



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVING HEALTHIER EVERY DAY

SPRING/SUMMER 2012 PROGRAM GUIDE YMCA URBAN CAMPUS

**Downtown YMCA,
Northside YMCA and
Parklawn YMCA**

Spring: April 16 – June 3

Member Registration: March 4

Community Registration: March 18

Summer: June 18 – August 26

Member Registration: Ongoing

Community Registration: May 27



YMCA OF METROPOLITAN MILWAUKEE



**OUR IMPROVED ONLINE
REGISTRATION MAKES
REGISTERING FOR CLASSES
FAST AND EASY.**

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**WELCOME
TO THE Y!**

We know firsthand how difficult it can be to find balance in life. That’s why we’re here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive. With the Y you’re not just a member of a facility; you’re part of a cause, with a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors.

At the Y, we know you’ll find a community with an everyday mission to help you achieve a balance of spirit, mind and body. We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

Welcome to the Urban Campus YMCA family, we’re glad you’re here.

SESSION DATES

Spring: April 16 – June 3

Member Registration: March 4

Community Registration: March 18

Summer: June 18 – August 26

Member Registration: Ongoing

Community Registration: May 27

PARKLAWN YMCA CONTACTS

Executive Director	414-374-9401
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DOWNTOWN YMCA CONTACTS

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HOLIDAY HOURS

Easter

Sunday, April 8

CLOSED

Memorial Day

Monday, May 28

8:00 a.m. – 1:00 p.m.

Independence Day

Wednesday, July 4

CLOSED

Labor Day

Monday, September 3

8:00 a.m. – 1:00 p.m.

DOWNTOWN YMCA SPRING HOURS

Mon – Thurs	5:00 a.m. – 10:00 p.m.
Friday	5:00 a.m. – 8:00 p.m.
Saturday	6:30 a.m. – 7:00 p.m.
Sunday	8:00 a.m. – 6:00 p.m.

DOWNTOWN YMCA SUMMER HOURS

(effective Memorial Day)

Mon – Thurs	5:00 a.m. – 10:00 p.m.
Friday	5:00 a.m. – 8:00 p.m.
Saturday	6:30 a.m. – 7:00 p.m.
Sunday	8:00 a.m. – 5:00 p.m.

PARKLAWN YMCA SPRING/SUMMER HOURS

Mon – Fri	7:00 a.m. – 8:00 p.m.
Saturday	8:00 a.m. – 8:00 p.m.
Sunday	1:00 – 5:00 p.m.

NORTHSIDE YMCA SPRING/SUMMER HOURS

Mon – Thurs	5:30 a.m. – 10:00 p.m.
Friday	5:30 a.m. – 8:00 p.m.
Saturday	6:30 a.m. – 7:00 p.m.
Sunday	8:00 a.m. – 5:00 p.m.

Hours may vary and are subject to change, call center for current hours.

We believe in giving back and supporting our neighbors. For more than 152 years, the Y has been listening and responding to the Milwaukee communities' needs.

FOR PEOPLE NOT PROFIT



When Steven started a new career, he felt he could use a mentor, but also came to the realization that he ought to be one, too. He was paired with Corey through the Y's Sponsor-A-Scholar program and quickly realized that he was learning just as much as he was teaching. The two became fast friends – exposing each other to new things and guiding each other outside of their comfort zones. They spend time talking about college and career goals, of course, but it's their time spent trying new restaurants and making plans to fly kites on the lakefront that has really solidified their relationship. As Corey looks ahead to college and a career in journalism, he feels confident, knowing Steven will be there every step of the way.

THE ANNUAL CAMPAIGN

Everyone who uses the Y is a beneficiary of the Annual Campaign. Membership dollars do not cover the cost of our high-impact programs. Part of the Y's mission is to keep prices at a level that enable us to open our doors wider and serve more people. The Annual Campaign keeps the Y affordable and programs running.

The Annual Campaign also provides membership scholarships to those in need. Did you know that with your support, we give scholarships to thousands of children, families, adults, and seniors? Did you also know that most beneficiaries only use scholarships for a short period – just enough to help them through a difficult time?

HOW YOU CAN HELP

To ensure the Y remains a vibrant community resource – improving the health and well-being of our community – please support our Annual Campaign. All donations are tax-deductible and positively impact everyone using our programs and facilities. You may give to the Annual Campaign when you sign up for a membership or you can make a donation anytime throughout the year, simply stop at our main desk to learn how.

**JOIN THE Y IN MAKING
A DIFFERENCE IN OUR
COMMUNITY**

Donate time or money at ymcamke.org/give

“THE PATHWAYS TO A HEALTHIER WEIGHT PROGRAM HAS BEEN A VALUABLE AND NECESSARY STEP TO SPARKING CHANGE IN MY LIFE. THE COURSE OFFERING CAME AT A TIME WHEN I NEEDED MOTIVATION, DIRECTION, AND SUPPORT TO POSITIVELY CHANGE MY LIFESTYLE. DURING THE PATHWAYS CLASS, I DEVELOPED A LIFE-LASTING LOVE FOR FITNESS THAT TRANSFORMED FAR MORE THAN THE SHAPE OF MY BODY. MY NEW-FOUND CONTROL, CONFIDENCE AND ENERGY WERE AN INSPIRING AND UNEXPECTED RESULT OF MY EFFORTS. MY ENTIRE FAMILY, INCLUDING MY TWO YOUNG CHILDREN, HAVE BEEN BLESSED BY THE POWER OF THIS CHANGE.”

– PATHWAY TO A HEALTHIER WEIGHT PARTICIPANT

(FOR INFORMATION ON THIS PROGRAM SEE OUR HEALTHY LIFESTYLES PROGRAMS ON PAGES 52 – 56)

MEMBER GET A MEMBER

BELONGING TO THE Y MAKES YOU FEEL GREAT. SHARING THE Y WITH A FRIEND...EVEN BETTER.

Refer a friend who joins and get a free month. The more friends you refer that join, the more months of free membership you will receive. Just tell them what you already know-the Y is a great place! See the membership desk for more information.

Fill in your information below, then give this pass to a friend. If they join, you'll receive a free month.

Your Name: _____

Phone: _____

Your E-mail Address: _____

Your Member Number: _____

Center: _____

New Member Name: _____

New Member Number: _____

*Members may refer more than one person. Referral pass must be on file to qualify for promotion. Some restrictions apply. Youth memberships excluded. New member must sign up for a minimum of six months or EFT Membership. Valid at time of new member join only. Must be 18 years of age or older.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SPECIAL EVENTS AND FAMILY PROGRAMS

The Y is dedicated to providing a safe, wholesome and fun environment for families. Your entire family can be active, challenged, involved and part of a larger community striving for the same goal of a healthy spirit, mind, and body. Join us and together we can grow healthy kids, healthy families and a healthy community.

HEALTHY KIDS DAY TAKE ON SUMMER

Saturday, April 28
11:00 a.m. – 1:00 p.m.

Join us at a Y near you while we, along with other YMCAs across the nation, celebrate Healthy Kids Day! Stop by your local Y to share in activities and experiences that teach good health and foster connections through fitness, sports, fun, healthy habits and shared interests. YMCA Healthy Kids Day brings families and communities together to celebrate healthy living with a free fun-filled day of interactive games, family activity, healthy giveaways and more. You can also get information about, or register, for summer camp, swim lessons and other great Y programs that support more than strong bodies—they're designed to help shape kids' character, too! Call or visit your local YMCA center for details on YMCA Healthy Kids Day activities in your neighborhood.

Throughout the year, the Y hosts on-going fundraising events. Proceeds from these events support our Annual Campaign. Contributions to the Annual Campaign helps the Y provide membership assistance and scholarships to programs like summer camp, child care and teen activities, to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected and secure.

STAY AND PLAY

(Parents with young children)

Take a play break in the middle of the day! Join this drop-in play group to chat about parenting issues, eat lunch, relax with your child and meet new friends. YMCA Preschool Staff will be on hand to provide games and equipment to facilitate this fun free time together. Bring along a bag lunch and enjoy this unstructured, stress-free time with your tots.

Location	Date	Time
Feith Family Ozaukee YMCA	Mondays	11:15 a.m. – 12:00 p.m.
Rite-Hite Family YMCA	Tuesdays	9:45 – 10:45 a.m.
Southwest YMCA	Wednesdays	11:00 a.m. – 12:00 p.m.
Tri-County YMCA	Wednesdays	10:15 – 11:15 a.m.
Tri-County YMCA	Fridays	10:00 – 11:00 a.m.
West Suburban YMCA	Tuesdays/ Thursdays	12:00 – 1:00 p.m.



FOR HEALTHY LIVING

Improving the nation's health and well-being.

FAMILY GYM NIGHTS

Stop running in different directions...it's family time. The Y is making it easy to unwind and reconnect with your family after a busy week. Please join us at the Y for fun and games for all ages. FREE to all families!

Location	Date	Time
Feith Family Ozaukee YMCA	Sundays	3:00 – 5:00 p.m.
Rite-Hite Family YMCA	Sundays	10:00 a.m. – 2:00 p.m.
Rite-Hite Family YMCA	Wednesdays	3:00 – 5:00 p.m.
Southwest YMCA	Wednesdays	5:30 – 6:30 p.m.
South Shore YMCA	Wednesdays	6:00 – 7:00 p.m.
Southwest YMCA	Wednesdays	5:30 – 6:30 p.m.
West Suburban YMCA	Fridays (Runs through May)	6:00 – 8:00 p.m.

FAMILY MOVIE NIGHTS

(Parents must stay with their children)

Bring your pajamas, blankets and pillows and come to the Y to watch a fun movie with your family. Children can bring a friend! Movies to be announced as dates approach.

Location	Date	Time
Feith Family Ozaukee YMCA	4/13, 5/11, 6/8, 7/13, 8/10	5:00 – 8:00 p.m.
Tri-County YMCA	5/19	5:30 p.m.

FAMILY GAME NIGHT

Join us for a fun filled evening of friendly board game competition! Challenge friends or family to a witty game of Chess, enjoy an economic contest while playing Monopoly, or just have fun playing Chutes and Ladders. With a wide variety of games to choose from, there is something for everyone.

Location	Date	Time
Rite-Hite Family YMCA	Thursdays	5:30 – 7:30 p.m.

Y-TRIBES

(K to 4th grade, a parent/child program)

Fathers – promise scheduled time with your child today! The Y's Y-Tribes program gives fathers a chance to strengthen their relationship with their children by spending time together, having fun, learning about each other and sharing new experiences. Participants are organized into tribes of 6 - 9 parent/child pairs that meet monthly for exciting events. Special events with participation of all tribes are scheduled throughout the year including overnights. Contact the West Suburban YMCA or Southwest YMCA for more information regarding dates and times.

September to June

Y Members: \$25 per Family

Community Participants: \$50 per Family

Program Code: 05701-50

Join anytime all school year-registration is ongoing! Activities scheduled throughout the year.

FAMILY OPEN SWIM TIMES

Reserved Family Open Swim time is scheduled at most centers, visit the membership desk for the current times.

PARENT'S NIGHT OUT

Parents, need a night out or just need to get something done? Bring your children to the YMCA for safe play and creative activities supervised by our caring staff! Drop off your little ones and create some time for yourself. Times and details vary so check your local YMCA's schedule for more information.

SPECIAL EVENTS AND FAMILY PROGRAMS

PASSPORT TO PLAY/PLAY IN THE PARKS

(All Ages)

Parents, bring your children and join us at a Y near you for some free, healthy fun for the whole family. This free program is designed to get you and your children playing together and with other families. Passport to Play is generously supported by Northwestern Mutual Foundation and Midwest Orthopedic Specialty Hospital. This new program is open to all families and is held at the Y each week (various locations). Come prepared to play!

SPRING PASSPORT TO PLAY

Location	Day	Time
Feith Family Ozaukee YMCA	Saturdays	12:30 – 2:00 p.m.
Northside YMCA	Tuesdays	4:30 – 6:00 p.m.
Parklawn YMCA	Saturdays	9:00 – 10:30 a.m.
Rite-Hite Family YMCA	Fridays	6:00 – 7:30 p.m.
South Shore YMCA	Mondays	6:00 – 7:30 p.m.
Southwest YMCA	Fridays	6:00 – 7:30 p.m.
Tri-County YMCA	Thursdays	6:00 – 7:30 p.m.
West Suburban YMCA	Saturdays	2:00 – 3:30 p.m.
West Suburban YMCA Program Center	Wednesdays	6:00 – 7:30 p.m.

Spring Passport To Play is generously supported by:



SUMMER PLAY IN THE PARKS

Location	Day	Time
JUNE 11 - JULY 19		
Hoyt Park 1800 Swan Blvd, Wauwatosa	Mondays	6:00 – 7:30 p.m.
Jackson Park 3500 W Forest Home Ave, Milwaukee	Tuesdays	6:00 – 7:30 p.m.
Lincoln Park 1301 W Hampton Ave, Milwaukee	Wednesdays	6:00 – 7:30 p.m.
Humboldt Park 3000 S Howell Ave, Milwaukee	Thursdays	6:00 – 7:30 p.m.
JULY 23 - AUGUST 20		
Hoyt Park 1800 Swan Blvd, Wauwatosa	Mondays	6:00 – 7:30 p.m.
Sheridan Park 4800 S Lake Dr Cudahy	Tuesdays	6:00 – 7:30 p.m.
McGovern Park 5400 N 51 Blvd, Milwaukee	Wednesdays	6:00 – 7:30 p.m.
Humboldt Park 3000 S Howell Ave, Milwaukee	Thursdays	6:00 – 7:30 p.m.

Summer Play in the Parks is generously supported by:



“THIS CLASS CAME ALONG AT A TIME WHEN I WAS SEARCHING FOR A WAY TO PUT BALANCE BACK INTO MY LIFE AFTER DEALING WITH QUITE A FEW LIFE CHANGING EVENTS.”

– LIVING COMPASS PARTICIPANT

(FOR INFORMATION ON THIS PROGRAM SEE OUR HEALTHY LIFESTYLES PROGRAMS ON PAGES 52 – 56)

YMCA OF METROPOLITAN MILWAUKEE
TO HOST

2012 YMCA NATIONAL GYMNASTICS CHAMPIONSHIPS

June 29 – July 2 • Frontier Airlines Center

This summer, the YMCA of Metropolitan Milwaukee will be hosting the 2012 YMCA National Gymnastics Championships in Milwaukee, sponsored by Midwest Orthopedic Specialty Hospital, in partnership with Wheaton Franciscan Healthcare. The event will be held on June 29 – July 2 at the Frontier Airlines Center.

If you're interested in learning more or would like to sign up to volunteer, please visit www.2012ymcanationals.com.

midwest orthopedic
SPECIALTY HOSPITAL
mymosh.com

In Partnership with Wheaton Franciscan Healthcare

CAMP

YMCA CAMP MATAWA

MATAWA SUMMER CAMP 2012 DATES:

Session 1	July 8 – 13
Session 2	July 15 – 20
Session 3	July 22 – 27
Session 4	July 29 – August 3
Session 5	August 5 – 10
Session 6	August 12 – 17

At camp, we are committed to making sure every child who comes to camp makes friends and has a great time! We create a unique environment that really fosters great relationships! Our outstanding staff focuses the first 24 hours of the camper's stay on creating a community with their cabin mates through team building, group games and good old-fashioned fun! We have found that this early focus on building community provides a solid foundation for the wonderful friendships, skill development and amazing experiences campers have the rest of the week.

Our mission at YMCA Camp Matawa is to change people in positive ways. Camp is about developing the life skills that help campers build and maintain positive relationships, become respectful of and interested in each other's differences, and feel confident in the person they are becoming.

For years, parents have reported that when their children return home from camp they are more caring, are more equipped to stand up for what they know is right, and are more responsible. **This is the Spirit of Matawa. Come see for yourself. Located in Campbellsport, WI.**

CAMP MATAWA VISION

YMCA Camp Matawa provides a welcoming atmosphere and a sense of home through our dedication to quality programming, outstanding service and inclusion. The Spirit of Matawa fosters relationships, builds character and creates memories that will last a

lifetime. YMCA Camp Matawa offers a variety of programs year round from our traditional overnight camps to family weekends designed to help you reconnect and spend quality time together away from home.

**LEARN
MORE!**

Visit matawa.org
or call us at
262-626-2149

MAKING CAMP AFFORDABLE

We believe everyone should have the opportunity to experience the joys of camp! Through contributions to our Annual Giving Campaign and within our available resources, we provide program scholarships for campers who might otherwise not be able to afford camp. In addition, convenient payment plans are available throughout the winter and spring months to break up camp fees into installments. For more information on financial assistance or payment plans, call the camp office at 262-626-2149.

ADVENTURE CAMP – ONE AND TWO WEEK SESSIONS AVAILABLE

(Ages 7 – 15 years)

Adventure Camp is where your child's overnight camping tradition begins! Our counselors focus on each individual camper, ensuring a great experience whether your child is a first time or seasoned camper. All campers are split by age into villages, each with their own special activities and traditions. Your child will have the opportunity to choose from a wide variety of age-appropriate activities that are both fun and develop life-long friendships.

Lower 2 Week Prices! Save \$200 when you sign up for 2 weeks of Adventure Camp in comparison to the normal weekly price.

MINI SESSIONS – SESSIONS 1, 3 AND 5

(Ages 7 – 12 years)

These 4-days, 3-night programs are the ideal introduction to overnight camping! Your child will get a great taste of traditional camp activities, plus the opportunity to make new friends! Our caring, experienced counselors will help make Mini Sessions and the Summer Starter an extra special time.

PONY CLUB – SESSIONS 1-6

(Ages 7 – 12 years)

A special program for campers who aren't quite ready for Equestrian Camp — but might be next year! Your child will spend one activity session per day in our barn, learning about horse care, tack and general horsemanship. Campers will ride in our indoor and outdoor arenas twice during the week. This additional activity is just \$35 per camper!

SPECIALTY OVERNIGHT CAMPS

EQUESTRIAN CAMPS – ONE AND TWO WEEK SESSIONS

(Ages 10 – 15 years)

YMCA Camp Matawa's Equestrian Camp is perfect for any horse lover who also wants to experience the other traditions of camp! Each camper is assigned a horse to ride and take care of for the whole week. This responsibility helps build trust and confidence, while encouraging problem solving. Campers spend half of the day in the barn enjoying general horse care, ring riding, games on horseback, and trail riding. The rest of the day is spent in main camp, participating in all the other great activities camp has to offer!

TRAIL TROTTERS*

(Ages 10 – 15 years)

Trail Trotters is a great opportunity for advanced level riders to enhance their skills! Your child can experience the adventure and tranquility of more than 30 miles of riding trails in the Kettle Moraine State Forest. Our goal is to develop a more relaxed, confident rider and enhance awareness of verbal and nonverbal communication between horse and rider. To sign up for Trail Trotters, campers should be able to walk and trot independently, post (English) or sit (western) in balance and control their horse at a walk and trot in a group. Campers must have taken at least six months of lessons or own their own horse and should be able to tack/untack with confidence. Evenings will be spent participating in traditional camp activities, including night games and the ever popular pool party.

*Formerly Advanced Equestrian

TEEN EXTREME

(Ages 14 – 15 years)

Teen Extreme (TX) is the first step in leadership development at YMCA Camp Matawa. "TX" campers spend the first week at camp developing a strong bond through team building and traditional camp activities. During the second week, TX campers head to the Kettle Moraine State Forest for a backpacking excursion. The culmination of the program is a three-day trip to Devil's Lake State Park to camp, hike and rock climb! TX campers can expect to finish the program with a new set of outdoor skills, amazing stories to share, and lifelong friends!

ROPES CHALLENGE

(Ages 10 – 15 years)

There is no greater feeling than singing your favorite camp song from the top of the 50 foot Alpine Tower. In Ropes Challenge, campers set and achieve goals using our low ropes course, indoor climbing wall and Alpine Tower. They learn to tie knots, to belay, various climbing techniques, and proper use and care of equipment, all while working with others and having a blast!

GONE FISHING

(Ages 10 – 15 years)

Gone Fishing was made for kids who love to fish and also enjoy swimming, climbing, archery, sports and more. Campers try their luck on Mauthe Lake and Long Lake. They'll have a ball fishing for pike, bass, walleye and panfish. We even take a charter boat on Lake Michigan, angling for giant salmon, steelhead and lake trout. Plus, campers learn to tie their own "fly" and fly fish. Your child brings their tackle; we supply the bait and instruction.

LEADERS IN TRAINING I (LIT I)

(Ages 15 – 16 years)

LIT is a focused two-week program specifically for teens dedicated to developing leadership skills and giving back to camp! LITs will work closely with the LIT staff to learn the skills necessary to grow as young leaders. As an LIT, your child will participate in traditional camp activities in the morning, and spend the afternoon focused on valuable leadership development and service learning. Campers must be age 15 by June 15, 2012.

LEADERS IN TRAINING II (LIT II)

(Ages 16 years)

LIT II gives teens that have completed LIT I the opportunity to take the next step in leadership development. LIT IIs will assist counselors in the program areas of their choice, offering a more hands-on approach to leadership. They will also be grouped with a cabin of younger children to assist with cabin and village activities. LIT II is an ideal stepping stone for becoming a successful Counselor-in Training (CIT). Campers must be age 16 by June 15, 2012.

COUNSELOR IN TRAINING (CIT)

(Ages 17 years)

CIT is the final step of our leadership programs, designed to bridge the gap between camper and counselor. The first week is spent living and working together while receiving valuable training from the CIT directors and other staff members. During the second week of the program, CITs move into other cabins where they assist counselors with day-to-day activities. All CITs will undergo an application process. Once a registration is received, application materials will be mailed to each camper. But hurry — registration for this program closes June 1, 2012. Please note that participation in the CIT program does not guarantee employment at YMCA Camp Matawa. Campers must be age 17 by June 15, 2012.

CAMP

CAMP MATAWA CONTINUED

ALL ARE WELCOME

YMCA Camp Matawa strives to offer a positive experience for campers of all abilities. Campers with disabilities are welcome to attend any session of camp during the summer. For us to provide the most successful experience for your camper, please contact YMCA Camp Matawa by June 1st if your child has special needs, will require additional staffing, or if you have any questions or concerns.

YEAR-ROUND PROGRAM

MATAWAPALOOZA!

March 30-31, 2012

Matawapalooza is designed for returning campers to share the camp experience with a friend. You'll play traditional camp games like capture the flag, and spend the day participating in everything from the climbing wall, to archery, to the camp favorite, Gaga Ball!

Returning Camper: \$40

Bring a new friend and you both pay only: \$20!

FREE FAMILY PIZZA AND GAME NIGHT

March 31, 2012

Join us for a fabulous, FREE evening of family fun! Mingle with other camp families — or introduce a new family to the magic of YMCA Camp Matawa. The pizza is on us and we'll provide a variety of fun games for everyone. A perfect fit for those of you picking up your kids from Matawapalooza!

Please RSVP by March 11 to 262-626-2149

HALLOWEEN CAMP

October 26-28, 2012

(Ages 7 - 15 years)

So exciting, it's almost scary! Spend two days and nights in our comfortable cabins, making friends and having a ton of fun! You'll make spooky Halloween crafts, find your way through the corn maze with friends, and carve your own hand-picked pumpkin. Sip hot cider, go on a hayride, and get dressed up for our incredible costume party. Whether you come with friends or ready to meet new ones, Halloween Camp is sure to be a treat!

Y Members: \$125

Community Participants: \$175

CAMP FOR THE WHOLE FAMILY

Relax, Reconnect, Unplug and make great family memories! Experience one of our annual Family Weekends. All food and activities are included in the cost. Whether you come with your children, grandchildren or the whole family, we promise a weekend you will cherish forever!

GRANDPARENT CAMP, May 11-12, 2012

(Ages 5 years and older)

Y Members: \$85/pair

Community Participants: \$110/pair

Each Additional Person: \$50

FAMILY CAMP

MEMORIAL DAY WEEKEND, May 25 - 28, 2012

LABOR DAY WEEKEND, August 31 - September 3, 2012

Lower Cabins: Base price for first 4 people in cabin = \$550

Upper Cabins: Base price for first 4 people in cabin = \$490

Each Additional Person:

Y Members: \$75

Community Participants: \$110

MOTHER/DAUGHTER WEEKEND, June 1-3, 2012

(Ages 5 years and older)

Y Members: \$175/pair

Community Participants: \$225/pair

Each Additional Child: \$100

FATHER/SON WEEKEND, June 8-10, 2012

(Ages 5 years and older)

Y Members: \$175/pair

Community Participants: \$225/pair

Each Additional Child: \$100

PARENT/CHILD WEEKEND, September 7-9, 2012

(Ages 5 years and older)

Y Members: \$175/pair

Community Participants: \$225/pair

Each Additional Child: \$100

RECRUIT A CAMPER; GET A FREE CAMP MATAWA RECRUITER GIFT!

We know that our best advocates are the people who have attended Camp Matawa in the past! Tell your friends about the fun you had at camp and help us spread the word! If one of your friends signs up for overnight camp, we will reward you with our 2012 recruiter gift.

YMCA CAMP MINIKANI

**IT'S NOT TOO EARLY
TO REGISTER FOR
SUMMER 2012.
PAYMENT PLANS AVAILABLE.
CAMPS START FROM
JUST \$60 PER MONTH.**

“YOU HAVE CREATED ONE OF THE MOST SPECIAL PLACES ON EARTH – AT LEAST FOR OUR FAMILY. OUR FONDEST HOPE IS THAT MINIKANI WILL CONTINUE TO GROW WITHIN OUR FAMILY TO BECOME A SUMMER TRADITION FOR FUTURE GENERATIONS. OUR KIDS LOOK FORWARD TO THEIR TWO WEEKS OF CAMP ALL YEAR LONG... AND THE IMPACT THOSE TWO WEEKS HAVE ON THEIR LIVES/PERSONALITIES IS EVIDENCED EVERY SINGLE DAY BETWEEN. THANK YOU.” – CAMP PARENT

Located just 30 minutes from downtown Milwaukee on Amy Belle Lake, YMCA Camp Minikani sets the highest standards in resident camping through an exciting variety of activities and programs that match the interests and abilities of each camper. To us, camp is all about developing the life skills that build and maintain positive relationships, respecting the differences of others and gaining confidence through leadership opportunities. We believe that the lessons and values learned at YMCA Camp Minikani will last a lifetime!

YMCA Camp Minikani develops the amazing potential in every child! That's why our counselors focus on personal goal setting and meeting the unique needs of each camper. Through a wide variety of hands-on learning experiences, we help campers improve their skills in swimming, boating, canoeing, sailing, crafts, archery, riflery, nature, snorkeling, horseback riding, wall climbing, disc golf, high ropes course, and much more. YMCA Camp Minikani is structured to provide adult supervision while giving each camper a balance of individual choices, plus large and small-group activities.

OUR DEDICATED STAFF

Our dedicated staff members are YMCA Camp Minikani's most valuable asset. From the moment your child arrives, our camp professionals are focused on making sure they have the time of their lives! They exemplify the YMCA's core values of Caring, Honesty, Respect, and Responsibility. YMCA Camp Minikani's staff members are carefully chosen for their genuine love of children, maturity and youth programming experience. Most of the YMCA Camp Minikani staff are former campers themselves, and have received three or more years of extensive hands-on training and evaluation through our nationally recognized Leadership Training programs.

YOU'RE INVITED TO ATTEND A SUMMER CAMP OPEN HOUSE!

Join us for the first step in helping you and your child get comfortable with the camp experience. Our staff will be on hand to lead tours, answer questions, and welcome you into the YMCA Camp Minikani family!

Open House dates and times TBD.

If an open house date isn't convenient for you, please call us, we're happy to schedule your personal tour. We're always available. Call for more information.

CAMP

**LEARN
MORE!**

Visit minikani.org
or call us at
262-251-9080

CAMP MINIKANI CONTINUED

2012 OVERNIGHT SUMMER CAMP SESSIONS

Session 1	June 17 – 30
Session 1A.....	June 17 - 23
Session 1B.....	June 24 – 30
Mini Session	July 1 - 3
Session 2	July 8 - 21
Session 2A.....	July 8 - 14
Session 2B.....	July 15-21
Session 3	July 22 – August 4
Session 3A	July 22 – 28
Session 3B.....	July 29 – August 4
Session 4	August 5 – 18
Session 4A	August 5 – 11
Session 4B.....	August 12 - 18

2012 DAY CAMP SESSION DATES

Session 1A.....	June 18 – 22
Session 1B.....	June 25 – 29
Session 2A.....	July 9 – 13
Session 2B.....	July 16 – 20
Session 3A	July 23 – 27
Session 3B.....	July 30 – August 3
Session 4A	August 6 – 10
Session 4B.....	August 13 – 17

RECRUIT A CAMPER, GET A FREE YMCA CAMP MINIKANI RECRUITER GIFT!

We know that our best advocates are the people who have attended YMCA Camp Minikani in the past! Tell your friends about the fun you had at camp and help us spread the word! If one of your friends signs up for overnight camp, we will reward you with our 2012 recruiter gift! (New Campers only) Save \$200 when you sign up for 2 weeks of OVERNIGHT CAMP. Visit www.minikani.org to learn more.

OVERNIGHT CAMPS

Please note bus transportation is available from the West Suburban YMCA for all overnight camps.

SUMMER OVERNIGHT CAMP

(Ages 8 – 13 years)

Y Members: \$649, **Community Participants:** \$699

Overnight camp is perfect for the camper who wants to experience the endless opportunities for fun and adventure! Each day is filled with exciting and challenging individual and group experiences designed to meet your child's personal needs. Campers can choose their own activities and will also participate in counselor planned, age-appropriate activities for their whole cabin group.

Activities include: Archery, Basketball, BB Rifles, Boating, Crafts, Canoeing, Frisbee, Fishing, Nature, Soccer, Swimming, Ultimate Frisbee, Rockwall, .22 Caliber Rifles, Sailing, Tech Diving, Snorkeling, Slingshots, Wilderness Survival, Camp Crafts, Horseback Riding and more. Available in one and two week sessions.

MINI SESSION – JULY 1 - 3, 2012

(Ages 7 – 12 years)

Y Members: \$299, **Community Participants:** \$349

These shorter programs are the ideal introduction to overnight camping! Your child will get a great taste of traditional camp activities, plus the opportunity to make new friends! Our caring, experienced counselors will make Mini Session and Summer Starter an extra special time.

EXPLORERS OVERNIGHT

(Ages 13 – 14 years)

Y Members: \$1339, **Community Participants:** \$1389

An unforgettable two-week experience! Your child's first week is spent at YMCA Camp Minikani, building a strong community bond with their cabin mates and learning important skills. During the second week, Explorers head to beautiful Northern Wisconsin where their adventure will take them into the heart of the northwoods to backpack, tent camp and canoe. Please register early – Explorer programs are limited to 48 campers per session!

Note: Campers must be 13 by June 15, 2012.

MASTER EXPLORERS OVERNIGHT

(Ages 14 – 15 years)

Y Members: \$1439, **Community Participants:** \$1489

Take the next step in your outdoor challenge journey! Master Explorers will take their outdoor skills to the next level. Campers will spend a portion of the first week on a rock climbing trip at Devil's Lake followed by a full week in Northern Wisconsin. Master Explorers will utilize a base camp, but will participate in extended overnight canoe and hiking trips. The bonds of friendship and skills that campers build during this two-week program will be amazing!

Note: Campers must be 14 by June 15, 2012.

DAY CAMP

MINIKANI DAY CAMP

(Ages 7 – 12 years)

Y Members: \$234, **Community Participants:** \$249

7:30 a.m. – 5:15 p.m.

If you think your child is not quite ready for overnight camping this summer, Minikani Day Camp is the perfect stepping stone. In the mornings, campers choose their favorite individual activities. Afternoons are spent in fun, challenging group activities. Exciting outdoor adventures, new skills, and many friendships await your child at day camp which begins at 7:30 a.m. and ends at 5:15 p.m. Campers may be dropped off at camp or at one of our Milwaukee area bus stops. Day Camp includes an optional, one-night overnight for each child.

MINICAMP

(Ages 5 – 6 years)

Half Day:

Y Members: \$134; **Community Participants:** \$149

Full Day:

Y Members: \$234; **Community Participants:** \$249

12:00 – 5:15 p.m.

Mondays & Wednesdays or Tuesdays & Thursdays

Minicamp gives children a great overview of all the fun things YMCA Camp Minikani has to offer. Daily activities include arts & crafts, hiking, swimming, group games, environmental education, and much more. Parents provide transportation, a bag lunch, and swim attire; we provide the snack and tons of fun and low camper-to-counselor ratios. Sign up for all four sessions and give your child a rewarding and memorable summer.

DAY CAMP TRANSPORTATION

There is a \$55.00 transportation fee per week that is due at registration.

Bus Route	Location	Pick-up	Drop-off
A	West Suburban YMCA	7:45 a.m.	5:15 p.m.
B	Lydell School	7:15 a.m.	5:45 p.m.
C	Rite-Hite YMCA	7:35 a.m.	5:30 p.m.

EQUESTRIAN CENTER

Designed for campers with a passion for horses, YMCA Camp Minikani Equestrian Camps can help your child learn to ride or enhance their current riding techniques. Supervised by Equestrian Director Alexandra Philpin, a British Horse Society Instructor and Para-Olympic Barn Manager, our programs offer a variety of options, regardless of the camper's riding level or style. Our goal at YMCA Camp Minikani is to provide an equestrian program that allows campers to follow their dreams of learning to ride. Our equestrian programs are based on ability and experience more than age. If you are unsure of your child's riding level, please contact us for a free assessment before signing up for camp.

OVERNIGHT EQUESTRIAN CAMP

At our week-long camps your child will be fully immersed in horses from dawn until dusk before joining the other campers for fun group activities in the evening. Your child will take care of their "own horse" for the week; ride twice a day; learn many aspects of horse care and stable management. Campers will take part in our "Ribbon Program" where they work toward different colored ribbons based on their skill level. Each level of camp is geared toward a different riding level.

CAMP

CAMP MINIKANI CONTINUED

BEGINNING EQUESTRIAN

(Ages 8 – 12 years)

Y Members: \$770, **Community Participants:** \$820

If your child has never ridden before or is a little timid, their week at camp will help build confidence on and around our well behaved lesson horses.

INTERMEDIATE EQUESTRIAN

(Ages 9 – 14 years)

Y Members: \$770, **Community Participants:** \$820

If your child has some experience and is comfortable riding at the walk and trot, this camp will build on those skills with instruction from our experienced instructors and counselors.

INTERMEDIATE/ADVANCED EQUESTRIAN

(Ages 12 – 16 years)

Y Members: \$770, **Community Participants:** \$820

For those who can walk, trot and canter and want to stretch their skill level, the week will be spent refining current skills and adding to them (own horses welcome).

NEWADVANCED/X-COUNTRY EQUESTRIAN

(Ages 10 - 14 years)

Y Members: \$782, **Community Participants:** \$832

For advanced campers who'd like to experience the thrill of trying out the Salaj/Bauer cross country course. Campers will spend their whole day at the barn learning more advanced techniques in riding on the flat and over fences, as well as advanced stable management. The field trip will be replaced by "x-country" day where riders will learn how to ride their horses in open spaces and over natural obstacles on Minikani's x-country course. The use of a back protector is included in the cost of camp.

MINI EQUESTRIAN CAMP

(Ages 8 – 12 years)

Y Members: \$374, **Community Participants:** \$424

For the horse lover who also wants to sample more of camp life. Campers will spend half of the day at the equestrian center and half of the day on main camp joining in the activities.

*Campers only ride one time per day.

INTRO TO EVENTING

(Ages 13 – 16 years)

Y Members: \$800, **Community Participants:** \$850

Designed for riders who can already jump small courses but would like the thrill of jumping cross country. For this next step, an assessment lesson is strongly recommended. Protective vests are mandatory (available for rental) and personally owned horses are welcome!

READY TO EVENT

(Ages 13 – 16 years)

Y Members: \$800, **Community Participants:** \$850

A program for riders who have "schooled" cross country or competed in eventing. We welcome personally owned horses! Protective vests are mandatory (available for rental). We strongly recommend that riders have an assessment.

MINIKANI EVENTERS

(Ages 13 – 16 years)

Y Members: \$800, **Community Participants:** \$850

Designed for campers who have competitive experience at a beginner novice level or above. An intense week that involves dressage, stadium jumping exercises and more "advanced" cross-country courses. Campers will spend their days at the equestrian center totally involved with preparing for what it takes to compete through the lower levels of eventing. Must have proof of competition experience or permission from Equestrian Director. Protective vests are mandatory (available for a \$20 rental fee).

EQUESTRIAN DAY CAMPS

8:00 a.m. – 5:00 p.m.

Y Members: \$344, **Community Participants:** \$359

With the exception of Young Equestrians, campers split their day between equestrian activities at the barn and participating in the regular day camp program on the main camp. While at the barn, campers will enjoy a variety of riding experiences including lessons, trail rides and learning different aspects of horse care. Each level is based on ability and experience more than age. If you are unsure of your child's riding level, please contact us for a free assessment before signing up for camp.

TAKING THE REINS

(Ages 7 – 11 years)

Campers with little or no riding experience will spend half the day in the barn learning the basics of horsemanship and becoming comfortable and confident around horses. The other half is spent in the main camp, participating in a variety of exciting, fun activities.

TRAILBLAZERS

(Ages 9 – 14 years)

Campers should already be able to walk and trot independently and be able to post in balance. During their week, riders will build on their riding and horsemanship skills. Half of the day in Trailblazers will be spent in the main camp joining in other camp activities.

YOUNG EQUESTRIANS INTERMEDIATE

(Ages 10 – 15 years)

For the horse-crazy camper who wants to spend their whole day in the barn. Campers should have completed Trailblazers or be able to post to the trot and ride independently at walk and trot. In addition to riding each day, campers will build on their knowledge of horse care and stable management through lectures; assisting in lessons and helping in the barn. Young Equestrians are given the opportunity to cool off during the day with a swim in the lake or pool.

YOUNG EQUESTRIANS ADVANCED

(Ages 10 – 15 years)

Designed for the experienced rider who's not quite ready to experience overnight camp. Riders should be comfortable in walk, trot and canter with a basic knowledge of jumping position. The day will be spent at the Equestrian Center and includes a horse management lecture, lessons and helping with day-to-day operation of an equestrian center. Campers are given the opportunity to cool off during the day with a swim in the lake or pool.

YEAR-ROUND RIDING & BOARDING

(Ages 5 and older)

Whether you're an experienced rider or a beginner, our riding programs are progressive in nature and are custom-designed for you. We offer a fun, hands-on experience with proper equipment, expert instruction, and horses that are temperament and schooling appropriate for your riding level.

Our Equestrian Center can provide:

- Riding Lessons (including adaptive riding)
- Year-round Boarding
- Girl/boy scout badges
- Group Outings
- Family Weekends

Please contact the Equestrian Center for more information by calling 262-251-9080 or visit us at www.minikani.org/equestrian.

CONVENIENT PAYMENT PLAN AND SCHOLARSHIPS ARE AVAILABLE!

Visit our website at www.minikani.org/affordable or call us at 262-251-9080 for more details.

**If your child loves horses,
YMCA Camp Minikani is a dream come true!**

DAY CAMP

WHY CHOOSE THE Y FOR YOUR CHILD'S SUMMER?

The Y knows children. We know they need to spend time outdoors, practicing social and decision making skills that are new to them. And we know they need to be inspired and mentored by the adults in their lives. YMCA Day Camp offers all of these things. Plus, our camps are safe and include value-based programming focused on caring, honesty, respect and responsibility. We look forward to getting to know your children and helping them learn and grow their potential this summer.

The ratios of counselors to campers at our camps are:

- 1:6 for campers 4 years old
- 1:12 for campers 5 years and older

*Note: When there is a mixed age group, the staff-to-child ratio will be adjusted on a pro rata basis, according to age.

Outstanding Value!

- Amazing staff with over 40 hours of training before the summer begins plus all counselors are certified in First Aid, CPR and AED
- Free Before/After Care* (7:00 – 8:30 a.m., 4:30 – 6:00 p.m.)
- Free weekly field trips
- Morning and afternoon snack provided
- Many camp options (Day, Sports, Specialty, Teen, CIT)
- Discounted Y swim lessons (offered at certain locations)
- Multiple child discounts for your family
- Benefits: friendships, decision making and problem solving skills, teambuilding and more!
- Tons of FUN!

Daily Activities May Include:

- Camper Choice Skill Activities
- Large Group Games
- Environmental Education
- Opening Ceremonies
- Sports Closing Ceremonies
- Lunch
- Reading
- Snack Times
- Teambuilding Activities
- Rest Time
- Values Discussions
- Small Group Activities
- Arts & Crafts
- Swimming

Camp Times:

7:00 a.m. – 8:30 a.m. – Camper Arrival*
(campers will not be accepted after 9:00 a.m.)

8:30 a.m. – 4:30 p.m. – Main Camp Day
(see activities above)

4:30 p.m. – 6:00 p.m. – Camper Pick-Up

*Dunwood and John C. Cudahy YMCA open at 6:30 a.m.

A complete Day Camp brochure including registration pages can be obtained by:

- Visiting our website www.ymcamke.org/daycamp
- Picking a copy up at your local YMCA

OR

- By calling 414-276-YMCA (9622) to request a copy to be mailed

REGISTER FOR YMCA DAY CAMP BEFORE APRIL 28 AND RECEIVE A FREE GIFT!

Discounted Camp Swim Lessons: Sign up for Camp Swim Lessons the same week your child is enrolled in camp and receive a discount on the lessons. Only available at West Suburban, Tri-County, Southwest, South Shore, Northside, Feith Family Ozaukee and Rite-Hite Family YMCAs. Register at your local Y.

“TRADITIONAL” DAY CAMP

AGE: 4-12 (MUST BE 4 BEFORE WEEK STARTS)

Y Members: 5 years and older \$174/week,
4 year olds \$186/week

Community Participants: 5 years and older \$204/week,
4 year olds \$216/week

Join YMCA Day Camp for one week or for an entire summer of fun! We focus on caring, honesty, respect, and responsibility in all of our activities, from swimming to arts and crafts and games. We provide fun-filled activities that allow for physical involvement, social interaction, educational opportunities to help decrease summer learning loss, leadership building, personal growth and creativity. Day campers will be divided into groups by age with activities appropriate to the interests and needs of each group.

TRADITIONAL CAMP: FOR WEEKLY THEMES PLEASE REFER TO DAY CAMP BROCHURE

Pre-Camp Welcome to Camp June 4 – 8

Week 1 June 11 – 15

Week 2 June 18 – 22

Week 3 June 25 – June 29

Week 4 July 2 – 6 *No camp July 4th

Week 5 July 9 – 13

Week 6 July 16 – 20

Week 7 July 23 – 27

Week 8 July 30 – August 3

Week 9 August 6 – 10

Week 10 August 13 – 17

Week 11 August 20 – 24

Week 12 August 27 – 31

For description of themes visit ymcamke.org/daycamp

TEEN CAMP

AGE: MUST HAVE COMPLETED 6TH GRADE AND OLDER

Y Members: \$192/week

Community Participants: \$222/week

This camp is for those teens who want to get away, meet new friends and take trips of a lifetime. Teen Camp focuses on outdoor activities, community projects, and joint activities with other Ys. Typically, campers will be on site on Monday to focus on leadership, service projects, teambuilding and other group activities. Tuesday through Friday we will be traveling on exciting trips with other YMCA Teen Camps in the Milwaukee area. Activities may include rock climbing, kayaking/rafting, service projects, Great America, Noah's Ark, overnight camping trips and much more!

TEEN CAMP ORIENTATION

Meet your YMCA of Metropolitan Milwaukee Teen Camp Staff and other campers, learn about the trips for the summer and even give input for trips. **Parents must attend with your camper.**

*The following locations offer Teen Camp: John C. Cudahy, Northside, Rite-Hite Family, South Shore, Southwest, Tri-County and West Suburban YMCAs.

Please attend one of the orientation options:

West Suburban YMCA on Thursday, June 7 at 7:00 p.m. **OR**
Rite-Hite Family YMCA on Wednesday, June 6 at 7:00 p.m.

LEADERSHIP OPPORTUNITIES FOR AGES 13 AND OLDER MAY ALSO BE AVAILABLE. PLEASE REFER TO THE DAY CAMP BROCHURE FOR MORE INFORMATION.

DAY CAMP

SPORTS CAMP

AGE: 5-12

Y Members: \$174/week

Community Participants: \$204/week

YMCA Sports Camps are offered for children who want to develop skills and techniques, while learning the value of sportsmanship and fair play. Each camp will include drills, skill development, learning the rules of the game and actual play; all while reinforcing the core values of caring, honesty, respect and responsibility. Sports Camps are not offered at the Brookfield YMCA Day Camp location.

SPORTS CAMP WEEKLY THEMES

Week 1 Sports of All Sorts June 11 – 15

Week 2 Soccer June 18 – 22

Week 3 Football June 25 – June 29

Week 4 Baseball July 2 – 6 *No Camp July 4th

Week 5 Basketball July 9 – 13

Week 6 Wacky Sports July 16 – 20

Week 7 Olympic Games July 23 – 27

Week 8 Basketball July 30 – August 3

Week 9 Football August 6 – 10

Week 10 Baseball August 13 – 17

Week 11 Sports of All Sorts August 20 – 24

Week 12 Soccer August 27 – 31

ADAPTIVE CAMP

**AVAILABLE AT JCY ON 91ST AND BROWN DEER ONLY
(BUSSING OPTIONS MAY BE AVAILABLE. PLEASE
CONTACT THE CAMP OFFICE WITH QUESTIONS.)**

AGE: 5-17

Y Members: \$233/week

Community Participants: \$263/week

YMCA Adaptive Camp is a fully-inclusive program for individuals with physical, cognitive, sensory, emotional and/or multiple disabilities. Campers will have fun while participating in songs, arts and crafts, gym time, swim time, field trips and more. Activities are designed to improve and develop gross and fine motor skills along with social skills in a structured environment. The staff to camper ratio is 1:3. An intake meeting with the camp staff is mandatory for all first time campers.

Additional Adaptive Camp registration form required and is available online at www.ymcamke.org/daycamp. For more information or to register, please call us at 414-276-YMCA (9622) or email us at daycamp@ymcamke.org.

SPECIALTY CAMPS

(AGE VARIES BY CAMP)

Fee: Camp-specific fees apply.

Refer to Specialty Camp Descriptions in camp brochure.

Note: Several specialty camps vary in their weekly rates—please pay close attention to camp descriptions and listed rates. All Specialty Camps not available at all locations.

Does your child have a specific interest or hobby? Chances are we have a Specialty Camp for them!

All specialty camps have a minimum of three hours of their specialty focus each day. Each week also includes swimming two times a week, a weekly field trip and special all-camp activities. Campers must meet the minimum age requirement **prior** to the week they wish to attend. Refer to the specialty chart in Day Camp Brochure for specialties offered at each site.

JR. SPECIALTY CAMPS

AGES 4-5

BUILD LIKE BOB

Can we build it? Yes we can! Grab your tools and be ready to build like Bob! Campers will use their hands and tools (age appropriate) to build a variety of projects, all while having fun and learning. Come join the fun with this engaging, hands on experience for boys and girls!

Y Members: \$198

Community Participants: \$213

DINO DETECTIVES

Join us for an excursion back in time to the golden age of the dinosaurs of the Mesozoic era. Working with staff, campers will uncover the mysteries left behind from prehistoric habitats and piece together what it was really like to roam the earth when dinosaurs roared. Campers will travel for an additional field trip this week.

Y Members: \$198

Community Participants: \$228

EXPLORE LIKE DORA AND DIEGO – HOLA ¡AMIGOS!

Campers will explore their camp grounds all while learning basic Spanish words. So grab your backpacks and join us for an exciting adventure!

Y Members: \$183

Community Participants: \$213

MAGICAL MAKE-BELIEVE

Help us create our own magical story and bring it to life! From fairytales to candyland, the possibilities are endless. This is a fantasy camp involving storytelling, drama, food and fun!

Y Members: \$183

Community Participants: \$213

INSECT INSPECTORS

Creep on in for a week of collecting, investigating and learning about nature's creepy, crawly creatures. You'll build an insect-collection and observation-box to take home, create some creepy crafts, learn new games and go completely "buggy!"

Y Members: \$183

Community Participants: \$213

INTRO TO DANCE

Stimulate your child's interest in music and dance. A perfect emotional and physical outlet for young children. Jump, run, leap, skip and learn to march to the rhythm of the music, as each camper makes up their own movements with guidance provided by the Y staff.

Y Members: \$183

Community Participants: \$213

MINI CHEFS

Campers learn some easy to make and easier to eat recipes for appetizers, main dishes, and desserts. Then we eat what we make!

Y Members: \$198

Community Participants: \$228

LIL SCIENTIST

Let your lil' scientist explore and experiment with new elements each day! Activities will provide campers with hands-on learning to explore the world of science the camp way.

Y Members: \$198

Community Participants: \$228

SPARKLES AND PRINCESS CAMP

This camp has everything little girls love...pretend, dance, music, dress up, a tea party, princess stories and crafting princess accessories. Bring your imagination, and we'll provide the pixie dust. Jump into a world of magic and prepare to be enchanted!

Y Members: \$183

Community Participants: \$213

TINY TUMBLERS

Perfect for your little acrobats! Learn the basics of gymnastics while having fun with your friends! Activities will focus on basic tumbling, body awareness, balance, coordination, and flexibility.

Y Members: \$183

Community Participants: \$213

TRUCKS, TRACTORS, BULLDOZERS AND DIRT!

Explore the world of big trucks and all they can do! Campers may take an additional field trip this week.

Y Members: \$183

Community Participants: \$213

SILLY SEUSS

From Hop on Pop to Green Eggs and Ham join us as we take a wild ride into the whimsical world of silly Dr. Seuss!

Y Members: \$198

Community Participants: \$228

DAY CAMP

SPECIALTY CAMPS

AGES 6 AND UP

AQUATIC ADVENTURES CAMP

(Ages 9 and up)

Campers will have the opportunity to try diving, wet ball, water polo, synchronized swimming and more. Campers must have intermediate swimming ability. (Must be able to swim a minimum of 25 yards without stopping.)

Y Members: \$196

Community Participants: \$226

BOWLING CAMP

(Ages 6 and up)

Practice your splits, spares and strikes! Do you love to bowl? Take trips to the local bowling alleys and learn bowling techniques. We will also have silly competitions. Multiple additional field trips this week.

Y Members: \$236

Community Participants: \$266

CAMP OF ROCK

(Ages 7 and up)

Ready to get off the Rock Band video games and be in a band for real? Then come to band practice all week in this specialty camp and put on a REAL concert with REAL instruments. No instrument? No problem. In this camp for beginners, tryout camp-provided guitars, drums, tambourines, maracas or sing your heart out on the mic! Campers put on a concert at the end of the week.

Y Members: \$196

Community Participants: \$226

CARTOONING CAMP

(Ages 7 and up)

Create your own cartoon! Come join us as we explore the wonderful world of cartooning and comic books. At the end of the week, campers will have created a character and their very own story line. Let your imagination take over and let your hands draw the rest.

Y Members: \$186

Community Participants: \$216

CLAYWORKS! CERAMICS CAMP

(Ages 7 and up)

Learn the basics of working in ceramics as we travel to a ceramic studio to work and learn techniques in sculpting, clay and glazes. Projects will include a ceramic treasure box, creature bowls and so much more! There will be two additional field trips this week. Campers will be able to pick up their projects one week following the camp.

Y Members: \$236

Community Participants: \$266

COOKING CAMP

(Ages 6 – 10 years)

Learn how to make appetizers, main dishes, and desserts and then eat what we make! Go home with recipes to cook for family and friends.

Y Members: \$206

Community Participants: \$236

DANCE 'TIL YOU DROP!

(Ages 6 and up)

Groove on over to Dance Camp to experience dance like never before. Learn unique routines to your favorite tunes and contemporary dance, hip hop and ballet. Campers will even get a chance to perform for our huge crowd at camp. All abilities welcome!

Y Members: \$186

Community Participants: \$216

DIVA CAMP

(Ages 6 and up)

Each day everyone will get pampered through fashion and fun. We will have hands-on training in skincare and age appropriate make-up application techniques, manicures and, of course, nutrition tips. Then learn modeling techniques including turns, poses and walking techniques.

Y Members: \$186

Community Participants: \$216

DRAMA CAMP

(Ages 6 and up)

Lights, camera, action! Learn about the theatre and acting skills and get a behind-the-scenes-view of productions. Explore writing a scene or script, marketing and media, production, directing, set making and more! Campers may take an additional field trip this week for a "behind the scenes" tour at a local theater!

Y Members: \$196

Community Participants: \$226

EDIBLE ART

(Ages 6 and up)

Learn how to make fruit bouquets and other edible arrangements. Bake, decorate and create things that not only look great but taste great too! Join us for a fun, hands-on, tasty experience.

Y Members: \$206

Community Participants: \$236

MILWAUKEE WAVE SOCCER CAMP AT THE YMCA

(Ages 7 and up)

Learn soccer skills, drills and game play with the WAVE. The Milwaukee WAVE will provide instruction by WAVE Reserve team members. For more information and pricing refer to the Day Camp brochure.

Locations:

- South Shore YMCA
- Tri-County YMCA
- West Suburban YMCA
- Brookfield
- Southwest YMCA
- Rite-Hite Family YMCA
- Feith Family Ozaukee

EXTREME CAMP MAKEOVER CAMP

Grab your paint brushes and hardhats and join us for a brand new camp! Campers will get to build new elements for your camp that everyone can enjoy for the whole summer and longer. Campers will be building, painting, and more to put their own personal touch on their campsite to show their camp pride. Join us and leave your mark on camp!

Y Members: \$196

Community Participants: \$226

FISHING CAMP

(Ages 8 and up)

Love to fish? Then this camp is perfect for you!! We will fish four days of the week in local lakes, ponds, or rivers. Learn casting techniques, how to put bait on and take the fish off, type of fish, and so much more! Campers are required to bring their own pole. Additional field trips this week – no refunds due to weather.

Y Members: \$236

Community Participants: \$266



BEGINNER GOLF CAMP

(Ages 7 and up)

FORE! Swing into action at our Golf Camp. Designed for beginners, campers will spend 3-4 days offsite working on their swing and short game, as well as learning rules and golf etiquette. On the last day, we will spend time on an actual course. Clubs not required, but if you have set please bring them. * Weather Permitting – no refunds.*

Y Members: \$236

Community Participants: \$266

GYMNASTICS CAMP

(Ages 6 and up)

NEW this year! Campers will travel off-site to a gymnastics facility; multiple additional field trips this week. Perfect for gymnasts of every level! Our gymnastics camp will be taught by trained gymnastics instructors, many of which are current gymnastics competitors! Participants will learn the fundamentals and more of tumbling, balance beam, vaulting, bar work, and more!

Y Members: \$236

Community Participants: \$266

JR. KAYAKING CAMP

(Ages 8 and up)

Want to learn the basics of kayaking? This camp is for you! Learn fundamentals of this sport as well as boating safety. Campers may take additional field trips. Advanced swimming level required.

Y Members: \$236

Community Participants: \$266

LEGO CAMP

(Ages 6 and up)

Lego Camp is for all campers who love to build with Legos. This educational camp takes physical science and technology concepts and applies them in a fun and creative way. Campers will learn about forces and motion, simple machines, measurement, energy and more!

Y Members: \$236

Community Participants: \$266

MYTHBASHERS CAMP

(Ages 8 and up)

Just like the show, we will have a few of our own myths to bash! Join us as we create, build, test and then decide whether these myths can be bashed!

Y Members: \$196

Community Participants: \$226

DAY CAMP

SPECIALTY CAMPS

CONTINUED

NATURE EXPLORERS CAMP

(Ages 6 and up)

Learn about the environment through the arts! You will learn about birds of prey by making a bird ID pocket guide and owl mask. Learn wilderness survival by building a shelter in the woods. Look under the microscope to study protozoa from the pond. There will be an additional specialty field trip this week.

Y Members: \$196

Community Participants: \$226

OUTDOOR ADVENTURES CAMP

(Ages 7 and up)

Camp Itasca (located at the Rite-Hite Family YMCA) is over 30 acres, including frontage along the Milwaukee River and an Alpine Climbing Tower, and this camp explores every inch of it! Campers will learn about local plants and wildlife, develop outdoor skills, and spend time hiking, canoeing and exploring the great outdoors!

Y Members: \$186

Community Participants: \$216

SCIENCE CAMP

(Ages 6 and up)

Bugs, tornados and inventions. Get ready to mix up some fun at Science Camp! Campers will study the environment, weather, physics, astronomy, bugs, and wildlife – the possibilities are endless at Science Camp.

Y Members: \$196

Community Participants: \$226

SHOW CHOIR

(Ages 6 and up)

Love to sing, dance and perform? Campers will learn songs and dances during the week to create an amazing performance for Friday.

Y Members: \$186

Community Participants: \$216

SUPER SLEUTH

(Ages 7 and up)

Masters of disguise are no match for our super sleuth campers. From mystery solving to scavenger hunts we always solve the puzzles.

Y Members: \$186

Community Participants: \$216

TAEKWONDO/MARTIAL ARTS CAMP

(Ages 6 and up)

Gain insight into the martial arts when we bring in an instructor to teach the basic skills. Campers will also learn to be more aware and attentive to their surroundings when basic self-defense techniques are taught.

Y Members: \$206

Community Participants: \$236

THRILL CAMP

(Ages 10 and up)

Great America, Mount Olympus and Action Territory are on the agenda for this week. If your camper loves roller coasters and adventure this camp is the one for them! Campers will attend additional field trips this week.

Y Members: \$296

Community Participants: \$326

TRAVELING COOKING CAMP

(Ages 10 – 13 years)

Have you ever thought about a career as a chef? Come learn how to cook with real chefs! This camp is for those who already know the basics of cooking and are interested in learning more. We will make trips to the Public Market and other places. Limited to ten campers per site.

Y Members: \$266

Community Participants: \$296

WEARABLE ART AND JEWELRY-MAKING CAMP

(Ages 7 and up)

From lanyards, bracelets and necklaces to henna tattoos, tie dyeing, belts and purses. Turn old t-shirts into new things to wear and create other wearable art from a variety of materials. Learn how to take the ordinary to extraordinary.

Y Members: \$196

Community Participants: \$226

BUS STOPS 2012

We offer bus stops at four locations. All bus stop locations have before care available from **7:00 a.m. – 8:30 a.m.** and after care available from **4:30 p.m. – 6:00 p.m.** Bus transportation is free of charge.

Bus Pick-up Location:	Takes your Camper to:	Bus Departure Time:	Bus Return Time:
Dunwood Center, Fox Point	Rite-Hite Family YMCA Day Camp	8:30 a.m.	4:45 p.m.
Parklawn YMCA	Northside YMCA Day Camp	8:30 a.m.	4:45 p.m.
Wheaton Franciscan Health Care Center, Franklin	South Shore YMCA Day Camp	8:30 a.m.	4:45 p.m.
Willow Springs Learning Center, Sussex	Tri-County YMCA Day Camp	8:30 a.m.	4:45 p.m.

No Child Care will be provided between 8:30 a.m. and 4:30 p.m. at bus stop locations. Bus departs at 8:30 a.m. ALL campers should arrive by 8:15 a.m. as we will not wait for your child.

HOW TO REGISTER

- A complete brochure including registration pages can be obtained by:
- Visiting our website www.ymcamke.org/daycamp
 - Picking a copy up at your local YMCA OR
 - By calling 414-276-YMCA (9622) to request a copy to be mailed

Complete the two page registration form. Please fill out all information clearly. Incomplete registration forms will not be accepted (immunization information is required). Decide your method of payment and complete payment information on the registration form.

Make checks payable to: YMCA of Metropolitan Milwaukee.

Mail your completed registration form and payment to:

YMCA Day Camp Registration

161 W. Wisconsin Avenue, Suite 4000 • Milwaukee, WI 53203

OR

Drop off at the front desk of any YMCA of Metropolitan Milwaukee locations. Place your completed registration forms with payment in an envelope labeled Day Camp Registration. Registrations will not be entered at the YMCAs, they will be sent to our camp registrars located off-site.

OR

You can fax completed forms with payment information to 414-224-3323. After you fax your information please call 414-276-YMCA (9622) to make sure the information was received.

OR

You can scan in and e-mail all completed forms and payment information to daycamp@ymcamke.org.

*All registrations are due on Sunday, 8 days prior to the start of each week (see chart in next column).

*Late registrations may not be able to be accommodated; please call 414-276-YMCA (9622) if you would like to register late, a \$10 late fee will apply.

PAYMENT DUE DATE AND CAMP WEEK REGISTRATION DEADLINE

Pre Camp	June 4 – 8	Sunday, May 27
Week 1	June 11 – 15.....	Sunday, June 3
Week 2	June 18 – 22.....	Sunday, June 10
Week 3	June 25 – June 29	Sunday, June 17
Week 4	July 2 – 6.....	Sunday, June 24
Week 5	July 9 – 13.....	Sunday, July 1
Week 6	July 16 – 20	Sunday, July 8
Week 7	July 23 – 27	Sunday, July 15
Week 8	July 30 – August 3.....	Sunday, July 22
Week 9	August 6 – 10	Sunday, July 29
Week 10	August 13 – 17	Sunday, August 5
Week 11	August 20 – 24	Sunday, August 12
Week 12	August 27 – 31	Sunday, August 19

Late payments WILL result in a \$10 late fee. All payments due must be made before child can attend camp each week. Registration is limited and is based on availability, please register early.

Registration past the deadline will result in a \$10 late fee.

REMAINING BALANCE INFORMATION

The remaining balance for each camp is due 8 days prior (Sunday no later than 8pm) to the start of each camp week, see chart above. If payment is not received on time, your child's enrollment may be cancelled. Weekly Automatic Payment forms are available for an easy payment option and can be found online under How To Register, "Additional Documents."

CONFIRMATIONS

The Day Camp Registrars will send a confirmation to the e-mail address provided on the registration form. You will be contacted by phone only if a camp is cancelled or filled. You can also call to confirm any time at 414-276-YMCA (9622).

REFUNDS

All deposits will be refunded at 100% until May 1. After May 1, a \$10.00 processing fee per week (\$50.00 for Specialty Camps) will be charged for cancellations prior to the camp start date. Once the camp begins, no refunds are issued unless the camp is cancelled by the YMCA.

PARENT ORIENTATIONS

Join us for one of our Parent Orientations! Meet the staff and learn about changes for YMCA Camp 2012. Visit ymcamke.org/daycamp for a list of dates, times and locations or call 414-276-YMCA (9622).

EDUCATION

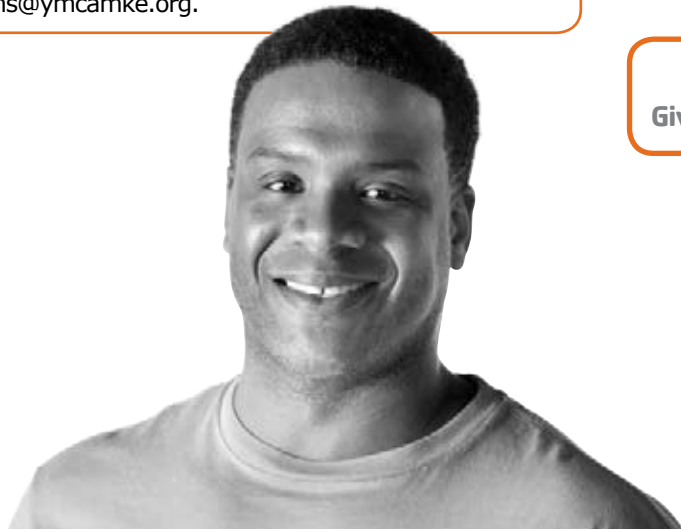
BLACK ACHIEVERS

The possibilities are endless...The YMCA Black Achievers Program is a national college readiness initiative designed to help teens of color set and pursue high educational and career goals. The mission of the Milwaukee Black Achievers Program is to support and encourage youth of color in the areas of academics, career exploration, college preparation and leadership development. Through academic support, career exploration and mentoring, the program helps youth raise their academic standards, develop a positive sense of self, build character, explore diverse college and career options and meet and interact with professionals of color who serve as role models to inspire them to greater heights. The YMCA Black Achievers Program is a leading resource in preparing young people for their futures, by providing leadership experiences for existing and emerging community leaders and increasing the community investment by local businesses and organizations. For more information please visit www.ymcamke.org or call the Black Achievers office at 414-374-9418.

Headquartered at the Northside YMCA, this program runs September through June.

WE ARE CELEBRATING 30 YEARS OF IMPACT IN THE COMMUNITY!

Are you a former achiever? Or adult advisor? Do you represent a corporation that would like to partner with us? We would like to hear from you! Please contact Executive Director – Shanee’ Jenkins at 414-374-9401 or sjenkins@ymcamke.org.



MENTORING

INSPIRE A NEW TOMORROW. BE A MENTOR TODAY.

It doesn't take special skills or unique talents to be a mentor. It takes heart. It requires that you care. It asks that you see the best in Milwaukee's young people. It only takes a bit of your time to make a difference that can last a lifetime. Be a mentor today and find out how far a kind heart and helping hand go towards inspiring a new tomorrow.

The Y's mentoring program, Sponsor-A-Scholar, links academically promising, motivated high school students from low-income families with caring adult mentors.

- Mentors and students meet at least once per month at mutually convenient times and participate in activities throughout the community.
- Mentors serve as a role model and help guide their student scholar through high school.
- Mentors serve as an essential resource for college and career preparation.
- Sponsor-A-Scholar boasts a 98.9% high school graduation rate for its scholars with 95% of graduates enrolling in post-secondary opportunities.

We are seeking mentors with a college education who can help high school students achieve the same goal – a college degree! If you are interested in becoming a volunteer mentor with Sponsor-A-Scholar, apply online at www.ymcamke.org/mentoring or email us at mentoring@ymcamke.org.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

EARLY CHILDHOOD EDUCATION

(AGES 6 WEEKS TO 13 YEARS)

We provide a nurturing environment and enriching experiences that help to facilitate a child's cognitive, social, physical and emotional growth. Our teachers focus on learning skills that are necessary for success in school and in life. Getting along with other children, sharing, taking turns and working in a group are a natural part of playing games or learning a new craft. We strive to meet the developmental needs of each individual child by working in partnership with their families.

Our full-day, state-licensed and nationally accredited YMCA Early Childhood Education Centers care for children from 6 weeks to 13 years old. The YMCA has made a commitment to quality and safety at each of our child care facilities by striving to surpass State of Wisconsin licensing standards, by working to maintain the national accreditation standards at each of our centers.

Why Choose YMCA Early Childhood Education

- **Great Staff.**
- **Superior care.** We help foster development for your little ones in the critical early years with knowledgeable and caring staff.
- **Head Start.** Offered at Northside and John C. Cudahy YMCAs.
- **BONUS:** FREE Y Family Membership for families enrolled full time (Monday – Friday, year round) at our full-day Early Childhood Education Centers.
- **It's Convenient.** Scheduling varies by center for part-time care and is based on availability – part-time care is considered any care provided for 5 hours or less per day.
- **Swim lessons** and additional enrichment programs offered to preschool children 3 years and older.
- **It's Affordable.** A 10% discount is given for second and subsequent children (discount applied to the oldest child's account). W2 state and county benefits accepted. Scholarships available upon request.

YMCA EARLY CHILDHOOD EDUCATION CENTERS:

- **Dunwood YMCA Child Care Center**
(NAC accredited) YoungStar Quality Rating: 5 Stars
217 W. Dunwood Rd. • Fox Point, 414-351-9622
- **John C. Cudahy YMCA Child Care Center**
(NAC accredited) YoungStar Quality Rating: 5 Stars
9050 N. Swan Rd. • Milwaukee, 414-357-1920
- **Northside YMCA Child Care Center**
(NAC accredited) YoungStar Quality Rating: 5 Stars
1350 W. North Ave. • Milwaukee, 414-374-9450



PRESCHOOL EDUCATION (K3)

Offered at Feith Family Ozaukee YMCA.

The early years of a child's life in school are the most sensitive time of learning about themselves and others. Our licensed program supports their physical, emotional, intellectual and social development which promotes awareness and acceptance of each child's uniqueness. We believe our program nurtures a child's natural curiosity for lifelong learning, and encourages self motivation and independence. The cooperative efforts of teachers and parents initiate a positive foundation for school and learning.

Tuesdays & Thursdays, 8:45 – 11:15 a.m.

School is in session September through May. Registration packets available at the front desk. Child must be the age of 3 prior to September 1. Monthly bank draft option available.

Program Code: 50005-02 (SC)

Non-refundable registration fee of \$35 is due at the time of enrollment.

Need child care for when school is out? Many locations provide care for children 4-13 years old when their school is not in session. Learn more about our School's Day Out program on page 31.

YMCA YOUNG LEADERS ACADEMY

FIRST CLASS EDUCATION FOR THE COLLEGE BOUND STUDENT

The YMCA Young Leaders Academy (YLA), a public charter school, is committed to developing the leadership capabilities of our students through an innovative curriculum, high expectations and a character-based approach to learning. The Academy's educational goal is to prepare students to be creative, intuitive, and analytical thinkers. It is also our goal to prepare students who become college graduates.

Located in the city of Milwaukee on our YMCA Northside campus, YLA was established in 2002 and serves children, grades K4-8. Every part of the school day reinforces the values and expectations of both students and YLA educators. Initiatives such as the Leaders Come Alive curriculum, honor society, and peer mentoring create an atmosphere of leadership, pride, self-discipline, and respect. The unique culture of YLA helps students reach their fullest potential and prepares them for college and beyond.

For more information or to schedule a tour call 414-374-9400.

School Age Child Care is available during YLA inter-sessions. For more information call 414-274-0759.

BEFORE/AFTER SCHOOL CARE

SCHOOL AGE CHILD CARE

(AGES 4 – 13 YEARS,
VARIES BY LOCATION)

Y Before and After School programs serve school-aged children with a variety of programs and activities to explore and develop their interests and talents. Our School Age Before/After School Program is a tax-deductible, licensed childcare that takes place before and/or after your child's school day. This program is offered on-site at your child's school or at a Y Center from September through June.

Led by qualified, caring staff, most before/after school programs are located right at your child's school. Here, your child will get help with homework, play sports and games, try their hands at art projects and more!

WHY CHOOSE YMCA BEFORE/AFTER SCHOOL PROGRAMS

- **Flexible scheduling.** 2-5 days of care available per week—morning care, afternoon care or both. (4K Wraparound Care available at some locations)
- **It's affordable.** W2 state and county benefits accepted. Tax-deductible. 10% additional child discounts available. Scholarships available upon request.
- **It's fun.** Children participate in arts and crafts, games and physical activities. Homework time and help is provided.
- **It's safe.** All of our School Age Programs are licensed by the state of Wisconsin, meeting and exceeding their guidelines.
- **Quality Staff.** Our staff receives on-going training throughout the year, are certified in CPR, AED and First Aid, and model the Y's four Core Values of caring, honesty, respect and responsibility!
- **It's convenient.** Extra care is provided on School's Out Days at various locations and Y centers.
- **Discounted Membership.** All participants receive 50% off a Family YMCA Membership.

**For more information call 414-274-0759
or email schoolage@ymcamke.org.**

LOCATIONS/DISTRICTS SERVED

- **Dunwood YMCA Child Care Center** – providing transportation for before and/or after school care for Bayside, Parkway, St. John, Maple Dale (Fox Point), Indian Hill (Fox Point)
- **Northside YMCA Child Care Center** – YLA, area MPS Schools
- **John C. Cudahy YMCA Child Care Center** – serving area MPS, charter, and parochial elementary schools
- Brown Deer
- Port Washington–Saukville
- Cedarburg
- Cudahy
- Elmbrook (Brookfield)
- Fox Point-Bayside
- Hamilton (Sussex)
- Indian Community School (Franklin)
- MPS (various schools)
- Northern Ozaukee
- Richfield
- South Milwaukee
- St. Francis
- Whitnall

Visit ymcamke.org/schoolage to view all schools served.

“I JUST WANTED YOU TO KNOW HOW HAPPY WE HAVE BEEN WITH THE PROGRAM ... [MY CHILD] IS VERY HAPPY AT Y CARE AND I SEE THAT THEY ARE WORKING HARD TO HAVE A GOOD BALANCE OF PHYSICAL ACTIVITY AND STUDY/GROUP TIME. WE HAVE BEEN VERY PLEASED WITH YOUR PROGRAM AND ESPECIALLY THE STAFF THIS YEAR.”

– Y SCHOOL AGE PARENT

SCHOOL'S OUT DAY PROGRAM

(AGES 4 – 13 YEARS)

This full-day program for ages 4-13 is offered when many local schools are not in session. Enroll your child for a fun-filled day of games, crafts, activities and time with friends. Dress to be active (tennis shoes), bring a bag lunch, swimsuit and towel. For questions or to register please contact (414) 274-0759 or email schoolage@ymcamke.org.

Registration forms available online at www.ymcamke.org/schoolage, at YMCA Centers and at all School Age locations.

Dates and locations School's Out Days are offered:

Date	Location
February 3	MA
February 10	DW, NS
February 13	NS
February 14	NS
February 15	NS
February 16	NS
February 17	NS, JCY
February 20	NS
February 24	BDMS, WS
March 2	DW, SS
March 9	NS, JCY
March 16	MA
April 2	NS
April 3	NS
April 6	BDMS, DW, OZ, NS, SS, SW, TC, WS
April 9	BDMS, DW, OZ, NS, JCY, SS, SW, TC, WS
April 10	BDMS, DW, OZ, NS, JCY, SS, SW, TC, WS
April 11	BDMS, DW, OZ, NS, JCY, SS, SW, TC, WS
April 12	BDMS, DW, OZ, NS, JCY, SS, SW, TC, WS
April 13	BDMS, DW, OZ, NS, JCY, SS, SW, TC, WS
April 16	NS
May 7	NS, JCY
May 25	OZ, MA, SS
May 29	NS

For questions call 414-274-0759.

School's Out Days are offered at the following locations:

- Northside YMCA (Milwaukee) (NS)
- South Shore YMCA (Cudahy) (SS)
- Brown Deer Middle School (Brown Deer) (BDMS)
- Feith Family Ozaukee YMCA (Port Washington) (OZ)
- John C. Cudahy YMCA (Milwaukee) (JCY)
- West Suburban YMCA (Wauwatosa) (WS)
- Tri-County YMCA (Menomonee Falls) (TC)
- Southwest YMCA (Greenfield) (SW)
- Dunwood YMCA (Fox Point) (DW)
- Maple Ave. Elementary (Sussex) (MA)

Please note: Swimming will only take place at YMCA Center locations that have a pool. Dates vary by location and schedule of local school district.

Our core values unite us with a common cause. They are the shared beliefs and essential principles that guide our behavior and interactions with each other.

THE FOUR VALUES OF THE Y:

- **Caring:** Show a sincere concern for others
- **Honesty:** Be truthful in what you say and do
- **Respect:** Follow the golden rule
- **Responsibility:** Be accountable for your promises and actions

INCLUSIVE

For dates, times, locations and pricing, see grid on pages 61 and 62.

The YMCA is committed to strengthening communities through youth development, healthy living, social responsibility, and part of that commitment is serving those kids and adults with special needs. Currently, the Y offers a variety of organized adaptive programs at a variety of YMCA of Metropolitan Milwaukee locations. If you or a family member has a special need, contact any Y location for details on how you can participate. Parent participation may be required for some youth programs.

AQUATICS

ADAPTIVE SWIM LESSONS

(Ages 3 years and up)

This program teaches participants basic swimming skills and safety. Participation will help improve physical fitness, balance, coordination, gross motor skills and group socialization skills. Participants may be required to provide an in-water chaperone to enhance the aquatic experience. For scheduling information, please contact your Center Aquatic Leader.

Class Length: 45 minutes

Offered at South Shore YMCA, Southwest YMCA, Tri-County YMCA, West Suburban YMCA.

ADAPTIVE SWIM LESSONS WITH AID

(Ages 3 years and up)

This class is for those people who may need the support of a parent/guardian/aid while in class. This class may be divided based on ability of the participants enrolled. Instructor to student ratio: 1:8

Offered at Southwest YMCA, Tri-County YMCA, West Suburban YMCA.

YOUTH ADAPTIVE SWIM LESSONS

(Ages 6 – 15 years)

This class is for individuals who are ready for independence in the water and function well in a smaller adaptive class environment. Instructor to student ratio: 1:3

Offered at Southwest YMCA, South Shore YMCA, Tri-County YMCA, West Suburban YMCA.

ADULT ADAPTIVE SWIM LESSONS

(Ages 16 and up)

This class is for adults who are independent and function well in a smaller adaptive class environment. Instructor to student ratio: 1:4

Offered at Tri-County YMCA.

MS STROKE RECOVERY WATER EXERCISE

An aquatic program for those individuals that have physical limitations included but not limited to loss of movement, muscle stiffness, and joint restrictions. This is a great class for those with MS, recovering from a stroke, fibromyalgia, or spinal injury. This class is not only for exercise but also provides a nice social opportunity while creating lasting friendships. If you need assistance getting dressed and in the locker rooms please bring an aid. Volunteers are always welcome to join us in the water. If you are unsure if this class is for you please contact the Aquatic Director at 414-357-2805.

Offered at Rite-Hite Family YMCA.

WATERWHEELS

Class is designed for those who need some assistance with exercise in the water based on their disability. In a group setting, instructors will guide you through an exercise routine in the small warm water pool. Minimum three participants. Contact Nicki prior to attending first class at 414-329-3863.

Offered at Southwest YMCA.

Spring 8 weeks (April 16–June 17) and Summer 9 weeks (June 18–August 25)

No workout week of Memorial Day or week of July 4th

Program Code: 01613

Y Members: \$61 Spring; \$68 Summer

Community Participants: \$90 Spring; \$102 Summer

WELLNESS/FITNESS

ONE-ON-ONE FITNESS

This program is for individuals with physical, cognitive, sensory, or multiple disabilities. A trained instructor will design a program to meet your individual needs and supervise your one-hour workouts. Areas of emphasis include cardiovascular, strength training, and flexibility.

NOTE: Instructor availability is limited. Please contact Nicki prior to registering for this program 414-329-3863.

Spring (8 weeks) April 16-June 17, no workout week of Memorial Day

Summer (9 weeks) June 18-August 25, no workout week of July 4

Y Members:

Spring \$101(1x/wk), \$200(2x/wk), \$301(3x/wk)
Summer \$113(1x/wk), \$225(2x/wk), \$338(3x/wk)

Community Participants:

Spring \$130(1x/wk), \$230(2x/wk), \$330(3x/wk)
Summer \$147(1x/wk), \$259(2x/wk), \$371(3x/wk)

Program Code: 01609

Offered at Southwest YMCA.

EXERCISE FOR PEOPLE WITH PARKINSON'S

This class is designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. This class includes 30 minutes of group exercise in a studio under the leadership of an instructor (Occupational Therapist and/or Physical Therapist), followed by a half hour in the Wellness Center on the treadmills.

Groups are offered at the Rite-Hite Family YMCA, Brown Deer and at the Southwest YMCA, Greenfield. Contact Megan at 414-357-2820 for more information.

Program Code: 01609

SPORTS

MIRACLE LEAGUE BASEBALL

(Ages 4 – 19 years)



Everyone Deserves The Chance to Play Baseball!

The Miracle League of Milwaukee and the YMCA have partnered to provide the Milwaukee area with its first universally-accessible baseball field for kids ages 4 – 19 who have physical and/or cognitive disabilities. This spring, kids will have the opportunity to get outside and play the game of baseball on a custom-designed field that features a special rubberized surface for added safety and accessibility.

Grand Opening June 9 (Call for specifics).

**Summer (7 weeks): June 11 – July 26
(No games the week of July 4th)**

Games on Tuesdays and Thursdays 5:30 p.m. and 7:00 p.m. Depending on registration volume.

Closing Ceremony August 4 (Call for specifics).

Y Members: \$20 Unlimited play!

Community Participants: \$20 Unlimited play!

YOUNG ATHLETES

(Ages 3 – 7 years)

This new program introduces children to the world of sports. This will be an Inclusive program where children with or without special needs will play and learn alongside one another. Young Athletes will engage children through developmentally appropriate play activities designed to foster physical, cognitive, and social development. It will also raise awareness about the abilities of children with disabilities through inclusive peer participation, demonstrations, and other events.

**Offered at West Suburban,
South Shore, Southwest,
Tri-County, Rite-Hite Family
and Feith Family
Ozaukee YMCAs.**

SAFETY CERTIFICATIONS

All schedules and pricing can be found online at www.ymcamke.org or at your local YMCA of Metropolitan Milwaukee center.

BABYSITTER TRAINING COURSE

(Ages 11 and up)

This American Red Cross course teaches the essentials of babysitting including basic First Aid skills. Manuals provided. Saturday classes should bring a healthy snack.

ALL PARTICIPANTS SHOULD GO TO WWW.REDCROSS.ORG TO DOWNLOAD AND PRINT THEIR OWN MANUAL BEFORE THEY ATTEND ANY OF THE FOLLOWING AMERICAN RED CROSS COURSES.

STANDARD FIRST AID

(2-year certification)

American Red Cross. Participants will learn how to recognize and respond to emergencies and provide First Aid for many types of injuries.

ADULT/INFANT/CHILD CPR

(2-year certification)

American Red Cross. Participants can sign up for the AED Add On course for an additional fee.

AED ADD ON

(2-year certification)

This class can be added on to the Adult/Infant/Child CPR classes.

ADULT/INFANT/CHILD CPR RECERTIFICATION

(2-year certification)

American Red Cross. Participants must be currently certified in ARC Adult CPR or Child & Infant CPR or Adult, Child and Infant CPR. ***Participants must bring their current certification card to class along with their participant manual.**

CPR/AED FOR THE PROFESSIONAL RESCUER

(2-year certification)

American Red Cross. Professional Rescuer level includes two-rescuer CPR, use of resuscitation masks, bag-valve mask resuscitators, and AED.

CPR/AED FOR THE PROFESSIONAL RESCUER RECERTIFICATION

(2-year certification)

American Red Cross. Participants must be currently certified in ARC CPR/AED for the Professional Rescuer or CPR/AED for Lifeguards. ***Participants must bring their current certification card to class along with their participant manual.**

Do you need CPR training at work? The Y will come to your business and provide the training for you. Contact Sarah Drier at sdrier@ymcamke.org for details and pricing.

YMCA LIFEGUARD TRAINING COURSE

(Ages 16 and up, must be able to pass pre-swim skills test)

Participants must successfully complete the following prerequisite swimming skills: 500 meter swim demonstrating proficiency with front crawl, breast stroke, side stroke and elementary backstroke, 2 minutes of treading water and complete several surface dives. *Participants must attend all scheduled dates and times. This course includes certification in ASHI First Aid, CPR/AED for Lifeguards and Emergency Oxygen Administration. Manuals and resuscitation mask are provided.

Check with your local Y for schedule.

YMCA LIFEGUARD TRAINING RECERTIFICATION COURSE

Participants must be currently certified in YMCA Lifeguarding, First Aid, CPR/AED for the Professional Rescuer or CPR/AED for Lifeguards and Emergency Oxygen Administration.

***Participants must bring their current certification card to class along with their participant manual.**

Check with your local Y for schedule.

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

(Ages 15 and up, must be able to pass pre-swim skills test)

This course is designed to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to emergencies in and around pool environments. Participants must successfully complete the following prerequisite swimming skills: 300 yard continuous swim showing proficiency using front crawl and breast stroke, 50 yard timed swim while carrying a 10 pound object and 2 minutes of treading water. *Participants must attend all scheduled dates and times.

This course includes certification in ARC First Aid, CPR/AED for Lifeguards and Emergency Oxygen Administration. Can include Waterfront certification as well. Manuals and resuscitation mask are provided.

Check with your local Y for schedule.

YMCA SWIM LESSON INSTRUCTOR (YSL)

This is an introductory course for people wanting to teach parent/child, preschool, youth or adult swim lessons. It gives new instructors basic techniques for teaching aquatic classes that are student-centered, value oriented, safe and effective. PREREQUISITES: Minimum age 16 years old, currently certified in CPR/AED for the Professional Rescuer, Administering Emergency Oxygen and First Aid. Candidates must also be able to demonstrate proficiency for five out of the following six strokes: front crawl, back crawl, breast stroke, side stroke, elementary back stroke and butterfly.

Check with your local Y for schedule.

STROKE MECHANICS (YSL RECERTIFICATION COURSE)

This course provides additional education to those currently certified as a YMCA Swim Lesson Instructor (YSL). It concentrates on teaching the evolution of swimming, physics of swimming, stroke progression and stroke techniques. It builds on techniques for teaching aquatic classes that are student-centered, value oriented, safe and effective. PREREQUISITES: Currently certified in YSL, CPR/AED for the Professional Rescuer, Administering Emergency Oxygen and First Aid.

Check with your local Y for schedule.

AQUATICS

For swim lesson days, times and fees see pages 63 (Spring) and 64 (Summer).

The YMCA of Metropolitan Milwaukee is proud to offer the nationally recognized YMCA Swim Lesson Program, which provides a student-centered approach to learning. Small class sizes, quality instruction, and a progressive approach to skill building help our students flourish as they practice their new swim skills. Enrollment is available by class or by age (preschool and school age). By age, your child's swim ability will be assessed on the first day of class and placed with other children of similar skill level. Either way, instructors teach the same quality Y-USA swim lesson curriculum regardless of if you enroll in an age group or in a specific class.

PARENT/CHILD SWIM LESSONS

(AGES 6 MONTHS – 3 YEARS)

SHRIMP, KIPPER, INIA, PERCH

(6 – 18 months)

This class is designed to get both the parent and the child comfortable in the water. The child will become comfortable moving in the water while the parent learns how to teach their child to be safe in and around the water. These fun classes teach through music and games while the parent guides the child through aquatic skills. Classes are based on the child's developmental ability and may be combined based on enrollment.

PIKE WITH PARENT

For the child who is not quite ready to swim independently of a parent, this class incorporates parental participation while working towards independent swimming. The sunfish level combines elements of water comfort development and core PIKE skill development.

ARE YOU INTERESTED IN HAVING A POOL PARTY AT THE NORTHSIDE YMCA?

Contact the aquatic office at 414-374-9434 for specifics and scheduling.

PRESCHOOL SWIM LESSONS

(AGES 3 – 5 YEARS)

+PLAY

Please look for any class that has a "+" next to the name! These classes are eligible for an additional 15 minutes of supervised pool play time ADDED to the class for only a minimal fee.

PIKE

Children at this level are apprehensive and may not be able to move freely without the aid of an instructor. New swimmers learn basic paddle stroke, kicking, safety, putting face in water and swimming. To move to Eel they must be comfortable in the water; swim without aid of instructor for 10 yds front, back, and side with bubble, 5 yds without; and getting face wet.

EEL

This child can move through the water independently without the aid of a bubble and should be able to swim 10 yds on front, back, and side with a float belt and 5 yds without. Children are taught to float, perform progressive paddle strokes, learn basic boating safety and the use of personal flotation devices. To move to Ray children must be able to paddle front back and side 25 yds with float belt and 15 yds without; float on front and back in prone position and jump into the water willingly.

RAY

This class is for children who can swim on their front, back and side 25 yds with a float belt and 15 feet without. Children improve stroke skills (including rotary breathing), learn personal safety, rescue skills, build endurance by swimming and learn to tread water. The goal is to swim front, back and side paddle for 20 feet with rhythmic breathing without a float belt; front and back symmetrical paddle 20 feet without a float belt.

STARFISH

Children at this level will continue stroke refinement while building substantial endurance. Children will work towards swimming 40 feet of back paddle and front paddle with rhythmic breathing as 40 feet of both symmetrical paddles.

YOUTH SWIM LESSONS

(AGES 6 – 11 YEARS)

+PLAY

Please look for any class that has a "+" next to the name! These classes are eligible for an additional 15 minutes of supervised pool play time ADDED to the class for only a minimal fee.

POLLIWOG

This is the beginner level for school-age children. It gets kids acquainted with the pool through the use of flotation devices. Children learn front, side and back paddle strokes, some synchronized swimming, and wetball skills. To progress to Guppy, children must paddle front, back and side 25 yds with float belt, 20 ft without and be comfortable with face in the water.

GUPPY

This advanced beginner level is for children that can swim on their front, back, and side for 25 yds with a float belt. Children are introduced to the front and back crawl, sidestroke, breast stroke, and elementary back stroke. More synchronized swimming and wetball skills are taught. To progress to Minnow children must be able to swim 25 yds of front symmetrical, side alternating, back alternating, and back symmetrical paddles and perform a head-first surface dive.

MINNOW

At this intermediate level children can swim 25 yds of the pool on their front, back, and side using alternate and symmetrical paddles including rudimentary rhythmic breathing with no IFD. Students will refine front/back crawl with a focus on rotary breathing, flutter kick, elementary breast and sidestrokes. They will increase endurance while learning more; synchronized swimming, wetball, boating/personal safety, and rescue skills. To progress to Fish they must be able to swim 25 yds of front and back alternating paddle with over arm stroke and rudimentary rhythmic breathing, side stroke and elementary backstroke.

SCOUT BADGES

The YMCA works to provide safety and swimming badges to Girl Scouts, Cub Scouts and Boy Scouts. Contact the Northside Aquatics Department at 414-374-9434 to schedule your group to complete badges such as Swimming, First Aid, Lifesaving, Safety and more. All badges are taught by a qualified instructor.

AQUATICS

For swim lesson days, times and fees see pages 63 (Spring) and 64 (Summer).

YOUTH SWIM LESSONS CONTINUED

ADULT WATER ACTIVITIES

ADULT SWIM LESSON

(Ages 16 and up)

Adult Water Comfort and Basics

This class is designed for adults seeking to become more confident and comfortable in the water. Focusing on basic water skills, participants will work on: floating, kicking, arm pulls, and being comfortable putting their face in the water. Participants in this class may have little experience in the water, or feel hesitant in an aquatic environment.

WATER EXERCISE SHALLOW AQUAFIT

Get your feet wet in this shallow water workout. Perfect for first-time exercisers, seniors, injured or pregnant individuals. Make the most of the resistive qualities of water to increase your flexibility, aerobic (heart) conditioning and muscle strength. The class is done in waist- or chest-high water so swimming skills are not necessary. This class can be a challenge for most fitness levels.

SPECIALTY AQUATICS

TEEN SWIM LESSONS

(Ages 12 – 16 years)

This program provides a comfortable environment for teens to learn to swim by encouraging them to set and work towards individual goals. The beginner level works on water comfort, basic swimming/safety skills, face and body submersion, front and back floats and basic strokes. The intermediate and advanced levels work on developing and refining strokes.

YMCA SWIM TEAM

(Ages 8 – 17 years)

The YMCA Swim Team Program is designed to introduce children to competitive swimming by giving them a solid base in stroke technique, endurance and set swimming at or above a Fish skill level. Swim Team prepares children to swim at a higher competitive level. Participation at swim meets is encouraged.

Novice Level: Novice participants should be at a Minnow level or be able to swim one continuous length of front crawl, back crawl and breast stroke, plus have knowledge of butterfly.

PRIVATE LESSONS

Private swim lessons are a great option for personalized instruction. Your instructor will work at your pace and towards your goals. Private lessons are offered in packages of four 30-minute lessons and scheduled around the session. Please contact the Aquatic office for scheduling options.

Y Members: \$120

Community Participants: \$180

FAMILY SWIM LESSONS

(Ages vary)

5 participant maximum—minimum one adult, minimum 3 participants

Family lessons are scheduled with a personal instructor with a focus on your family's needs. Like our regular lesson program, family lessons follow the regular session and work to develop various skill sets based on the goals of your family. Classes are 45 minutes in length. Please contact the Aquatic office at 262-268-5410 to schedule.

Y Members: \$150

WATERⁱⁿMOTION[®]

WATERⁱⁿMOTION[®] is the newest aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 60 minute water extravaganza. Aqua-phobes will forever become aqua-FANS when they "Catch the Wave"!

Offered at West Suburban and Tri County YMCAs.

Register online at ymcamke.org

JOHN C. CUDAHY YMCA OUTDOOR POOL

OPEN JUNE 11 – AUGUST 25

9050 N. Swan Road (91st Street), Milwaukee
Just off of Brown Deer Road • 414-586-9622

Please join us for a fun filled summer at the YMCA's only outdoor pool. All you need to bring is your membership card to gain access to the pool. Pack a lunch and make a day of it. Open June 11 through August 25.

Hours of operation:

Monday – Friday 9:00 a.m. – 4:00 p.m.

Saturday 10:00 a.m. – 1:00 p.m.

Sunday CLOSED

**Pool parties and pool rentals are available,
please contact Rachael Jonas 414-357-2836
for more information.**

NEW THIS SUMMER! OUTDOOR SWIM LESSONS.

MONDAY – THURSDAY – 4X/A WEEK, 8 CLASSES

CLASS	AGE	TIME	PROGRAM	MEMBERS	CP'
7/9/2012 – 7/22/2012					
Pike	3-5 yrs	9:00 – 9:30am	02212-01	\$19	\$26
Eel	3-5 yrs	9:35 – 10:05am	02213-01	\$19	\$26
Polliwog	6-11 yrs	9:00 – 9:45am	02222-01	\$19	\$26
Guppy	6-11 yrs	9:50 – 10:35am	02223-01	\$19	\$26

8/6/2012 – 8/19/2012

Pike	3-5 yrs	9:00 – 9:30am	02212-10	\$19	\$26
Eel	3-5 yrs	9:35 – 10:05am	02213-10	\$19	\$26
Polliwog	6-11 yrs	9:00 – 9:45am	02222-10	\$19	\$26
Guppy	6-11 yrs	9:50 – 10:35am	02223-10	\$19	\$26

SATURDAYS – 1X/A WEEK

6/23/2012 – 8/25/2012

Pike	3-5 yrs	9:00 – 9:30am	02212-50	\$19	\$26
Eel	3-5 yrs	9:35 – 10:05am	02213-50	\$19	\$26
Polliwog	6-11 yrs	10:10 – 10:55am	02222-50	\$19	\$26
Guppy	6-11 yrs	11:00 – 11:45am	02223-50	\$19	\$26

WEDNESDAY AFTERNOONS – 1X/A WEEK

6/20/2012 – 8/22/2012

Adaptive Lessons	3+yrs	2:45 – 3:30pm	02253-20	\$47	\$67
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YOUTH DEVELOPMENT (AGES 1-12 YEARS)

For days, times and fees for youth development programming, see pages 64 (Spring) and 66 (Summer).

The YMCA is committed to strengthening communities through youth development, healthy living, social responsibility, and part of that commitment is serving those individuals with special needs. With our inclusive programming structure Y staff are trained to work with a participant to design a curriculum specifically designed for the individual's abilities. See pages 30 and 31 for additional inclusive programming offered at the YMCA of Metropolitan Milwaukee various locations.

NEW CHILD WATCH

(Ages 6 weeks through 10 years)

Child Watch is a safe place for children and offers peace of mind for parents. The Y offers on-site care for your children ages 6 weeks through 10 years while parents are in the center, working out or taking classes.

Child Watch, known previously as Kid Space and Kid Care, merged together so families can have easier access to child care, signing in and out and have more convenient payment options. Qualified, friendly staff members provide fun, safe and enriching activities while you are getting fit and healthy!

For more information on Child Watch hours, please visit the membership desk at your center.

WEE DELIVER

For your convenience, a qualified YMCA Child Watch attendant will deliver your child either to or from their preschool class. To take advantage of this free service please:

- Register for Wee Deliver in Child Watch each day you wish to utilize this service. This includes obtaining necessary security bands and completing proper sign-in forms.
- Pay for Child Watch service hours in excess of 15 minutes.
- Notify your child's instructor that Child Watch will be either delivering or picking up your child.
- Make sure your child has used the restroom prior to the start of class.

Please note, we would appreciate parents making contact with the preschool instructor at either the beginning or conclusion of each class. We apologize that we are unable to deliver/pick-up children to/from the pool.

PAINTING PICASSO

(Ages 2 – 5 years)

Canvas, paint and a little "Picasso inspiration" come with this amazing class. Your child will be given a flat white canvas at the beginning of the session. Each week they will create a master piece and a picture will be taken. At the end of the session your child will have a collage of pictures that can be admired and a re-useable canvas to hang on the wall, or continue to reuse.

TEDDY TUMBLERS

(Ages 3 – 5 years)

Class is especially designed for toddlers! Activities will focus on basic tumbling, body awareness, balance, coordination, flexibility and strength. Remember to dress for movement. Children need not be potty trained to participate; however, parent/caregiver must remain in the vicinity of the class just in case! Once your child has completed this course they will be ready for Kindergym.

BEGINNING BALLET

(Ages 3 – 5 years)

Our beginner ballet class will keep little dancers on their toes as they learn ballet positions, basic moves, terminology and a routine to show off their technique. Leotard and ballet shoes required.

TRACK

(Ages 3 – 12 years)

Run, Jump, and throw your way through this exciting session. The program will teach participants proper techniques to build speed, strength, and endurance. Participants ages 6-12 will be able to compete in the annual YMCA track meet in June.

BASKETBALL

(Ages 3 – 12 years)

Basketball Skills and Clinics

Explore basketball essentials at the Y. Athletes will learn a variety of skills such as passing, dribbling, proper conditioning and team dynamics. Team-based instruction includes sporting drills, scrimmages and games against other teams. Our focus on teamwork, sportsmanship and fun means everybody plays and everybody wins.

SOCCER

(Ages 4 – 12 years)

Soccer Skills

Dribble, pass and shoot your way through this eight-week session. Soccer Skills uses age-appropriate skills development and team play concepts for a fun, positive experience. Special emphasis is placed on teamwork, sportsmanship and fair play. Basic FUNdamentals of soccer will be taught along with a combination of small sided games and full-out scrimmages.

BASKETBALL–DRIBBLING SKILLS

(Ages 4 – 12 years)

Dribble your way through this fast-paced 30 minute class. Participants will learn proper techniques of dribbling at all different speeds. New moves will be introduced throughout the class and you will become an unbelievable dribbler!

BASKETBALL–SHOOTING SKILLS

(Ages 4 – 12 years)

Learn how to become a pure shooter during this session. Classes will teach participants proper shooting forms and release points, as well as how to shoot off the dribble and on the move. By the end of the session, your inside and outside shots will improve immensely!

COMPETITIVE CHEERLEADING

(Ages 4 – 18 years)

Have you ever wanted to attend a cheerleading competition like the ones in the movie "Bring It On?" Well now you can! Northside Cheerleading is a no-cut or try-out competitive cheerleading program, serving youth ages 4 - 18. Youth attend 6 - 10 cheerleading competitions each season, in addition to parades and other community events. The program runs year-round and is made up of Mini, Junior, and Senior level squads. Come ready to work hard and cheer hard during this exciting session!

MARTIAL ARTS

(Ages 4 and up)

With Martial Arts you'll watch your children grow and improve in self-confidence and discipline. Martial arts programs improve much more than kicks, punches and throws. Our progressive programs teach proper techniques, self-defense awareness and practical application.

YOUTH SPORTS INSTRUCTIONAL AND MINOR LEAGUE

YMCA Youth Sports use activities to teach sports skills to make it more exciting and fun for emerging athletes. Each program utilizes the YMCA's seven principles: everyone plays, safety first, fair play, positive competition, family involvement, sports for all and sports for fun!

INSTRUCTIONAL (I)

Instructional classes are used as an introduction to the chosen sport. A four-week module will teach the very basics of each sport or activity to prepare the individual for a more competitive setting. Modules will also teach newcomers how the YMCA incorporates our four core values into each session.

MINOR LEAGUE (ML)

Minor League runs the length of a session and starts with the designated sports skill development. As the session progresses games will be incorporated.

VOLLEYBALL (ML)

(Ages 6 – 12 years)

Volleyball Skills work on teamwork and individual skills. Players will work on serving, passing, spiking the ball and much more through this session. Volleyball players will continue learning the basic skills and rules through fun drills and games.

ADVANCED BASKETBALL

(Ages 8 – 12 years)

This skill development program is designed to teach advanced aspects of basketball. Footwork, guard and post moves, and shooting technique will be emphasized. If you're up for a challenge and want to take your game to the next level, this is the perfect class for you!

YMCA/SUMMERFEST BASKETBALL CHALLENGE

Win one of our regional events to earn your spot at the finals, which are played during Summerfest! Registered teams of two will compete in a 2-ball tournament. Also, one player competes in a Free-Throw contest while the other player competes in a 3-point contest. Overall winners are determined by which team finishes the best in all three competitions. The winning teams will receive 4-FREE Summerfest tickets and compete in the YMCA of Metro Milwaukee finals during the designated day/time below. Fee is \$25 per team.

Summerfest Finals:

6/28	2:00 – 4:00 p.m.	Boys (10-12)
6/29	2:00 – 4:00 p.m.	Girls (10-12)
7/3	2:00 – 4:00 p.m.	Parent/Boy (10-14)
7/4	2:00 – 4:00 p.m.	Parent/Girl (10-14)
7/5	2:00 – 4:00 p.m.	Boys (13-14)
7/6	2:00 – 4:00 p.m.	Girls (13-14)

TWEEN/TEEN

(AGES 10-17 YEARS)

BABYSITTING TRAINING COURSE

(Ages 11 and up)

This American Red Cross course teaches the essentials of babysitting including basic First Aid skills. Manuals provided. Saturday classes should bring a healthy snack. Check with your local Y for schedule.

AMERICAN RED CROSS LIFEGUARD TRAINING COURSE

(Ages 15 and up, must be able to pass pre-swim skills test)

This course is designed to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to emergencies in and around pool environments. Participants must successfully complete the following prerequisite swimming skills: 300 yard continuous swim showing proficiency using front crawl and breast stroke, 50 yard timed swim while carrying a 10 pound object and 2 minutes of treading water.

*Participants must attend all scheduled dates and times. This course includes certification in ARC First Aid, CPR/AED for Lifeguards and Emergency Oxygen Administration. Can include Waterfront certification as well. Manuals and resuscitation mask are provided.

Check with your local Y for schedule.

BLACK ACHIEVERS/TEEN ACHIEVERS PROGRAM

(Grades 9-12)

Teen Achievers meet weekly to focus on building skills in leadership, career exploration, college preparation, and academics through interactive workshops known as career clusters and a variety of other activities including: Annual college tours to expose students to post secondary education offered throughout the state of Wisconsin (Sponsored by Eaton Corporate Foundation) and at Historically Black Colleges & Universities (HBCUs) (sponsored by the Harley-Davidson Foundation). The Midwestern Regional Black/Hispanic Achievers Teen Summit – a two day leadership development experience for high school teens that focuses on college readiness, academic achievement and personal development.

Requirements for Interested Students:

- Complete application, with program application fee \$25.00
- 2.5 cumulative GPA
- Participation in at least 90% of program activities, including weekly meetings and service projects

YOUTH LEADERSHIP ACADEMY

(Ages 7 – 12 years)

Preparing for Life. – Embracing Manhood. – Destined to Succeed.

The Youth Leadership Academy nurtures the development of leadership and academic abilities of African American boys, empowering them to improve the quality of their lives and assist them in becoming productive citizens. Our program consists of a focused language arts, math, and leadership curriculum with supplemental field trips to round out this year-round program for boys in grades 2-6. Academic year sessions occur every Saturday from 8:30 a.m. – 12:30 p.m. at the Northside YMCA.

For more information call 414-374-9418.

SCHOOL'S OUT DAY PROGRAM

(Ages 4 – 13 years)

This full day program is offered when many local schools are not in session. Enroll your child for a fun-filled day of games, crafts, activities, friends and MORE! Dress to be active (tennis shoes), bring a bag lunch, swim suit and towel.*

Youth Sports Clinics offered.*

Dates offered vary by location and schedule of local school district. For questions regarding School's Out Days, please call 414-274-0759.

MARTIAL ARTS

(Ages 4 and up)

With Martial Arts you'll watch your children grow and improve in self-confidence and discipline. Martial arts programs improve much more than kicks, punches and throws. Our progressive programs teach proper techniques, self-defense awareness and practical application. See page 47 for classes offered.

EMPLOYMENT OPPORTUNITIES

You'll find some of the best, and most satisfied people working for the YMCA of Metropolitan Milwaukee.

The Y is a place where values-based behavior is the norm and you can expect to be treated with care, respect, honesty and responsibility. To learn about opportunities with the YMCA of Metropolitan Milwaukee, call our job hotline at (414) 274-0799, or visit the Work for the Y section at www.ycamke.org. Volunteer opportunities are also available; see your local Y for information.

MOVIE NIGHTS

(Ages 12 – 17 years)

Come hang out with your friends and enjoy a night of relaxation at the Northside YMCA on Friday nights. All movies begin at 5:30 p.m.

3 ON 3 BASKETBALL LEAGUE

(Ages 13 – 17 years)

This teen basketball league will give participants the opportunity to show off their team skills during competitive games. All games will be played at the Northside YMCA on Saturday afternoons between 12:30-3:30 p.m.

YMCA LEADERS CLUB

(Ages 13 – 18 years)

Supporting tomorrow's leaders today...The YMCA Leaders Club provides teens ages 13 through 18 with knowledge, training, communication skills and valuable team-building experiences through volunteering in Y programs and the community. YMCA Leaders Club trains teens to better serve their community and their Y as they encourage each other to make a positive impact for present and future generations.

Meetings are on Tuesdays from 6:00 – 8:00 p.m. at the Northside YMCA.

Meetings are on Mondays from 6:00 – 7:00 p.m. at the Parklawn YMCA.

YMCA SWIM TEAM

(Ages 8 – 17 years)

Northside Stingrays Swim Team

The YMCA Swim Team Program is designed to introduce children to competitive swimming by giving them a solid base in stroke technique, endurance and set swimming at or above a Fish skill level. Swim Team prepares children to swim at a higher competitive level. Participation at swim meets is encouraged.

Novice Level: Novice participants should be at a Fish skill level or be able to swim two continuous lengths of front crawl, back crawl and breast stroke, plus have knowledge of butterfly.

Participants will have the option to attend two of the three practice options each week.

ADVANCED BASKETBALL

(Ages 13 – 18 years)

This skill development program is designed to teach advanced aspects of basketball. Footwork, guard and post moves, and shooting technique will be emphasized. If you're up for a challenge and want to take your game to the next level, this is the perfect class for you!

WELLNESS CENTER YOUTH ORIENTATION

Required for youth ages 10 through 15 to use the Wellness Center. Parent or Guardian must be present for ages 10 through 12. Youth will meet with a Wellness Specialist to learn fitness principles and proper, safe, use of cardiovascular and strength equipment. Youth will have the opportunity to set up a FitLinxx account and learn fun ways to use different exercise equipment like the Bosu Ball, stability ball and resistance bands.

Youth Wellness Center Usage Policy

Certain age-based usage guidelines apply for youth in our Wellness Centers. Please check with the wellness center or membership staff for detailed guidelines.

GROUP EXERCISE CLASSES

(Ages 13 and older)

With over 500 classes a week across the Milwaukee area, you can kick, dance, cycle, crunch, step and splash your way to fitness! Most of our classes are suitable for all fitness levels with modifications being shown when needed. Most classes are included with your Y membership. For group exercise offerings see pages 48 – 51.

WE'RE MAKING A DIFFERENCE

The Y wishes to thank our generous sponsors who have helped make the 15th Annual Dr. Martin Luther King, Jr. Breakfast possible:

Leading Event Sponsor:



Award Sponsors:



Event Sponsors:

American Family Insurance
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Potawatomi Bingo Casino
Rockwell Automation
Roundy's Supermarkets, Inc.
State Farm
United Way
of Greater Milwaukee
We Energies

NEIGHBORS TEACHING NEIGHBORS

Classes are being added all the time, for current offerings visit ymcamke.org or call Becca at 414-274-0811.

DANCE

BALLET, MODERN, JAZZ DANCE CLASS

Explore your dancing abilities or enhance your dancing technique in a comprehensive dance class brought to you by the University of Fine Arts. Learn or develop ballet, modern and jazz dances with experienced and qualified dance instructors.

Beverley Moore began touring the United States and instructing in dance at age 16. Her love for dance has afforded her the opportunity to dance and instruct workshops nationally and internationally. Beverley has choreographed many dance pieces for local communities and organizations throughout the Greater Milwaukee area. Her dancing feet have landed her at the Milwaukee Theatre, Milwaukee Performing Arts Center, Marquette University Varsity Theatre, Centennial Hall, African World Festivals and many more. All staff from the University of Fine Arts have extensive years in dance instruction and performance.

URBAN DANCE CLASS

This is an introduction to the world of urban dances – Chicago Style Stepping, Line Dancing, Detroit Club Style Ballroom.

Reggie Hayes is one of Milwaukee's stepping instructors. He has been teaching the above dance forms for 7 years throughout the country.

BEGINNING BELLY DANCE

Discover the art of belly dance in a casual atmosphere. Learn basic dance moves and enhance your overall flexibility and general conditioning. Shimmy to Middle Eastern music and learn a beautiful veil dance! Hip scarves are available to use.

Roseann Kubit has been studying, dancing and sharing the art of belly dance for over 25 years. Her teachings energize your spirit, mind and body.

FREESTYLE DANCE

Freestyle dance is an energy-filled class where participants will learn different styles of dance at their own pace. This class will be a journey through different eras of dance spanning the last 40 years. Enjoy a fun, no pressure atmosphere while gaining a great workout in the process. All skill levels are welcome.

Chastity Washington has over 20 years of performance experience – as a comedian, actress, and dancer.

LIFE SKILLS

INTRODUCTION TO SPANISH

Always wanted to learn Spanish? In this class, you will develop basic Spanish communication and writing skills, including basic conversational phrases, and various types of letters and compositions. Depending on students' progress, latter sessions may focus on writing skills in various genres (persuasive, narrative, expository, descriptive, compare/contrast, etc). Bring a pen and notebook to class. It's also recommended that you get an updated library card as students will have assigned readings.

Lisa Penny Ink studied Spanish in both undergraduate and graduate courses. She taught for MPS at the Spanish Immersion School. Lisa has written compositions for the Spanish Journal, and has written her own books as well.

ENTREPRENEURSHIP 101 – KEYS TO SUCCESS

This class will guide a potential business owner on how to start a business properly, sustain it and be successful at it. Students will also learn about resources and tools that they can utilize as potential business owners. Students are encouraged to bring a pen and notebook.

Marjorie Rucker has provided technical assistance to businesses in the City of Milwaukee for the last 7 years as well as operating a successful business for the last 10 years.

CREATING A STRONG FINANCIAL PLAN

Learn how to create a budget and understand the value of setting a financial foundation. Topics to be covered will include wealth accumulation, college funding, retirement planning, risk management, cash flow and net worth. Students are encouraged to bring materials for note taking.

Cynthia Stokes-Murray currently works as an Insurance Agent with New York Insurance Company. She assists in financial planning- helping individuals, families, and businesses "Build, protect and enjoy their assets."

LAW SCHOOL 101

Don't pass up this unique opportunity! Learn about new cases/new laws that affect all citizens. There will be a Q&A session with Judge Derek C. Mosley of the City of Milwaukee.

Judge Derek C. Mosley received his J.D. from Marquette University Law School. He is serving as the current Presiding Judge for the Milwaukee Municipal court, appointed in August 2004. Prior to becoming a Judge, he served as a State Prosecutor for 8 years.

Register online at ymcamke.org

INTERVIEWING DOS & DON'TS: HOW TO LAND THAT JOB

Learn how to properly present yourself, how to speak and follow up when applying and interviewing for a job. It's the small intricate details that are always overlooked and this class will teach you what they are. You only get 30 seconds to make a great impression and this class will prepare you for that.

Latrisa Giles is an HR professional with over 15 years of experience in all facets of HR. She began her career as an Administrative Assistant and climbed the ladder to become a Director of HR.

STRATEGIES FOR SURVIVING TOUGH FINANCIAL TIMES

Whether you're unemployed or underemployed, your household has less money to pay the bills. Therefore, you need to set different bill paying priorities. You will learn budgeting, how to prioritize debt payments, the truth of debt collection, car loans, mortgages and foreclosure. Debt settlement, debt management plans, and bankruptcy will be discussed.

Edward Harness is an attorney who owns a debt relief agency. He has 10 years of experience in this field of work.

DEVELOPING LEADERS AT ALL AGES

Learn how to identify and develop basic skills in leadership. You will be provided with a list of characteristics, a definition and plan for leadership development. This is an area of great need and opportunity in our community.

Pastor Teresa Thomas-Boyd has been developing leaders in the community and churches for the past 15 years.

NATURAL HAIR: HOW TO CARE FOR IT, EMBRACE IT & LOVE IT!

This class will teach how to care for hair while in its natural state, dispel myths and rumors and show how to embrace every kink, coil and curl. Students will be provided with product tips, ideas and suggestions, and learn how to create "do it yourself" products.

Latrisa Giles has done extensive research on how to educate herself on natural hair care and texture. She has also started her own natural hair care business.

ENVIRONMENTAL EDUCATION

Explore a range of environmental topics with Mequon Nature Preserve's very own, Jason Nickels, who serves as their Restoration and Education Manager. Jason holds a bachelor's degree in Education, and 10 years of experience teaching various ages. His classes offer a unique opportunity to learn about our surrounding environment in a fun, hands-on atmosphere. Class topics range from bird watching to gardening. Classes are open to both children and adults.

*A Material Fee will apply in addition to the Class Fee.

ARTS & HUMANITIES

EXPLORING MULTI-MEDIA ARTS

We will create works of art in a relaxed, no pressure atmosphere geared toward using materials both familiar and non-conventional. No need to be an artistic genius – the only expectation is that you have fun!

Katherine Biehl has experience instructing visual arts to age groups ranging from 6 to 66. She enjoys showing people how to see things differently and create work they are proud of.

GOSPEL SIGNING

Here's a unique opportunity to learn simple sign phrases and gain the knowledge of signing to gospel music. Students will learn to sign a minimum of one gospel song and some simple key signing phrases in American Sign Language (ASL).

Mary Bass has been signing to gospel music for the past 10 years. She teaches it to all ages.

COOKING

TIME TO EAT – EASY RECIPES FOR BUSY PEOPLE

We all have busy lives that often require us to grab food on the go. In this class, you will realize that making a meal can be (1) quick, (2) easy, and (3) fun. Reintroduce yourself to the crockpot (it will be your best friend forever), and discover meals that only require 4 to 5 ingredients! Learn how to cook meals that don't require slaving in the kitchen and save you money in the long run. Please bring materials for note taking.

*A Material Fee will apply in addition to the Class Fee.

Diana Perez is a busy wife and mother of three. She always felt too busy or overwhelmed to make meals, often grabbing them on the go. This led to an unhealthy lifestyle and an unused kitchen table. But one day, she turned it around – and now can show you how she does it.

DIVERSE COOKING 101

Discover different kinds of foods, fruits, and desserts in Diverse Cooking 101. Not only will it be a hands-on learning environment, but you will collect a variety of recipes to take home and share with your family and friends.

*A Material Fee will apply in addition to the Class Fee.

Chandra Plears has 10 years of experience cooking for family and different organizations. She hosted a cooking class for teens in 2005.

NEIGHBORS TEACHING NEIGHBORS

SPIRIT, MIND & BODY

INTRO TO MEDITATION

Come and explore what all the talk is about. This is an introductory evening that will answer some of the questions around the mystery of meditation. We will do a basic relaxation technique that relieves stress for you to experience one of the benefits. If you have any curiosity about meditation this is for you.

Adrienne Biagioli is a Reiki Master Teacher with over 20 years of inspiring others to help themselves and to grow to help others. With a deep understanding of where the energy comes from, she will get you moving onto your own journey of health, happiness and wonder.

TAI CHI FUNDAMENTALS BEGINNER CLASS

The Tai Chi Fundamentals program offers a simplified, systematic approach for mastering Tai Chi basics (Yang style) that maintains the integrity of traditional form and principles. By introducing components of Tai Chi practice that foster health of spirit, mind and body, all ages and abilities benefit. This program enhances your performance for all physical activities and can provide solid basic training for those who wish to progress to more complex forms of traditional Tai Chi.

Tegan Corrigan, MS, has been practicing Tai Chi for over 7 years. She is a Tai Chi Fundamentals teacher certification candidate.

BIBLE STUDY LADIES (BSL)

Come and enjoy a time full of fun, faith and fellowship as we share God's Word together. Led by Lindy Simons, Bible Teacher for 9 years and co-founder of SOAR-Brookfield in 2005, BSL gives women the tools to grow deep in the Christian faith.

To better serve our communities, we are continuing to grow and expand our programs. Many of our Neighbors Teaching Neighbors programming run according to demand per session, therefore classes can be added or changed. Call 414-274-0811 for more information.

SPRING (APRIL 16 – JUNE 3)

CLASS	CENTER	TIME	START	END	PROGRAM #	MEMBER	CP*
MONDAY							
Intro to Spanish	Parklawn YMCA	4:00 – 5:00pm	4/26	5/28	08001-31	\$19.00	\$27.00
TUESDAY							
Developing Leaders at All Ages	Parklawn YMCA	4:00-6:00pm	4/17	5/1	08001-35	\$13.00	\$19.00
Urban Dance Class	Parklawn YMCA	5:00 – 6:00pm	4/17	5/29	08001-30	\$19.00	\$27.00
Law School 101	Parklawn YMCA	5:30-7:00pm	4/24	4/24	08001-34	\$9.00	\$15.00
Natural Hair Care	Parklawn YMCA	6:00 – 7:00pm	5/1	5/15	08001-42	\$13.00	\$19.00
Freestyle Dance	John C. Cudahy YMCA	6:00 – 7:00pm	4/17	5/29	08001-03	\$19.00	\$27.00
Ballet, Modern, Jazz Dance Class	John C. Cudahy YMCA	6:30 – 7:45pm	4/17	5/29	08001-01	\$19.00	\$27.00
WEDNESDAY							
Bible Study Ladies	Northside YMCA	11:00am – 12:30pm	4/18	5/30	08001-47	FREE	
Beginning Bellydance	John C. Cudahy YMCA	6:30 – 7:30pm	4/18	5/9	08001-04	\$13.00	\$19.00
Interviewing Do's & Don'ts	Parklawn YMCA	6:00 – 7:00pm	5/2	5/2	08001-43	\$9.00	\$15.00
Gospel Signing	Parklawn YMCA	4:00 – 6:00pm	5/2	5/9	08001-37	\$13.00	\$19.00
Creating a Strong Financial Plan	Parklawn YMCA	6:00 – 8:00pm	5/16	5/16	08001-33	\$9.00	\$15.00
THURSDAY							
Tai Chi Fundamentals	John C. Cudahy YMCA	6:30 – 7:30pm	4/19	5/31	08001-46	\$19.00	\$27.00
SATURDAY							
Entrepreneurship 101	John C. Cudahy YMCA	12:00 – 2:00pm	4/28	5/12	08001-05	\$13.00	\$19.00

*CP = Community Participants

FAMILY RESOURCE CENTER

CSSW PARKLAWN FAMILY RESOURCE CENTER

(LOCATED INSIDE PARKLAWN YMCA)

EARLY LEARNING

PLAY AND LEARN

Parents and other caregivers are a child's first and most important teachers. Take this opportunity to meet other parents with young children and participate in early learning activities that enhance your child's development and promote school readiness.

Parents and other caregivers are a child's first and most important teachers. Take this opportunity to meet other parents with young children and participate in early learning activities that enhance your child's development and promote school readiness.

DEVELOPMENTAL SCREENINGS

Developmental Screenings are held at the Family Resource Center and Northside YMCA for children 4 months to age 5 years using ASQ and ASQ: SE assessment tools every fourth Tuesday. Call (414) 444-5760 for more information and to schedule an appointment.

PARENTING EDUCATION

PARENT POWER

Join us as we explore creative and effective ways to nurture, support, and encourage positive behaviors and life experiences for you and your child. Parents learn the basic philosophy and practices of the Nurturing Parenting curriculum in raising healthy caring children and the importance in making time to nurture themselves.

FAMILY NURTURING

Using the Nurturing Parents curriculum this program is for parents and children ages 5-11 years old. Join us as parents and children increase their empathy, learn nurturing ways to encourage appropriate behaviors, build self-esteem and self-concept and learn to have fun as a healthy family.

SUPPORT GROUPS

POSITIVE YOUNG PARENTS

This is an exciting and interactive support group for young parents. Enjoy activities, guest speakers, door prizes and refreshments.

SPECIAL PROGRAMS

PREVENT CHILD SEXUAL ABUSE

The program is focused on preventing child sexual abuse by helping adults and communities take action to protect children through: Awareness, Education, Prevention, Advocacy, and Action.



Forest County Potawatomi
FOUNDATION

The YMCA of Metropolitan Milwaukee thanks Forest County Potawatomi Foundation for their support of Parklawn YMCA's Family Resource Center programming.

FAMILY RESOURCE CENTER

OTHER SERVICES

WARM LINE

This is your connection to parenting information. It is a link to nonemergency advice on the day-to-day trials of child rearing. Call (414) 444-5760 to speak to someone today.

ONE-TO-ONE PARENTING SESSIONS

Family Resource Center staff is trained to provide parenting information to families. If you would like an individualized parenting consultation, call (414) 444-5760 to schedule an appointment with a parent educator.

CPR AND FIRST AID

Looking for life saving skills? CPR and First Aid training is offered at the Family Resource Center call (414) 444-5760 for details.

Center Hours Monday– Friday 8:30–5:00pm

All FRC programs are FREE, call 414-444-5760 press option 1 for program dates and times, to register and learn more about the programs and services we offer today!!!

Programming is provided by the CSSW Parklawn Family Resource Center in Partnership with the Parklawn YMCA.

Funding is provided by the City of Milwaukee Health Department Project Launch.

VOLUNTEER OPPORTUNITIES

Join us and make a difference by volunteering! When you volunteer at the Y, you take an active role in bringing about meaningful and enduring change right in your own neighborhood.

Each of our volunteers help deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y provides kids, adults, families and communities with vital support and opportunities to learn, grow, and thrive. We work tirelessly every day to nurture the potential of kids, improve the nation's health and well-being, and support our community.

Join us! The contribution of time and talents from someone like you helps us fulfill our mission to the communities we serve every day. To find out more about the many ways you can get involved in your community, and for an application, please email us at volunteers@ymcamke.org.

“THERE WAS LIFELONG VALUE IN EXPLORING THE DIFFERENT ASPECTS OF LEARNING TO FIND BALANCE IN LIFE.”

– LIVING COMPASS PARTICIPANT

(FOR INFORMATION ON THIS PROGRAM SEE OUR HEALTHY LIFESTYLES PROGRAMS ON PAGES 61 - 62)

ADULT WELLNESS/ FITNESS

MARTIAL ARTS

KARATE-DO THE WAY OF THE EMPTY HAND

(Ages 18 and older)

Develop patience, self-discipline, self-control and courage. Push yourself physically and mentally, face your strengths and weaknesses honestly and learn to seek justice through thorough demanding training. One who practices karate seriously is outwardly humble but shows a warrior spirit when confronted with an injustice.

Downtown: See the north membership desk for more information.

ADULT TEAM SPORTS

BASKETBALL LEAGUES

(Ages 21 – 29 and ages 30 and up)

This once per week competitive basketball league will consist of adults in the Milwaukee area, focusing on the importance of winning in the proper perspective. Teamwork and communication skills will be enhanced while participants engage in this league. Each coach and referee must attend a meeting prior to the start of the season.

**MEMBERSHIP
HAS ITS
PERKS.**

**Did you know that you
can enjoy special offers
and savings, just for
being a Y member?**

ymcamke.org/memberperks

Check often, great perks are added all the time!

ADULT WELLNESS/ FITNESS

VIEW CURRENT GROUP EXERCISE SCHEDULES ONLINE AT YMCAMKE.ORG/SCHEDULES.

GROUP EXERCISE (AGES 13 AND OLDER)

Group exercise provides an opportunity to work out with others in a welcoming, motivating environment that produces results. No matter what age or fitness level you are at, we have the classes for you!

With over 500 classes a week across the Milwaukee area, you can kick, dance, cycle, crunch, step and splash your way to fitness! All of our group exercise classes are led by qualified instructors who will fulfill the need of all participants. Most of our classes are suitable for all fitness levels with modifications being shown when needed. Please let your instructor know if you have any health issues or injuries.

Group Exercise Classes are offered year round and usually included in your membership, although, special programs, events and classes will incur an additional charge. Most classes are open to community participants on a space availability basis.

Schedules are reviewed monthly and may change according to demand. Therefore, we do not publish the class schedule in the program guide. Pick up a current class list at the membership desk or visit our website at www.ymcamke.org/schedules.

The management reserves the right to cancel classes due to low enrollment.

“RESERVED” CLASS POLICY – REGISTRATION REQUIRED

Please note, most group exercise classes are on a drop-in basis. Due to capacity issues (limited equipment or space) during peak times, certain classes will require a reservation to secure your spot. The cost is \$1.00 per class and is payable at the start of the program session. Please see the group exercise schedule for those reserved classes which are indicated in bold print.

ABSOLUTION

Take it to the middle with this effective workout. Attack that abdominal area with a crunch time that will work your core (both abdominal and back muscles). This class is an excellent compliment to another workout. Try stacking it up against another class and see even greater results.

BODYATTACK™



BodyAttack is a sports-inspired cardio workout that will build your strength and stamina like nothing else. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Although modifications (lower impact moves) will be demonstrated, this class will challenge you to reach higher and attain new fitness goals.

**Not all classes are offered at all centers,
check your local Y schedules for current offerings.**

“I DIDN'T KNOW COOKING HEALTHY COULD BE SO TASTY! LOVE THIS PROGRAM!”

– SOMETHING'S COOKING PARTICIPANT

(FOR INFORMATION ON THIS PROGRAM SEE OUR
HEALTHY LIFESTYLES PROGRAMS ON PAGES 52 – 56)

BODYCOMBAT™



Fight for fitness! This workout is a high-intensity and energetic program inspired by martial arts and drawing from a wide range of disciplines: karate, boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role-model instructors, you will be coached to strike, kick and punch your way to better fitness. This is a calorie burner class and moves can be modified to lower the intensity.

BODYPUMP™



Pump up your volume with the original barbell class that strengthens your entire body. This workout challenges all major muscle groups by using the best weightroom exercises—squats, presses, lifts and curls. Features great music and motivating instructors! Choose your preferred amount of weight and let this class inspire you to get the results you want. (Members only).

BODYSTEP™



Take the next step. This class uses an adjustable-height bench—which you use as a platform to step on and off. Simple, athletic choreography is reflected frequently, so you will catch on quickly. Your heart rate will be elevated (you'll sweat!) as you step over and around the bench. You'll get strong motivation from approachable instructors and current “sing along” music.

CHISEL

Let's sculpt a better you! This class is designed to strengthen various muscle groups using hand weights, resistance bands, and stabilization techniques. A full body workout that builds bone density and reshapes muscles to increase efficiency in daily activities.

CYC-YO

Introducing the newest fusion class taking the world by storm. Thirty minutes of Cycling and thirty minutes of Yoga provide a perfectly balanced workout. A mixture of cardio endurance, flexibility, and stability exercises will help you set a pace to a fitter you. Use the stretching and strength building techniques of Yoga to improve your cycling performance. This program requires participants to register.

Y Member: \$25

Community Participant: \$50

SHIMM-Y

Get into the groove and let your hips move! Wind, shake and wiggle your worries away. Swing into this low impact belly dancing class that intertwines traditional and contemporary styles of this age old art form. Instructor starts with basic introductory skills that become more intricate as the session progresses. Techniques learned in this class help benefit balance, posture and core strength. This program requires participants to register.

Y Member: \$25

Community Participant: \$45

STEP AEROBICS

Step up your fitness with a beat-driven workout that will have you moving up and off an adjustable platform/bench. Combinations of moves will be introduced to raise your heart rate as you fly across, around and over the bench. You can control the level of intensity by the height of your bench and the size of your movements.

TAI CHI

Tai Chi is suitable for almost everyone. It is composed of gentle, graceful movements linked together in a continuous, smooth flowing sequence. Part martial art, part exercise program and part meditation. Tai Chi—when practiced regularly—can increase flexibility, build strength, improve balance and coordination, relieve stress and enhance concentration. Fee based class.

**Not all classes are offered at all centers,
check your local Y schedules for current offerings.**

ADULT WELLNESS/ FITNESS

GROUP EXERCISE CONTINUED

Y-AWESOME ARMS

Time to get STRONGER...let's start at the top! This class is designed to build, strengthen, develop and tone all the major muscle groups in the upper body. Use dumbbells, resistance bands and other equipment to gain muscle stamina in your arms, shoulders, chest, back and core. The perfect combination of structured exercise techniques and endurance drills are sure to have your upper body feeling AWESOME. Great for all levels!

Y-BEACH CAMP

Beach Camp is back by popular demand. Join us at the lakefront for four week sessions of intense workouts that will shape you up for the summer. Beach Camp is designed to help you get into the best shape of your life. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and exercises that will challenge and expand your level of fitness. New exercises, new terrain, awesome results. Participants can choose Saturdays, Sundays or both (Fee is per 4 week session). Don't miss it. Registration opens for Beach Camp April 30, 2012.

Y Member: \$40 per session

Community Participant: \$80 per session

Saturdays:

June: 2, 19, 16, 23

July: 7, 14, 2, 28

August: 4, 11, 18, 25

September: 8, 15, 22, 29

Sundays:

June: 3, 10, 17, 24

July: 8, 15, 22, 29

August: 5, 12, 19, 26

September: 9, 16, 23, 30

Y-BLITZ

This class has one objective: Get Fitter! Period. Y-Fuse meets Y-Chisel in this 35 minute fusion class designed to challenge your fitness level. Two of our most popular classes meet up to spring board you out of that plateau. A mixture of sports inspired cardio and strength conditioning drills geared to enhance your physical performance. Instructors offer multi-level movement options to make the program work for you. If you've been looking for a new addition to conquer in your work out – Here it is!

Y Member: \$8

Community Participant: \$73

Y- CARDIO BOUNCE

Take your fitness to new heights! Try this new and exciting trampoline based group fitness program! Use the trampoline as a platform to raise your level of cardio output. This low impact, high-energy program is designed to burn calories, build cardio endurance, improve agility and bone density. Oh yeah...and it's FUN...if you're into that sort of thing! This program requires participants to register.

Y CARDIO FUNK

A combination of low and high impact aerobics is performed in a dynamic dance style. You'll see cardio benefits and have a great time while you put your fun foot forward!

Y-CARDIO JAM

Think dance party...it's time to jam! Get ready to dance and sweat your cares away in this exhilarating cardio workout. An addictive mixture of the latest dance styles and hottest new music, will have your heart pumping right along with the beat! Instructors will teach and rehearse the moves with you until you're ready for an all out dance performance. Instructors can teach you the steps, but not the attitude, so bring your own and let's jam!

Y-CYCLE

Get in gear! Our inspiring instructors will lead the class on a journey through mixed terrain—hills, flats, mountain peaks, time trials and interval training—to the rhythm of powerful music. By increasing/decreasing tension on the fly wheels, you control the intensity of your ride, making this class suitable for most fitness levels. (Members only.)

Not all classes are offered at all centers, check your local Y schedules for current offerings.

“LEARNING NEW HEALTHY COOKING TECHNIQUES IS PRICELESS, THANK YOU FOR OFFERING THIS PROGRAM.”

– SOMETHING’S COOKING PARTICIPANT

(FOR INFORMATION ON THIS PROGRAM SEE OUR HEALTHY LIFESTYLES PROGRAMS ON PAGES 52 – 56)

Y-FUSE

Exciting, innovative cardio class that uses sports-inspired drills to get the heart rate pumping. Fast paced effective workout in a short time block. Great for all levels.

Y-VIBE

Feel the vibe and embrace a fitter you. This new multi-level low impact exercise class is designed to get your heart pumping. Be prepared for a rhythmic mixture of aerobic and conditioning movements that will work the whole body. The class integrates easy dance movements to improve mobility and flexibility. Program structure allows you to choose your own intensity level for a workout that suits your needs.

YOGA

Make true relaxation a reality in your life. All body types and skill levels are encouraged to participate. These poses are safe and gentle, yet challenging postures encourage stronger muscles and bones, while simple relaxation techniques release tension from the mind and body.

ZUMBA

Ditch the work-out and join the party! Zumba is a dynamic, danced-based class set to the fusion of Latin and international music featuring aerobic fitness (interval training). You’ll move through a combination of fast and slow rhythms to tone and sculpt your body. Easy to follow, repetitive dance steps make this a fun workout and the time will fly! Dance sneakers or shoes that allow for pivoting are recommended.



“HOW-TO CLASSES”

A perfect entry point to group exercise.

Participants are always welcome to try classes, but may benefit from some “pre” instruction. Technique classes focus on how to use the equipment safely and effectively, break down the components of the class and explain terminology. Classes will be offered the first weekend of each month. Please check with the membership desk and/or the group exercise coordinator for exact times and locations.

Not all classes are offered at all centers, check your local Y schedules for current offerings.

ADULT WELLNESS/ FITNESS

HEALTHY LIFESTYLES PROGRAMS

For Healthy Lifestyles program days, times and fees see page 60.

Healthy Lifestyles programs at the Y go beyond physical activity, to focus on additional lifestyle areas that enhance health and well-being, such as “whole person wellness,” nutrition and weight management and more. The emphasis is on self discovery and learning strategies for successful and sustained behavior change in a positive, supportive and accepting small group environment. To provide the highest level of quality, most of our Healthy Lifestyles programs have been developed in collaboration with a variety of national and local health care, academic and community partners.

STANFORD HEALTH AND LIFESTYLE ASSESSMENT

(Adults)

Available online only

The Stanford Health and Lifestyle Assessment is an online survey designed to help individuals assess their current health and well-being, as well as assess their readiness to make lifestyle changes. After completing this free online assessment, you can generate a printout that outlines your personal health risks and makes suggestions on where to start improving your health and lifestyle habits. This assessment is a perfect starting point for anyone contemplating lifestyle changes and looking for a personal, confidential and quality assessment with an emphasis on health and disease prevention. Go to www.ymcamke.org/healthassessment.

LIVING COMPASS

De-Stress & Live Well with Inner Strength Training

Program Code: 01405

Life has a way of catching up with you. The challenges, distractions, schedules and the stress. Re-discover your inner strength. Build it up and put it to work. The Living Compass Program at the Y provides the tools and resources needed to de-stress. This six-session whole person wellness program combines education and coaching to help you achieve your well-being goals. Includes an eight dimension assessment to see where your stress lies— from here you can focus on goals and action steps that will lead to less stress and improved well being. Session topics include: whole-person wellness, how everything is connected, whatever you pay attention to will grow, change is inevitable, growth is optional and much more. The Y is proud to partner with Samaritan Family Wellness in providing this program. Call 414-357-2820 for more information or to see when the next six-session program will be starting.

Y Members: \$60

Community Participants: \$75

Y-WEAR

GET THE NEW LOOK

ymcamke.org/ywear



“THERE WAS LIFELONG VALUE IN EXPLORING THE DIFFERENT ASPECTS OF LEARNING TO FIND BALANCE IN LIFE.”

– LIVING COMPASS PARTICIPANT

LIVING COMPASS ONE-ON-ONE LIFE COACHING

A 50 minute initial Living Compass Coaching Session will explain the Living Compass Program and assist you in the Living Compass Self Assessment Tool. Based on the Assessment, your coach will help you create a “Mapping Plan” that will detail specific Action Steps you can begin doing today to maximize your chances of creating greater balance and wholeness in your life. You will also receive some very helpful recommendations for resources related to the area of whole-person wellness that you have chosen to address. After completing the initial session, you may choose to join a Living Compass group, sign up for 3, 4, or 6 Living Compass Coaching sessions (25 minutes each) or work on your goals on your own. For more information or to schedule a session please call Megan at 414-357-2820.

Y Members: \$72 for the initial session, \$37.50 for additional sessions, or a package of three additional sessions for \$100.

PATHWAY TO A HEALTHIER WEIGHT

(Adults)

Program Code: 01403

Pathway to a Healthier Weight provides a positive approach to developing and supporting healthy lifestyles with the ultimate goal of achieving a healthy weight. Taught by a dietician and wellness coach, class topics include: small steps to increased physical activity, healthy eating made practical, stress management, emotional eating, dining out and more. The program begins and ends with a one-on-one consultation for personalized attention. Through a partnership between the YMCA of Metropolitan Milwaukee and Wheaton Franciscan Healthcare, this program is designed for those seriously seeking a healthier pathway. The program includes 18 sessions of group support and accountability.

Offered at the Rite-Hite Family YMCA. Contact Megan at 414-357-2820 for more information.

Y Members: \$185

Community Participants: \$235

FREEDOM FROM SMOKING®

Program Code: 01406

Quit smoking for good with the Freedom From Smoking® program of the American Lung Association. In a fun, interactive, small group setting, participants learn how to create a personalized plan to overcome tobacco addiction. The group meets for eight sessions over seven weeks. Topics include: preparing for quit day, lifestyle changes to support quitting, managing stress, avoiding weight gain, developing a new self image and staying quit for good. The program is taught by Y staff, trained as certified instructors by the Lung Association. The program will be offered at various Ys. For more information contact Stephanie at 414-274-0832.

Y Members: \$75

Community Participants: \$100

NEW KIDS AT THE Y

Nutrition, Exercise, Weight Management

Families of children ages 7-15, parents and children both participate

Program Code: 01599

NEW Kids at the Y offers a family centered approach to addressing overweight and obesity in children ages 7-15. Through a series of six weekly classes, designed in collaboration with the staff at Children’s Hospital of Wisconsin and the YMCA of Metropolitan Milwaukee, this program can help families set the stage for successful weight management. Topics include eating more of the right things, serving size awareness, the impact of beverages, understanding appetite, getting active and strategies for changing habits. Families select from a menu of program topics, ensuring that classes meet their specific needs and interests. Parents and children gather together for a portion of the class, but the emphasis for the children is time spent in fun physical activity in a safe and supportive environment.

The program is offered at various centers. Call Stephanie at 414-274-0832 for dates, times and locations that best serve your family.

Y Members: \$60

Community Participants: \$75

ADULT WELLNESS/ FITNESS

HEALTHY LIFESTYLES PROGRAMS CONTINUED

LIVESTRONG at the YMCA®

(Adult cancer survivors)

Program Code: 01402

LIVESTRONG at the YMCA is a 12-week small group exercise program designed for cancer survivors who have become de-conditioned or chronically fatigued as a result of their treatment or disease. While the main goal is to enhance physical functioning (flexibility, strength and endurance) additional goals include reducing the severity of treatment side effects, preventing unwanted weight changes, improving energy levels and boosting self-esteem. This program is a collaboration of the Y and the Lance Armstrong Foundation.



LIVESTRONG

This program is offered at the Tri-County YMCA, Menomonee Falls and the Feith Family Ozaukee YMCA. **Contact mkelivestrong@ymcamke.org or 414-274-0865 for more information.**

Y Members: FREE

Community Participants: FREE

ADULT ACHIEVERS

There are many facets to the Black Achievers Program and Adult Achievers have a variety of opportunities to share their experiences with the students. Adult Achievers are professionals of color interested in serving as advisors, in addition to planning and implementing all components of the program. Each Adult Achiever is sponsored by a local business or community foundation to work with the teens of color participants for one year. Adult Achievers are selected based on their professional efforts, character and dedication to community service. Adult Achievers are expected to complete a minimum of 80 hours of service over the course of their ten month commitment. At the end of the program year, volunteers are encouraged to continue their commitment through our alumni network.

If you are interested in having your company participate as a corporate sponsor, please visit www.ymcamke.org or call the Black Achievers office at 414-374-9418 for more information.

EXERCISE FOR PEOPLE WITH PARKINSON'S

Program Code: 01609

This class is designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. This class includes 30 minutes of group exercise in a studio under the leadership of an instructor (Occupational Therapist and/or Physical Therapist), followed by a half hour in the Wellness Center on the treadmills.

Groups are offered at the Rite-Hite Family YMCA, Brown Deer and at the Southwest YMCA, Greenfield. Contact the Center for information. Contact Megan at 414-357-2820 for more information.

Y Members: \$50/month

Community Participants: \$73/month

SOMETHING'S COOKING

Something's Cooking provides a fun and entertaining skill building experience for adults and families that will encourage and support healthy eating and healthy cooking that is practical and doable for everyday families. It is a great way to re-invigorate families around their own kitchens and family meals; demonstrating that healthy cooking can be convenient, fast, easy, fun, and good for you. A cooking session will be held once each month at various Milwaukee Y locations. Call 414-274-0702 for schedules and registration details.

Y Members: \$5

Community Participants: \$8

Day of registration: \$8

YMCA'S DIABETES PREVENTION PROGRAM YOU CAN TAKE CONTROL

Are you at risk for type 2 diabetes?

Program Code: 01410

The YMCA's Diabetes Prevention Program is a 12-month program which helps those at high risk for developing type 2 diabetes reduce their risk through healthy eating, increased physical activity and weight loss – an approach that has been proven to prevent or delay the onset of the disease by more than half.

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you will meet monthly for the remainder of the 12 months for added support to help you maintain your progress.

Program Goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

You must be overweight and have a diagnosis of pre-diabetes or overweight and at high risk for developing diabetes to qualify for the program. **To find out if you qualify or to register contact Megan @ 414-357-2820 or mradowski@ymcamke.org**

Schedules for the YMCA's Diabetes Prevention Program are forming now. Help shape our schedule with your preferred times, days and locations by calling Megan at 414-357-2820. Classes will begin based on demand. Contact Megan for the most updated class schedule or by visiting our website at www.ymcamke.org

Y Members: \$249

Community Participants: \$314

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

EXERCISE FOR PEOPLE WITH PARKINSON'S

Program Code: 01609

This class is designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. This class includes 30 minutes of group exercise in a studio under the leadership of an instructor (Occupational Therapist and/or Physical Therapist), followed by a half hour in the Wellness Center on the treadmills.

Groups are offered at the Rite-Hite Family YMCA, Brown Deer and at the Southwest YMCA, Greenfield. Contact the Center for information. Contact Megan at 414-357-2820 for more information.

Y Members: \$50/month

Community Participants: \$73/month

SOMETHING'S COOKING

Something's Cooking provides a fun and entertaining skill building experience for adults and families that will encourage and support healthy eating and healthy cooking that is practical and doable for everyday families. It is a great way to re-invigorate families around their own kitchens and family meals; demonstrating that healthy cooking can be convenient, fast, easy, fun, and good for you. A cooking session will be held once each month at various Milwaukee Y locations. Call 414-274-0702 for schedules and registration details.

Y Members: \$5

Community Participants: \$8

Day of registration: \$8

WE ARE CELEBRATING 30 YEARS OF IMPACT IN THE COMMUNITY!

Are you a former achiever? Or adult advisor?

Do you represent a corporation that would like to partner with us? We would like to hear from you! Please contact Executive Director – Shanee' Jenkins at 414 374-9401 or sjenkins@ymcamke.org.

ADULT WELLNESS/ FITNESS

HEALTHY LIFESTYLES PROGRAMS CONTINUED

YMCA'S DIABETES PREVENTION PROGRAM YOU CAN TAKE CONTROL

Are you at risk for type 2 diabetes?

Program Code: 01410

The YMCA's Diabetes Prevention Program helps those at high risk for developing type 2 diabetes reduce their risk through healthy eating, increased physical activity and weight loss – an approach that has been proven to prevent or delay the onset of the disease by more than half.

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you will meet monthly for up to a year for added support to help you maintain your progress.

Program Goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

You must be overweight and have a diagnosis of pre-diabetes or overweight and at high risk for developing diabetes to qualify for the program. **To find out if you qualify or to register contact Megan @ 414-357-2820 or mradowski@ymcamke.org**

Schedules for the YMCA's Diabetes Prevention Program are forming now. Help shape our schedule with your preferred times, days and locations by calling Megan at 414-357-2820. Classes will begin based on demand. Please call Megan for the most updated class schedule or by visiting our website at www.ymcamke.org

Y Members: \$249

Community Participants: \$314

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

WELLNESS CENTER SERVICES

Our Wellness Department is dedicated to delivering life changing experiences that supersede the standard toward developing healthy lifestyles for our members. Our wellness centers are filled with equipment of all types to assist everyone, no matter what your level of fitness and we provide certified staff to assist you in setting goals and achieving them.

WELLNESS ORIENTATION

Your YMCA offers customized 30, 45 and 60 minute training sessions, designed around your busy schedule. Whether this is your first time working out, or your first time in a while, we will help you on the road to better health. Choose from one-on-one or partner coaching sessions that will help you learn to take full advantage of the many resources available to you at the YMCA. Your coach will work with you to create a program that incorporates realistic goals and involves a variety of enjoyable activities that suit your needs and schedule. You'll connect with your coach several times as you get started. Call 414-329-3880 to schedule your orientation.

PERSONAL TRAINING

Real Results

We won't promise an easy, instant transformation, but we will make sure you get a personalized program designed to help you achieve your goals. We focus on an approach that is safe, efficient, easy-to-follow and helps you stay motivated. Whether your goal is to lose weight, recover from injury, tone up, bulk up, or simply just feel better, our expert personal trainers provide plans, coaching and motivation to help you succeed.

Our Personal Trainers can help you achieve the following benefits:

- Decreased risk factors such as hypertension and diabetes
- Improved mental outlook, more energy and self-confidence
- Increased health awareness
- Reduced stress levels
- Increased strength for everyday living
- Reduced body fat and increased lean body mass

Need some motivation to achieve your goals? Personal training might be right for you. Make your appointment today.

Proven Expertise

All of our personal trainers are nationally certified and have extensive experience creating programs that work for our members and guests. Our designed programs will be tailored to your specific needs, wants and goals. All sessions are conducted by our expert staff and can include sports-specific training, weight management assistance, lifestyle changes, and learning new exercises/routines.

Our personal trainers can meet you almost any time during Y operating hours. All trainers have college degrees in the field of exercise science and/or certifications by nationally recognized organizations. Our trainers are motivating, enthusiastic and ready to help you reach your fitness and wellness goals.

Rates

Individual Training Fees

30 minute consultation: Free for Y members

Y Member: \$60 per hour

Purchase 6 or more @ \$50 per hour

Community Participant: \$75 per hour session

Partner Training Fee

Share a personal trainer with a friend(s). You and a friend(s) can work out together under the guidance and motivation of one of our nationally certified trainers.

2 people: \$30/person per hour session (\$60 per hour session)

3 people: \$25/person per hour session (\$75 per hour session)

4 people: \$20/person per hour session (\$80 per hour session)

By appointments only. Flexible to your needs. Register at the Membership Desk or contact Jason at 414-274-0801.

ADULT WELLNESS/ FITNESS

WELLNESS CENTER SERVICES CONTINUED

WELLNESS TEAM CHALLENGE!

Looking for an exciting way to keep motivated with your health and fitness goals? Taking part in our Wellness Challenge Series may be just the answer for you!*

Meet new workout buddies, learn new exercise routines or take a new class with support from your team members and leader. Teams will earn points through minutes exercising individually, or even better, earn bonus points when exercising with members from your team. Teams will compete against other teams at their specific center along with an association wide competition.

Prizes will be awarded to the winning teams. Each week of the program will also highlight different health and fitness programs throughout the Y to earn even more bonus points with your team. Earn points and win a variety of prizes! For more details please ask a member of the wellness staff.

*Must be a Y Member to participate in the Wellness Challenge Series programs.

SUMMER SHAPE UP (MAY 7 – JUNE 17)

Looking for an exciting way to keep motivated with your health and fitness goals this summer? Taking part in Summer Shape Up may be just the answer for you! A fun and energetic six-week program designed to freshen up your fitness routine. Each week will highlight different Y classes and healthy recipes. You can even earn points for participating in local runs/walks. Sign up on a team led by a Y staff member or start your own team!

Looking for that competitive edge? Choose to participate in the competitive category. Searching for ongoing motivation, support and fun? Try our recreational category.

Show us your team spirit this summer at the Y! For more details please ask a member of the wellness staff. Offered at all centers.

ADULT ACHIEVERS

There are many facets to the Black Achievers Program and Adult Achievers have a variety of opportunities to share their experiences with the students. Adult Achievers are professionals of color interested in serving as advisors, in addition to planning and implementing all components of the program. Each Adult Achiever is sponsored by a local business or community foundation to work with the teens of color participants for one year. Adult Achievers are selected based on their professional efforts, character and dedication to community service. Adult Achievers are expected to complete a minimum of 80 hours of service over the course of their ten month commitment. At the end of the program year, volunteers are encouraged to continue their commitment through our alumni network.

If you are interested in having your company participate as a corporate sponsor, please visit www.ycamke.org or call the Black Achievers office at 414-374-9418 for more information.

NEW

INTRODUCING TRX® SMALL GROUP TRAINING

TRX Suspension Training is a new approach to exercise that leverages one's own body weight and the force of gravity. It is designed to develop strength, balance, flexibility, endurance, coordination and core stability all simultaneously. The system utilizes a system of straps, buckles and grips (called a "suspension trainer") that allows the user to work against their own body weight. TRX Suspension Training harnesses your own bodyweight to create resistance as you work out and allows you to adjust the degree of difficulty, regardless of your fitness level, age or fitness goals! TRX Suspension Training is offered in small group training and as one-on-one training formats. (Fee Based.)

ACTIVE OLDER ADULTS (AGES 55 AND UP)

ACTIVE OLDER
ADULTS

Active Older Adult programming at the Y is vibrant and dynamic with a variety of opportunities to match the interests of members. To keep physically active, there are a wide range of group exercise classes to choose from, including water exercise and SilverSneakers® classes.

ACTIVE OLDER ADULTS

(AGES 55 AND UP)

Active Older Adult programming at the Y is vibrant and dynamic with a variety of opportunities to match the interests of members. To keep physically active, there are a wide range of group exercise classes to choose from, including water exercise and SilverSneakers® classes. Gathering places are available at our Centers for those who want to relax after exercising and chat over a cup of coffee with old friends or new friends. Informational programs on various topics are offered to exercise the mind while regular socials, potlucks and other events feed the spirit. For those with a sense of adventure, day trips to shows, museums, shopping and other educational, recreational or entertainment venues are regularly scheduled. Maximize your membership and take full advantage of what your Y has to offer!

HI LOW AEROBICS

You choose your level of intensity by controlling the size of your movement (i.e. how high you lift your knees). You'll be led through a variety of exercises that will include low impact, simple-to-follow exercise patterns to improve cardiovascular fitness, endurance and balance. Some muscle conditioning (strengthening) is included for a total body workout.



SILVERSNEAKERS® PROGRAMS

SilverSneakers is an innovative national exercise program specifically designed for the unique health and physical needs of older adults. The SilverSneakers Program is taught by a certified instructor and focuses on improving strength, flexibility, balance and coordination. Plus, you'll enjoy the great music and camaraderie of your fellow participants.

SILVERSNEAKERS I –

MUSCULAR STRENGTH AND RANGE OF MOTION

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.



HEALTHY LIFESTYLES

To better serve our communities, we are continuing to grow and expand our programs across the YMCA of Metropolitan Milwaukee Association. Many of our Healthy Lifestyles programming run according to demand per session, therefore classes can be added or changed. Go to www.ymcamke.org/schedules for updated class schedules or call 414-274-0702 for more information.

SPRING (APRIL 16 – JUNE 3)

CLASS	CENTER	TIME	START	END	PROGRAM #	MEMBER	CP*
MONDAY							
NEW Kids at the Y	Feith Family Ozaukee	6:15 – 7:15 pm	4/23	6/4	1599	\$60.00	\$75.00
Living Compass	South Shore	6:15 – 7:30 pm	4/16	5/21	1405	\$60.00	\$75.00
Living Compass	Rite-Hite Family	6:15 – 7:30 pm	4/16	5/21	1405	\$60.00	\$75.00
WEDNESDAY							
NEW Kids at the Y	Rite- Hite Family	5:30 – 6:30 pm	4/25	5/30	1599	\$60.00	\$75.00
NEW Kids at the Y	West Suburban	6:00 – 7:00 pm	4/25	5/30	1599	\$60.00	\$75.00
Living Compass	Southwest	6:15 – 7:30 pm	4/18	5/23	1405	\$60.00	\$75.00
THURSDAY							
NEW Kids at the Y	South Shore	6:00 – 7:00 pm	4/26	5/31	1599	\$60.00	\$75.00
NEW Kids at the Y	Northside	6:30 – 7:30 pm	4/26	5/31	1599	\$60.00	\$75.00
NEW Kids at the Y	Southwest	6:00 – 7:00 pm	4/26	5/31	1599	\$60.00	\$75.00
MONDAY & WEDNESDAY							
LIVESTRONG at the YMCA	Feith Family Ozaukee	11:30 – 12:45 pm	5/14	8/6	1402	Free	Free
MONDAY & THURSDAY							
Exercise for People with Parkinson's	Southwest	1:00 – 2:00 pm	Monthly Basis		1609	\$50.00	\$73.00
TUESDAY & THURSDAY							
LIVESTRONG at the YMCA	Tri-County	1:00 – 2:15 pm	5/15	8/7	1402	Free	Free
Exercise for People with Parkinson's	Rite-Hite	1:30 – 3:00 pm	Monthly Basis		1609	\$50.00	\$73.00

SUMMER (JUNE 18 – AUGUST 26)

CLASS	CENTER	TIME	START	END	PROGRAM #	MEMBER	CP*
MONDAY							
Pathway to a Healthier Weight	Rite-Hite Family	6:30 – 8:00 pm	6/4	10/15	1403	\$185.00	\$235.00
TUESDAY							
Living Compass	West Suburban	6:15 – 7:30 pm	6/18	7/23	1405	\$60.00	\$75.00
WEDNESDAY							
NEW Kids at the Y	West Suburban	6:00 – 7:00pm	6/20	8/1	1599	\$60.00	\$75.00
THURSDAY							
NEW Kids at the Y	Southwest	6:00 – 7:00 pm	6/21	8/2	1599	\$60.00	\$75.00
MONDAY & THURSDAY							
Exercise for People with Parkinson's	Southwest	1:00 – 2:00 pm	Monthly Basis		1609	\$50.00	\$73.00
TUESDAY & THURSDAY							
Exercise for People with Parkinson's	Rite-Hite	1:00 – 3:00 pm	Monthly Basis		1609	\$50.00	\$73.00

*CP = Community Participants



SPRING (APRIL 16 – JUNE 3) SUMMER (JUNE 18 – AUGUST 26)

CLASS	LOCATION	AGE	TIME	START	END	PROGRAM #	MEMBER	CP*
MONDAY								
Young Athletes	Feith Family Ozaukee YMCA	3-5	9:15 – 10:00am	4/16	5/28	05105-01	\$33.00	\$47.00
Young Athletes	Tri-County YMCA	3-6	9:15 – 10:00am	4/16	5/21	05251-01	\$28.00	\$47.00
Young Athletes	Tri-County YMCA	3-6	9:15 – 10:00am	6/18	8/20	05251-01	\$47.00	\$67.00
Waterwheels	Southwest YMCA	Adult	12:00 – 12:45pm	4/16	5/21	01613-01	\$53.00	\$79.00
Waterwheels	Southwest YMCA	Adult	12:00 – 12:45pm	6/18	8/20	01613-01	\$105.00	\$158.00
Exercise For Parkinson's	Southwest YMCA	18+	1:00 – 2:00pm	Monthly		01609-00	\$50.00	\$73.00
Young Athletes	South Shore YMCA	3-5	1:45 – 2:30pm	4/16	5/21	05152-02	\$28.00	\$41.00
Young Athletes	South Shore YMCA	3-5	1:45 – 2:30pm	6/18	8/20	05152-02	\$47.00	\$67.00
Young Athletes	Rite-Hite Family YMCA	4-6	5:30 – 6:15pm	4/16	5/21	05152-01	\$28.00	\$41.00
TUESDAY								
Young Athletes	Rite-Hite Family YMCA	3-6	9:10 – 9:55am	4/17	5/29	05152-10	\$33.00	\$47.00
Young Athletes	West Suburban YMCA	3-5	9:15 – 10:00am	4/17	5/29	05152-10	\$33.00	\$47.00
Young Athletes	Northside YMCA	3-5	10:00 – 10:45am	6/19	8/21	05152-12	\$19.00	\$19.00
Exercise For Parkinson's	Rite-Hite Family YMCA	18+	1:30 – 3:00pm	Monthly		01609-00	\$50.00	\$73.00
Young Athletes	West Suburban YMCA	4-6	5:00 – 5:45pm	4/17	5/29	05152-11	\$33.00	\$47.00
Youth Adaptive Swim	Tri-County YMCA	4-6	5:15 – 5:45pm	4/17	5/29	02254-01	\$33.00	\$47.00
Youth Adaptive Swim	Tri-County YMCA	4-6	5:15 – 5:45pm	6/18	8/20	02254-01	\$47.00	\$67.00
Youth Adaptive Swim	Tri-County YMCA	6-9	6:00 – 6:30pm	4/17	5/29	02254-02	\$33.00	\$47.00
Youth Adaptive Swim	Tri-County YMCA	6-9	6:00 – 6:30pm	6/18	8/20	02254-02	\$47.00	\$67.00
Adaptive Swim with Aid	Tri-County YMCA	3-15	6:00 – 6:45pm	4/17	5/29	02253-50	\$33.00	\$47.00
Adaptive Swim with Aid	Tri-County YMCA	3-15	6:00 – 6:45pm	6/18	8/20	02253-50	\$47.00	\$67.00
Youth Adaptive Swim	Tri-County YMCA	9-15	6:45 – 7:15pm	4/17	5/29	02254-03	\$33.00	\$47.00
Youth Adaptive Swim	Tri-County YMCA	9-15	6:45 – 7:15pm	6/18	8/20	02254-03	\$47.00	\$67.00
Adult Adaptive Swim	Tri-County YMCA	16+	7:00 – 7:45pm	4/17	5/29	02255-01	\$33.00	\$47.00
Adult Adaptive Swim	Tri-County YMCA	16+	7:00 – 7:45pm	6/18	8/20	02255-01	\$47.00	\$67.00
WEDNESDAY								
Young Athletes	Tri-County YMCA	3-5	9:15 – 10:00am	4/18	5/30	05252-20	\$33.00	\$47.00
Young Athletes	Tri-County YMCA	3-6	9:15 – 10:00am	6/20	8/22	05252-20	\$47.00	\$67.00
PreSchool Adaptive Swim	Feith Family Ozaukee YMCA	3-7	4:30 – 5:15pm	4/18	5/30	02254-20	\$33.00	\$47.00
PreSchool Adaptive Swim	Feith Family Ozaukee YMCA	3-7	4:30 – 5:15pm	6/20	8/22	02254-21	\$47.00	\$67.00
Young Athletes	Tri-County YMCA	4-7	5:00 – 5:45pm	4/18	5/30	05252-21	\$33.00	\$47.00
Youth Adaptive Swim	Feith Family Ozaukee YMCA	8-14	5:20 – 6:05pm	4/18	5/30	02254-20	\$33.00	\$47.00
Youth Adaptive Swim	Feith Family Ozaukee YMCA	8-14	5:20 – 6:05pm	6/20	8/22	02254-21	\$47.00	\$67.00
Young Athletes	Tri-County YMCA	4-7	5:30 – 6:15pm	6/20	8/22	05252-21	\$47.00	\$67.00

*CP = Community Participants



INCLUSIVE

SPRING (APRIL 16 – JUNE 3)

SUMMER (JUNE 18 – AUGUST 26)

CLASS	LOCATION	AGE	TIME	START	END	PROGRAM #	MEMBER	CP*
WEDNESDAY continued								
Young Athletes	Feith Family Ozaukee YMCA	3-5	5:00 – 5:45pm	4/18	5/30	05152-21	\$33.00	\$47.00
Young Athletes	Feith Family Ozaukee YMCA	3-5	5:00 – 5:45pm	6/20	8/22	05152-21	\$47.00	\$67.00
Youth Adaptive Swim	South Shore YMCA	6-12	6:15 – 7:00pm	4/18	5/30	02254-20	\$33.00	\$47.00
Youth Adaptive Swim	South Shore YMCA	6-12	6:15 – 7:00pm	6/20	8/22	02254-20	\$47.00	\$67.00
THURSDAY								
Exercise For Parkinson's	Southwest YMCA	18+	1:00 – 2:00pm	Monthly		01609-00	\$50.00	\$73.00
Exercise For Parkinson's	Rite-Hite Family YMCA	18+	1:30 – 3:00pm	Monthly		01609-00	\$50.00	\$73.00
Young Athletes	Feith Family Ozaukee YMCA	3-5	10:00 – 10:45am	6/21	8/23	05152-31	\$47.00	\$67.00
Youth Adaptive Swim	West Suburban YMCA	6-12	6:10 – 6:55pm	4/19	5/31	02254-34	\$33.00	\$47.00
Youth Adaptive Swim	West Suburban YMCA	6-12	6:10 – 6:55pm	6/21	8/23	02254-34	\$47.00	\$67.00
Youth Adaptive Swim W/Aid	West Suburban YMCA	5-10	6:20 – 6:50pm	4/19	5/31	02253-30	\$33.00	\$47.00
Youth Adaptive Swim W/Aid	West Suburban YMCA	5-10	6:20 – 6:50pm	6/21	8/23	02253-30	\$47.00	\$67.00
FRIDAY								
Young Athletes	South Shore YMCA	3-5	9:00 – 9:45am	6/22	8/24	05152-40	\$47.00	\$67.00
Young Athletes	South Shore YMCA	3-5	10:00 – 10:45am	4/20	6/1	05152-40	\$33.00	\$47.00
SATURDAY								
Young Athletes	Northside YMCA	3-5	9:00 – 10:00am	4/21	6/2	05200-50	\$19.00	\$19.00
Young Athletes	West Suburban YMCA	4-5	12:15 – 1:00pm	4/21	6/2	05152-50	\$33.00	\$47.00
Young Athletes	West Suburban YMCA	4-5	12:15 – 1:00pm	6/23	8/25	05152-50	\$47.00	\$67.00
Young Athletes	West Suburban YMCA	6-7	12:15 – 1:00pm	4/21	6/2	05152-51	\$33.00	\$47.00
Young Athletes	West Suburban YMCA	6-7	12:15 – 1:00pm	6/23	8/25	05152-51	\$47.00	\$67.00

*CP = Community Participant

“LEARNING NEW HEALTHY COOKING TECHNIQUES IS PRICELESS, THANK YOU FOR OFFERING THIS PROGRAM.”

– SOMETHING'S COOKING PARTICIPANT

(FOR INFORMATION ON THIS PROGRAM SEE OUR HEALTHY LIFESTYLES PROGRAMS ON PAGES 52 – 56)



SPRING (APRIL 16 - JUNE 3)

PARENT/CHILD SWIM LESSONS

Offerings available for Spring Session

CLASS	AGE	TIME	PROGRAM	MEMBERS	CP'
MONDAY					
SKIP	0-2	7:15 - 7:45pm	02200-01	\$19	\$26
WEDNESDAY					
Pike w/ Parent	3-5	5:15 - 5:45pm	02210-01	\$19	\$26
SATURDAY					
Skipper	0-2	9:30 - 10:00am	02200-02	\$19	\$26

PRESCHOOL SWIM LESSONS

Offerings available for Spring Session

MONDAY					
Preschool Block	3-5	5:50 - 6:20pm	02211-01	\$19	\$26
TUESDAY					
Pike	3-5	4:30 - 5:00pm	02212-01	\$19	\$26
Eel	3-5	5:05 - 5:35pm	02213-01	\$19	\$26
Pike	3-5	5:40 - 6:10pm	02212-02	\$19	\$26
Ray/Starfish	3-5	6:15 - 6:45pm	02214-01	\$19	\$26
WEDNESDAY					
Preschool Block	3-5	5:50 - 6:20pm	02211-02	\$19	\$26
THURSDAY					
Pike	3-5	4:45 - 5:15pm	02212-03	\$19	\$26
Eel	3-5	5:20 - 5:50pm	02213-02	\$19	\$26
Pike	3-5	5:55 - 6:25pm	02212-04	\$19	\$26
Ray/Starfish	3-5	6:30 - 7:00pm	02214-02	\$19	\$26
SATURDAY					
Pike	3-5	11:25 - 11:55am	02212-06	\$19	\$26
Eel+	3-5	10:05 - 10:35am	02213-03	\$19	\$26
Pike+	3-5	10:50 - 11:20am	02212-05	\$19	\$26

YOUTH SWIM LESSONS

Offerings available for Spring Session

MONDAY					
Youth Block (6-8)	6-8	6:25 - 7:10pm	02220-01	\$19	\$26
Youth Block (9-11)	9-11	5:00 - 5:45pm	02221-01	\$19	\$26
TUESDAY					
Minnow	6-11	4:30 - 5:15pm	02224-01	\$19	\$26
Guppy	6-11	5:25 - 6:10pm	02223-01	\$19	\$26
WEDNESDAY					
Youth Block (6-8)	6-8	6:25 - 7:10pm	02220-02	\$19	\$26
THURSDAY					
Polliwog	6-11	4:30 - 5:15pm	02222-01	\$19	\$26
Guppy	6-11	5:25 - 6:10pm	02223-02	\$19	\$26

YOUTH SWIM LESSONS

Continued

TIME	AGE	CLASS	PROGRAM	MEMBERS	CP'
SATURDAY					
Youth Block (6-8)	6-8	9:15 - 10:00am	02220-03	\$19	\$26
Youth Block (9-11) +	9-11	11:05 - 11:50am	02221-02	\$19	\$26
Youth Block (6-8) +	6-8	10:05 - 10:50am	02220-04	\$19	\$26

SPECIALTY SWIM LESSONS

Offerings available for Spring Session

MONDAY					
Power Splash	16 & up	9:00 - 9:45am	02242-01	\$0	\$47
Power Splash	16 & up	6:00 - 6:45pm	02242-02	\$7	\$47
TUESDAY					
Swim Team	8-16	6:15 - 7:15pm	02232-01	\$19	\$26
WEDNESDAY					
Adult Intermediate Swim Lessons	16 & up	11:00 - 11:45am	02241-01	\$19	\$26
Power Splash	16 & up	9:00 - 9:45am	02242-03	Free	\$47
Adult Water Comfort and Basics	16 & up	10:00 - 10:45am	02240-01	\$19	\$26
Power Splash	16 & up	6:00 - 6:45pm	02242-04	\$7	\$47
Adult Water Comfort and Basics	16 & up	7:15 - 8:00pm	02240-02	\$19	\$26
THURSDAY					
Swim Team	8-16	7:15 - 8:15pm	02232-01	\$19	\$26
Adult Water Comfort and Basics	16 & up	7:15 - 8:00pm	02240-03	\$19	\$26
FRIDAY					
Power Splash	16 & up	9:00 - 9:45am	02242-05	Free	\$47
Swim Team	8-16	4:30 - 5:30pm	02232-01	\$19	\$26
SATURDAY					
Teen Swim Lessons	13-18 yrs	11:55 - 12:40pm	02230-01	\$19	\$26
+ PLAY	6-11	10:50 - 11:05am	02215-01	\$7	\$7
+ PLAY	3-5	10:35 - 10:50am	02215-02	\$7	\$7

*CP = Community Participants

+PLAY

Please look for any class that has a "+" next to the name! These classes are eligible for an additional 15 minutes of supervised pool play time ADDED to the class for only \$7 per session.

Discounted pricing available through generous donations to the YMCA's Annual Campaign. See membership desk for more information.



YOUTH DEVELOPMENT

SPRING (APRIL 16 – JUNE 3)

CLASS	AGE	TIME	START	END	LOCATION	PROGRAM	MEMBER	CP*
MONDAY								
Beginning Ballet	3-5	10:00 – 10:45am	4/16	5/28	Northside YMCA	05130-01	\$19.00	\$26.00
Track	6-12	5:00 – 6:00pm	4/16	5/28	Northside YMCA	05726-01	\$19.00	\$26.00
Basketball	8-12	6:00 – 7:00pm	4/16	5/28	Northside YMCA	05252-02	\$19.00	\$26.00
TUESDAY								
Track	3-5	10:00 – 10:30am	4/17	5/29	Northside YMCA	05600-10	\$19.00	\$26.00
Soccer	3-5	10:30 – 11:00am	4/17	5/29	Northside YMCA	05151-10	\$19.00	\$26.00
Painting Picassos	3-5	11:00 – 11:45am	4/17	5/29	Northside YMCA	05100-10	\$19.00	\$26.00
Basketball	3-5	5:30 – 6:30pm	4/17	5/29	Parklawn YMCA	05154-10	\$19.00	\$26.00
Soccer	4-7	6:30 – 7:30pm	4/17	5/29	Parklawn YMCA	05224-10	\$19.00	\$26.00
WEDNESDAY								
12-14 yr old Basketball League	12-14	5:00 – 8:00pm	5/17	7/12	Northside YMCA	05252-20	\$150/team	\$150/team
Floor Hockey	6-12	5:30 – 6:30pm	4/17	5/29	Parklawn YMCA	05256-20	\$19.00	\$26.00
Basketball	7-12	6:30 – 7:30pm	4/17	5/29	Parklawn YMCA	05252-20	\$19.00	\$26.00
THURSDAY								
Teddy Tumblers	3-5	10:00 – 10:45am	4/19	5/31	Northside YMCA	05126-30	\$19.00	\$26.00
Cheerleading	6-up	6:00 – 7:00pm	4/19	5/31	Parklawn YMCA	05225-30	\$19.00	\$26.00
SATURDAY								
Young Athletes	3-5	9:00 – 10:00am	4/21	6/2	Northside YMCA	05152-50	\$19.00	\$26.00
Basketball-Shooting Skills	4-7	10:00 – 10:30am	4/21	6/2	Northside YMCA	05252-52	\$13.00	\$19.00
Basketball-Dribbling Skills	4-7	10:30 – 11:00am	4/21	6/2	Northside YMCA	05252-53	\$13.00	\$19.00
Advanced Basketball	13-18	11:00 – 12:00pm	4/21	6/2	Northside YMCA	05300-50	\$19.00	\$26.00
Martial Arts	5-up	12:30 – 2:30pm	4/21	6/2	Northside YMCA	05500-50	\$19.00	\$26.00
3 on 3 Basketball League	13-17	12:30 – 3:30pm	5/20	7/15	Northside YMCA	05300-51	\$60/team	\$60/team
Competitive Cheerleading	4-up	1:00 – 3:00pm	4/21	6/2	Northside YMCA	05200-50	\$19.00	\$26.00

*CP = Community Participant

Discounted pricing available through generous donations to the YMCA's Annual Campaign. See membership desk for more information.



SUMMER (JUNE 18 – AUGUST 26)

PARENT/CHILD SWIM LESSONS

Offerings available for Summer Session

TIME	AGE	CLASS	PROGRAM	MEMBERS	CP*
MONDAY					
Pike with Parent	3-5	7:00 – 7:30pm	02210-01	\$19	\$26
WEDNESDAY					
Shrimp, Kipper, Inia, Perch	3-5	4:30 – 5:00pm	02212-01	\$19	\$26
SATURDAY					
Shrimp, Kipper, Inia, Perch	6mo-3	9:30 – 10:00am	02200-02	\$19	\$26

PRESCHOOL SWIM LESSONS

Offerings available for Summer Session

TIME	AGE	CLASS	PROGRAM	MEMBERS	CP*
MONDAY					
Eel	3-5	5:00 – 5:30pm	02213-01	\$19	\$26
Ray/Starfish	3-5	5:40 – 6:10pm	02214-01	\$19	\$26
Pike	3-5	6:20 – 6:50pm	02212-01	\$19	\$26
WEDNESDAY					
Pike	3-5	5:00 – 5:30pm	02212-02	\$19	\$26
Eel	3-5	5:40 – 6:10pm	02213-02	\$19	\$26
Ray/Starfish	3-5 yrs	6:20 – 6:50pm	02214-02	\$19	\$26
SATURDAY					
Eel+	3-5 yrs	10:05 – 10:35am	02213-03	\$19	\$26
Pike+	3-5 yrs	10:50 – 11:20am	02212-03	\$19	\$26
Pike	3-5 yrs	11:25 – 11:55pm	02212-04	\$19	\$26

YOUTH SWIM LESSONS

Offerings available for Summer Session

TIME	AGE	CLASS	PROGRAM	MEMBERS	CP*
MONDAY					
Minnow	6-11	4:45 – 5:30pm	02224-01	\$19	\$26
Guppy	6-11	5:40 – 6:25pm	02223-01	\$19	\$26
Polliwog	6-11	6:35 – 7:20pm	02222-01	\$19	\$26
WEDNESDAY					
Polliwog	6-11	4:45 – 5:30pm	02222-02	\$19	\$26
Minnow	6-11	5:40 – 6:25pm	02224-02	\$19	\$26
Guppy	6-11	6:35 – 7:20pm	02223-02	\$19	\$26
SATURDAY					
Youth Block (6-8)	6-8	9:15 – 10:00am	02220-02	\$19	\$26
Youth Block (9-11)	9-11	10:05 – 10:50am	02221-01	\$19	\$26
Youth Block (6-8)	6-8	11:05 – 11:50am	02220-03	\$19	\$26

*CP = Community Participants

SPECIALTY SWIM LESSONS

Offerings available for Summer Session

TIME	AGE	CLASS	PROGRAM	MEMBERS	CP*
MONDAY					
Power Splash	16 & up	9:00 – 9:45am	02242-01	\$0	\$47
Power Splash	16 & up	6:00 – 6:45pm	02242-02	\$7	\$47
Adult Water Comfort and Basics	16 & up	7:30 – 8:15pm	02240-01	\$19	\$26
TUESDAY					
Swim Team	6-17	6:45 – 7:45pm	02232-01	\$19	\$26
WEDNESDAY					
Adult Water Comfort and Basics	16 & up	7:30 – 8:15pm	02240-03	\$19	\$26
Power Splash	16 & up	9:00 – 9:45am	02242-03	Free	\$47
Power Splash	16 & up	6:00 – 6:45pm	02242-04	\$7	\$47
THURSDAY					
Swim Team	6-17	6:45 – 7:45pm	02232-01	\$19	\$26
FRIDAY					
Power Splash	16 & up	9:00 – 9:45am	02242-05	Free	\$47
Swim Team	6-17	4:30 – 5:30pm	02232-01	\$19	\$26
SATURDAY					
Teen Swim Lessons	13-18	12:00 – 12:45pm	02230-01	\$19	\$26
+PLAY	6-11	10:50 – 11:05am	02215-02	\$7	\$7
+PLAY	3-5	10:35 – 10:50am	02215-01	\$7	\$7
TWO TIMES A WEEK LESSONS					
Offerings available for Summer Session					
6/19 – 7/19 – TUESDAYS and THURSDAYS					
NO CLASSES WEEK OF 7/2 – 7/8*					
Preschool Block (3-5)	3-5	4:30 – 5:00pm	02211-01	\$19	\$26
Youth Block (6-8)	6-8	5:10 – 5:55pm	02220-01	\$19	\$26
Preschool Block (3-5)	3-5	6:05 – 6:35pm	02211-02	\$19	\$26
7/24 – 8/17 – TUESDAYS and THURSDAYS					
Preschool Block (3-5)	3-5	4:30 – 5:00pm	02211-03	\$19	\$26
Youth Block (6-8)	6-8	5:10 – 5:55pm	02220-04	\$19	\$26
Preschool Block (3-5)	3-5	6:05 – 6:35pm	02211-04	\$19	\$26
6/18 – 7/18 – MONDAYS AND WEDNESDAYS					
NO CLASSES WEEK OF 7/2 – 7/8*					
Adult Water Comfort	16 & up	10:00 – 10:45am	02240-02	\$19	\$26
Adult Intermediate	16 & up	11:00 – 11:45am	02241-01	\$19	\$26
7/23 – 8/16 – MONDAYS AND WEDNESDAYS					
Adult Water Comfort	16 & up	10:00 – 10:45am	02240-04	\$19	\$26
Adult Intermediate	16 & up	11:00 – 11:45am	02241-02	\$19	\$26

+PLAY

Please look for any class that has a "+" next to the name! These classes are eligible for an additional 15 minutes of supervised pool play time ADDED to the class for only \$7 per session.

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YOUTH DEVELOPMENT

SUMMER (JUNE 18 – AUGUST 26)

CLASS	AGE	TIME	START	END	LOCATION	PROGRAM	MEMBER	CP*
MONDAY								
Beginning Ballet	3-5	10:00 – 10:45am	6/18	8/20	Northside YMCA	05130-01	\$19.00	\$26.00
Football	8-12	5:00 – 6:00pm	6/18	8/20	Northside YMCA	05257-01	\$19.00	\$26.00
Advanced Basketball	8-12	6:00 – 7:00pm	6/18	8/20	Northside YMCA	05252-02	\$19.00	\$26.00
TUESDAY								
Young Athletes	3-5	10:00 – 10:30am	6/19	8/21	Northside YMCA	05152-12	\$19.00	\$26.00
T-ball	3-5	10:30 – 11:00am	6/19	8/21	Northside YMCA	05150-10	\$19.00	\$26.00
Painting Picassos	3-5	5:00 – 5:45pm	6/19	8/21	Northside YMCA	05100-10	\$19.00	\$26.00
Basketball	3-5	5:30 – 6:30pm	6/19	8/21	Parklawn YMCA	05154-10	\$19.00	\$26.00
Soccer	4-7	6:30 – 7:30pm	6/19	8/21	Parklawn YMCA	05224-10	\$19.00	\$26.00
WEDNESDAY								
Basketball Camp	7-9	9:00 – 10:30am	8/1	8/1	Northside YMCA	05252-21	\$15.00	\$20.00
Basketball Camp	10-12	10:30 – 12:00pm	8/1	8/1	Northside YMCA	05252-22	\$15.00	\$20.00
Floor Hockey	6-12	5:30 – 6:30pm	6/20	8/22	Parklawn YMCA	05226-20	\$19.00	\$26.00
Basketball	7-12	6:30 – 7:30pm	6/20	8/22	Parklawn YMCA	05252-20	\$19.00	\$26.00
THURSDAY								
Teddy Tumblers	3-5	10:00 – 10:45am	6/21	8/23	Northside YMCA	05126-30	\$19.00	\$26.00
Basketball Camp	7-9	9:00 – 10:30am	8/2	8/2	Northside YMCA	05252-21	\$15.00	\$20.00
Basketball Camp	10-12	10:30 – 12:00pm	8/2	8/2	Northside YMCA	05252-22	\$15.00	\$20.00
12-14 year old Basketball League	12-14	5:00 – 8:00pm	5/17	7/12	Parklawn YMCA	05252-30	\$150/team	\$150/team
Cheerleading	6-up	6:00 – 7:00pm	6/20	8/22	Parklawn YMCA	05225-30	\$19.00	\$26.00
FRIDAY								
Basketball Camp	7-9	9:00 – 10:30am	8/3	8/3	Northside YMCA	05252-21	\$15.00	\$20.00
Basketball Camp	10-12	10:30 – 12:00pm	8/3	8/3	Northside YMCA	05252-22	\$15.00	\$20.00
14-18 year old Basketball	14-18	5:00 – 8:00pm	5/18	7/13	Parklawn YMCA	05300-40	\$150/team	\$150/team
SATURDAY								
Basketball	3-5	9:00 – 10:00am	6/23	8/25	Northside YMCA	05154-50	\$19.00	\$26.00
Basketball–Shooting Skills	4-7	10:00 – 10:30am	6/23	8/25	Northside YMCA	05252-52	\$13.00	\$19.00
Basketball–Dribbling Skills	4-7	10:30 – 11:00am	6/23	8/25	Northside YMCA	05252-53	\$13.00	\$19.00
Advanced Basketball	13-18	12:00 – 1:00pm	6/23	8/25	Northside YMCA	05300-50	\$19.00	\$26.00
Martial Arts	5-up	12:30 – 2:30pm	6/23	8/25	Northside YMCA	05500-50	\$19.00	\$26.00
Competitive Cheerleading	4-up	1:00 – 3:00pm	6/23	8/25	Northside YMCA	05200-50	\$19.00	\$26.00

*CP = Community Participant

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MEMBERSHIP BENEFITS

Being a part of the Y family, you'll discover that you are part of a powerful nonprofit association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

MEMBERSHIP CATEGORIES

The YMCA of Metropolitan Milwaukee believes in providing membership and program services to all who desire to participate. We offer the following membership plan categories:

- **Youth/Young Adult** (Ages 10-24)
- **Individual** (Ages 25-64)
- **Household with Children is defined as a maximum of 3 adults living at the same address sharing expenses.** Membership can include dependent children of adult(s).
- **Two-Adult Household is defined as two adults living at the same address sharing expenses.**
- **Senior Individual** (Age 65+)
- **Senior Household** is defined as a maximum of three adults living at the same address. One adult must be 65 years or older. Membership can include dependent children of either adult.

BASIC MEMBERSHIP

- Full access to all Metropolitan Milwaukee YMCAs
- Priority registration
- Wellness orientation
- Reduced fees on programs
- FitLinxx tracking tool
- AWAY privileges at Ys across the nation
- Dozens of free classes (Adult fitness)
- No contracts

CUSTOMIZABLE ADD-ON PLANS

The YMCA offers many customizable options to enhance your membership plan, including:

- Shower towel service
- Unlimited Child Watch
- Kit locker with laundry (includes towels)
- Annual Giving Campaign donation
- Child guest pass for Household with Children (designed so children can bring in a friend each time they visit with an adult in their family. Guest must be 15 years or younger. Child supervision rules apply. Limit one guest per family per visit.)

CORPORATE MEMBERSHIPS

The YMCA Corporate Wellness Program is a great way for companies to promote the benefits of exercise to their employees and families. Once a company becomes involved in our program, employees will receive a free trial week and if they join, one free month. The YMCA Corporate Wellness Program also offers many other options for companies to enhance their wellness program.

PAYMENT OPTIONS

No contracts. Joining fee is applied to all new joins or re-joins. Membership can be paid for by convenient monthly automatic bank draft (Electronic Funds Transfer or EFT), or by paying the full annual rate using cash, check or Visa/MasterCard. (Returned EFT bank drafts will be assessed a Non Sufficient Funds fee.) Classes must be paid for at the time of registration using cash, check, MasterCard or Visa.

Y MEMBERSHIP AND PROGRAM SCHOLARSHIP

The YMCA's Scholarship Program, supported in part through contributions to the Annual Giving Campaign, provides membership and program scholarships to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected and secure.

PROGRAM REGISTRATION INFORMATION

- Community participants must register for programs and show a building pass along with photo ID when entering a facility.
- Register early. If enrollment is low prior to class time, classes may be cut.
- If a class is not offered because of a holiday, a make-up date will not be scheduled. Fees reflect reduced rate.
- Y memberships and programs are guaranteed. If you're not satisfied with the quality of our services, we'll refund the remaining unused portion of your membership or class. (Membership joining fees and camp deposits are nonrefundable.)
- The YMCA of Metropolitan Milwaukee allows late registration, but does not prorate fees.
- Rates, fees and schedules are subject to change without notice.
- For their safety and protection, youth ages seven and under must be directly supervised by a parent/guardian unless enrolled in a program or checked into Child Watch. Youth ages eight and nine years old must have a parent/guardian in the facility.

CONCEALED CARRY POLICY

The YMCA of Metropolitan Milwaukee prohibits any individual from entering our centers or remaining on our properties while carrying a concealed weapon or firearm. A concealed weapon may include a handgun, a knife (excluding switchblades), an electric weapon, or a billy club. We exercise this option for the safety of our members, program participants, volunteers and staff, and we appreciate your cooperation.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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YMCA URBAN CAMPUS
161 W. Wisconsin Avenue, Suite 4000
Milwaukee, WI 53203

SESSION DATES
Spring: April 16 – June 3
Summer: June 18 – August 26



**SIGN UP
FOR EMAIL UPDATES**

To receive monthly YMCA eNews sign up
at a membership desk or by visiting ymcamke.org.

Y LOCATIONS

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



DOWNTOWN YMCA (1)
161 W. Wisconsin Avenue
Milwaukee, WI 53203-2601
Phone: (414) 291-9622 • Fax: (414) 274-6033

FEITH FAMILY OZAUKEE YMCA (2)
465 Northwoods Road
Port Washington, WI 53074-9671
Phone: (262) 268-9622 • Fax: (262) 268-1724

NORTHSIDE YMCA (4)
1350 W. North Avenue
Milwaukee, WI 53205-1264
Phone: (414) 265-9622 • Fax: (414) 374-7677

PARKLAWN YMCA (5)
4340 N. 46th Street
Milwaukee, WI 53216-1413
Phone: (414) 873-9622 • Fax: (414) 873-9988

RITE-HITE FAMILY YMCA (6)
9250 N. Green Bay Road
Brown Deer, WI 53209-1104
Phone: (414) 354-9622 • Fax: (414) 354-0309

SOUTH SHORE YMCA (7)
3244 E. College Avenue
Cudahy, WI 53110-3091
Phone: (414) 571-9622 • Fax: (414) 764-4144

SOUTHWEST YMCA (8)
11311 W. Howard Avenue
Greenfield, WI 53228-1899
Phone: (414) 546-9622 • Fax: (414) 546-9630

TRI-COUNTY YMCA (9)
N84 W17501 Menomonee Avenue
Menomonee Falls, WI 53052-0823
Phone: (262) 255-9622 • Fax: (262) 255-8549

WEST SUBURBAN YMCA (10)
2420 N. 124th Street
Wauwatosa, WI 53226-1093
Phone: (414) 302-9622 • Fax: (414) 778-4955

WEST SUBURBAN YMCA PROGRAM CENTER (11)
2506 N. Wauwatosa Avenue (St. Pius X Campus)
Wauwatosa, WI 53213
Phone: (414) 302-9622

SPECIALTY CENTERS

JOHN C. CUDAHY YMCA (3)
9050 N. Swan Road
(formerly 91st Street)
Milwaukee, WI 53224-1910
Phone: (414) 586-9622 • Fax: (414) 586-0943

YOUNG LEADERS ACADEMY (15)
1350 W. North Avenue
Milwaukee, WI 53205
Phone: (414) 374-9400

CAMPUS

YMCA CAMP MATAWA (12)
N885 Youth Camp Road
Campbellsport, WI 53010-3313
Phone: (262) 626-2149 • Fax: (262) 626-8189

YMCA CAMP MINIKANI (13)
875 Amy Belle Road
Hubertus, WI 53033
Phone: 262-251-9080 • Fax: 262-628-4051

CHILD CARE CENTERS

DUNWOOD CHILD CARE CENTER (14)
(Infants through Age 12)
217 W. Dunwood Road, Fox Point
(414) 351-9622

JOHN C. CUDAHY CHILD CARE CENTER (3)
(Infants through Age 12)
9050 N. Swan Road, Milwaukee
(414) 357-1920

NORTHSIDE CHILD CARE CENTER (4)
(Infants through Age 12)
1350 W. North Avenue, Milwaukee
(414) 374-9450

OUR CAUSE: At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.