



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## \*\*\*MEDIA ALERT/PHOTO OPPORTUNITY\*\*\*

FOR IMMEDIATE RELEASE

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### **Milwaukee YMCA offering "FREE Fridays" for community members in March and April**

*Free access to Milwaukee YMCA Centers  
includes health and wellness programming for kids, families and adults*

**WHAT:**

The Milwaukee Y will open its doors at all four of its Centers for free every Friday in March and April, beginning Friday, March 6 and ending Friday, April 24. Each Center will provide programming and educational opportunities for kids, families and adults to get healthier. The Milwaukee Y's FREE Fridays will include open swim and open gym times, wellness consults, and activities such as Jump-In basketball, Rainbow Rompers, Zumba group exercise classes at the Rite-Hite Family and Parklawn Y Centers, and Y-Cardio Funk group exercise classes at the Downtown and Northside Centers.

Find out more at: [www.ymcamke.org/FreeFridays](http://www.ymcamke.org/FreeFridays)

**WHY:**

Much more than a gym, the Milwaukee Y is a supportive place to start on or continue pursuing personal health and wellness goals. As champions for healthy living, the Milwaukee Y works to empower all generations of family members to live healthy, full, thriving lives by:

- Offering solutions that reduce health issues that plague our community (such as chronic diseases and preventable injuries)
- Providing safe places seven days a week where kids can have fun, families can gather and seniors can build meaningful connections
- Serving as access points for vital community needs (like preventative health care and reliable, safe, before- and after-school care)

**WHEN:** Every Friday in March and April during normal Center hours of operation. Go to [www.ymcamke.org](http://www.ymcamke.org) for Center hours at all four locations.

**WHERE:** Downtown YMCA  
161 W. Wisconsin  
Milwaukee

Northside YMCA  
1350 W. North Avenue  
Milwaukee

Parklawn YMCA  
4340 N. 46<sup>th</sup> Street  
Milwaukee

Rite-Hite Family YMCA  
9250 N. Green Bay Road  
Brown Deer

- INTERVIEWS:**
- Y Staff with experience helping people embrace strategies for healthy living, including nutrition and exercise experts.
  - FREE Friday participants.

**About the YMCA of Metropolitan Milwaukee**

The YMCA of Metropolitan Milwaukee is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion to strengthen the foundations of community through youth development, healthy living and social responsibility. Since 1858, Milwaukee YMCAs have helped kids and families live healthy lives in spirit, mind and body. Supported in part through contributions to the Annual Campaign, the Y provides membership assistance and scholarships to programs like summer camp, child care and teen activities, to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected and secure. [www.ymcamke.org](http://www.ymcamke.org)

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