this year you consider contributing, or contributing again to area

youth and families through the Strong Kids/Strong Communities Campaign. Our goal is to raise \$125,000.00 so that we may continue to impact community youth through membership and quality programming, ensuring that everyone can participate.

Thank you for your help.

## Bits and Pieces

### Pools

Thanks everyone for your cooperation while we drained the pools in early September. We replaced the drains to meet the new Virginia Graeme Baker Law. Every pool in the country must be retrofit with new drains and meet the new standard.

### Indoor Soccer

Registration for the YMCA's indoor soccer league begins on November 16th and will close on December 19th. League play will begin on January 23rd. Register early for this high quality youth program.

### Swim Lessons

The next session of swim lessons begins on Monday November 2nd. 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!

### Lifeguard Training Class

Ready for a lifeguarding job? The next YMCA lifeguard training class will be held in Mid-December beginning the 19th. This is a 32 hour class so plan now and register early while there is still space available.

### 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!!

### Personal Training Anyone?

Call Lynda and set something up!

### 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.



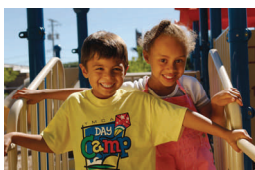
### Haunted Y

October 23 and 24

6pm -10pm

Experience the Horror!

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



Here's something new!

Get a friend to join on bank draft between Thanksgiving and Christmas and if you and your friend are still members in June we'll give you both a free month!!!

The YMCA will  
be closed on:

Thanksgiving  
Day

Christmas Day

New Years Day

## More bits and pieces

### Corporate Cup

Congratulations to the winner of the 2009 Corporate Cup Challenge.

Division 1 Winner - CNH

Division 2 Winner - Educators Credit Union

For more information about how you can involve your com-

pany in this great event... well, actually 28 great events, that will provide opportunities for employees of all ages, skills and abilities, call Nette!

### Church Group Party Anyone?

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

### 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!



American  
Red Cross

### CPR Class

Open to all Mem-  
bers

Saturday December  
6th. Details at the  
welcome center.

# October 2009 Member Newsletter

## Dates to Remember

### Haunted Y

October 23 and 24  
6pm -10pm

### Member Breakfast

December 9  
5:30am -10:30am

### Family New Years Eve Party

December 31  
7:30pm - Midnight

### Indoor Soccer League Registration

November 16 - December 19  
Play begins January 23

### Cookies with Santa

December 18  
6pm - 8pm

### New Program Session Begins

November 2

### 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 11/15/09*

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)

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



[www.ymcaracine.org](http://www.ymcaracine.org)  
262-634-1994  
Racine, WI 53403  
725 Lake Avenue  
Racine Family YMCA



NON PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
Permit No. 54  
Racine, WI  
PERMIT NO. 54