



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE IT COUNT!

## FOR A HEALTHIER, STRONGER AND SAFER MILWAUKEE

Check out our 700+ Classes!

### FALL 2015 PROGRAM GUIDE

**FALL 1: September 8–October 25**

Member Registration: July 27

Community Registration: August 3

**FALL 2: October 26–December 20**

Member Registration: July 27

Community Registration: September 21



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YMCA OF METROPOLITAN MILWAUKEE



The Milwaukee Y's vision is a healthier, stronger and safer Milwaukee where families of all incomes and backgrounds truly thrive. We invite you to join us in making this vision a reality by joining the **MAKE IT COUNT, MILWAUKEE!** movement.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### WITH YOUR SUPPORT:

Infants and toddlers in two new neighborhoods will benefit from a proven, five-star early childhood development curriculum

9,000 children and family members will learn to swim



Nearly 700 children will practice reading, literacy, math, and science through engaging camp activities to lessen summer learning loss

Hundreds of children, adults and seniors will learn about healthy lifestyle choices right in their own neighborhoods

*For a healthier, stronger and safer Milwaukee...*



Visit [www.makeitcountmke.com](http://www.makeitcountmke.com) to learn more about how you can make your gift count!

# Welcome to the Y.

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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 gym; 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 Y,  
we're glad you're here.

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# YMCA CONTACTS

## DOWNTOWN YMCA

161 W. Wisconsin Ave.,  
Suite 4000  
Milwaukee, WI 53203  
Phone: 414-291-9622

### OPERATIONS DIRECTOR

Wendy Cross

### HOURS

Monday-Friday:  
5:00 am-9:00 pm  
Saturday:  
6:30 am-7:00 pm  
Sunday:  
8:00 am-5:00 pm

## NORTHSIDE YMCA

1350 W. North Ave.  
Milwaukee, WI 53205  
Phone: 414-265-9622

### OPERATIONS EXECUTIVE

Paul Mackey, Jr.

### HOURS

Monday-Friday:  
5:00 am-9:00 pm  
Saturday:  
6:30 am-7:00 pm  
Sunday:  
8:00 am-5:00 pm

### CUSTOMER SERVICE

Phone: 414-274-0738  
Email: [info@ymcamke.org](mailto:info@ymcamke.org)

## PARKLAWN YMCA

4340 N. 46th St.  
Milwaukee, WI 53216  
Phone: 414-873-9622

### OPERATIONS DIRECTOR

Rayven Gordon

### HOURS

Monday-Friday:  
7:00 am-8:00 pm  
Saturday:  
8:00 am-7:00 pm  
Sunday:  
1:00-5:00 pm

## RITE-HITE FAMILY YMCA

9250 N. Green Bay Rd.  
Brown Deer, WI 53209  
Phone: 414-354-9622

### VICE PRESIDENT OF CENTER OPERATIONS

Tamroyal L. Yow

### HOURS

Monday-Friday:  
5:00 am-9:00 pm  
Saturday:  
6:30 am-7:00 pm  
Sunday:  
8:00 am-7:00 pm

## YMCA CAMP MINIKANI

875 Amy Belle Rd.  
Hubertus, WI 53033  
Phone: 262-251-9080

### HOURS

Monday – Friday:  
8:00 am-5:00 pm

## NORTHWEST YMCA

(FORMERLY JOHN C. CUDAHY YMCA)  
EARLY CHILDHOOD  
EDUCATION CENTER  
9050 N. Swan Rd.  
Milwaukee, WI 53224  
Phone: 414-357-1920

### HOURS

Monday – Friday:  
6:30 am-6:00 pm

## NORTHSIDE YMCA EARLY CHILDHOOD EDUCATION CENTER

1350 W. North Ave.  
Milwaukee, WI 53205  
Phone: 414-374-9450

### HOURS

Monday – Friday:  
6:30 am-6:00 pm

## YMCA GYMNASTICS CENTER

6140 W. Executive Dr.  
Mequon, WI 53092  
Phone: 414-357-2818

### HOURS

Operating hours vary based  
on class schedule



# MAKE LASTING MEMORIES

Serving families has always been at the heart of the Y. We are a place where they can find respite from social, economic and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more engaged with their communities.

## SPECIAL EVENTS AND FAMILY PROGRAMS

### FAMILY GYM

Stop running in different directions... it's family time. Please join us at the Y for fun and games for all ages. FREE to all families!

**Rite-Hite Family YMCA**

Sundays 10:00am-2:00pm

### HALLOWEEN HULLABALLOO

Join us for our annual Halloween celebration with fun activities including arts and crafts, carnival games, face painting, trick-or-treat stations and much more! Everybody is encouraged to dress up in costume.

**Rite-Hite Family YMCA**

October 23 6:00-8:00pm 04-05702-40

**Y Member:** \$5/family

(registration opens July 27)

\$10/family after October 19

**Community Participant:** \$10/family

(registration opens August 3)

\$15/family after October 19

### SUNDAES WITH SANTA

Celebrate this holiday season with Santa and his friends! Bring the whole family to meet Santa and share holiday wishes with him. Holiday crafts, face painting, build-your-own ice cream sundaes, a bounce house, and family games will all be a part of the fun.

**Rite-Hite Family YMCA**

December 12 3:00-5:00pm 04-05702-50

**Y Member:** \$5/family

(registration opens July 27)

\$10/family after December 7

**Community Participant:** \$10/family

(registration opens September 21)

\$10/family after December 7

### WINTER WONDERLAND

Celebrate this holiday season with Santa and his friends! Bring the whole family to meet Santa and take pictures with him. Holiday crafts, holiday games, face painting, and family games will all be a part of the fun! Light refreshments and goodie bags will be provided!

**Northside YMCA**

December 12 2:00-4:00pm

**Fee:** FREE

### PARENTS NIGHT OUT AT RITE-HITE FAMILY YMCA

#### Take the Night Off and Leave Your Kids with Us!

Enjoy an evening out on the town and know that your kids are safe and having a good time at the Y! Your children will enjoy a variety of group games, arts and crafts, and a movie, all while under the supervision of staff who have experience with children, and are trained in First Aid and CPR. Dinner will be provided. Kids must be ages three to 10, and be potty trained to be eligible. Space is limited, so pre-registration by 5 pm the Wednesday prior to each event date is required.

September 18 6:00-9:00pm

October 16 6:00-9:00pm

November 13 6:00-9:00pm

December 18 6:00-9:00pm

**Y Member:** \$15/child

\$20/two children

\$25/three or more children

**Community Participant:** \$25/child

\$30/two children

\$35/three or more children



# EARLY CHILDHOOD EDUCATION

The Y, with a 5-Star rating from YoungStar and National Accreditation Commission for Early Care and Education Programs (NAC), is positioned to be the premier child care facility in the metro Milwaukee area.

## SO MUCH MORE THAN CHILD CARE, IT'S A PLACE JUST RIGHT FOR THEM, AND FOR YOU

Ages 6 weeks-5 years

Research shows that when children participate in an early education program, it increases their readiness for primary school. The first six years of a child's life are crucial, it's a time when children develop their mental and social functions at a very rapid pace. This development is greatly influenced by their educational environment.

The YMCA has made a commitment to quality and safety at each of our Early Childhood Education facilities. The educational environment of our Early Childhood Education Centers is complimented by the use of "Creative Curriculum" and Teaching Strategies: GOLD. This program model is considered the highest quality, emergent curriculum for Early Childhood Education. Our teachers focus on learning skills that are necessary for success in school and in life through experiential or "learning through play." Literacy, mathematics, language, cognitive and physical development are a few of the nine categories we focus and assess children on. We strive to meet the developmental needs of each individual child by working in partnership with their families.

### WHY CHOOSE YMCA EARLY CHILDHOOD EDUCATION?

- High-quality Program
- 5-Star Rating from YoungStar
- National Accreditation
- Creative Curriculum
- Holistic Educational Approach
- Parent Involvement (Including Parent/Teacher Conferences)
- Learning Through Play
- Age Appropriate Lessons
- State Licensed
- Scholarships Available, Additional Child Discounts Applied
- Small Class Size
- Enhances School Readiness
- Dynamic Learning Process

### YMCA EARLY CHILDHOOD EDUCATION CENTERS:



• Northside YMCA Early Childhood Education Center  
1350 W. North Ave., Milwaukee • 414-374-9450



• Northwest YMCA (formerly John C. Cudahy YMCA) Early Childhood Education Center  
9050 N. Swan Rd., Milwaukee • 414-357-1920



**FULL TIME AND PART TIME PRESCHOOL**

K3 and K4 options may be available

Contact your local YMCA Early Childhood Education Center for more information and availability.

**EARLY HEAD START**

Early Head Start, for children ages infant to 3 years old, is now available at the Northside and Northwest (formerly John C. Cudahy YMCA) Early Childhood Education Centers! For more information contact Christine Larson at 414-357-1901.

“Enrolling my baby in the early childhood education program was the best decision that I could have made for me and my family right now and for Olivia’s future.

I am continuously impressed by the level of professionalism and care shown by the staff and teachers at Northwest YMCA (formerly John C. Cudahy YMCA). They have been approachable, informative, proactive and caring in their ways.

Words cannot express my sincere love for the center, its location, the staff/administration, parents and especially the teachers. Olivia and I have become accustom to the culture and best practices within Northwest YMCA that have made it easy for me to understand Olivia’s developmental process and exciting for Olivia to learn and explore.”

– EARLY CHILDHOOD EDUCATION PARENT





“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

# BEFORE/ AFTER SCHOOL CARE

Y Before/After School programs serve school-aged children with a variety of activities to explore and develop their interests and talents.

## SCHOOL AGE BEFORE /AFTER CARE

(Ages 4–13 years, varies by location)

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. Led by qualified, caring staff, with most of our before/after school programs located right at your child’s school, you have peace of mind that your child is in good hands.

### 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.** Wisconsin Shares (W2) state and county benefits accepted. Tax-deductible. 10% additional child discounts available. Applications for scholarships are available upon request.
- **It’s Fun.** Children are physically active and participate in arts and crafts, games and other 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. They 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 Early Release and School’s Out Days at various locations and Y Centers. Please visit website for more information.

### LOCATIONS/ DISTRICTS SERVED

- **Rite-Hite Family YMCA** – Brown Deer, Hope Christian Schools, Milwaukee Public and Private Schools
- Brown Deer
- Cedarburg
- Elmbrook (Brookfield)
- Fox Point-Bayside
- Greenfield
- Hamilton (Sussex)
- Mequon-Thiensville
- Richfield
- South Milwaukee
- St. Francis
- Whitnall
- Additional private and parochial locations

For more information and updates, please visit [ymcamke.org/schoolage](http://ymcamke.org/schoolage) or email [schoolage@ymcamke.org](mailto:schoolage@ymcamke.org) or call 414-274-0759.



“I wanted to thank you so much for the wonderful care you and your team are providing for our son this year! He is so happy to come to before and after school class with you (he loves being one of the first ones there! :) It means so much to us, that he is consistently getting a great positive start and end to his school day! He loves all your fun activities and is learning socially appropriate choices too through your program and your encouragement!”

– SWANSON ELEMENTARY 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 in tennis shoes to be active, bring a bag lunch, swimsuit and towel (swimming will only take place at Rite-Hite Family YMCA). For questions or to register please call 414-274-0759 or email [schoolage@ymcamke.org](mailto:schoolage@ymcamke.org).

Registration forms that include dates when the program is available can be found for each site online at [ymcamke.org/schoolage](http://ymcamke.org/schoolage), at YMCA Centers and at all School Age locations.

**Pre-registration and payment for each School's Out Day is required a minimum of five days in advance.** For more payment information see our flyer or visit our website.

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

- Rite-Hite Family YMCA – serving all school districts
- Parklawn YMCA – serving all school districts

- Burleigh Elementary – serving Brookfield/Elmbrook School District
- Maple Grove Elementary and Edgewood Elementary – serving Greenfield School District
- Maple Ave. Elementary – serving Hamilton Sussex School District
- Additional locations may be added
- \* Please note: Swimming will only take place at Rite-Hite Family YMCA. Dates vary by location and schedule of local school district.



## EXPERIENCE CAMP THROUGHOUT THE SCHOOL YEAR!



## SUMMER DAY CAMP

### THANK YOU FOR AN INCREDIBLE SUMMER!

See you next year. Look for 2016 registration dates in the Winter 2016 Program Guide.



## SAFETY

Cost-effective training programs covering basic First Aid through advanced life support-CPR for the professional.

## CERTIFICATIONS

### SAFETY TRAINING

All participants of American Safety and Health Institute (ASHI) courses will be able to print their own manuals after the course.

### ASHI STANDARD FIRST AID

(2-year certification)

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

### ASHI CPR/AED FOR THE PROFESSIONAL RESCUER AND ADMINISTERING EMERGENCY OXYGEN

(2-year certification)

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

### ASHI CPR/AED FOR THE PROFESSIONAL RESCUER AND ADMINISTERING EMERGENCY OXYGEN RECERTIFICATION

(2-year certification)

Participants must be currently certified in 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 Pat Buechs at [pbuechs@ymcamke.org](mailto:pbuechs@ymcamke.org) for details and pricing.

## AQUATICS TRAINING AND CERTIFICATIONS

### AMERICAN RED CROSS LIFEGUARD TRAINING

(Ages 15 & up)

**COURSE INCLUDES:** American Red Cross Lifeguard, First Aid, CPR, AED, Oxygen and Waterfront certifications.

**PRE-REQUISITES:** Swim 300 yards continuously front crawl or breaststroke, tread water for 2 minutes using only legs, complete a timed swim that includes a 20 yard swim, surface dive to retrieve a 10-pound object from the bottom of the pool, and swim 20 yards on the back holding the object, and exit the pool.

**Y Member:** \$225

**Community Participant:** \$250

### AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

Class is designed for current American Red Cross lifeguards. Bring your lifeguard book, mask, and current certification cards. Please review in advance.

**Y Member:** \$75

**Community Participant:** \$100



# YMCA CAMP MINIKANI



As parents we want to **give our children every opportunity** to grow and develop into the best people they can be. We strive to give them the skills they need to be independent and make good choices. And really, we just want them to be happy. But we can't do it alone. It's the community with whom we surround our kids that makes all the difference. Teachers, pastors, coaches, family and friends create the environment to help us raise good kids.



Summer camp is one of those unique settings that provides positive role models who help shape a child's character. It's an environment where kids from all walks of life come together and learn how to not only get

along, but **develop deep friendships and mutual respect**. Summer camp encourages children to express their individuality and stretch beyond what they thought they could do.

And while this may be tough for us parents to hear, the magic of summer camp is that **WE** are not there. Under the thoughtful guidance of our carefully trained counselors and staff, children become more independent, develop problem-solving skills and learn how to rely on their own decisions. And the bonus? **Kids have TONS of fun**. Summer camp is one the greatest gifts you can give your children. We hope you'll consider a week or two of camp this summer.

**HURRY! Registration for 2016 is already open and spaces are filling quickly. Don't miss out on the fun! Visit our website: [www.minikani.org](http://www.minikani.org) or contact us at 262.251.9080 to register today!**





# AQUATICS

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, high quality instruction and a progressive approach to skill building help our students flourish as they practice their new swim skills.

## PARENT/CHILD CLASSES

Ages 6 - 35 months

These classes are designed to get both the parent and child comfortable in the water. The main focus is on water adjustment and safety in and around the water. These fun classes teach through music and games while the parent guides the child through basic water skills.

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

Register by age. Parent and child are in the water together during each class.

• **SHRIMP/KIPPER:**

Ages 6-12 months

• **INIA:**

1 year olds

• **PERCH:**

2 year olds

• **PIKE W/ PARENT**

Ages 3-5 years

For the child not quite ready to swim independently of their parent. Class incorporates parental participation while working toward independent swimming. Parents are usually out of the water by the 4th week of the session.

**Learn:** Water adjustment, basic water skills, and core Pike skill development.

**Pre-requisite:** Must be at least 3 years old when session begins.

For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desks.

Fall 1 schedule available 7/25; Fall 2 schedule available 9/14.



# PRESCHOOL SWIMMING LESSONS

Ages 3 years through 5K

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

- PIKE
- EEL
- RAY/STARFISH

Register by ability as described for each level, see below. At some levels in this program, children wear a supportive “bubble belt.” While not a lifesaving device, belts help support the child in the water so they can focus on learning.

## PIKE

**(usually wearing 3 bubble belts):** Learns to float, kick and use arms on front, back, and side with and without bubble belt. Works toward becoming comfortable with face in water and bubble blowing. Works toward swimming 10 yards with bubble belt and five feet without belt.

**Pre-requisite:** None, except able to swim independently of parent.

For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desks.

Fall 1 schedule available 7/25;  
Fall 2 schedule available 9/14.

## WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

## EEL

**(usually wearing 2 bubble belts):** Learns to improve use of arms, legs, and rudimentary rhythmic breathing (blowing bubbles and taking breaths). Works toward swimming 25 yards with belt/other instructional aid while on front, back, and side and swimming 15 feet without belt/flotation.

**Pre-requisite:** Completed or able to perform Pike skills.

## RAY/STARFISH

**(usually wearing 1 bubble belt):** Learns to refine use of arms, legs, and introductory rotary breathing while swimming on front. Works toward swimming 25 yards with one bubble on front, back and side and swimming 20 feet without belt/flotation.

**Pre-requisite:** Completed or able to perform Eel skills.



# YOUTH SWIMMING LESSONS

Ages entering 1st through 5th grade

FALL 1 SESSION: 9/8/15–10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

- **POLLIWOG**  
(Beginner 1)
- **GUPPY**  
(Beginner 2)
- **MINNOW**  
(Intermediate 1)
- **FISH**  
(Intermediate 2)
- **FLYING FISH/SHARK**  
(Advanced)

Register by ability as described for each level, see below. All levels learn stroke development, personal safety and rescue skills, and personal growth.

## POLLIWOG

Children at this level are beginner swimmers. Children gain confidence as they learn water adjustment, submerging, floating on back and front, and swimming on front, back and side with and without flotation aides.

**Pre-requisite:** None.

## GUPPY

At this level, children are able to swim 20 feet on front, back and side without use of flotation devices and are not fearful of deep water. They continue to improve floating and treading skills, learn to swim 25 yards on front, back and side and rudimentary rhythmic and rotary breathing.

**Pre-requisite:** Completed or able to perform Polliwog skills.

## MINNOW

Children entering this level are able to swim 25 yards on front, back and side. Children improve swimming 25 yards while learning front and back with overarm stroke, to refine elementary back, breast and sidestrokes.

**Pre-requisite:** Completed or able to perform Guppy skills.

## FISH

Children are comfortable with basic techniques from Minnow. Children perfect front/back crawls and elementary backstroke. They continue to further refine side and breast strokes. Increase endurance to 50 yards for listed strokes. Butterfly is introduced at this level.

**Pre-requisite:** Completed or able to perform Minnow skills.

## FLYING FISH

Continue to refine strokes (front/back crawls, elementary back, breast and side strokes) and increase distances for each to 100 yards. Learn butterfly arms and coordinate kick to swim distance of 25 yards.

**Pre-requisite:** Completed or able to perform Fish skills.

## SHARK

Perfect all learned strokes with added refinements. Inverted breaststroke, overarm sidestroke and trudgen crawl are learned. 200 yard continuous swim using four strokes in excellent form.

**Pre-requisite:** Completed or able to perform Flying Fish skills.

## PRE-TEEN/TEEN SWIM LESSONS

**Northside YMCA and Rite-Hite Family YMCA**

Ages 5th grade – 16 years

This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels welcome.

**Pre-requisite:** None.

For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desk.

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## WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

# DAY CARE/GROUP SWIM LESSONS

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## DAY CARE/GROUP SWIM LESSONS

We work directly with area Day Care Centers to provide swimming lessons to the children enrolled in their care. Lessons are taught in our warm water shallow instructional pool. One hundred percent of our swim instructors hold a National Swim Instructor Certification, which includes more than 40 hours of safety training. Ask your child's Day Care if they work with our YMCA for swimming lessons. If they don't, ask them to call us for more details.

**For more information, please contact the Aquatics Director.**

**Northside YMCA Aquatics Dept.  
414-374-9434**

**Rite-Hite Family YMCA  
Aquatics Dept.  
414-357-2834**

## DAYTIME/HOME SCHOOL SWIM LESSONS

We offer convenient daytime swimming lessons for those that have little ones in morning preschool classes or those that are home schooling their children. These lessons run with our YMCA program sessions.

**For more information, please contact the Aquatics Department:**

**Northside YMCA Aquatics Dept.  
414-374-9434**

**Rite-Hite Family YMCA  
Aquatics Dept.  
414-357-2834**

Ages 3-5 years (30 minute lesson)

Ages 6-9 years (45 minute lesson)

Ages 10-16 years (45 minute lesson)

## IS YOUR CHILD NEW TO OUR SWIM LESSON PROGRAM?

1. If your child is 6-36 months of age, register by AGE in the "Parent/Child" program.
2. If your child is 3 years-5K, register for the "Preschool" program.
3. If your child is 1st-5th grade, register for the "School Age" program.
4. If your child is 5th grade-16 years, register for "Pre-Teen/Teen Lessons."
5. If your child is transferring from another program or you are not sure of their ability, call the Aquatics Director at 414-357-2836 for an over-the-phone evaluation.

For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desk.

Fall 1 schedule available 7/25; Fall 2 schedule available 9/14.



# ADULT WATER ACTIVITIES

FALL 1 SESSION: 9/8/15–10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## ADULT SWIMMING LESSONS

Ages 16+ years

Adult classes provide a comfortable, non-threatening environment for adults to learn or improve their swimming skills. Participants work with a certified instructor at their own pace to achieve individual goals. Find the class that best meets your needs by reviewing the levels below.

### ADULT BEGINNER

**Northside YMCA and  
Rite-Hite Family YMCA**

Individuals who choose this level may have a fear of the water, have very little to no swimming skills, and are ready to take that first step toward learning to swim. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills.

**Pre-requisite:** None.

### ADULT ADVANCED BEGINNER

**Rite-Hite Family YMCA**

Individuals who choose this level have some basic swimming skills and no longer have a fear of the water (even the deep end). They are able to swim 25 yards but have a difficult time swimming more than that continuously. You will work on improving overall swimming skills for strokes that you choose, while improving overall confidence and working toward your personal swimming goals.

**Pre-requisite:** Completed or able to perform skills listed in Adult Beginner level.

### ADULT INTERMEDIATE

**Rite-Hite Family YMCA**

Individuals who choose this level have swimming skills for swimming continuously for 50 yards or more but are looking for stroke technique improvement/refinement. You will work with the instructor on your own personal goals for improvement with your chosen strokes.

**Pre-requisite:** Completed or able to perform skills listed in Adult Advanced Beginner level.



For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desks.

### WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.



# WATER EXERCISE CLASSES

FALL 1 SESSION: 9/8/15–10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## MS/STROKE RECOVERY WATER EXERCISE

LOW IMPACT/REHAB

Rite-Hite Family YMCA

Ages 14+ years

This class is a stretching/exercise class for those individuals that have physical limitations including but not limited to loss of movement, muscle stiffness and joint restrictions. It is great for those with MS, recovering from a stroke, fibromyalgia or spinal injury. If you need assistance in the locker room or getting into and out of the pool please bring an aid.

**Y Member: \$7**

**Community Participant: See posted schedule for class fees at your location.**

## JOINT MOVEMENT

(formerly known as AFYAP)

LOW INTENSITY/REHAB

Rite-Hite Family YMCA

Ages 14+ years

An aquatic exercise program designed for people with arthritis and related conditions. The water provides gentle resistance to build muscle strength and support joints to encourage free movement. Participants should be comfortable in the water but do not need to have swimming skills. Please check with your physician before beginning this program.

**Y Member: \$7**

**Community Participant: See posted schedule for class fees at your location.**

## SHALLOW WATER EXERCISE

MODERATE INTENSITY

Northside YMCA and  
Rite-Hite Family YMCA

Ages 14+ years

Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level and muscle strength. Perfect for first-time exercisers, currently active or those looking for a good workout. This class is taught in chest deep water. Participants should be comfortable in the water but do not need to have swimming skills.

**Y Member: FREE**

**Community Participant: See posted schedule for class fees at your location.**

## DEEP WATER EXERCISE

MODERATE INTENSITY

Rite-Hite Family YMCA

Ages 14+ years

A powerful workout that will improve your posture, strength and cardiovascular endurance. This non-impact exercise is a perfect alternative for individuals with knee or back problems or those looking for a break from running or high impact activities. Participants should be comfortable in deep water.

**Y Member: FREE**

**Community Participant: See posted schedule for class fees at your location.**

**This class is taught in the WSAC pool which is a cold water pool (average temp of 80 degrees or cooler).**

## AQUA ZUMBA

MODERATE-HIGH INTENSITY

Northside YMCA and  
Rite-Hite Family YMCA

Ages 14+ years

Jump into the Latin-Inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash. This program is a safe, effective and challenging workout that integrates the Zumba formula and philosophy into traditional aqua fitness, moving against the resistance of the water.

**Y Member: \$14**

**Community Participant: See posted schedule for class fees at your location.**

For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desk.

Fall 1 schedule available 7/25; Fall 2 schedule available 9/14.

# SPECIALTY AQUATICS

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## SCOUT BADGES

The YMCA works to provide high quality safety and water instruction for the Girl Scouts, Cub Scouts, Boy Scouts and Pioneer Girls. Contact the Aquatics Department to schedule your group to complete basic water safety, Webelo Aquanaut, Boy Scout merit badges and Girl Scout badges.

Friday evening, Saturday afternoon or Sunday afternoon.

For more information, please contact the Aquatics Director.

Northside YMCA Aquatics Department  
414-374-9434

Rite-Hite Family YMCA Aquatics  
Department 414-357-2834

## PRE-TEEN/TEEN SWIMMING LESSONS

Northside YMCA and  
Rite-Hite Family YMCA

Ages 5th grade - 16 years

This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels welcome.

**Pre-requisite:** None.

## PRIVATE SWIMMING LESSONS

Northside YMCA and  
Rite-Hite Family YMCA

Ages 3 years – older adults

Personalized one-on-one instruction for individuals looking to get to the next swimming level, improve technique or get ready for a Triathlon/Iron Man competition. Your instructor will work at your pace toward your goals. Please contact the Aquatics Department directly to schedule your lessons.

Five 30-minute lessons

Y Member: \$100

Community Participant: \$150

## SEMI-PRIVATE SWIMMING LESSONS

Northside YMCA and  
Rite-Hite Family YMCA

Ages 3+ years

Personalized instruction for one or two individuals. Your instructor will work with you and one additional friend at your pace and toward your goals. Lessons are offered in packages of four 30 minute lessons. Please contact the Aquatics Department directly to schedule your lessons.

Five 30-minute lessons

Y Member: \$120/pair

Community Participant: \$180/pair

## SWIM TEAM

Northside YMCA

Ages 8-16 years

Our Swim Team Program is designed to introduce participants to competitive swimming by giving them a solid base in competitive techniques, set swimming and fun. It provides a fun structured environment and encourages important life skills such as goal setting, time management, self-discipline, commitment and team building skills. Participants need to be at a Fish level or higher.

Northside YMCA Aquatics  
Department 414-374-9434

## MASTERS SWIM CLASS

Northside YMCA

Ages 16+ years

The Masters swimming class is an excellent physical conditioning program for adults. A certified instructor will help you meet your personal goals with individualized workouts that are suited to your swimming level. Participants should be at an intermediate level or higher.

Northside YMCA Aquatics  
Department 414-374-9434

## POOL SIDE BAPTISMS

Northside YMCA

Keeping in touch with our Christian roots, the Northside YMCA provides an accessible pool space for baptisms. Our facility offers a convenient walk-in entry, and shallow depth pool. We have worked with several large and small groups throughout the community, providing a safe and enjoyable space for every baptism.

Please call the Northside YMCA Aquatics Department at 414-374-9434 for more information and to schedule a date.

## POOL PARTIES

Are you interested in having a fun-filled party at our pool? We can take the stress out of party planning so you can enjoy your child's special day. A variety of party packages are available.

Please contact the Aquatics Department for more information and to secure a date for your party.

Northside YMCA Aquatics Department  
414-374-9434

Rite-Hite Family YMCA Aquatics  
Department 414-357-2834



# YOUTH PROGRAMS

At the Y, as a leading nonprofit strengthening community through youth development, we work every day to help children and their parents set and achieve personal and educational goals. As a result, hundreds of children throughout Milwaukee County gain confidence as they recognize the Y as a place where they belong and can feel comfortable exploring new interests and passions.

## KIDS CLUB PRESCHOOL AT THE Y

2015-2016 SCHOOL YEAR  
OFFERED AT RITE-HITE FAMILY YMCA

Kids Club is a progressive preschool program divided into a series of four classes. Each class uses age appropriate activities to help children develop academically, grow socially, master skills, make friends and become comfortable in a classroom setting.

A non-refundable deposit of \$35 is due at time of registration.

### KIDS CLUB 2

September 15, 2015-May 26, 2016

Child must be 2 prior to September 1

Children experience arts and crafts, stories, songs, numbers and letters. They are also introduced to "circle time" in this 1.5 hour class. Children who are not yet potty trained are welcome to participate in class; however, we request that parents remain in the vicinity of the classroom, just in case.

Tuesdays/Thursdays 9:15-10:45am

**Y Member:** \$498  
(9 months) = \$55.33/month

**Community Participant:** \$668  
(9 months) = \$74.22/month

### KIDS CLUB 3 AND 4

September 14, 2015-May 25, 2016

Child must be 3 prior to September 1

Children will enjoy this two-hour class filled with action packed fun. Academic challenges continue for your child in an age appropriate matter. Letter and word recognition, number skills and independence are just a few of the skill building opportunities that will be

offered. Whether your child's next step is Kid's Club 4, or K4 or K5 in their local school, they will get the tools they need to succeed in this class.

Mondays/Wednesdays 9:15-11:15am

**Y Member:** \$618  
(9 months) = \$68.66/month

**Community Participant:** \$906  
(9 months) = \$100.67/month

### \*NEW\* SCIENCE THURSDAYS

September 17, 2015-May 26, 2016

Children must be 3 prior to September 1

Science Thursdays is a fun twist on traditional Kids Club. We will have all of the same great learning and fun, but with a science twist. Problem solving experiments and games will be centered around a new discovery each week.

Thursdays 9:15-11:15am

**Y Member:** \$360  
(9 months) = \$44/month

**Community Participant:** \$495  
(9 months) = \$55/month

### BONUS FRIDAYS

September 18, 2015-May 27, 2016

Continue the learning and fun with an additional day. This supplemental class will include outdoor activities, gym time, science, art and cooking projects. Please bring a lunch.

Fridays 9:15-11:45am

**Y Member:** \$360  
(9 months) = \$44/month

**Community Participant:** \$495  
(9 months) = \$55/month

# MOVEMENT CLASSES/DANCE CLASSES

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## CREATIVE DANCE

Ages 2-3 years

This class introduces various steps through improvisation and creative rhythmic movements. Listening skills, group interaction and individual expression are developed.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

## KINDER GYM

Ages 2-3 years

This is the perfect class for the young and wiggly! Your child will have a great time exploring the fun of fitness with other kids their own age. Activities and games help develop coordination, socialization, group play and sharing. Here's a great opportunity to foster independence and listening skills.

Fall 1 and 2 Session

Rite-Hite Family YMCA

## BEGINNING BALLET

Ages 4-7 years

This Beginning 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.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

## BALLET

Ages 8+ years

This class teaches proper dance techniques, body alignment, posture, and terminology through ballet.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

## POM-NASTICS

Ages 3-6 years

Come dressed for fun in this class where you will dance, shake, shout and tumble!

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center

## DANCE TUMBLE AT THE YMCA GYMNASTICS CENTER

Ages 12+ years

This class is for the athlete or dancer that wants to improve their tumbling skills. Classes run year-round and will focus on new skill development. Class sizes are small to ensure individual instruction.

Fall 2 Session ONLY

YMCA Gymnastics Center



# SPECIALTY CLASS

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## ADVENTURES IN ART

Ages 3-5 years

Time to head out on an artistic adventure and let creativity loose! Children will enjoy experimenting with different mediums while working on projects developed around a weekly theme. Emphasis is on creativity rather than the final project.

Fall 1 and 2 Sessions

Rite-Hite Family YMCA

## DISCOVERING NATURE

This class focuses on nature and the environment. Children will explore nature and learn the importance of recycling. Activities will vary from week to week to encourage everyone to value and preserve our environment.

Fall 1 and 2 Sessions

Rite-Hite Family YMCA

## KITCHEN KAPERS

Ages 3-5 years

We're mixing up bowls of fun with a delicious blend of cooking excitement. Hands on projects teach healthy eating, basic cooking terms, sharing and teamwork. A different recipe will be created and tested each week.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

## TERRIFIC TUESDAYS!

Ages 3-5 years

**Mix and match:** Sign up for one class at regular price. Sign up for two classes and get \$14 off. Sign up for all three and get \$32 off. Your child will be delivered to each class by our awesome teachers!

**CHOOSE FROM:**

### ADVENTURES IN ART

Time to head out on an artistic adventure and let creativity loose! Children will enjoy experimenting with different mediums while working on projects developed around a weekly theme. Emphasis is on creativity rather than the final project.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

### BEGINNING BALLET

Our Beginning Ballet class will keep our little dancers on their toes as they learn ballet positions, basic moves, terminology and a routine to show off their technique.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

### PRESCHOOL GYMNASTICS

Participants will practice basic gymnastics skills as they navigate through a variety of stretches, warm up activities, and circuits. This class makes exercise fun and helps children prepare for a school environment.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA





# YOUTH PROGRAMS

The Y's Youth Sports programs use fun and exciting activities to teach sports skills to emerging athletes. Each program utilizes curriculum that not only incorporates the skills of the sport but also health and wellness concepts.

# YOUTH SPORTS

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION:10/26/15 – 12/20/15

## FLAG FOOTBALL

Ages 6-10 years

Participants will learn the basics of offense and defense. They will learn and practice passing, running, catching and flag pulling. Your child will play many positions and learn the responsibilities of each of these skills. Participants will be broken into the following age groups 4-5 years, 1st-3rd grade, 4th-5th grade.

### Fall 1 Session

Northside YMCA and Rite-Hite Family YMCA

## SOCCER

Ages 3-8 years

Practices will focus on rules of the game, basic positions, lots of touches on the ball and shooting. United States Youth Soccer Association small sided game play will be followed. Players may bring on appropriate sized soccer ball and shin guards are recommended.

### Fall 1 Session

Rite-Hite Family YMCA

### Fall 1 and Fall 2 Sessions

Northside YMCA

## FALL 2015 FUTSAL

Futsal allows players to improve their skills in a fun, safe environment. It facilitates far greater and more efficient skill development than any other variation of soccer. It is played without walls, boards or turf.

### Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

## FUTSAL CLINIC

Join us for a futsal clinic coached by Milwaukee Wave legend Hewerton Moreira!

Rite-Hite Family YMCA

Ages 6-10 years

Sept. 26 2:00-3:00pm

Ages 11+ years

Sept. 26 3:15-4:15pm

Contact Leila at 414-357-2805 for more information.



## LACROSSE

Ages 5-12 years

We've partnered with Concordia University Wisconsin Men's Lacrosse team to offer this exciting, fast-paced sport, that's growing quickly in popularity across the U.S. Our coaches are experts in the sport. This program teaches the fundamental skills of lacrosse such as proper passing, catching, cradling, shooting, dodging and scooping technique that will help players be successful in the sport. No previous experience necessary but experienced players are welcome to join to sharpen their skills. Session may be co-ed based on enrollment.

Fall 1 Session

Rite-Hite Family YMCA

## VOLLEYBALL

This skills class will work on building fundamental skills and basics concepts of volleyball that will allow athletes to learn the game of volleyball. Classes will focus on developing serving, passing, setting and hitting skills. Classes are co-ed and divided into groups based on age and ability.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

## ARCHERY

Ages 6+

This instructional class will teach safety, scoring, and the proper mechanics of archery. Bows, arrows, and targets are provided.

Fall 1 Session ONLY

Rite-Hite Family YMCA

## SPORTIES FOR SHORTIES/ SPORTS OF ALL SORTS

Ages 3-5 years/Ages 6-12 years

Many different sports are introduced in this class to allow your child to explore their interests before choosing a full session of a sport.

Fall 2 Session ONLY

Rite-Hite Family YMCA

## BASKETBALL

K4-6th Grade

Practices will focus on dribbling, passing, shooting, defense and basic rules of the game. Sessions may lead up to game play.

### K4-K5 CO-ED

Fall 1 and Fall 2 Sessions

Northside YMCA

Fall 2 Session ONLY

Rite-Hite Family YMCA

### 1ST-2ND GRADE CO-ED

Fall 1 and Fall 2 Sessions

Northside YMCA

Fall 2 Session ONLY

Rite-Hite Family YMCA

### 3RD-4TH GRADE CO-ED

Fall 1 and Fall 2 Sessions

Northside YMCA

Fall 2 Session ONLY

Rite-Hite Family YMCA

### 5TH-6TH GRADE CO-ED

Fall 1 and Fall 2 Sessions

Northside YMCA

Fall 2 Session ONLY

Rite-Hite Family YMCA

Private lessons available upon request.  
Call 414-357-2805 for more information.

## GIRLS BASKETBALL

Ages 10-17

Fall 1 and Fall 2 Sessions

Northside YMCA

## BASKETBALL LEAGUES

Game play in a friendly environment. Practice and coaching are not included; games are played once per week. Registration is done by team. Trophies, plaques or ribbons are awarded to the 1st and 2nd place teams.

Fall 1 and Fall 2 Sessions

Parklawn YMCA

## BASKETBALL TEAM

Sign up as an individual or with a friend. Program includes practice one night a week with a professional coach and one game per week.

Fall 1 and Fall 2 Sessions

Parklawn YMCA





# INCLUSIVE

## MIRACLE LEAGUE OF MILWAUKEE FALL BASEBALL

Ages 4-19 years

Join Milwaukee's first universally-accessible baseball league. The Miracle League allows all children to play organized baseball, regardless of ability and features an all-star cast of volunteer buddies who are ready to share their love for the game of baseball. All games are played on a custom-designed field featuring a cushioned, rubberized, completely flat surface to prevent injuries and allow access for the visually impaired and those in wheelchairs.

Contact James Lundstrom, Inclusive Recreation Manager at [jlundstrom@ymcamke.org](mailto:jlundstrom@ymcamke.org) or 414-357-2833 for more information.

Northwest YMCA  
(formerly John C. Cudahy YMCA)

Dates: TBD

Fee: \$30/per child, \$5 off per family member or sibling

Game Days: Tuesdays and Thursdays

## MIRACLE LEAGUE OF MILWAUKEE ALL-STAR GAME

Ages 4-19 years

Join us as we invite Miracle League Athletes from around the state to participate in our 3rd Statewide All-Star Game, followed by a fun-filled family "tailgate" at our very own Werner Family Foundation Field! All participants will receive a special edition 2015 Miracle League All-Star Jersey and more.

Northwest YMCA  
(formerly John C. Cudahy YMCA)

Saturday, September 19, 2015

Contact James Lundstrom, Inclusive Recreation Manager at [jlundstrom@ymcamke.org](mailto:jlundstrom@ymcamke.org) or 414-357-2833 for more information.

# Meet Spriggy!

Spriggy is a fun and lovable guy who finds himself in dangerous situations. Help keep Spriggy safe while learning how to keep your family safe inside, outdoors and on the go.

Visit the website today and download the FREE Keep Spriggy Safe app to learn valuable safety lessons at:

## KohlsSafeandHealthy.com

Did you know that unintentional injuries are the leading cause of death in children? Research shows that education and awareness can prevent many of these injuries from happening. The Kohl's Cares Grow Safe & Healthy program and the YMCA are proud partners in injury prevention.





# TEEN/TWEEN PROGRAMS

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## BOYS NIGHT OUT

5th – 8th Grade

Boys only! Play games, make new friends, talk about topics you want to discuss.

### Fall 1 and Fall 2 Sessions

#### Northside YMCA

Thursdays 6:00 – 7:00pm 03-05302-10

Y Member: FREE

Community Participant: FREE

## GIRLS NIGHT OUT

5th – 8th Grade

This program will help girls grow personally, through recreational activities, informational presentations and group experiences with other girls their age. Program is ongoing, sign up now!

### Fall 1 and Fall 2 Sessions

#### Northside YMCA

Thursdays 5:00-6:00pm 03-05302-31

Y Member: FREE

Community Participant: FREE

## PRE-TEEN/TEEN SWIMMING LESSONS

5th grade – 16 years

This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels welcome.

**Prerequisite:** None.

### Northside YMCA Aquatics Dept.

414-374-9434

### Rite-Hite Family YMCA Aquatics Dept.

414-357-2834

## SCOUT BADGES

The YMCA works to provide high quality safety and water instruction for the Girl Scouts, Cub Scouts, Boy Scouts and Pioneer Girls. Contact the Aquatics department to schedule your group to complete basic water safety, Webelo Aquanaut, Boy Scout merit badges and Girl Scout badges.

Friday evening, Saturday afternoon or Sunday afternoon.

Call today to book your group's date.

### Northside YMCA Aquatics Dept.

414-374-9434

### Rite-Hite Family YMCA Aquatics Dept.

414-357-2834

Gymnastics Scout Badges offered through our Rite-Hite Family YMCA Gymnastics Center. For more information, please call the Product Director of Sports and Recreation at 414-357-2805.

## BASKETBALL LEAGUES

3rd-8th Grade

Game play in a friendly environment. Practice and coaching are not included; games are played once per week. Registration is done by team. Trophies, plaques or ribbons are awarded to the 1st and 2nd place teams.

### Fall 1 and Fall 2 Sessions

#### Parklawn YMCA

Contact Jason Blocker for more information at 414-873-9622 or [jblocker@ymcamke.org](mailto:jblocker@ymcamke.org).

## BASKETBALL TEAM

Sign up as an individual or with a friend. Program includes practice one night a week with a professional coach and one game per week. League runs for nine weeks.

### Fall 1 and Fall 2 Sessions

#### Parklawn YMCA

For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desk.

Fall 1 schedule available 7/25; Fall 2 schedule available 9/14.





# YOUTH PROGRAMS

One of the greatest things we can give to a child is self confidence. Gymnastics, with the many small challenges of each class, builds confidence in every athlete. Forget the cartwheels, building a self confident child can impact all of the other activities in their lives.

## GYMNASTICS

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15  
Private lessons available upon request. Call 414-357-2805 for more information.

### PARENT/CHILD GYMNASTICS

Crawling – 18 months

This class is led by an instructor but each child is assisted by a parent/guardian. Join other families as we develop balance, coordination, fine and gross motor skills and socialization.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

### MINI MOVERS

Ages 2-2½ years

Mini Movers run, jump, roll, and climb. Children learn to follow simple instructions and control their bodies as they explore our safe and fun surroundings.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

### TEDDY TUMBLERS

Ages 2-3 years

Teddy Tumblers builds on core lessons learned from Mini Movers to succeed in a more structured class. These young gymnasts will be taught to follow multi-step directions, communicate with their peers, and improve strength and flexibility.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

Fall 2 Session ONLY

YMCA Gymnastics Center

### YMCA GYMNASTICS CENTER

6140 W Executive Dr., Mequon

This facility houses the Metro Milwaukee YMCA Momentum competitive gymnastics team, open gym, youth classes, tumbling, and Parkour!

Please contact Dawn Marie Herrboldt at 414-357-2818 or [dherrboldt@ymcamke.org](mailto:dherrboldt@ymcamke.org) for a skill evaluation or more information.

\*Note GPS and Map Apps do not get you directly to our location. Please follow these directions instead:

#### Directions from Mequon Rd.:

Turn south onto Industrial Dr. (located between Wauwatosa Rd and Cedarburg Rd). Turn left (East) onto Executive Drive. Gymnastics Center is the 4th business in from the entrance.

#### Directions from the Rite-Hite

Family YMCA: Head north on Hwy 57 (Cedarburg Road). Turn left at County Line Rd. Turn right onto Baehr Rd. Take Baehr Rd to the roundabout and turn left. Gymnastics Center is on the left after the second speed bump.



### **PRESCHOOL GYMNASTICS**

Ages 3-4 years

Participants will practice basic gymnastics skills as they navigate through a variety of stretches, warm up activities, and circuits. This class makes exercise fun and helps children prepare for a school environment.

**Fall 1 and Fall 2 Sessions**

**Rite-Hite Family YMCA and  
YMCA Gymnastics Center**

### **KINDERGARTEN GYMNASTICS**

Ages 4½-5½ years

All participants must be enrolled in 4K or 5K. Kindergartners continue to progress through the sport of gymnastics doing rolls, cartwheels, handstands, and swinging on bars to prepare them for transition to our progressive program.

**Fall 1 and Fall 2 Sessions**

**Rite-Hite Family YMCA and  
YMCA Gymnastics Center**

### **FLIP FLOP SHOP**

Ages 3-6 years

This 1½ hour class will begin with a 45-minute art class and conclude with a 45-minute gymnastics class. In the gymnastics portion they will learn basic movements of stretching, balance coordination, jumping and tumbling. Your child must be potty trained to participate.

**Fall 1 and Fall 2 Sessions**

**Rite-Hite Family YMCA**



### **SCOUT BADGES**

Contact us about completing your scouting badges at the YMCA Gymnastics Center. We can work with you on badges, group activities and bridging ceremonies. Friday evening, Saturday afternoon or Sunday afternoon times are available.

**Call Dawn Marie at 414-357-2818  
for more information and to book  
your group.**

### **BIRTHDAY PARTIES AT THE YMCA GYMNASTICS CENTER!**

Bounce your way through the YMCA Gymnastics Center for your child's birthday party! We provide the fun, you provide the participants. Birthday parties may include games, gymnastics and parkour activities.

**Contact the Gymnastics Department for  
more information at 414-357-2818.**

### **OPEN GYM**

Bring your kids for a fun-filled time at the YMCA Gymnastics Center. Open gym times are a great opportunity for family fun! Children under age 10 must be accompanied by an adult.

**Visit [ymcamke.org](http://ymcamke.org) for open gym  
schedule.**

Punch cards must be purchased at a YMCA of Metropolitan Milwaukee location prior to participation.

**Contact Dawn Marie Herrboldt at  
[dherrboldt@ymcamke.org](mailto:dherrboldt@ymcamke.org) or  
414-357-2818 for more information.**





# PROGRESSIVE GYMNASTICS

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

Private lessons available upon request. Call 414-357-2805 for more information.

Participants in our progressive gymnastics program work on skills to establish a foundation in gymnastics with the intent to join our competitive team. Classes consist of warm-up, strength training, flexibility and instruction on at least three events per day. Boys may train on floor exercise, rings, vault, high bar, parallel bars and pommel horse. Girls may train on vault, uneven bars, balance beam, and floor exercise. Classes may be split by ages.

## GYMNASTICS I

Ages 6+ years

Little or no gymnastics experience is required. Athletes work on basic gymnastics skills. It generally takes more than one session to progress to Gymnastics II.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA and  
YMCA Gymnastics Center

## GYMNASTICS II

Ages 7+ years

Prior gymnastics experience and instructor recommendation is required. Participants will need to know how to perform basic skills for each event. It generally takes more than one session to progress to the next level. Athletes must complete a skill evaluation to progress.

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center

## GYMNASTICS III

A gymnast must have a recommendation from an instructor, or a required skill test to participate in this class. A gymnast beginning in this level should have participated in at least three semesters at Level 2 in our YMCA program. This advanced gymnastics class will continue to build on gymnastics skills already learned, and introduce more advanced skills on each of the events; vault, bars, beam and floor. There will be continued focus on strength, flexibility and technique while continuing to develop in gymnastics at a higher level.

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center

## BOYS GYMNASTICS

Ages 5+ years

This boys only gymnastics class will include warm-up, stretching, strength exercises and instruction on at least two events per day. Instruction may include floor exercise, pommel horse, single rail bar, and parallel bars.

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center

## BOYS PARKOUR

Ages 7+ years

Parkour is the physical discipline of training to overcome any obstacle in one's path by adapting one's movement to the environment. This class will focus on functional strength, physical conditioning, balance, creativity, control and looking beyond the traditional use of objects.

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center

## PARKOUR CLINICS

Ages 5+

Free running, tumbling, and parkour skills will be highlighted in these introductory clinics. These clinics are a great experience for any skill level.

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center

September 20 3:00-4:30pm

October 18 3:00-4:30pm

November 15 3:00-4:30pm

December 13 3:00-4:30pm

Fee: \$10/clinic

## DANCE TUMBLE AT THE YMCA GYMNASTICS CENTER

Ages 12+ years

This class is for the athlete or dancer that wants to improve their tumbling skills. Classes run year round and will focus on new skill development. Class sizes are small to ensure individual instruction.

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center

## ENERGY

Ages 4-6 and 7-11 years

Energy is for the gymnast who has a desire and motivation to work hard and shows potential for competitive gymnastics. It is a bridge from the progressive classes to our competitive team. In this class, gymnasts will be learning skills required to join our Momentum Gymnastics Team with more focus on conditioning and flexibility. Instructor recommendation is required.

Fall 1 and Fall 2 Sessions

YMCA Gymnastics Center



## COMPETITIVE GYMNASTICS

This year-round program offers six to seven hours per week of training along with the opportunity for competition within the Wisconsin YMCA Gymnastics System. We offer USA Gymnastics Compulsory levels 3-6, and optional levels Prep Optional Bronze and levels 7-9. Each gymnast competes within the skill level and age group within that level. Each gymnast competes as an all around gymnast, performing routines on floor exercise, balance beam, uneven bars, and vault.

**Please contact Head Coach Alexandria Schmidt at 414-357-2828 or [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org) for a skill evaluation or more information.**

## CHEER TUMBLE

Ages 7-14 years

Skill specific stations and progressions to help build on cheer tumbling basics. This class will also develop different jumps and leaps used in cheer. Participation in this class may lead to consideration for cheer team.

**Fall 1 and Fall 2 Sessions**

**YMCA Gymnastics Center**

## CHEER STUNTING

Ages 7-14 years

Join us as we learn techniques to safely build pyramids, do lifts and learn tosses. This class will be beneficial for all levels of cheer athletes.

**Fall 1 and Fall 2 Sessions**

**YMCA Gymnastics Center**

## FIRECRACKERS

Ages 5-7 years

This group will learn jumps, cartwheels and pyramids for beginning cheer athletes. Participation in this class may lead up to a cheer competition.

**Fall 1 and Fall 2 Sessions**

**YMCA Gymnastics Center**

## SPARKS

Ages 8-14 years

This group will continue progressions with tumbling skills, as well as more time spent on lifts, pyramids and tosses. This class is for athletes who desire to continue to develop their cheer expertise. Participation in this class may lead to competitions. Athletes must have a round-off-back-handspring to participate.

**Fall 1 and Fall 2 Sessions**

**YMCA Gymnastics Center**

**Firecrackers and Spark are offered by invitation only.**

## YMCA GYMNASTICS CENTER

**6140 W Executive Dr., Mequon**

This facility houses the Metro Milwaukee YMCA Momentum competitive gymnastics team, open gym, youth classes, tumbling, and Parkour!

**Please contact Dawn Marie Herrboldt at 414-357-2818 or [dherrboldt@ymcamke.org](mailto:dherrboldt@ymcamke.org) for a skill evaluation or more information.**

\*Note GPS and Map Apps do not get you directly to our location. Please follow these directions instead:

### Directions from Mequon Rd.:

Turn south onto Industrial Dr. (located between Wauwatosa Rd and Cedarburg Rd). Turn left (East) onto Executive Drive. Gymnastics Center is the 4th business in from the entrance.

### Directions from the Rite-Hite

**Family YMCA:** Head north on Hwy 57 (Cedarburg Road). Turn left at County Line Rd. Turn right onto Baehr Rd. Take Baehr Rd to the roundabout and turn left. Gymnastics Center is on the left after the second speed bump.



Healthy Living programs at the Y go beyond physical activity, to focus on additional lifestyle areas that enhance health and well-being in a positive, supportive and accepting small group environment. To provide the highest level of quality, most of our Healthy Living programs have been developed in collaboration with a variety of national and local health care, academic and community partners.

## HEALTHY LIVING

### PATHWAY TO A HEALTHIER WEIGHT

(Adults)

**Program Code:** 01403

Pathway to a Healthier Weight provides a positive and impactful approach to developing and supporting Healthy Living with the ultimate goal of achieving a healthy weight. Taught by a registered dietetic technician, wellness coach and physical fitness expert, the 12-week session begins with a 4-week nutrition and diet make-over, supported by physical fitness, group support and accountability. Your new established exercise and nutrition habits are then carried over with you into your wellness sessions where class topics include: types of physical fitness and which is best for you, stress management, building your support network, learning from slips and how to overcome them.

The program begins and ends with a one-on-one consultation for personalized attention and includes 30 minutes of physical activity. Through a partnership between the YMCA of Metropolitan Milwaukee and Wheaton Franciscan Healthcare, this program is designed for those seriously seeking a healthier pathway.

**Contact Ellie Duyser at 414-357-2820 or [edyuser@ymcamke.org](mailto:edyuser@ymcamke.org) for more information.**

**Rite-Hite Family YMCA**

On-going start dates for fall, please call for more information.

**Y Member:** \$185

**Community Participant:** \$235

This program is also available as a Workplace Wellness offering. If you are interested in having this available at your workplace, call for more information.

“I had tried several times in the past to lose weight but each time I regained all of the weight I’d lost and more! The Pathway to a Healthier Weight program has increased my self-awareness. I no longer eat mindlessly, but remind myself to make conscious choices when it comes to snacks, treats, dealing with stress eating, and being aware of my triggers.

The class is very individualized allowing you to set short term goals, each class period. I found the exercise portion of the class to be a key piece of the weight loss puzzle for me. I lost 11 pounds during the class, and 80 pounds total so far. This class teaches a lasting lifestyle change. My quality of life has improved immeasurably since taking the program!”

– PATHWAY TO A HEALTHIER WEIGHT PARTICIPANT



LIVESTRONG

### 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 LIVESTRONG Foundation.

Contact [mkelivestrong@ymcamke.org](mailto:mkelivestrong@ymcamke.org) or 414-274-0865 for more information.

#### Rite-Hite Family YMCA

Enrolling for fall, mid-day and evening classes available.

**Y Member:** FREE

**Community Participant:** FREE

“Before I joined LiveSTRONG, I didn’t have an outlet that allowed me to really say what was on my mind regarding cancer and how I deal with life afterwards. The first day we shared our stories, I felt very humbled and blessed. It felt so good to know this was a group of people I could be open and honest with because they understood all the different feelings and steps you take to find a cure.

They understand that sometimes you cry for no reason. That every day is a blessing to be alive but every bump you feel on your body sends a particular fear to your mind “What If.”

This group understands the numbness you feel when the doctor says “you have cancer.” They know that while a smile on your face is a symbol that you’re staying positive, deep down you might be exhausted and wondering why me.

I wish I would have known about LiveSTRONG sooner! LiveSTRONG at the Y allowed me to reclaim my body.”

- LIVESTRONG AT THE YMCA GRADUATE





**YMCA’S DIABETES PREVENTION PROGRAM**

**BIG REWARDS SMALL STEPS**

**You can reduce your risk for type 2 diabetes and gain tools for healthy living.**

**Program Code:** 01410

**DID YOU KNOW?**

- About 86 million American adults have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease.

**THE GOOD NEWS...**

The YMCA’s Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain a healthy lifestyle by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health has proven that programs like the YMCA’s Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%.

**ABOUT THE PROGRAM**

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by one-hour monthly sessions for added support to help them maintain their progress.

**Program Goals:**

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

**WHO CAN PARTICIPATE?**

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)\* and at high risk for developing type 2 diabetes indicated by a confirmatory blood value†, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

\*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

**TAKE CONTROL OF YOUR HEALTH**

There are many factors that determine if you are at risk for type 2 diabetes – lifestyle, age, family history and weight to name a few. Take the first step toward controlling your health – visit [ymcamke.org/diabetesprevention](http://ymcamke.org/diabetesprevention) to take a short quiz and learn your risk.

Schedules for the YMCA’s Diabetes Prevention Program are forming now.

**For the most updated class schedule, contact Denise Lyman at 414-357-2849 by emailing [diabetesprevention@ymcamke.org](mailto:diabetesprevention@ymcamke.org) or by visiting our website at [ymcamke.org/diabetesprevention](http://ymcamke.org/diabetesprevention).**

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.

**“The YMCA’s Diabetes Prevention Program has been a very positive experience for me. I have lost over 40 lbs since starting the program. My blood sugar levels are better and I feel fantastic. I came to realize my diet was loaded with fat and my food portions were too large. My lifestyle coach taught me about reading labels, making healthier choices and having a more balanced diet. The support, ideas, and encouragement of the other participants helped me achieve my goals. A lifestyle change can happen, even at the age of 50! I have since joined the YMCA. Thank you YMCA, I couldn’t have done it without you.”**

**-YMCA DPP PARTICIPANT**



## KIDS IN THE KITCHEN

(Ages 6-10 and Parents)

**Program Code:** 01413

The Junior League of Milwaukee and the Y present to you Kids in the Kitchen, an interactive program that empowers children and their parents/guardians to make healthy lifestyle choices. During the sessions, kids ages 6-10 and their parents/guardians learn about the five food groups that are the building blocks of a healthy diet. This energetic program helps children learn the benefits of eating healthy using "My Plate for Kids," a simple nutrition guide. Each session includes an engaging learning component as well as fun fitness and hands-on cooking activities. Each session can stand alone but also builds upon the prior session.

**Contact Ellie Duyser at 414-357-2820 or [edyuser@ymcamke.org](mailto:edyuser@ymcamke.org) for more information.**

### Rite-Hite Family YMCA

July 21 5:00-6:30pm

Topic: Perfect Portions

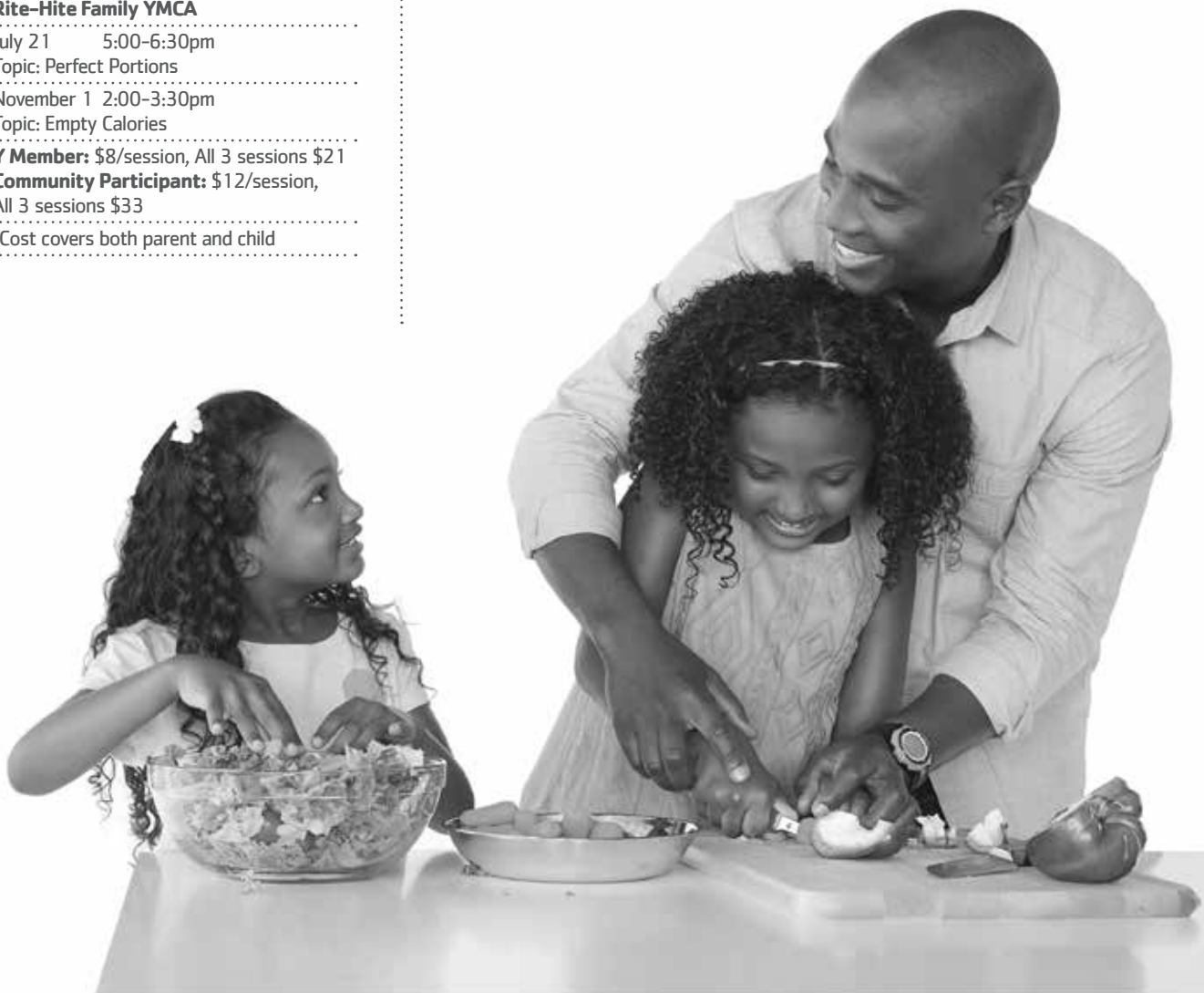
November 1 2:00-3:30pm

Topic: Empty Calories

**Y Member:** \$8/session, All 3 sessions \$21

**Community Participant:** \$12/session, All 3 sessions \$33

\*Cost covers both parent and child





## 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 help participants stay physically active, there are a wide range of group exercise classes to choose from, including water exercise and SilverSneakers® classes.

## SILVER SNEAKERS AND AOA (ACTIVE OLDER ADULT) CLASSES

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

### SENIOR FITNESS

You choose your level of intensity by controlling the size of your movement. You will be led through a variety of low impact, easy to follow exercises to improve cardiovascular fitness, endurance and balance. Some resistance work is included for bone strength to give you a total body workout.

### SILVERSNEAKERS® CLASSIC

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® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscle endurance power with a standing circuit workout. Upper body strength work and handheld weights, elastic tubing and balls are alternated with nonimpact aerobics. A chair is offered for support.

### SILVERSNEAKERS™ YOGA STRETCH

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

### ZUMBA GOLD

A lower impact, easy-to-follow, Latin inspired dance fitness party designed for older adults.



# WATER EXERCISE CLASSES

FALL 1 SESSION: 9/8/15-10/25/15 • FALL 2 SESSION: 10/26/15 – 12/20/15

## MS/STROKE RECOVERY WATER EXERCISE

LOW IMPACT/REHAB

Rite-Hite Family YMCA

Ages 14+ years

This class is a stretching/exercise class for those individuals that have physical limitations including but not limited to loss of movement, muscle stiffness and joint restrictions. It is great for those with MS, recovering from a stroke, fibromyalgia or spinal injury. If you need assistance in the locker room or getting into and out of the pool please bring an aid.

**Y Member:** \$7

**Community Participant:** See posted schedule for class fees at your location.

## JOINT MOVEMENT

(formerly known as AFYAP)

LOW INTENSITY/REHAB

Rite-Hite Family YMCA

Ages 14+ years

An aquatic exercise program designed for people with arthritis and related conditions. The water provides gentle resistance to build muscle strength and support joints to encourage free movement. Participants should be comfortable in the water but do not need to have swimming skills. Please check with your physician before beginning this program.

**Y Member:** \$7

**Community Participant:** See posted schedule for class fees at your location.

## SHALLOW WATER EXERCISE

MODERATE INTENSITY

Northside YMCA and  
Rite-Hite Family YMCA

Ages 14+ years

Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level and muscle strength. Perfect for first-time exercisers, currently active or those looking for a good workout. This class is taught in chest deep water. Participants should be comfortable in the water but do not need to have swimming skills.

**Y Member:** FREE

**Community Participant:** See posted schedule for class fees at your location.

## DEEP WATER EXERCISE

MODERATE INTENSITY

Rite-Hite Family YMCA

Ages 14+ years

A powerful workout that will improve your posture, strength and cardiovascular endurance. This non-impact exercise is a perfect alternative for individuals with knee or back problems or those looking for a break from running or high impact activities. Participants should be comfortable in deep water.

**Y Member:** FREE

**Community Participant:** See posted schedule for class fees at your location.

**This class is taught in the WSAC pool which is a cold water pool (average temp of 80 degrees or cooler).**

## AQUA ZUMBA

MODERATE-HIGH INTENSITY

Northside YMCA and  
Rite-Hite Family YMCA

Ages 14+ years

Jump into the Latin inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash. This program is a safe, effective and challenging workout that integrates the Zumba formula and philosophy into traditional aqua fitness, moving against the resistance of the water.

**Y Member:** \$14

**Community Participant:** See posted schedule for class fees at your location.



For the most up-to-date schedule with days, times, and pricing please visit our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desk.

Fall 1 schedule available 7/25; Fall 2 schedule available 9/14.

## WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.



# 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 also we provide certified staff to assist you in setting goals and achieving them.

## WELLNESS ORIENTATION

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 to help achieve your wellness goals and involves a variety of activities that fits your schedule.

**Free for Y Members.**

## INBODY TESTING

The InBody provides a quick and easy, non-invasive body analysis that provides essential data for any weight loss and fitness program. After your quick analysis of body composition, you will receive a print out of your measurements.

**Y Member: \$10**

**Community Participant: \$20**

**To make an appointment contact the Fitness Center staff at 414-274-0807.**

## PERSONAL TRAINING

Every day, people join the Y, motivated to get healthier. But sometimes they need a little extra help and support to reach that goal. Our personal training focuses on an approach that is safe, efficient, easy-to-follow and helps you stay motivated. Whatever your goal, our expert personal trainers provide plans, coaching and motivation to help you succeed.

For more information regarding personal training and to register for your free personal training consultation contact Raschel Biagioli, Product Director of Fitness Centers and Personal Training, at 414-274-0807 or [rbiagioli@ymcamke.org](mailto:rbiagioli@ymcamke.org).



## 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 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. Contact Raschel Biagioli at 414-274-0807 or rbiagioli@ymcamke.org for more information.

**Y Member:** \$50

**Community Participant:** \$73/month

**Program Code:** 01609

## UP AND RUNNING AT THE DOWNTOWN AND RITE-HITE FAMILY YMCA

Do you want to cross the finish line but don't know where to start? If you are a beginner looking to take the next step, let the Y help guide you. Workouts are led by a Y wellness specialist and/or an experienced runner to help coach you as you work toward your goal. All sessions will include a running/walking workout followed by a strength, core or flexibility routine. This six-week running program will ensure your success!

Individuals should be able to exercise for a duration of 30 minutes prior to registering.

Upon completion of this program participants will have the training and ability to complete a 5K.

**Y Member:** \$60

**Community Participant:** \$85

**Program Code:** 01132

6 person minimum per session

Other times available if group is formed on own.

## STRIDE AND STRENGTH AT THE NORTHSIDE AND RITE-HITE FAMILY YMCA

A Wellness Coach will teach you to use the Wellness Center in the most effective and easy to understand way along with providing support to help you reach your goals. The 60-minute class will consist of a 30-minute guided cardio machine workout and a 30-minute group strength and flexibility workout. Set goals that will keep you motivated. By the end of the program you will have eight new cardio and four new strength workouts to keep and use!

**Y Member:** \$40

**Community Participant:** \$60

**Program Code:** 01131

4 person minimum per session

Other times available if group is formed on own.

# WELLNESS CHALLENGE SERIES

## FALL INTO FITNESS CHALLENGE

**September 21–November 1**

Fall can be a great time to change your workouts and try something new. It's the perfect time to take advantage of bringing your workout indoors with Fall Into Fitness. Sign up individually or with a friend. You will be set up on a team led by a Y staff member or a Y member that will fit your exercise schedule during this fun 6-week program. Show us your team spirit this fall at the Y!

**Y Member:** \$15

**Community Participant:** \$65





# GROUP EXERCISE

Group Exercise provides an opportunity to workout 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!

Group exercise classes are offered year round and are 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. Due to capacity issues (limited equipment or space) during peak times, certain classes will require a reservation to secure your spot. Please check with the membership desk and/or group exercise coordinator for dates, times and locations.

## CARDIO CLASSES:

### BURN LAB®

BURN LAB® uses high-intensity interval training to create a cardiovascular workout like no other. BURN LAB is a 45-minute pre-choreographed program that fuses bootcamp-style drills, martial arts, and sports conditioning. Like all XERCISE LAB® programs, no equipment is needed for BURN LAB. Each week, the instructor will teach one new routine set to new music. Ignite the fire! Available at Rite-Hite Family YMCA and Northside YMCA.

### BODYSTEP™

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

### BODYCOMBAT™

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Experience the driving music and powerful role model instructors which make BODYCOMBAT™ the world's most popular martial arts group fitness class.

### STEP AEROBICS

Step your fitness up to new heights with this beat driven workout that will have you moving up and off of an adjustable bench. Combinations of moves will be introduced in this class 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.

### strYke

Fitness can be a battle, it's time to get into the fight! Jump in and punch, strike, kick and elbow your way to a fitter you. This cardio kickboxing class uses multiple international combat disciplines that will improve your coordination and also target muscles in a different way than your normal workout, helping sculpt your body during this 45-minute workout.

### Y-CARDIO FUNK

We'll provide the dance floor, you set it on fire. This fitness-based dance class consists of a combination of low and high impact traditional aerobic movements performed in a dynamic dance style. A great and rewarding workout where you'll see cardio benefits. Have a great time while you "get your funk on!"

### Y-CYCLE

It's time to chart a new course on your fitness journey! Instructors will lead the class on a motivating path through mixed terrain, hills, flats, mountain peaks, time trials, and intervals. An amazing adventure guided to the rhythm of powerful and engaging music. You can increase or decrease the tension on your fly wheel to control the intensity of the workout.



## Y-FUSE

The original Milwaukee Y branded fitness class that set the stage for all of the unique life-changing group fitness experiences that you can only get at the Milwaukee Ys. Touted as the most challenging cardio based fitness class in our association – Y-Fuse is an exciting, innovative, full-body cardio class that utilizes sports-inspired drills to get the heart rate pumping. Fast-paced, effective workout in a short time block. Though this class offers advanced and dynamic movement patterns, participants are in control of their impact levers which makes this challenging class achievable for all levels.

## ZUMBA®

Ditch the workout, join the party! The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. Zumba® is a dynamic, danced-based class set to the fusion of Latin and international music featuring aerobic fitness (interval training). Dance sneakers or shoes that allow for pivoting are recommended.

## STRENGTH CLASSES:

### BODYPUMP™

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren’t born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you’ll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world’s fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

### BUILD LAB®

BUILD LAB® is a 45-minute no-weights weight workout for adults. This intensive pre-choreographed bodyweight training class works every major muscle in your body, using only your body weight as resistance. Like all XERCISE LAB® programs, no equipment is needed for BUILD LAB. Each week, the instructor will teach one new routine set to new music. Build it with your body weight!

### Y-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.

## Y-CORE

Your core is the epicenter of all movement in your body. This class is designed to engage, build, strengthen, define and tone all the muscles of your core. Core strength and power developed in this class will increase your physical performance in work, athletic and leisure activities. Exercises will focus on all the muscles of the abdominals, lower back and engage the hip flexors. This foundational class is designed to compliment and enhance the other fitness activities that you perform. It is recommended that you layer this class after or within your training program.

## Y-CORE PERFORMANCE

Are you ready to expect more from your core? Welcome to your next level in core training. Building on the techniques integrated in Y-Core, participants will recruit and integrate a variety of muscle groups and energy systems to train and challenge their core for maximum performance. Class is designed to increase core control, muscle reaction, power and explosiveness through deliberate and dynamic training intervals. This class is perfect for off-season sport and athletic training.



## COMBINATION CLASSES:

### (Cardio, Strength and Flexibility)

#### BASE LAB®

BASE LAB® is a 45-minute high-intensity, low-impact cardio and bodyweight training program. BASE LAB is a pre-choreographed program that alternates cardio and strength tracks to create an exceptionally balanced total body workout. Like all XERCISE LAB® programs, no equipment is needed for BASE LAB. Each week, the instructor will teach one new routine set to new music. Power from the base up!

#### BURN/BUILD 60

This special 60-minute class fuses the latest tracks from XERCISE LAB®'s adult land programs BURN LAB® and BUILD LAB®. BURN LAB uses high-intensity interval training to create a cardiovascular workout like no other and BUILD LAB is a bodyweight training class that works every major muscle in the body. Like all XERCISE LAB programs, no equipment is needed for BURN/BUILD 60. Are you up for the challenge?

#### CARDIO FUSION

This high-energy, full body training class combines athletic aerobic movement with strength and stabilization exercises. Modifications will be demonstrated.

#### YC3 (FORMERLY Y-TRIPLE THREAT)

This three-tier total body workout will knock your socks off. Participants will work through a combination of exercises encompassing cardio, conditioning, and core. Class will use different equipment and give a great full body challenge. Great for all levels!

## FAMILY CLASSES:

#### ACTION LAB™

ACTION LAB™ is one of XERCISE LAB®'s two pre-choreographed group fitness programs for children ages 6–12. Each 45-minute class provides an exciting and challenging combination of kickboxing, balance, and rhythm. Like all XERCISE LAB programs, no equipment is needed for ACTION LAB. Each week, the instructor will teach one new routine set to new music. ACTION LAB can also be offered as ACTION LAB FAMILY™ for families to enjoy together. Kick, balance, move!

#### RECESS LAB®

RECESS LAB® is one of XERCISE LAB®'s two pre-choreographed group fitness programs for children ages 6–12. Each 45-minute class provides a fun, intense combination of cardio drills, bodyweight training, and sports activities. Like all XERCISE LAB programs, no equipment is needed for RECESS LAB. Each week, the instructor will teach one new routine set to new music. RECESS LAB can also be offered as RECESS LAB FAMILY® for families to enjoy together. Race, jump, play!

ACTION LAB and RECESS LAB rotate in the same class slot.

**Y Member: \$25/session unlimited**  
**Community Participant: \$40/session unlimited**

#### MIGHTY LAB®

MIGHTY LAB® is the only pre-choreographed group fitness program for children ages 1–5 to take with a caregiver. Each 25-minute class provides a fun, intense combination of cardiovascular training, strength training, stretching and balance exercises. Every other week the instructor will teach a new routine set to new music. Exercise for the mini but mighty!

**Y Member: \$25**  
**Community Participant: \$40**

## RELAXATION, STRETCH AND STRENGTH FLEXIBILITY CLASSES:

#### BODYFLOW™

BODYFLOW™ is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

#### TAI CHI

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.

#### YOGA

All body types and skill levels are encouraged to participate. Safe and gentle, yet challenging postures encourage stronger muscles and bones, while simple relaxation techniques release tension from the mind and body.

#### Y-STRETCH FLOW

The instructor will help you master the skills of controlled breathing and focus, while leading you through a carefully structured series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.

#### RESTORE LAB®

**\*Included in Mind/Body Pass**

RESTORE LAB® is a 45-minute pre-choreographed athletic stretching program that will strengthen and lengthen all of the major muscles in the body. RESTORE LAB includes both dynamic and static stretching, and focuses on movements associated with both sport and functional use. Like all XERCISE LAB® programs, no equipment is needed for RESTORE LAB. Each week, the instructor will teach one new routine set to new music. Rebuild, repair, recover.

**Y Member: \$25/session unlimited**  
**Community Participant: \$40/session unlimited**



## PILATES\*

### Included in Mind/Body Pass

Building on the principles of Joseph Pilates, the exercises will help you develop a strong “core” or center of your body. Pilates will elongate and strengthen your muscles and improve flexibility and joint mobility.

**Y Member: \$25/session unlimited**  
**Community Participant: \$40/session unlimited**

## POWER YOGA\*

### Included in Mind/Body Pass

This class builds on the basics of yoga by offering a more aggressive flow to warm you quickly and give you a full-body workout. This progressive class is designed for yoga students looking to take their movement to the next level.

**Y Member: \$25/session unlimited**  
**Community Participant: \$40/session unlimited**

## MIND/BODY PASS

\*The Mind/Body Pass is designed for those participants who are serious about increasing their strength and flexibility through stretch-based fitness. Classes in this package are geared toward those individuals who have completed foundational strength and flexibility program modules. These advanced program modules, though modifiable for all levels, may not be suitable for those new to exercises. Specified techniques, goals and discipline focus are the key drivers that separate the classes in this package from our foundational Mind/Body class offerings. Individuals that participate in this package have unlimited access to all programs included at the Center where they are registered. For more information or to register for this package, please talk to the Y’s Wellness Center or Membership staff.

## RESTORATIVE YOGA

### Included in Mind/Body Pass

Focused on deep stretching, relaxation techniques and reducing stress, this class is staged as an environment to calm your senses, soothe your soul and help work out the aches and pains from daily life. Suitable for all levels.

**Y Member: \$25/session unlimited**  
**Community Participant: \$40/session unlimited**

## VINYASA YOGA

### Included in Mind/Body Pass

Vinyasa is a discipline that utilizes unique postures and breathing techniques. This type of yoga is designed to help you gain balance and flexibility as you flow through movements. The continuous symmetry from one pose to another creates an added cardiovascular benefit, not present in most traditional yoga forms.

**Y Member: \$25/session unlimited**  
**Community Participant: \$40/session unlimited**

## SMALL GROUP TRAINING (S.G.T)

### Real Fitness, Real Results, for Real Life.

Welcome to the next evolution of group exercise. Our newest installations of program modules are centered around the benefits of functional fitness. Go beyond the realm of traditional exercise and enter the new generation of momentum, suspension, shift, and balance training. Functional fitness training and performance is all about using your workouts to enhance the execution of everyday activities and improving your quality of life. Small group training is a higher level of results driven workouts designed to skyrocket your fitness performance. Smaller class sizes allow you to enjoy the benefits of individualized attention, without sacrificing the camaraderie you find in group workouts. The classes are small but the energy is high!

## Y-BLITZ

The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. It will challenge anyone’s fitness level and enhance your physical performance no matter where you are physically. Each class is completely different and is designed around different equipment and sports-inspired cross training.

**Y Member: \$25/session unlimited**  
**Community Participant: \$40/session unlimited**





## **TRX® SUSPENSION TRAINING GROUP EXERCISE MODULES:**

Invented by a Navy SEAL, TRX® is being utilized by professional trainers all around the country to provide a results driven, full body conditioning experience like no other. The TRX® suspension trainer was designed to facilitate an enormous range of body weight training movements through the symmetry of multiple muscle groups. Every suspension training exercise builds true functional strength and improves flexibility, balance and core stability all at once. Suspension training workouts will benefit anyone who wants to safely and rapidly improve their fitness ability at any level.

### **TRX® CORE**

**20 minutes**

TRX® is finally here! This extreme core workout is designed to offer you a mix of strength, core stability, and balance exercises using your own bodyweight. Meets twice a week to give you the ultimate challenge your core has been waiting for! Great for all levels, ages and abilities. This module will help prepare participants for TRX® Cardio Circuit and TRX® Fusion. Four-week session. Classes run on a monthly basis.

**Y Member: \$25**

**Community Participant: \$40**

### **TRX® INTERVAL CIRCUIT**

**30 minutes**

Cardio Circuit offers an interval mix of cardio, strength, and TRX® full body conditioning packed into one powerful training session. Participants will be guided through time based drills that will guide them on and off of the suspension trainers. The clock doesn't stop in this 30-minute heart racing interval training session. Four-week session. Classes run on a monthly basis.

**Y Member: \$25**

**Community Participant: \$40**

## **TRX® STRENGTH ZONE**

**30 minutes**

This add-on class is all about getting you stronger for all other TRX® classes. It is designed to be more about the quality and degree of difficulty of the exercises than the speed and cardio. Each week has a different focus on a different body part or exercise. Four-week session. Classes run on a monthly basis.

**Y Member: \$25 (\$10 if already enrolled in another TRX® module)**

**Community Participant: \$40**

## **TRX® ADVANCED PERFORMANCE**

**45 minutes**

The most advanced TRX® module combines the cardio endurance of circuit and the strength of core to provide the next level of athletic performance. This class offers a mix of cardio, strength, and TRX® full body conditioning while marrying together different equipment with the suspension trainer. This may include the bosu ball, medicine ball, free weights, etc. Dynamic movements and aggressively stacked exercise combinations are designed to take your fitness to new heights. Four-week session. Classes run on a monthly basis.

**Y Member: \$25**

**Community Participant: \$40**

## **TRX® KETTLE BELL**

**45 minutes**

A combination class that includes both kettle bell momentum training and TRX® suspension training. Experience with one or the other is a prerequisite for the class. This is the ultimate test of functional fitness and learning to use your body as a machine. Four-week session. Classes run on a monthly basis.

**Y Member: \$25**

**Community Participant: \$40**

## **KETTLE BELL CLASSES:**

### **Y-KETTLE BELL FOUNDATIONS**

Master kettle bell technique and form in this class that focuses on setting up the basic moves of kettle bell momentum training. This is a low impact class that delivers results to those interested in strength building, fat loss, muscular endurance, and a fun new workout.

**Y Member: \$25/session unlimited**

**Community Participant: \$40/session unlimited**

### **Y-KETTLE BELL CORE**

This 20-minute, beginner-friendly kettle bell class works through a series of rhythmic and timed kettle bell movements that focus on strengthening the core. This class is a perfect addition to any training or workout regimen. Attendance to this class is included when participants register for any Y-Kettle Bell module.

**Y Member: \$25/session unlimited**

**Community Participant: \$40/session unlimited**

### **Y-KETTLE BELL GX**

This is the next step in kettle bell training. Learn the technique of new moves including swinging two bells at once. Form is assumed so the time is shortened to increase the intensity.

**Y Member: \$30/session unlimited**

**(includes Kettle Bell Basics)**

**Community Participant: \$45/session unlimited**

### **Y- KETTLE BELL INTERVAL CIRCUIT**

This cardio focused kettle bell class will pair basic technique with high intensity cardio intervals. This class will move back and forth between using the bell and bodyweight exercises to give you a great endurance challenge. This class is great for all levels. Unlimited classes for month. Four-week session. Classes run on a monthly basis. Attendance to this class is included when participants register for any Y-Kettle Bell module.

**Y Member: \$25**

**Community Participant: \$40**

## Y-KETTLE BELL MOMENTUM

The next level of kettle bell takes the advanced technique even further, maximizing momentum training with the bells. Unlimited classes for month. Four-week session. Classes run on a monthly basis.

**Y Member: \$30**

**Community Participant: \$45**

## BOOT CAMPS:

### Y-BASIC TRAINING CAMP

#### Y-INDOOR/Y-OUTDOOR BOOT CAMP

Join us indoors or outside for a four week session of intense workouts that will skyrocket your level of fitness and change your body composition. Boot 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 experiences that will change and expand your level of fitness. New exercises and new terrain are guaranteed to produce awesome results. Class meets 45 minutes, three times a week during the monthly sessions.

Indoor sessions run: January through April and October through December

Outdoor sessions run: May through September

**Y Member: \$49**

**Community Participant: \$79**

### Y-FUNCTIONAL FIT CAMP

How functional is your fitness? Y-Indoor boot camp meets assisted functional fitness training. TRX® suspension training and Y-Kettle Bell Momentum training are incorporated to add the next challenge level to your workouts. This class will improve your balance, core stability, endurance, and functional strength for everyday tasks. Class meets 45 minutes, three times a week during the monthly sessions.

**Y Member: \$49**

**Community Participant: \$79**



# TOTAL GYM

## TOTAL FITNESS, TOTAL PERFORMANCE, TOTAL SUCCESS

THE MILWAUKEE Y IS AGAIN AT THE FOREFRONT OF THE GROUP FITNESS INDUSTRY BY EXCLUSIVELY DELIVERING THE UNIQUE TOTAL GYM.

Total Gym allows anyone, no matter what your age or fitness level, to efficiently and effectively workout. Total Gym is an incline plane training device that offers a large variety of unique exercises that use an individual's own body weight as resistance. Equipment is adjustable to match your strength, mobility, body awareness and physical challenges. The Y's certified fitness professionals will guide you through different incline training modules geared to improve strength, flexibility, balance, power and endurance.

### TOTAL GYM FOUNDATIONS (LEVEL 1 AND 2)

35-45 minutes

This class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

### TOTAL GYM CORE MOTION

30 minutes

Train your body to perform like a machine as your core becomes stronger, leaner and more powerful. Participants will be guided through multiple exercises that will focus on proper alignment, speed, power, endurance and core performance. Unique drill sets and training techniques will help you increase your physical performance in exercise, athletics, work and leisure time activities.

### TOTAL GYM INTERVAL CIRCUIT

35 minutes

The next level of interval training is here with this hard-hitting cardio based training platform! Participants will utilize the Total Gym to move through a variety of speed and power intervals, moving on and off the equipment to maximize the cross training benefits of this workout. Prior knowledge of Total Gym techniques is suggested.

**Y Member:**

1 session/week: \$35;  
2 sessions/week: \$60

**Community Participant:**

1 session/week: \$50;  
2 sessions/week: \$75

### TOTAL GYM GOLF

45 minutes

Up your game, lower your score and own the green with this new sports specific training program! This program is designed specifically for golfers to get fit with corrective and performance enhancing exercise strategies. Participants will work through drill sets that are designed to improve head speed, bolster driving distance and reduce the chance of lower-back injuries.

**Y Member:**

1 session/week: \$50;  
2 sessions/week: \$75

**Community Participant:**

1 session/week: \$75;  
2 sessions/week: \$125

All Total Gym sessions run monthly.





# FALL 1 SCHEDULE

This worksheet has been designed to assist you in planning and keeping track of your family’s activities at the Y. Simply fill in the family member’s name under Member 1, Member 2 or Member 3 and the activities they’ll participate in for the Fall 1/Fall 2 Sessions. You can then use the chart below to track the day and time each family member’s activity will take place.

Programs

Member 1

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Member 2

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Member 3

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

|           |         | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|---------|--------|---------|-----------|----------|--------|----------|--------|
| MORNING   | 8:00am  |        |         |           |          |        |          |        |
|           | 9:00am  |        |         |           |          |        |          |        |
|           | 10:00am |        |         |           |          |        |          |        |
|           | 11:00am |        |         |           |          |        |          |        |
|           | 12:00pm |        |         |           |          |        |          |        |
| AFTERNOON | 1:00pm  |        |         |           |          |        |          |        |
|           | 2:00pm  |        |         |           |          |        |          |        |
|           | 3:00pm  |        |         |           |          |        |          |        |
|           | 4:00pm  |        |         |           |          |        |          |        |
|           | 5:00pm  |        |         |           |          |        |          |        |
| EVENING   | 6:00pm  |        |         |           |          |        |          |        |
|           | 7:00pm  |        |         |           |          |        |          |        |
|           | 8:00pm  |        |         |           |          |        |          |        |

# FALL 2 SCHEDULE

Programs

**Member 1**

**Member 2**

**Member 3**

|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

|                  |         | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|--------|---------|-----------|----------|--------|----------|--------|
| <b>MORNING</b>   | 8:00am  |        |         |           |          |        |          |        |
|                  | 9:00am  |        |         |           |          |        |          |        |
|                  | 10:00am |        |         |           |          |        |          |        |
|                  | 11:00am |        |         |           |          |        |          |        |
|                  | 12:00pm |        |         |           |          |        |          |        |
| <b>AFTERNOON</b> | 1:00pm  |        |         |           |          |        |          |        |
|                  | 2:00pm  |        |         |           |          |        |          |        |
|                  | 3:00pm  |        |         |           |          |        |          |        |
|                  | 4:00pm  |        |         |           |          |        |          |        |
|                  | 5:00pm  |        |         |           |          |        |          |        |
| <b>EVENING</b>   | 6:00pm  |        |         |           |          |        |          |        |
|                  | 7:00pm  |        |         |           |          |        |          |        |
|                  | 8:00pm  |        |         |           |          |        |          |        |



# 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:

### FAMILY

Two individuals in a committed relationship, residing at the same location, with dependent children less than 19 years of age, unless child is less than 26 years of age and enrolled as a full-time student, and/or dependent adults all residing in the same household. This is to include elderly parents living with their children, live-in nannies or au pairs and dependent adult children with a disability.

### ADULT HOUSEHOLD

Two individuals age 19 or older living in the same household.

### INDIVIDUAL FAMILY

A single individual age 19 or older with dependent children less than 19 years of age, unless child is less than 26 years of age and enrolled as a full-time student, and/or dependent adults all residing in the same household. This is to include elderly parents living with their children, live-in nannies or au pairs and dependent adult children with a disability.

### INDIVIDUAL

An individual age 25 or older.

### YOUNG ADULT

An individual age 19-24.

### YOUTH

An individual age 18 and under, no younger than 10, unless enrolled in ECE.

## 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
- No join fee

## 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 family memberships (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 Workplace 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. The YMCA Workplace Wellness Program also offers many other options for companies to enhance their wellness program.

## PAYMENT OPTIONS

No contracts. 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. (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.

## WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

## 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.

## YMCA MISSION:

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

## MILWAUKEE YMCA VISION:

Our vision is a healthier, stronger and safer Milwaukee where families of all incomes and backgrounds truly thrive.

### Y LOCATIONS

#### DOWNTOWN YMCA (1)

161 W. Wisconsin Ave.,  
Suite 4000  
Milwaukee, WI 53203  
Phone: 414-291-9622  
Fax: 414-274-6033

#### NORTHSIDE YMCA (2)

1350 W. North Ave.  
Milwaukee, WI 53205  
Phone: 414-265-9622  
Fax: 414-374-9433

#### PARKLAWN YMCA (3)

4340 N. 46th St.  
Milwaukee, WI 53216  
Phone: 414-873-9622  
Fax: 414-873-9988

#### RITE-HITE FAMILY YMCA (4)

9250 N. Green Bay Rd.  
Brown Deer, WI 53209  
Phone: 414-354-9622  
Fax: 414-354-0309

### SPECIALTY CENTER

#### YMCA GYMNASTICS CENTER (6)

6140 W. Executive Dr.  
Mequon, WI 53092  
Phone: 414-357-2818

### CAMP

#### YMCA CAMP MINIKANI (7)

875 Amy Belle Rd.  
Hubertus, WI 53033  
Phone: 262-251-9080  
Fax: 262-628-4051

### EARLY CHILDHOOD EDUCATION

#### NORTHSIDE YMCA EARLY CHILDHOOD EDUCATION CENTER (2)

1350 W. North Ave.  
Milwaukee, WI 53205  
Phone: 414-374-9450

#### NORTHWEST YMCA (5) (formerly John C. Cudahy YMCA)

9050 N. Swan Rd.  
Milwaukee, WI 53224  
Phone: 414-586-9622



**SIGN UP FOR  
EMAIL UPDATES**



To receive monthly YMCA eNews,  
sign up at a membership desk  
or by visiting [ymcamke.org](http://ymcamke.org).