



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BETTER TOGETHER

The Milwaukee Y.
For a better us.™



FALL 1/FALL 2 2016 PROGRAM GUIDE

FALL 1: September 12–October 30
Member Registration: July 25
Community Registration: August 1

FALL 2: October 31–December 23
Member Registration: July 25
Community Registration: September 19



YMCA OF
METROPOLITAN
MILWAUKEE

Register online at ymcamke.org



GIVE TODAY FOR A BETTER US

YMCA OF METROPOLITAN MILWAUKEE

GETTING BETTER EVERY DAY

The Milwaukee Y is a positive force in our community. We are committed to tackling the achievement gap, nurturing the academic potential of young minds, preventing childhood drowning, and teaching safe and healthy habits for a lifetime. Every day, Milwaukee faces new challenges that create a greater need for the work we do. YMCA donors, volunteers, members, and partners like you make the difference. Your gift can help Milwaukee and everyone in it shine.

GIVE TODAY

Every dollar donated to the YMCA of Metropolitan Milwaukee has a lasting impact on the people of Milwaukee. Give today for a better us.

WITH YOUR SUPPORT



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



2,000

children and family members will learn to swim this summer



Nearly **1,200**

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

**The Milwaukee Y.
For a better us.™**

Visit ymcamke.org to learn more about how your gift can make a difference for a better us!

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 EXECUTIVE

Pat Buechs

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

PARKLAWN YMCA

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

OPERATIONS DIRECTOR

Rayven Peterson

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 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

OPERATIONS EXECUTIVE

Jon McLaren

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: 414-357-2828

HOURS

Operating hours vary based
on class schedule



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 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 2017 overnight camp is already open and spaces are filling quickly. Don't miss out on the fun! 2017 Day Camp registration opens in October.

Visit minikani.org or contact us at 262.251.9080 to register today!





LASTING MEMORIES



FAMILY EVENTS

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.

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 14 6:00-8:00pm

Y Member: \$5/family

Registration opens July 27

\$10/family after October 7

Community Participant: \$10/family

Registration opens August 3

\$15/family after October 7

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 10 1:00-3:00pm

Y Member: \$5/family

Registration opens July 27

\$10/family after December 2

Community Participant: \$10/family

Registration opens September 21

\$10/family after December 2





Additional family events may be scheduled throughout the year.

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 p.m. the Wednesday prior to each event date is required.

October 7 6:00-9:00pm

November 4 6:00-9:00pm

December 2 6:00-9:00pm

Y Member: \$15/child
\$20/two children
\$25/three or more children (may combine with PNO)

Community Participant: \$25/child
\$30/two children
\$35/three or more children (may combine with PNO)

BIRTHDAY PARTIES AT THE YMCA

Birthday parties are available at the YMCA Gymnastics Center and the Northside YMCA Aquatic Center.

For gymnastics parties contact the gymnastics department at 414.357.2828

For aquatic parties contact : Northside YMCA Aquatics Department 414-374-9434

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

OPEN GYM AT THE GYMNASTICS CENTER

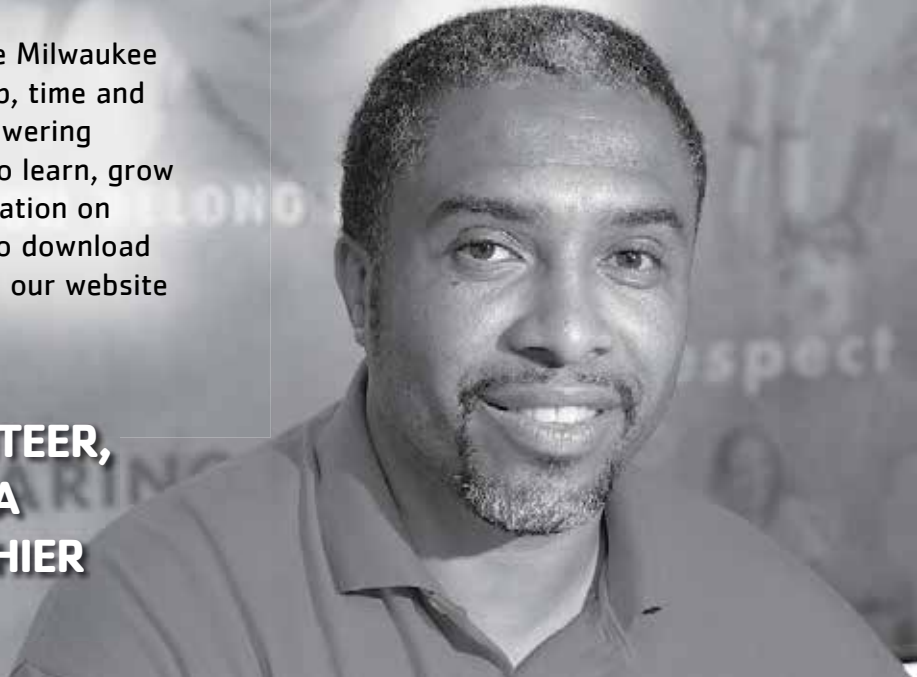
Bring your kids for a fun-filled time at the YMCA Gymnastics Center Open Gym. Open gyms are a great opportunity for family fun! Children under the age of 10 must be accompanied by an adult. For the open gym schedule please visit the gymnastics page of the website at ymcamke.org.



MAKE A DIFFERENCE VOLUNTEER WITH THE Y

When you volunteer with the Milwaukee Y, you provide the leadership, time and talent that are vital to empowering people and our community to learn, grow and thrive. For more information on volunteer opportunities or to download a volunteer application, visit our website at ymcamke.org.

**WHEN YOU VOLUNTEER,
YOU HELP CREATE A
STRONGER, HEALTHIER
MILWAUKEE.**





EXPLORE CAMP ALL YEAR



CORPORATE RETREATS & CONFERENCES

- Peaceful location for school field trips, corporate retreats and conferences
- Traditional camp activities
- Ideal setting for team building and wellness
- Meeting space for over 200 people

For more information, contact Eli Fyksen at 262-251-9080 or efyksen@ymcamke.org.



EQUESTRIAN PROGRAMMING

- Group and private lessons for beginner and intermediate riders
- Birthday parties
- Private trail-rides for scout troop and youth and community groups

For more information, contact Emily Lundquist at 262-251-9080 or elundquist@ymcamke.org.

For more information about how you can enjoy the Spirit of Minikani all year long, visit minikani.org or call 262-251-9080 today!



IN GOOD HANDS



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.

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

Infant to 3 years old

Enroll your child in the Early Head Start Partnership Program for the best start in life. We promote and provide:

- Healthy development for your child
- Meaningful parent involvement
- Low child-to-teacher ratios
- Continuous, comprehensive care and superior early childhood curricula

All children must be under 2 ½ years of age with a Childcare Subsidy and meet eligibility requirements for enrollment. The Early Head Start Partnership Program for Infants and Toddlers is made possible through a partnership with Next Door and through a Federal Early Head Start Child Care Partnership grant.

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 or clarson@ymcamke.org.



YMCA K3 AT SHERMAN PARK LUTHERAN SCHOOL

Must be 3 years old by Sept. 1 and be fully potty trained to enroll

Looking to ensure your child is prepared for kindergarten? Enroll today for the Fall 2016-17 school year. Located at Sherman Park Lutheran School this K3 program prepares children and families for a successful transition into K4. Highly qualified teachers support academic and social-emotional development. This program follows the Sherman Park Lutheran LUMIN school calendar and is not open when school is out of session.

- School hours are 8:00am-3:30pm; care is available 7:00am-5:00pm, Monday – Friday
- State Licensed Child Care
- Accept State/County Child Care Assistance (WI Shares/W2)
- Child must be 3 years old by Sept. 1, 2016 to enroll for fall year

For more information on registering, contact Christine Larson at 414-357-1901 or clarson@ymcamke.org.



**NEW FOR 2016!
YMCA NATURE PRESCHOOL
AT CAMP MINIKANI**

Ages 3-5 years

**Program Runs:
September 6, 2016-June 2, 2017
Monday through Friday
8:15am- 12:30pm**

In a world where children are spending less time outdoors, our nature preschool allows children the hands-on opportunity to explore the world around time. Located at the beautiful YMCA Camp Minikani, children will spend the majority of class time outside engaging in experiential learning and guided discovery. Children must be dressed to be outdoors year-round. Children must be fully potty trained to enroll. From habitats to gardening and so much more in between - nature based learning has never been more fun! Come feel the spirit!

Did you know that regular time in nature...*

- Facilitates better social and emotional development.
- Improves fitness, motor-skills and well being.
- Supports creativity and imaginative play.
- Inspires collaboration and reduces violence and bullying.
- Reduces stress.
- Creates feelings of empathy for nature.

*Taken from natureexplore.org

For more information, contact Christine Larson at 414-357-1901 or clarson@ymcamke.org.

“For our family, the YMCA’s Early Childhood Education Center has been a godsend!

The administrators are compassionate and supportive. I’ve appreciated the diversity offered from the teachers to the children in the program. The YMCA’s commitment to community engagement ensures that children of different races and socio-economic status are given the same opportunities in the same nurturing environment.

I cannot overemphasize the value our family has found in the YMCA Early Childhood Education Center program. The facilities are second to none, the teachers are loving, the community is enriching, and the program is exceptional.”

– EARLY CHILDHOOD EDUCATION PARENT

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

• **YMCA K3 at Sherman Park Lutheran (School Year Program Only) Early Childhood Education Center**
2703 N Sherman Blvd., Milwaukee • 414-357-1901

• **YMCA Nature Preschool at Camp Minikani (School Year Program Only)**
875 Amy Belle Rd., Hubertus • 414-357-1901



BRIGHT FUTURES



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.

“I love knowing that my children will be taken care of by professional, caring YMCA staff during days when our school is off. They love swimming, playing games, making crafts and eating nutritious snacks that they help make. They are happy, which means I am happy. Thank you for providing this excellent service!”

– BROWN DEER ELEMENTARY
SCHOOL PARENT

SCHOOL AGE EDUCATION PROGRAMS

WHERE KIDS ARE OUR FAVORITE SUBJECT!
(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 (4K Wraparound) Brown Deer, Milwaukee Public and Private Schools
- Brown Deer
- Cedarburg
- Fox Point-Bayside (4K Wraparound)
- Hamilton (4K Wraparound)
- Hope Christian Schools: Fortis, Semper, Fidelis (at Semper)
- Mequon-Thiensville
- Northwest YMCA serving Hope Christian School: Caritas, Milwaukee Public and Private Schools
- Richfield
- Rocketship Southside Community Prep
- Sherman Park Lutheran
- South Milwaukee (4K Wraparound)
- St. Francis
- Stellar Collegiate Charter
- Whitnall
- Additional private and parochial locations



For registration forms, additional information, and updates, please visit our website ymcamke.org, or email schoolage@ymcamke.org, or call 414-274-0756.

SCHOOL'S OUT, CAMP IS IN!

(Ages 4-13 years)

Camp-Is-In is a full-day program for children ages 4-13, that 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 may take place at Rite-Hite Family YMCA and Northside YMCA). For questions or to register please call 414-274-0756 or email schoolage@ymcamke.org.

Registration forms that include dates when the program is available can be found for each site online at ymcamke.org, 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, Camp-Is-In Days are offered at the following locations:

- Rite-Hite Family YMCA: serving all school districts
- Northside YMCA: serving all school districts

- Northwest YMCA: serving all school districts
 - Maple Elementary: serving Sussex Hamilton School District
 - Camp Minikani: serving all school districts
 - Parklawn YMCA: serving all school districts
 - Rawson Elementary: serving South Milwaukee School District
 - Additional locations may be added
- Please note: 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!

Look for 2017 registration dates in the Winter 2017 Program Guide. See you next year.



**SAVE
A LIFE**



SAFETY TRAINING PROGRAMS

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

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 Jacob Byrne at jbyrne@ymcamke.org for details and pricing.

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



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: \$100

Community Participant: \$150

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





MAKE A SPLASH



SWIMMING

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: 9/12/2016 – 10/30/2016

FALL 2 SESSION: 10/31/2016 – 12/23/2016

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

- **SHRIMP/KIPPER/INIA:**
6 month-2 year olds
- **SHRIMP/KIPPER/INIA/PERCH:**
6 month-3 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.

WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee does 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.

PRESCHOOL SWIMMING LESSONS

Ages 3 years through 5K

FALL 1 SESSION: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

- 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: Ability to swim independently of parent.

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.



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

Fall 1 schedule available 7/25; Fall 2 schedule available 9/19





YOUTH SWIMMING LESSONS

Ages entering 1st through 5th grade

FALL 1 SESSION: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

• **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, 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.

WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee does 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.

All youth swimming lessons will be 30 minutes in length with lower maximum class enrollment. Lower instructor to participant ratios means more hands on instruction for each swimmer.



DAY CARE/GROUP SWIMMING LESSONS

FALL 1 SESSION: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

DAY CARE/GROUP SWIMMING 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 SWIMMING 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 (30 minute lesson)

Ages 10–16 years (30 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 "Youth" 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 414-357-2834 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 or pick up a handout at our membership desks.

Fall 1 schedule available 7/25; Fall 2 schedule available 9/19





ADULT WATER ACTIVITIES

FALL 1 SESSION: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

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.

WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee does 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: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

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 or pick up a handout at our membership desks.

Fall 1 schedule available 7/25; Fall 2 schedule available 9/19



SPECIALTY SWIM LESSONS

FALL 1 SESSION: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

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.

Four 30-minute lessons

Y Member: \$100

Community Participant: \$150

SEMI-PRIVATE SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 3+ years

Semi Private lessons provide personalized instruction for 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.

Four 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.

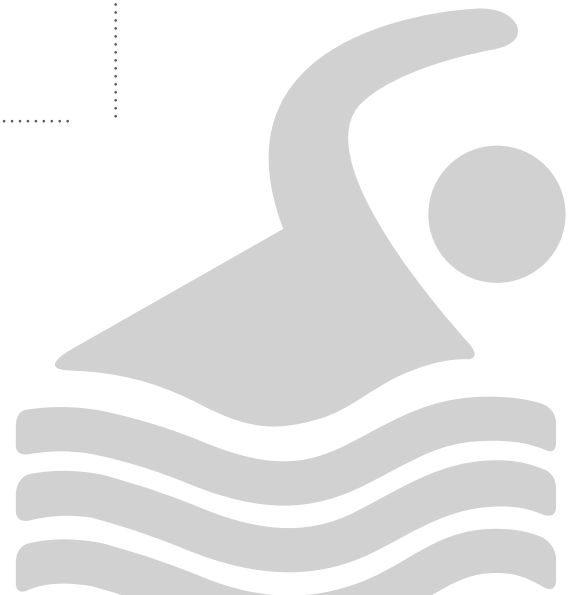
Northside YMCA Aquatics
Department 414-374-9434

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 or the Rite-Hite Family YMCA Aquatics Department at 414-357-2834 for more information and to schedule a date.



Register online at ymcamke.org

BRIGHT BEGINNINGS



YOUTH PROGRAMS

At the Y, 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

2016-2017 SCHOOL YEAR
PRESCHOOL 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 \$25 for those who register prior to August 1, 2016 and \$50 for registrations received after that date.

KIDS CLUB 2

September 13, 2016-May 24, 2017
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: \$558
(9 months) = \$62/month

Community Participant: \$828
(9 months) = \$92/month

KIDS CLUB 3 AND 4

September 13, 2016-May 24, 2017
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: \$765
(9 months) = \$85/month

Community Participant: \$945
(9 months) = \$105/month

SCIENCE THURSDAYS

September 15, 2016-May 25, 2017
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 16, 2016-May 26, 2017

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: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

CREATIVE BALLET

Ages 2-4 years

This class introduces traditional ballet technique (basic positions, plie, releve, tendu) layered with fun age appropriate creative dance. Dancers will increase flexibility, strength, coordination and poise while developing artistry through movement. All participants are encouraged to wear leotards and ballet slippers.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

BEGINNING BALLET

Ages 4-6 years

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

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

BALLET

Ages 6+ years

This class teaches proper dance techniques, body alignment, posture, and terminology through ballet. A leotard and ballet slippers are required.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

MINI HIP HOPPERS

Ages 2-6 years

Our Mini Hip Hoppers class is full of rhythm, body awareness, simple choreography and high energy craziness all set to cool funky age appropriate music! All participants should wear comfortable clothes and sneakers.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

YOUTH HIP HOP

Ages 7+ years

Our Hip Hop class is full of rhythm, high energy, and fun choreography. This class teaches elements of Jazz and Modern for the fundamental basics to learn the Hip Hop style of dance. Increase flexibility, strength, body-awareness, and coordination while dancing to popular contemporary music.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

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



Register online at ymcamke.org

SPECIALTY CLASSES

FALL 1 SESSION: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

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

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

MAGICAL MESSES

Ages 1½–2 years

Children will enjoy a variety of arts and craft activities they will be able to do on their own with little assistance. Don't worry about the mess; it will magically disappear each time they leave this class!

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

MOVE WITH ME

Ages 1–2½ years (Parent/Child)

Specifically for the young and eager-to-move, this class introduces children to group activities and sharing, along with other fundamental social skills all while exploring new exciting activities. Each child must be accompanied by a parent or caregiver who actively joins in the fun with his/her child.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

MOVING AND GROOVING

Ages 2½–5 years

Raise your voice and make a happy sound! Get ready to jam! Singing, dancing, playing music- moving and grooving! Explore the basic movements through music and song. Stay active singing and shakin'.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

NEW COOKS

Ages 1½–3 years

Introduce your little one to the kitchen! Hands on projects teach healthy eating, basic cooking terms, sharing and teamwork. A different recipe will be created and tasted each week.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

3X THE FUN!

Ages 2½–12 years

This 2½ hour class is a combination of the arts, gym, and aquatics departments. Your child will start with a basic age-appropriate art project fueling their imagination, followed by some cardio and sports time in the gym. It is all topped off with a half-hour swim lesson and some free swim time.

Children must be wearing their swimming gear at the beginning of class and can wear other comfortable clothes over their suit.

Please send a snack in a backpack with a towel. Parents must pick up their children from the pool at the end of the program as staff may not assist them in the locker rooms after their class.

Preschool age children must be potty trained.

Class Length: 2½ hours

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

Fridays 6:00–7:30pm

Y Member: \$88

Community Participant: \$105





TAKING THE SHOT



YOUTH SPORTS

The Y's Youth Sports programs use fun and exciting activities to develop athletic skills in emerging athletes. Each program utilizes curriculum that teaches the skills of the sport along with health and wellness concepts.

BASKETBALL

CO-ED BASKETBALL AT RITE-HITE FAMILY YMCA

Ages 4-12 years

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

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA Gym

4-5 years	Saturdays	10:15-11:00am
6-9 years	Saturdays	11:00am-12:00pm
10-12 years	Saturdays	11:00am-12:00pm

Y Member: \$35

Community Participant: \$42

CO-ED BASKETBALL AT NORTHSIDE YMCA

Ages 4-12 years

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

Fall 1 and Fall 2 Sessions

Northside YMCA Gym

4-7 years	Mondays-Wednesdays	5:00-6:00pm
4-7 years	Saturdays	10:00-11:00am
8-12 years	Mondays- Wednesdays	6:00-7:00pm
8-12 years	Saturdays	11:00am-12:00pm
10-17 years	Saturdays	12:00-1:00pm

Y Member: \$25

Community Participant: \$35

GIRLS BASKETBALL AT PARKLAWN YMCA

Ages 10-17 years

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

Schedules will be available after registration is complete.

Fall 2 Session

Parklawn YMCA

Y Member: \$25

Community Participant: \$35

BASKETBALL LEAGUES AT PARKLAWN YMCA

2nd-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.

Schedules will be available after registration is complete.

Parklawn YMCA

5th-6th Grades

Fee: \$150

7th-8th Grades

Fee: \$150

Class availability is based on enrollment.
Additional schedule information can be found
on our website at ymcamke.org.



BASKETBALL TEAM AT PARKLAWN YMCA

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.

Schedules will be available after registration is complete.

Fall 1 and Fall 2 Sessions

Parklawn YMCA

Individual Fee: \$150

LITTLE DRIBBLERS BASKETBALL

Ages 2-3 years

Little Dribblers Basketball is an introduction to the sport for two and three year olds. Fun games will be played to teach participants the basic fundamentals of basketball. Practices are shorter in length to keep the kids attention. Volunteers are always welcome! Parent participation may be required based on the individual child's needs.

Fall 2 Session ONLY

Rite-Hite Family YMCA Gym

Saturdays 11:00-11:35am

Y Member: \$35

Community Participant: \$42

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

Mondays 5:45-6:30pm

September 12-October 17

Y Member: \$35

Community Participant: \$42

SOCCER

Ages 4-12 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

6-9 years

Saturdays 9:00-9:55am

10-12 years

Saturdays 9:00-9:55am

4-6 years

Saturdays 10:00-10:55am

Y Member: \$35

Community Participant: \$42

Fall 2 Session

Northside YMCA

Saturday 10:00-11:30am

Y Member: \$25

Community Participant: \$35

NEW! MICRO SOCCER

Ages 2-3 years

Micro Soccer is an introduction to the sport for two and three year olds. Fun games will be played to teach participants the basic fundamentals of soccer. Practices are shorter in length to keep the kids attention. Volunteers are always welcome! Parent participation may be required based on the individual child's needs.

Fall 1 Session

Rite-Hite Family YMCA

Saturdays 10:00-10:35am

Y Member: \$35

Community Participant: \$42

SOCCER CLINICS

Ages 6-12 years

Practices will focus on rules, fundamentals, and basic skills of the game of soccer.

Fall 2 Session ONLY

Northside YMCA

Saturdays 10:00-11:30am

Y Member: \$25

Community Participant: \$35

SOFT STICK LACROSSE AT RITE-HITE FAMILY YMCA

Ages 5-12 years

Whether you are new to the sport of lacrosse or already familiar with the "fastest game on two feet," this program is a great way to introduce the sport to kids of all ages. This program teaches the fundamentals of lacrosse using gender-neutral equipment to allow boys and girls to learn basic skills together. Equipment is provided.

See Page 29 for Adaptive Lacrosse

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA Sports Fields

Thursdays 6:00-6:45pm

Y Member: \$35

Community Participant: \$42



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 Gym

Wednesdays 6:00-7:00pm

Y Member: \$35

Community Participant: \$42

**SPORTZONE
AT RITE-HITE FAMILY YMCA**

Ages 5-12 years

Your child can be a part of SPORTZONE for free and will get to participate in informal but organized games and sports. In SPORTZONE every child gets to play and the games are safe, exciting and fun. WE encourage fair play, positive competition and family involvement.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

Mondays 5:30-7:00pm

Tuesdays 6:00-7:30pm

Y Member: FREE

NEW! FALL BALL BASEBALL

Ages 6-9 years

This session will allow your baseball to continue to play in the fall! Throwing, catching, hitting and much more will be practiced through modified activities. Skills and drills will focus on developing your child's self-confidence, teamwork and knowledge of the game of baseball. Program will take place at the Werner Family Foundation Field at the Northwest YMCA.

Fall 1 Session ONLY

Northwest YMCA

Werner Family Foundation Field

Tuesdays Time TBD

Y Member: \$35

Community Participant: \$42



Keep Spriggy (and your kids) Safe

Spriggy loves to bounce around and have fun. But when it comes to staying safe, he has a lot to learn. Watch for Spriggy and his safety messages at the YMCA and download the FREE Keep Spriggy Safe App and free family safety resources at:

KohlsSafeandHealthy.com



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.

Northwest YMCA (formerly John C. Cudahy YMCA)

Fall Season: September 6-29

Fee: \$20/athlete

Game Days: Tuesdays and Thursdays

For more information contact Jeanette Nowak, Miracle League Program Coordinator at jnowak@ymcamke.org or 414.357.2833.

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 5th 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 2016 Miracle League All-Star Jersey and more.

Northwest YMCA (formerly John C. Cudahy YMCA)

Saturday, September 24, 2016

Fee: \$25 per person and includes a Brewers Game Ticket, Miracle League All Star Game and Miracle League All Start T-shirt for all Miracle League Athletes.

For more information contact Jeanette Nowak, Miracle League Program Coordinator at jnowak@ymcamke.org or 414.357.2833.

NEW! SOFT STICK ADAPTIVE LACROSSE

Ages 6-19 years

The goal of adaptive lacrosse program is to give athletes with physical and intellectual disabilities an enjoyable lacrosse experience that is active, exciting and most of all, FUN. Whether you are new to the sport or are already familiar with the game this program is a great way to introduce kids to the sport. This program teaches the fundamentals of the game using gender neutral equipment to allow boys and girls to learn basic skills together.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA Gym (outdoor Fall 1 weather permitting)

Wednesdays 5:45-6:45pm

Y Member: \$35

Community Participant: \$42



FUTURE LEADERS



The YMCA is the perfect place for your tween or teen. From Black Achievers, to lifeguarding to sports programs, youth can learn values and life-long skills that can help shape their adulthood.

TEEN/TWEEN PROGRAMS

FALL 1 SESSION: 9/12/2016 – 10/30/2016

FALL 2 SESSION: 10/31/2016 – 12/23/2016

SCOUT BADGES

Contact us about completing your scout badges at the YMCA. We can work with you on badges, group activities or ceremonies.

For more information contact:

Rite-Hite Family YMCA at 414-354-9622

OR

Northside YMCA at 414-374-9434

BASKETBALL LEAGUES

2nd-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. Schedules will be available after registration is complete.

Fall 1 and Fall 2 Sessions

Parklawn YMCA

Contact Jason Blocker for more information at 414-873-9622 or 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

Fee: \$20/player

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

The Milwaukee Y offers a variety of exciting programs for tweens and teens. Please visit the following sections and pages of this program guide to view additional offerings for your tweens and teens:

- Black Achievers page 31
- Before/After School Care pages 12
- Gymnastics pages 32-35
- Safety Training Programs page 14-15
- Swim Team page 22
- Youth Sports pages 26-29

INSPIRING SUCCESSFUL FUTURES

Black Achievers Program



At the Y, we believe all children and teens deserve the opportunity to discover their potential. The Milwaukee Y is one of 250 Achievers programs in the country that helps teens explore, set and pursue educational and career goals; raise their academic standards; develop a positive sense of self; and connect with professionals who can offer guidance and encouragement.

The Black Achievers Program reaches into the heart of the community for both its Adult and Teen Achievers. By recognizing and utilizing the talents of professionals of color who are successful in their careers, the program brings inspiration and positive influences into the lives of Teen Achievers.

VISION: To be the leading resource in preparing young people for their futures, by providing leadership experiences for existing and emerging community leaders and increasing the community investment by local businesses and organizations.

PURPOSE: To help teens of color set and pursue high educational and career goals resulting in high school graduation and acceptance into and graduation from an institution of higher learning and successful entry into a career of their choosing.

MISSION: To support and encourage youth of color in the areas of academics, career exploration, college preparation and leadership development.

The possibilities are endless...The YMCA Black Achievers Program is a national college readiness initiative designed to help teens of color set and pursue high educational and career goals.

**THE PROGRAM RUNS SEPTEMBER
THROUGH JUNE
AND IS OPERATED OUT OF THE
FOLLOWING YMCA LOCATIONS:**

Northside YMCA

1301 W. North Avenue, Milwaukee, WI 53205

Program meets:

1st & 2nd Thursday of the month

5:30-7:45pm

Parklawn YMCA

4340 N. 46th Street Milwaukee, WI 53216

Program meets:

1st & 2nd Thursday of the month

5:30-7:45pm

Rite-Hite Family YMCA

9250 N. Green Bay Road, Brown Deer, WI
53209

Program meets:

1st & 2nd Wednesday of the month

5:30-7:45pm

West Suburban YMCA

2420 N. 124th Street, Wauwatosa, WI 53226

Program meets:

1st & 2nd Tuesday of the month

5:30-7:45pm

**For more information please
visit ymcamke.org or call the Black
Achievers office at
414-374-9401**

**WE ARE CELEBRATING
MORE THAN 34 YEARS OF
IMPACT IN THE COMMUNITY!**

**Are you a former achiever? Or a former adult achiever?
Do you represent a corporation that would like to partner with us?
We would like to hear from you!**

**Please contact Associate Vice President of Community Relations
Shaneé Jenkins at 414-374-9401 or sjenkins@ymcamke.org.**



TAKING THE GOLD



GYMNASTICS

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.

FALL 1 SESSION: 9/12/2016 – 10/30/2016

FALL 2 SESSION: 10/31/2016 – 12/23/2016

Private lessons available upon request. Call 414-357-2828 for more information.

PARENT/CHILD GYMNASTICS

Crawling – 2 years

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 2½-3 years

In Teddy Tumblers children will be exposed to different gymnastics stations and will be encouraged to explore them at their own pace while following simple instructions. Balance, coordination and body control are emphasized in this offering.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

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

YMCA Gymnastics Center

STRENGTH AND TUMBLING

Ages 6+ 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

YMCA Gymnastics Center

PROGRESSIVE GYMNASTICS

FALL 1 SESSION: 9/12/2016 – 10/30/2016 • FALL 2 SESSION: 10/31/2016 – 12/23/2016

Private lessons available upon request. Call 414-357-2828 for more information.

Participants in our progressive gymnastics program work on skills to establish a foundation in gymnastics. Classes consist of warm-up, strength training, flexibility and instruction in at least three events per day.

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

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

PARKOUR

Ages 6+ 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

ENERGY

Ages 4-7 and 8-12 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



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



**YMCA of Metropolitan Milwaukee
Momentum Gymnastics 2015/2016**

MOMENTUM GYMNASTICS TEAM

This year-round program offers two to nine hours per week of training depending on level. The team participates in competitions throughout the state within the Wisconsin YMCA Gymnastics System. Our gymnasts have the opportunity to attend the YMCA National Gymnastics Competition each summer! We offer USA Gymnastics Compulsory and Optional Levels. Each gymnast competes as an all around gymnast, performing routines on floor exercise, balance beam, uneven bars and vault.

Please contact Head Coach Alex Schmidt at 414-357-2828 or aschmidt@ymcamke.org for more information or a skill evaluation.



Class availability is based on enrollment. Additional schedule information can be found on our website at ymcamke.org.

SKILL CLINICS

Come to the Gymnastics Center for additional work on individual events. Coaches will be focusing on each event separately and will not give instruction on all events at each clinic.

Back Tumbling	Sept 17	1:30-3:00pm
Front Tumbling	Oct 22	1:30-3:00pm
Beam Skills	Nov 5	1:30-3:00pm
Bar Skills	Dec 10	1:30-3:00pm

Y Member: \$17/clinic; \$45 for three clinics; \$100 for all seven
Community Participant: \$20/clinic; \$55 for three clinics; \$120 for all seven

For more information please contact Alex Schmidt at 414.357.2828 or aschmidt@ymcamke.org.

PARKOUR CLINICS

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

Clinic Dates:

**September 24, October 15,
November 19, December 17**

Time: 1:00 – 2:30pm

Y Member: \$10/clinic

Community Participant: \$15/clinic

For more information please contact Alex Schmidt at 414.357.2828 or aschmidt@ymcamke.org.



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.

*Note GPS and Map Apps do not accurately direct you 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 Dr. Gymnastics Center is the 4th business in from the entrance.

Directions from the Rite-Hite

Family YMCA: Head north on Hwy 57 (Cedarburg Rd.). 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.



COME TOGETHER



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.

SILVERSNEAKERS AND AOA (ACTIVE OLDER ADULT) CLASSES

FALL 1 SESSION: 9/12/2016 – 10/30/2016

FALL 2 SESSION: 10/31/2016 – 12/23/2016

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.

The Milwaukee Y offers a variety of exciting programs for active older adults. Please visit the following sections and pages of this program guide to view additional offerings:

- Water Exercise pages 20-21
- Group Exercise pages 40-46
- Health and Wellness Offerings pages 38-39



REACHING GOALS



HEALTH & WELLNESS

The Milwaukee Y is dedicated to helping individuals and families achieve their health and fitness goals. Our Wellness Centers offer state-of-the-art equipment, the latest fitness classes, personal training, weight loss programs and a certified, caring staff to assist you.

YMCA FITNESS CENTER

The YMCA Fitness Center offers a wide variety of cardio and weight training equipment, such as treadmills, bikes, ellipticals, free weights and more. No matter if you're a new or returning member, a beginner or experienced exerciser, we offer many wellness solutions that will help you achieve your fitness and wellness goals.

NEW!! SMART START FITNESS

Four-week lifestyle and fitness program

During your first appointment you will have your body composition evaluated and meet with a trained coach to assess your goals and create a program. Programs may include: Group exercise classes, recreational sports, aquatics, Fitlinxx, Free Motion, free weights, a variety of cardio equipment and stretching guidelines.

Each week you will meet with your trained coach to submit your food logs and evaluate the progress of your program.

\$25 for four weeks
30-60 minute appointments

FITNESS ORIENTATION

A fitness orientation is great for all new members that are looking to become familiar with the Y. A trained coach will help you navigate through the many resources you can take advantage of at the YMCA.

Free for Y Members.

FITNESS CONSULTATION

All members looking for a refresher can meet with a trained coach that will help you learn to take full advantage of the many resources available to you at the Y. Your trained coach will work with you to create a program to help achieve your wellness goals that involves a variety of activities that fit your schedule.

Sessions may include: Fitlinxx, Free Motion, a variety of cardio equipment and stretching guidelines.

Free for Y Members.

**TO MAXIMIZE YOUR RESULTS
SEE OUR PERSONAL TRAINING
OPTIONS!**



Register online at ymcamke.org

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.

Individual Training Packages and Fees

60-minute Individual Training Sessions

1 session - \$60

6 sessions - \$300

30-minute Individual Training Sessions

4 sessions - \$120

8 sessions - \$225

12 sessions - \$300

Partner Training Packages and Fees

60-minute Partner Training Sessions

6 sessions - \$180 per person

8 sessions - \$225 per person

12 sessions - \$325 per person

30-minute Partner Training Sessions

12 sessions - \$180 per person

Team Training Packages and Fees

60-minute Team Training Sessions (3-4 people)

4 sessions - \$100 per person

For more information regarding personal training and to register for your free personal training consultation ask a Fitness Center staff member.



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 your center's Fitness Staff.

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. For more information ask a Fitness Center staff member.

Y Member: \$50

Community Participant: \$73/month

LIVESTRONG® AT THE YMCA



(Adult cancer survivors)

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.

Downtown YMCA, Northside YMCA and Rite-Hite Family YMCA

Mid-day and evening classes available. For upcoming class schedules and locations contact 414-274-0865, or visit our website at ymcamke.org.

Y Member: FREE

Community Participant: FREE

STRENGTH TRAINING 101

This 6-week class will help participants learn the basics of weight training while building confidence in the weight room. Class will meet twice a week for one hour.

Downtown YMCA and Rite-Hite Family YMCA

Y Member: \$55

Community Participant: \$75

6 person minimum per session

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!

Northside YMCA and Rite-Hite Family YMCA

Y Member: \$40

Community Participant: \$60

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: \$20

Community Participant: \$85

PUSHING THE LIMITS



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:

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.

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.

COMBINATION CLASSES:

(Cardio, Strength and Flexibility)

CARDIO FUSION

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

YC3

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!





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.

PILATES

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.

POWER YOGA

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.

RESTORATIVE YOGA

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.

VINYASA YOGA

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.

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-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.

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

(No additional charge for class if participant is registered for any fee-based group exercise class)

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



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-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-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.

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



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





WELCOME TO CONNEXUS XTRICITY

ENTER THE ZONE WHERE CROSS TRAINING AND FITNESS ELECTRICITY INTERSECT TO CREATE SHOCKING NEW EXERCISE DYNAMICS!

THE MILWAUKEE Y IS THE FIRST IN THE WORLD TO INTRODUCE PROGRAMMING ON THE MATRIX CONNEXUS PERIMETER SYSTEM.

Be one of the first to experience the newest innovation in cross circuit and fitness boxing programming, which is scientifically engineered to create diversity in your training regimen while increasing your athletic performance.

X-CIRCUIT TRAINING (CROSS CIRCUITING TRAINING)

Parallels

Traditional interval circuit training for results-based fitness. Clear and focused coaching guides participants as they toggle their training between timed and quantified circuit rounds – perfect for those interested in ramping up to high and variable intensity training.

Circuit Breaker

Intense multi-layered progressive training dynamics – Each class is uniquely different. Explosive power and speed training modules to barrel through your plateaus and increase overall level of fitness. Expect to be challenged to your physical limits. This ADVANCED Performance module is perfect for those wanting to build on their level of fitness.

Y Member:

1 session/week: \$25; 2 sessions/week: \$40

Community Participant:

1 session/week: \$40; 2 sessions/week: \$60

BOXING SPECIFIC (FITNESS BOXING)

strYkeForce!

Traditional and advanced boxing-specific calisthenics, sparring, shadow, and heavy bag drills that build multiple striking techniques. Participants will be striking (punching) and spotting (holding) a heavy bag – a perfect way to diversify your workout routine.

Y Member:

1 session/week: \$25; 2 sessions/week: \$40

Community Participant:

1 session/week: \$40; 2 sessions/week: \$60

All Matrix ConneXus sessions run monthly.



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.

Y Member:

1 session/week: \$25;
2 sessions/week: \$40

Community Participant:

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

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.

Y Member:

1 session/week: \$25;
2 sessions/week: \$40

Community Participant:

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

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: \$25;
2 sessions/week: \$40

Community Participant:

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

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.





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.

BASIC MEMBERSHIP

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

CUSTOMIZABLE ADD-ON PLANS

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

- Shower towel service
- Unlimited Kid Zone
- 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

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.
- The YMCA of Metropolitan Milwaukee does not prorate fees for late registration.
- 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, 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 EARLY CHILDHOOD EDUCATION CENTER (5) (formerly John C. Cudahy YMCA)

9050 N. Swan Rd.
Milwaukee, WI 53224
Phone: 414-357-1920



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