

# THE A TO Z OF THE YMCA.

Joining the YMCA provides access to classes and programs which are geared towards a member's total well-being. And we build more than individuals. We build strong families and communities too. With 11 locations and hundreds of free classes and programs offered throughout the year, we have something for everyone. And because we schedule adult fitness classes and children's classes concurrently, you can be getting in shape while the kids are having fun in a class all their own, under the watchful eyes of our Kid Care Center babysitters.

## CORPORATE WELLNESS MEMBER-ONLY BENEFITS

- ◆ Free trial week
- ◆ One month free when you sign up for a membership
- ◆ Earn Y Bucks with our rewards program\*  
\*If your company qualifies
- ◆ Matching discount program if your company provides a monthly subsidy towards membership

## YOUR MEMBERSHIP ALSO INCLUDES:

- ◆ Metro privileges for all 11 Milwaukee YMCA centers
- ◆ Free Wellness Consultations
- ◆ Many options for free adult fitness classes with convenient drop-in schedule
- ◆ Programs for the whole family, plus special events
- ◆ Priority program registration
- ◆ Reduced fees for Kid Care, swim lessons and more
- ◆ Free fitness center orientations
- ◆ AWAY program for use of out-of-town YMCAs
- ◆ Free family membership if your child is enrolled full-time at one of our child care centers.
- ◆ Custom options such as shower towel service, unlimited kid care, guest passes for households with children, kit lockers and more

## OUR LOCATIONS:

- Downtown YMCA / 161 W. Wisconsin Ave., Milwaukee 414.291.9622
- Feith Family Ozaukee YMCA / 465 Northwoods Rd., Port Washington 262.268.9622
- John C. Cudahy YMCA / 9050 N. Swan Rd., Milwaukee 414.586.9622
- Northside YMCA / 1350 W. North Ave., Milwaukee 414.265.9622
- Parklawn YMCA / 4340 N. 46th St., Milwaukee 414.873.9622
- Rite-Hite Family YMCA / 9250 Green Bay Rd., Brown Deer 414.354.9622
- South Shore YMCA / 3244 E. College Ave., Cudahy 414.571.9622
- Southtown Center YMCA / 3720 S. 27th St., Milwaukee 414.817.9622
- Southwest YMCA / 11311 W. Howard Ave., Greenfield 414.546.9622
- Tri-County YMCA / N84 W17501 Menomonee Ave., Menomonee Falls 262.255.9622
- West Suburban YMCA / 2420 N. 124th St., Wauwatosa 414.302.9622

## BUILDING HOURS:

- Monday - Thursday 5:30am-10:00pm
- Friday 5:30am-8:00pm
- Saturday 6:30am - 10:00pm
- Sunday 8am - 8pm

*Hours vary by location and on holidays. Call center for details.*

## OUR RESIDENT CAMPS:

- Camp Matawa / N885 Youth Camp Rd., Campbellsport 262.626.2149
- Camp Minikani / 875 Amy Belle Rd., Hubertus 262.251.9080

### FREE ONE-WEEK TRIAL

Bring this flyer to a local YMCA of Metropolitan Milwaukee center and receive a free one-week trial for you and your family.

Experience first-hand all the great benefits of the YMCA.

Our compliments.

