



SUMMER 2017
PROGRAM GUIDE

SUMMER FUN

FOR
EVERYONE

SUMMER: JUNE 19-AUGUST 27



REGISTRATION
Y Member: April 1
Community: April 8

The Milwaukee Y. For a Better Us.



WELCOME TO THE Y.

WE'RE GLAD YOUR HERE!

TABLE OF CONTENTS

Membership Info.....	3	Swimming-Preschool & Parent/Child Classes.....	16
YMCA Locations, Hours & Contacts.....	4	Swimming-Youth Lessons.....	17
YMCA Day Camp.....	5	Swimming-Day Care Centers & Group Lessons.....	18
YMCA Camp Minikani.....	6-8	Swimming-Adult Water Activities.....	19
Early Childhood Education/Child Care.....	8-10	Swimming-Water Exercise Classes.....	20
School Age Child Care/ Before & After School.....	12	Swimming-Specialty Lessons.....	21
School's Out Program.....	13	Youth Sports.....	23-25
Kids Club- Youth Program.....	14	Tween/Teen Programs (ages 10-17).....	26
Specialty Classes- Youth Program.....	15	Adult Sports.....	27
		Dance/Movement Classes.....	28
		Gymnastics.....	29-31
		Family Events.....	32
		Wellness Center & Personal Training.....	33-34
		Group Exercise Classes.....	35-41
		Healthy Living Programs/ LIVESTRONG at the YMCA	42
		Active Older Adult Programs (age 55+).....	43
		Black Achievers.....	44-45
		Safety Certifications.....	46
		The Impact of Milwaukee YMCA.....	47





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
- 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
- Additional Adult Add on (designated for families with additional adults over the included limit who show proof of residency).

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.
- Y memberships and programs are guaranteed. If you're not satisfied with the quality of our services, we'll refund the remaining unused portion of your membership or class. (Camp deposits are nonrefundable.)
- The YMCA of Metropolitan Milwaukee 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 Kid Zone. 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 end early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

CONCEALED CARRY POLICY

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

Y MEMBERS SAVE AND/OR RECEIVE SPECIAL PRE-REGISTRATION BENEFITS



YMCA PLACES



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

OPERATIONS DIRECTOR
Laura Dubler

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
Rayven Peterson

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

CUSTOMER SERVICE
Phone: 414-274-0738
Email: info@ymcamke.org

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

OPERATIONS DIRECTOR
Dwight Goodwin

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

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

**VICE PRESIDENT
OF CENTER OPERATIONS**
Tamroyal L. Yow

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

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

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



DAY CAMP



DISCOVER. IMAGINE. GROW.

FUN LEARNING FOR YOUTH!

YMCA DAY CAMP

We dig Y Day Camp, and we know your family will too. Give your campers a summer full of discovery, imagination and personal growth by exploring the wonders of nature, trying new activities and creating lasting memories and friendships.

At YMCA Day Camp, caring “professional role models” help create experiences that build character, confidence, friendship, skills and the framework of our youth. All our Y Camps strive to instill the Y’s four core values of caring, honesty, respect and responsibility into every activity, every day.

**TO START PLANNING YOUR SUMMER, STOP BY YOUR LOCAL Y,
CALL 414-276-9622, OR VISIT YMCAMKE.ORG.**

REGISTRATION IS NOW OPEN!



DAY CAMP LOCATIONS:

Northwest YMCA
(North Milwaukee)

Rite-Hite Family YMCA
(Brown Deer)

Parklawn YMCA
(Milwaukee)

Greene Park
(St. Francis)

Wilson Park
(Milwaukee)

REGISTER TODAY!



YMCA CAMP MINIKANI



FEEL THE SPIRIT

Located just 30 minutes from Downtown Milwaukee on 152 acres, since 1919 generations of families have enjoyed the safe, positive environment where friendships grow and kids discover themselves.

Camp Minikani offerings range from overnight camp and equestrian programs, to engaging environmental education to ensure that there's something for everyone.

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 possible.

Sometimes the magic of summer camp is that parents 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 of the greatest gifts you can give your children. We hope you'll consider a week or two of camp this summer.

HURRY! Limited spots for 2017 remain. Call 262-251-9080 to check availability.

Registration for summer 2018 will open in October.





YMCA CAMP MINIKANI

EXPLORE CAMP ALL YEAR

CORPORATE RETREATS & CONFERENCES

Camp Minikani is an ideal retreat facility for groups as small as 30 and as large as 295 people. We also offer a large variety of nature and environmental education options for school groups. Camp staff are always happy to customize activities to meet the needs of your group.

- 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 Alex Compton at 262-251-9080 or acompton@ymcamke.org.



EQUESTRIAN PROGRAMMING

At Camp Minikani's Equestrian Center our mission and passion is to help kids not only improve in horsemanship, but build character. Our experienced staff provides kids with the chance to make new friends, gain responsibility and increase self-confidence; all while improving on their horsemanship and riding ability. We live by the YMCA's four core values of caring, honesty, respect and responsibility, while maintaining a safe and friendly atmosphere for your child.

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



EARLY CHILDHOOD EDUCATION



IN GOOD HANDS

The Y's Early Childhood Education Centers feature a 5-Star rating from YoungStar and the National Accreditation Commission for Early Care and Education Programs (NAC), and are the premier child care facilities in the metro Milwaukee area.



YMCA NATURE PRESCHOOL AT CAMP MINIKANI K3 and K4 (ages 3-5 years)

Program runs:
September 2017– June 2018
Monday through Friday
8:15am- 12:30pm
(Specific start dates to be determined, follows the Germantown School District Calendar)

Registration Options include:

- 2 days/week: \$75
- 3 days/week: \$110
- 5 days/week: \$175

Check us out during our FREE Family Activity Session and Open House

April 23 9:00am-12:00pm

In a world where children are spending less time outdoors, our nature preschool allows children the hands-on opportunity to explore the world around them. 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!

- 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
- *Sourced from natureexplore.org

Now enrolling for 2017-18 school year reserve your child's spot today!

Interested in full time options, contact Christine Salerno at 414-357-1901.

**COME TRY US OUT!
CALL TO ENROLL IN A MINI SESSION!**





EARLY CHILDHOOD EDUCATION

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 Y Early Childhood Education program is not babysitting, we use a formal curriculum, developmental assessments and screenings to support your child's successful development. Parent teacher conferences allow for you to learn about your child's play and development in a whole new way! 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
- Child screenings for development and early intervention
- 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 (5-Star Rated)**
1350 W. North Ave., Milwaukee • 414-374-9450



• **Northwest YMCA (5-Star Rated) 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



EARLY CHILDHOOD EDUCATION

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.



“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

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
- Free diapers and wipes when at the center

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 Early Childhood Education Centers.

For questions about Northside call 414-374-9450.

For questions about Northwest call 414-357-1920.



YMCA K3 AT SHERMAN PARK LUTHERAN SCHOOL

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

Looking to ensure your child is prepared for kindergarten? Enroll today for Fall 2017-18. 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 through Friday
- State Licensed Child Care
- Accept State/County Child Care Assistance (WI Shares/W2)
- Child must be 3 by September 1, 2017 to enroll for fall. Additional openings may be available if your child turns 3 after Sept. 1, 2017 – call for availability

Will enroll during the school year if your child is 3 years old, fully toilet trained and spots are available.

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



THANK YOU TO OUR SPONSORS!

The YMCA of Metropolitan Milwaukee would like to thank our generous sponsors for their support of the 20th Annual Dr. Martin Luther King, Jr. Breakfast.



20th ANNUAL
DR. MARTIN LUTHER KING, JR.
CELEBRATION BREAKFAST
Monday, January 16, 2017

LEAD EVENT SPONSOR



EVENT SPONSORS

- American Transmission Company
- BMO Harris Bank
- Brewers Community Foundation
- Buelow Vetter Buikema Olsen & Vliet, LLC
- Foley & Lardner LLP
- Froedtert & Medical College of Wisconsin
- Hupy and Abraham S.C.
- ManpowerGroup
- Marquette University
- MillerCoors
- Milwaukee Bucks
- Rockwell Automation
- We Energies

DIVERSITY & INCLUSION AWARD SPONSOR



HEALTHY CITIZENSHIP AWARD SPONSOR



SPOKEN WORD CONTEST SPONSORS



“ THE ULTIMATE MEASURE OF A MAN IS NOT WHERE HE STANDS IN MOMENTS OF COMFORT AND CONVENIENCE BUT WHERE HE STANDS AT TIMES OF CHALLENGE AND CONTROVERSY. ”

- Dr. Martin Luther King, Jr.



BEFORE & AFTER SCHOOL



BRIGHT FUTURES

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

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

He loves all your fun activities and is learning socially appropriate choices too, through your program and your encouragement!”

– ELEMENTARY PARENT

SCHOOL AGE EDUCATION PROGRAMS

WHERE KIDS ARE OUR FAVORITE SUBJECT!
(Ages 4–13 years, varies by location)

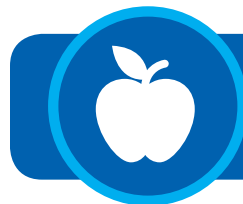
Our School Age Before/After School Program is a tax-deductible, licensed childcare that takes place before and/or after your child’s school day. Led by qualified, caring staff, with most of our before/after school programs located right at your child’s school, you have peace of mind that your child is 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, Prima, Semper, Fidelis (at Semper)
- Mequon-Thiensville
- Messmer Preparatory Catholic School
- 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. Augustine Preparatory Academy
- St. Francis
- Stellar Collegiate Charter
- Whitnall
- Additional private and parochial locations



For registration forms and additional information, please visit ymcamke.org, email schoolage@ymcamke.org, or call 414-276-9622.



SCHOOL'S OUT PROGRAM

NO SCHOOL, NO PROBLEM! SCHOOL'S OUT, CAMP IS IN! (Serving 4-13 years old)

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, and 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.



For more information and updates, please visit ymcamke.org, email schoolage@ymcamke.org or call 414-274-0756.





YOUTH PROGRAMS



BRIGHT BEGINNINGS

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

2017-2018 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 \$35 is required for those who register before August 1, 2017 and \$50 deposit is required for those who register after August 1, 2017.

KIDS CLUB 2

September 12, 2017-May 24, 2018

Child must be 2 by September 30

Children are introduced to "circle time" in this 1.5 hour class as well as arts and crafts, stories, songs, and number and letter recognition. 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: \$648
(9 months) = \$72/month

Community Participant: \$918
(9 months) = \$102/month

KIDS CLUB 3 AND 4

September 11, 2017-May 23, 2018

Child must be 3 by September 30

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: \$855
(9 months) = \$95/month

Community Participant: \$1035
(9 months) = \$115/month

THRILLING THURSDAYS

September 14, 2017-May 24, 2018

Ages 3 and up; may join at any time throughout the school year

Thrilling Thursdays is a fun twist on traditional Kids Club. We will have all of the same great learning and fun, but with a different twist. The focus will change from science experiments to discovering nature, music and movement to art. Problem solving games and cooperative learning will be centered around a new opportunity each week.

Thursdays 9:15-11:15am

Y Member: \$54/month

Community Participant: \$65/month

FUN DAY FRIDAYS

September 15, 2017-May 25, 2018

Ages 3 and up; may join at any time throughout the school year

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, the kids will eat together each week.

Fridays 9:15-11:45am

Y Member: \$54/month

Community Participant: \$65/month





YOUTH PROGRAMS

SPECIALTY CLASSES

FIRST FRIENDS

Ages 2-3 years

First friends is a class where friends are made! This is the first classroom introduction for young learners that will provide a lasting foundation of positive experiences to support a lifetime of learning. The purpose of this class is to provide a comfortable environment for your child to grow socially and emotionally with their peers.

Rite-Hite Family YMCA

Fridays 9:15-10:00am

Early Bird Pricing:

Y Member: \$67

Community Participant: \$83

Open Registration Pricing:

Y Member: \$72

Community Participant: \$88

If registration occurs after the session starts, a \$5 late fee will be assessed.

CARDIO KIDS

Ages 3-5 years

Get your child's heart pumping and body moving! A wide variety of sports and large motor activities will help your child develop strength, coordination, agility, and timing. Set your child on a course for a fit future.

Rite-Hite Family YMCA

Fridays 10:15-11:00am

Early Bird Pricing:

Y Member: \$67

Community Participant: \$83

Open Registration Pricing:

Y Member: \$72

Community Participant: \$88

If registration occurs after the session starts, a \$5 late fee will be assessed.



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

ARTS AND CRAFTS STUDIO

Ages 4+ years

Time to let creativity loose! Children will be exposed to different mediums while working on a variety of projects. Emphasis is on creativity rather than the final product.

Rite-Hite Family YMCA

Wednesdays 6:15-7:45pm

Y Member: \$75

Community Participant: \$105



NEW FOR 2017! SUMMER FUN CLUB

Ages 2-12 years

We are putting a new twist on FUN this summer! Kids will take part in activities promoting social development, self-esteem and prompting a fun social environment. Each day has a different focus and activities will vary between group games, arts and crafts, team building, science, healthy cooking and physical activity. Activities will be both indoors and outdoors so participants must be dressed appropriately and parents must apply sunscreen and bug spray prior to class. Class will be broken into the following age groups 2-3, 4-6, and 7-12 years and will participate in age-appropriate activities. Registration is available on a week to week basis. Fees below are weekly rates.

Marvelous Mondays 9:15-11:45am
Focus: Cooking and healthy living

Terrific Tuesdays 9:15-11:45am
Focus: Arts and crafts

Wacky Wednesdays 9:15-11:45am
Focus: Outdoor water fun and sports

Thrilling Thursdays 9:15-11:45am
Focus: Science

Fabulous Fridays 9:15-11:45am
Focus: Art, gym and swim
(must be registered for entire session and higher fee due to swimming lesson included)

Build your own schedule!

You can add on Fridays to complete the week for an additional fee. Friday registration fee is NOT included in package pricing.

1 Day

Y Member: \$16

Community Participant: \$20

2 Days

Y Member: \$32

Community Participant: \$40

3 Days

Y Member: \$50

Community Participant: \$80

4 Days

Y Member: \$55

Community Participant: \$88

Fridays

Y Member: \$160

Community Participant: \$200



SWIMMING



MAKE A SPLASH

The Milwaukee Y is proud to introduce American Red Cross Swim Lessons. American Red Cross lessons take an inclusive approach that emphasizes skill development in conjunction with water safety and drowning prevention education.

SUMMER 1: JUNE 19-JULY 23 • SUMMER 2: JULY 24-AUGUST 27

*NO CLASSES TUESDAY, JULY 4

PARENT/CHILD SWIMMING LESSONS

Ages 6 months–5 years

These classes are designed to familiarize children to the water and begin teaching swimming readiness skills. These classes teach through music and games while the parent guides the child through basic water skills.

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

PARENT CHILD LEVEL 1

Ages 6–18 months

Parent Child Level 1 will get parents and children comfortable in the water. Parents will learn how to hold and support their child in the water and children will learn basic water skills.

PARENT CHILD LEVEL 2

Ages 18 months–3 years

Parent Child Level 2 will continue to encourage confidence and independence. Children will learn new skills including kicks on front and back and basic arm movements.

PRESCHOOL LEVEL 1 W/PARENT

Ages 3–5 years

Preschool Level 1 w/Parent is for the child not quite ready to swim independently. The class incorporates parental participation while working toward independent swimming. Parents are usually out of the water by the fourth week of the session.

Learn: Breath control, bubbles, bobs, floating, and rudimentary swimming.

PRESCHOOL SWIMMING LESSONS

Ages 3–5 years

Register by ability as described for each level.

PRESCHOOL LEVEL 1

Preschool Level 1 will teach basic foundations of swimming that will be built upon in future lessons. Participants learn breath control, bubbles, bobs, floating, and rudimentary swimming.

Pre-requisite: Must be 3 years of age and the ability to swim independently from a parent.

PRESCHOOL LEVEL 3

Preschool Level 3 swimmers will reinforce skills from previous levels through repetition and swimming further distances, eventually learning independence. They will be introduced to new floats and treading water.

Pre-requisite: Completed or able to perform Preschool Level 2 skills.

PRESCHOOL LEVEL 2

Preschool Level 2 swimmers will work toward independence on front and back floating and gliding. They will begin pairing kicks with arm motions.

Pre-requisite: Completed or able to perform Preschool Level 1 skills.



SUMMER 1: JUNE 19–JULY 23 • SUMMER 2: JULY 24–AUGUST 27
*NO CLASSES TUESDAY, JULY 4

SWIMMING

YOUTH SWIMMING LESSONS

Ages 6–12 years

Register by ability as described for each level. All Levels learn stroke development personal safety and rescue skills.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Level 1 swimmers will get comfortable entering/exiting the water, floating and gliding on both front and back, and breath control. They will also learn kicks on their front and back along with introductory arm motions.

Pre-requisite: Must be at least 6 years of age.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Level 2 will help children independently perform Level 1 swimming skills, and they will begin combining arm and leg motions.

Pre-requisite: Completed or able to perform Level 1 skills.

LEVEL 3: STROKE DEVELOPMENT

Level 3 swimmers will put together front crawl and elementary backstroke, and learn additional kicks. They will practice treading water and survival floats as well as an introduction to jumps and dives.

Pre-requisite: Completed or able to perform Level 2 skills.

LEVEL 4: STROKE IMPROVEMENT

Level 4 participants will keep practicing strokes introduced in Level 3 and add breaststroke, sidestroke, and backstroke. Participants will also be introduced to butterfly and open turns.

Pre-requisite: Completed or able to perform Level 3 skills.

LEVEL 5: STROKE REFINEMENT

Level 5 swimmers will refine the six main strokes: Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke. They will also begin learning flip turns.

Pre-requisite: Completed or able to perform Level 4 skills.

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Level 6 swimmers will perfect the six strokes from level 5 and learn additional skills tailored to their goals.

Pre-requisite: Completed or able to perform Level 5 skills.

INDOOR POOL SEVERE WEATHER POLICY

It is the policy of the YMCA of Metropolitan Milwaukee that when there is a Severe Weather Warning in effect the indoor pools will close. The pool will remain closed until the severe weather warning has ended. The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or end early due to weather emergencies.





SUMMER 1: JUNE 19–JULY 23 • SUMMER 2: JULY 24–AUGUST 27

*NO CLASSES TUESDAY, JULY 4

SWIMMING

DAY CARE/GROUP SWIMMING LESSONS

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 shallow water instructional areas. 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 months –3 years, register by AGE in the "Parent/Child" program.
2. If your child is 3–5 years, register for the "Preschool" program.
3. If your child is 6–12 years, register for the "Youth" program.
4. If your child is 12–16 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 Jacob Byrne Product Director – Aquatics at 414-357-2834 for an over-the-phone evaluation.



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



SWIMMING

ADULT WATER ACTIVITIES

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: LEARNING THE BASICS

**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: IMPROVING SKILLS AND SWIMMING STROKES

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: SWIMMING FOR FITNESS

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.



INDOOR POOL SEVERE WEATHER POLICY

It is the policy of the YMCA of Metropolitan Milwaukee that when there is a Severe Weather Warning in effect the indoor pools will close. The pool will remain closed until the severe weather warning has ended. The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or end early due to weather emergencies.



SUMMER 1: JUNE 19-JULY 23 • SUMMER 2: JULY 24-AUGUST 27

*NO CLASSES TUESDAY, JULY 4

SWIMMING

WATER EXERCISE CLASSES

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: \$5

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: \$5

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: \$10

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.





SWIMMING

SPECIALTY AQUATICS

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 and Rite-Hite Family YMCA

Keeping in touch with our Christian roots, the Northside YMCA provides an accessible pool space for baptisms. Our facilities offer warm, shallow water depth for this service. We have worked with several large and small groups throughout the community, providing a safe and enjoyable space for every baptism.

For more information, please contact the Aquatics Director.

Northside YMCA Aquatics Department
414-374-9434

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





SWIMMING

MILWAUKEE SWIMS PROGRAM

MAKES SUMMER SWIMMING SAFE AND FUN

The Y believes every child should learn the skills necessary to have fun and be safe in the water. Through Milwaukee Swims, a partnership with Milwaukee County Parks, the Milwaukee Y Is offering nine swim lessons for the discounted price of \$5 per person or \$10 per family.

Lessons are available for children ages six years and older, as well as non-swimming adults.

PROGRAM DATES: June 19 – August 19

Milwaukee Swims will be offered at the following locations:

David F Schultz Aquatic Center
at Lincoln Park
1301 W. Hampton Ave., Milwaukee

Jackson Park Pool
3500 W. Forest Home Ave., Milwaukee

Washington Park Pool
1859 N. 40 St., Milwaukee

Northwest YMCA
9050 N. Swan Rd., Milwaukee



NORTHWEST YMCA OUTDOOR POOL

SUMMER 2017 DATES: JUNE 19 – AUGUST 26

SUMMER POOL SCHEDULE AVAILABLE JUNE 1

Please join us for a fun-filled summer at the YMCA's **ONLY** outdoor pool.

All you need to bring is your membership card to gain access to the pool. Pack a lunch and make a day of it. Call for hours of operation.

Swim lessons available.

Northwest YMCA
9050 N. Swan Road Milwaukee, WI 53224





YOUTH SPORTS



TAKING THE SHOT

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



Class schedules are posted online at ymcamke.org/schedules and available at the Y.

BASKETBALL

SUMMER YOUTH BASKETBALL LEAGUES AT RITE-HITE FAMILY YMCA

June 19-August 12

Don't sit on the sideline this summer, get in the game! This summer league will consist of two weeks of practice and six weeks of games. Divisions are 1st-2nd grade, 3rd-4th grade and 5th-6th grade (grade child will be entering for the 2016-2017 school year). Games consist of four eight-minute quarters with two minutes between quarters and a five-minute half time. USA Basketball guidelines for small sided game play are followed and roster size reflects adequate playing time at each division. Teams will be formed after registration closes and parents will be notified of their players team placement after registration closes.

Each child will receive a league t-shirt and we will do our best to accommodate player/friend requests.

Games will be played at the Rite-Hite Family YMCA.

Schedules will be available after registration is complete.

Early Bird Pricing:
Y Member: \$50
Community Participant: \$60

Open Registration Pricing:
Y Member: \$60
Community Participant: \$70

*A 50% player discount will be given to any parent volunteer team head coach.

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.

Schedules will be available after registration is complete.

Y Member: \$36
Community Participant: \$46

GIRLS BASKETBALL AT NORTHSIDE 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.

Y Member: \$36
Community Participant: \$46

BASKETBALL LEAGUES AT NORTHSIDE YMCA AND PARKLAWN YMCA

Ages 12-17 years

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.

Northside YMCA
1st-3rd Grade: \$150/team
High School-Summer Slam League: \$250
Parklawn YMCA
5th-6th Grade: \$150
7th-8th Grade: \$150

BASKETBALL SKILLS AT RITE-HITE FAMILY YMCA

Ages 4-12 years

Learn the basic rules and skills necessary to play the game of basketball. Participants will learn the skills of dribbling, passing, shooting and defense then use those skills in game settings.

Tuesdays 5:30-6:30pm

Early Bird Pricing:
Y Member: \$45
Community Participant: \$60

Open Registration Pricing:
Y Member: \$50
Community Participant: \$65

BASKETBALL TEAM AT PARKLAWN YMCA

Ages 12-17 years

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.



YOUTH SPORTS

ARCHERY

Ages 6-12 years

This fun instructional class will teach safety, scoring and the proper mechanics of archery. Fun games and activities are used to teach the skills. Bows, arrows and targets are provided. The archery range is located in a wooded area, please apply bug spray before coming to class.

Rite-Hite Family YMCA Archery Range

Wednesdays 6:30-7:15pm

Early Bird Pricing:

Y Member: \$45

Community Participant: \$60

Open Registration Pricing:

Y Member: \$50

Community Participant: \$55

SOFT STICK LACROSSE

Ages 6-12 years

Lacrosse is the fastest game on two feet! This program is a great way to introduce the sport to kids of all ages. Soft Stick Lacrosse teaches the fundamentals of lacrosse using gender-neutral equipment to allow boys and girls to learn basic skills together. All equipment is provided.

Rite-Hite Family YMCA Sports Field

Wednesdays 5:30-6:15pm

Early Bird Pricing:

Y Member: \$45

Community Participant: \$60

Open Registration Pricing:

Y Member: \$50

Community Participant: \$55

NFL FLAG SUMMER FOOTBALL LEAGUE



1st-2nd Grade, 3rd-4th, 5th-6th grades
(grade you are entering in the fall)

The YMCA of Metropolitan Milwaukee is excited to bring NFL Flag to you! NFL Flag is played in over 1000 leagues across the country. All players will receive an NFL team-branded reversible jersey as well as a joint parent-player USA Football membership with plenty of resources for both players and parents.

This summer league will run for 6 weeks June 19-August 5th (no football the week of July 3rd -8th). Divisions will be 1st-2nd grades, 3rd-4th grades, and 5th-6th grades (grade participant will be ENTERING for the 2017-2018 school year). Teams will be formed after registration ends and all parents will be notified prior to their first game of which team their child(ren) have been placed on. Players are encouraged to sign up with a friend. If there is not enough registration at each division level divisions may be combined.

Games will be played at Rite-Hite Family YMCA on the Large Sports Field. Parents and spectators are encouraged to bring chairs, no seating is provided.

Registration Opens April 1 and closes June 10
Rite-Hite Family YMCA Sports Fields

Early Bird Pricing:

Y Member: \$125

Community Participant: \$150

Open Registration Pricing:

Y Member: \$135

Community Participant: \$160

*50% player discount for volunteer parent head coach

**Discount will be given to any player registered for the YMCA of Metropolitan Milwaukee Day Camp (3 or more weeks of Day Camp registration required)

This flag football league is a proud member of NFL Flag Powered by USA Football, but none of USA Football, Inc., the National Football League (NFL), its member clubs, NFL Ventures, L.P. or any of their respective affiliates or subsidiaries will have any liability or responsibility for any claim arising in connection with participation therein. All NFL-related logos and marks are trademarks of the NFL.



YOUTH SPORTS

SOCCER SKILLS

Ages 3-12 years (classes broken into age appropriate groups)

Dribble, pass and shoot your way towards the net. This session will teach your child the key fundamentals of soccer; dribbling, passing, shooting and teamwork. First time players and experienced players are all welcome.

Rite-Hite Family YMCA Sports Field
*spectators are encouraged to bring chairs, no seating provided

3-4 year olds	
Thursdays	5:30-6:15pm
5-6 year olds	
Thursdays	5:30-6:30pm
7-12 year olds	
Thursdays	6:30-7:30pm

Early Bird Pricing:
Y Member: \$45
Community Participant: \$60

Open Registration Pricing:
Y Member: \$50
Community Participant: \$55

VOLLEYBALL SKILLS

Ages 12-15 years

This class helps prepare players for the Fall school seasons of volleyball. All players, experienced or new to the sport, will benefit from this class. Skills will focus on developing serving, passing, setting and hitting.

Rite-Hite Family YMCA
Thursdays 5:30-6:30pm

Early Bird Pricing:
Y Member: \$45
Community Participant: \$60

Open Registration Pricing:
Y Member: \$50
Community Participant: \$55



ADAPTIVE

MIRACLE LEAGUE OF MILWAUKEE

Ages 4-19 years

The Miracle League believes everyone deserves the chance to play baseball. The league allows all children to play organized baseball, regardless of ability. Kids with special-needs dress in uniforms, make plays in the field and round the bases, just like their peers in standard little leagues.

Miracle League baseball is 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. All areas of the field, including the dugouts and restrooms, are universally accessible.

All players have a one-on-one "Buddy" to assist them on and off the field; parents and caregivers get to enjoy the game from the stands.

Programs offered in spring and summer.

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

Northwest YMCA



TOPSOCCER

TOPSoccer is a community-based training and team placement program for young athletes with disABILITIES. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, who has a mental or physical disability. Players will learn the basics of soccer and participate in small sided game play. Buddies will be assigned to assist players as needed.

For more information contact us at 414-357-2811 or 414-357-2811

For more program offerings please contact us at 414-357-2811



TEEN/TWEEN PROGRAMS



FUTURE LEADERS

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

BASKETBALL

SUMMER YOUTH BASKETBALL LEAGUES AT RITE-HITE FAMILY YMCA

June 19-August 12

Don't sit on the sideline this summer, get in the game! This summer league will consist of two weeks of practice and six weeks of games. Divisions are 1st-2nd grade, 3rd-4th grade and 5th-6th grade (grade child will be entering for the 2016-2017 school year). Games consist of four eight-minute quarters with two minutes between quarters and a five-minute half time. USA Basketball guidelines for small sided game play are followed and roster size reflects adequate playing time at each division. Teams will be formed after registration closes and parents will be notified of their players team placement after registration closes.

Each child will receive a league t-shirt and we will do our best to accommodate player/friend requests.

Games will be played at the Rite-Hite Family YMCA.

Schedules will be available after registration is complete.

Early Bird Pricing:

Y Member: \$50

Community Participant: \$60

Open Registration Pricing:

Y Member: \$60

Community Participant: \$70

*A 50% player discount will be given to any parent volunteer team head coach.

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.

Schedules will be available after registration is complete.

Y Member: \$36

Community Participant: \$46

GIRLS BASKETBALL AT NORTHSIDE 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.

Y Member: \$36

Community Participant: \$46

SCOUT BADGES

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

For more information contact:

Rite-Hite Family YMCA at 414-354-9622

OR

Northside YMCA at 414-374-9434

SWIMMING

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 44-45

Before/After

School Care pages 12-13

Gymnastics pages 29-31

Safety Training

Programs page 46

Swim Team page 21

Youth Sports pages 23-25



ADULT SPORTS & ACTIVITIES



PLAY STRONG

Y sports are based on the concept that fair play is at the heart of competition and everyone should have an equal opportunity to compete.

TEAM SPORTS AND LEAGUES

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. The net is similar to a tennis net but is mounted lower. The game is played with a hard paddle and a whiffle ball. Classes offered year round on our indoor court.

Classes offered monthly
Rite-Hite Family YMCA

PARKLAWN YMCA BASKETBALL LEAGUES

Game play in a friendly environment. Practices and coaching are not included, games are played once per week. Registration is done by teams. Awards for the 1st and 2nd place teams. Leagues start as soon as team registration closes.

Schedules will be available after registration is complete.

For more information contact Jason Blocker at 414-873-9622 or jblocker@ymcamke.org.

MARTIAL ARTS

MARTIAL ARTS

Taught by Lions Pride Tactical Offensive LLC

Come and be a part of this raw and real martial arts system that has the most direct and no nonsense way of dealing with a possible threat in your day to day life. You will not only gain the knowledge and skill for personal protection but also physical and mental discipline as well. You will forge your body to build confidence in everything you do as well as your mind by studying past and present warriors and the knowledge on how to tactically and proficiently approach a potential dangerous situation.

Classes include Mixed Martial Arts, Womens Self Defense, Little Lions (youth), Kickboxing.

Class schedules are available online and at the Rite-Hite Family YMCA.



DANCE CLASSES



IT'S A GROOVE THING

Dance classes at the Y are designed to enhance fine and gross motor skills, cultivate creativity and social development, all while your child is having fun. They will jump, spin and hop their way to fun with dance classes at the Y.

CREATIVE BALLET

Ages 2-4 years

This class introduces traditional ballet technique (positions, plie, releve, tendua) 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.

Rite-Hite Family YMCA

Tuesdays 9:30-10:15am

Saturday 10:10-10:45am

Early Bird Pricing:

Y Member: \$80

Community Participant: \$100

Open Registration Pricing:

Y Member: \$85

Community Participant: \$105

If registration occurs after the session starts, a \$5 late fee will be assessed.

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. Leotards and ballet slippers are required.

Rite-Hite Family YMCA

Wednesdays 5:15-6:00pm

Saturdays 8:30-9:15am

Early Bird Pricing:

Y Member: \$80

Community Participant: \$100

Open Registration Pricing:

Y Member: \$85

Community Participant: \$105

If registration occurs after the session starts, a \$5 late fee will be assessed.

BALLET

Ages 6+ years

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

Rite-Hite Family YMCA

Wednesdays 4:25-5:10pm

Saturdays 9:20-10:05am

Early Bird Pricing:

Y Member: \$80

Community Participant: \$100

Open Registration Pricing:

Y Member: \$85

Community Participant: \$105

If registration occurs after the session starts, a \$5 late fee will be assessed.

MINI HIP HOPPERS

Ages 2-5 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 athletic shoes.

Rite-Hite Family YMCA

Mondays 5:40-6:25pm

Early Bird Pricing:

Y Member: \$80

Community Participant: \$100

Open Registration Pricing:

Y Member: \$85

Community Participant: \$105

If registration occurs after the session starts, a \$5 late fee will be assessed.

HIP HOP

Ages 6+ 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 and body awareness and coordination while dancing to popular contemporary music.

Rite-Hite Family YMCA

Mondays 6:35-7:20pm

Early Bird Pricing:

Y Member: \$80

Community Participant: \$100

Open Registration Pricing:

Y Member: \$85

Community Participant: \$105

If registration occurs after the session starts, a \$5 late fee will be assessed.

BEGINNER POMS

Ages 3-6 years

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

YMCA Gymnastics Center

Thursdays 11:00-11:45am

Early Bird Pricing:

Y Member: \$80

Community Participant: \$100

Open Registration Pricing:

Y Member: \$85

Community Participant: \$105

If registration occurs after the session starts, a \$5 late fee will be assessed.



GYMNASTICS



TAKING THE GOLD

One of the greatest things we can give 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.



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.

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.

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.

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.

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.

Rite-Hite Family YMCA and
YMCA Gymnastics Center

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.

Clinic Dates:

Back Tumbling	
June 17	1:30-3:00pm
Front Tumbling	
June 24	1:30-3:00pm
Beam Skills	
July 14	1:30-3:00pm
Bar Skills	
July 29	1:30-3:00pm
Running, Strength & Endurance	
August 12	1:30-3:00pm

Y Member: \$17/clinic

Community Participant: \$20/clinic

For more information please contact Alex Schmidt at 414-357-2828 or aschmidt@ymcamke.org.

OPEN GYM AT THE YMCA 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.

We welcome field trips and parent groups.

Contact the gymnastics department at 414-357-2828 for more information.





GYMNASTICS

PROGRESSIVE GYMNASTICS

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 on at least three events per day.

GIRLS 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.

YMCA Gymnastics Center

GIRLS 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.

YMCA Gymnastics Center

GIRLS GYMNASTICS III

Ages 7+ years

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 Gymnastics II 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.

YMCA Gymnastics Center

BOYS GYMNASTICS

Ages 6+ years

Little or no gymnastics experience is required. Athletes work on basic gymnastics skills. Boys will receive instruction on floor, vault, bars, and strength/conditioning.

YMCA Gymnastics Center

OBSTACLE NINJAS

Ages 4-7 years

Do you need a place for your little ninja to burn off some energy? This class will have obstacle courses and physical challenges each week to help children improve strength and endurance in a fun, safe environment.

YMCA Gymnastics Center

PARKOUR

Ages 8+ 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.

YMCA Gymnastics Center

STRENGTH AND TUMBLING

Ages 6+ years

This class is for the athlete or dancer that wants to get stronger and learn the basics of tumbling on a spring floor. Class sizes are small to ensure individual instruction and focus on new skill development.

YMCA Gymnastics Center

ENERGY

Ages 4+ 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.

YMCA Gymnastics Center

FOUR-DAY GYMNASTICS CLINICS

Clinics follow the gymnastics program culture. This week-long experience will create challenges in the gym while learning new skills and overcoming obstacles. Our structured stations and hands-on learning combined with games and crafts will be sure to bring success with lots of fun and laughs. There will also be free time to practice and play each day. Participants will need to bring their own snack, lunch, and water bottle each day.

Clinic Dates:

June 26-29 -OR- July 10-13

Monday-Thursday 9:00am-3:00pm

For more information please contact Alex Schmidt at 414-357-2828 or aschmidt@ymcamke.org.

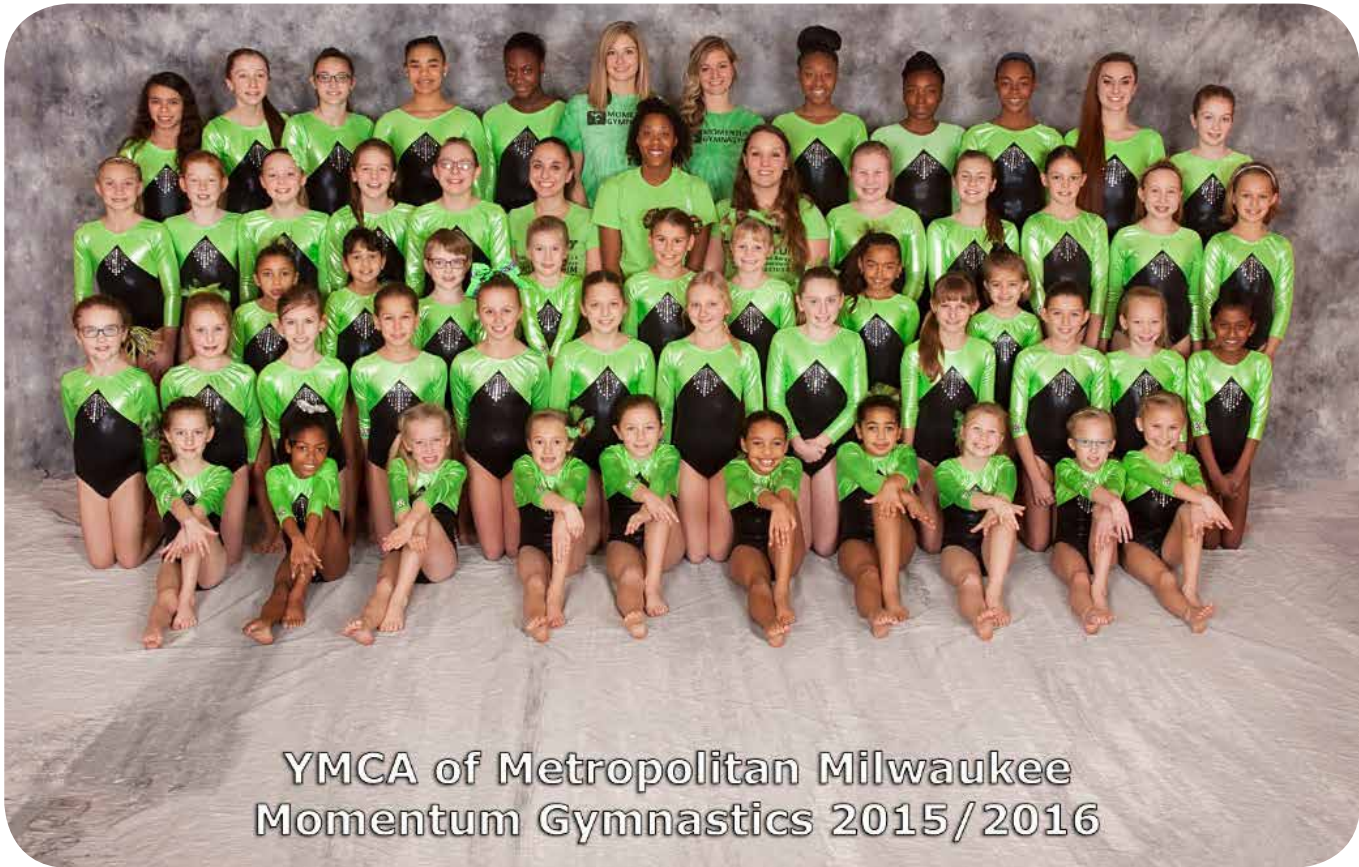
Class availability is based on enrollment. Additional schedule information can be found on our website at ymcamke.org.



Register online at ymcamke.org



GYMNASTICS



YMCA of Metropolitan Milwaukee
Momentum Gymnastics 2015/2016

COMPETITIVE GYMNASTICS

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.

YMCA GYMNASTICS CENTER

6140 W Executive Dr., Mequon

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

Please contact the gymnastics department for a skill evaluation or more information.

*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 Drive. Gymnastics Center is the 4th business in from the entrance.

Directions from the Rite-Hite Family YMCA:

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



FAMILY EVENTS



LASTING MEMORIES

Serving families has always been at the heart of the Y mission. 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.



Additional family events may be scheduled throughout the year. Please check our website at ymcamke.org.

FAMILY FUN COLOR RUN/WALK

We are proud to be hosting an exciting event at the Rite-Hite Family YMCA! You have probably heard about fun runs taking place across the country where participants are doused with colored powder along the way. The Rite-Hite Family YMCA is hosting our own, more tame version, for our members and community participants. The Family Fun Color Run will be held on our Camp Itasca grounds right here at the Y! This event is a fun family fitness activity and food and activities will be available after the run/walk.

Saturday, July 15

Fee: \$10/participant (5 yrs and under FREE)

Must register by July 15 to guarantee t-shirt size

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 Patricia at 414-374-9434.

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 at ymcamke.org.





WELLNESS CENTER SERVICES



REACHING GOALS

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.

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

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, 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: Strength training, a variety of cardio equipment, and stretching guidelines.

Free for Y Members

INBODY TESTING

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

Y Member: \$10
Community Participant: \$20

To make an appointment contact the Fitness Center staff at 414-357-2853.

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, contact Carley Hoelzel, Fitness Director, at 414-274-0807 or choelzel@ymcamke.org.

Y Member: \$50
Community Participant: \$73/month



For more information on personal training and to register for your free personal training consultation contact Carley Hoelzel, Fitness Director, at 414-274-0807, or choelzel@ymcamke.org.



WELLNESS CENTER SERVICES

STRENGTH TRAINING 101 AT DOWNTOWN AND RITE-HITE FAMILY YMCA

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.

Early Bird Pricing:

Y Member: \$55

Community Participant: \$75

Open Registration Pricing:

Y Member: \$60

Community Participant: \$80

If registration occurs after the session starts, a \$5 late fee will be assessed.

4 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!

Early Bird Pricing:

Y Member: \$40

Community Participant: \$60

Open Registration Pricing:

Y Member: \$45

Community Participant: \$65

If registration occurs after the session starts, a \$5 late fee will be assessed.

4 person minimum per session

Other times available if group is formed on own.

WELLNESS CHALLENGE SERIES

SUMMER SLIM DOWN CHALLENGE

May 8 – June 18

Everyone wants to look and feel their best, but exercising, eating right and losing weight to make that happen isn't always easy. The Y is here to help with Summer Slim Down, the latest offering in our Wellness Challenge Series. This six-week group challenge is sure to help you reach your goals and get lean for summer 2016!

Early Bird Pricing:

Y Member: \$20

Community Participant: \$85

Open Registration Pricing:

Y Member: \$25

Community Participant: \$90

If registration occurs after the session starts, a \$5 late fee will be assessed.





GROUP EXERCISE



PUSHING LIMITS

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 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.





GROUP EXERCISE

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!





GROUP EXERCISE

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!





GROUP EXERCISE

Y-CORE PERFORMANCE

Are you ready to expect more form 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: \$40
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: \$40
Community Participant: \$79

Y-BEACH CAMP

New Exercises, New Terrain, Awesome Results

Y-Beach Camp, the most popular outdoor fitness experience in the city, is held on the Milwaukee lakefront and is designed to give participants a workout experience like no other. This one-hour sweat session will take you through the sand, wooded trails, parks and other city locations. Our experienced, certified instructors will coach you through a variety of drills, stations and exercises that will change and expand your level of fitness. Sessions are on a per month basis.

Y-Beach Camp Session runs:
June 3 through October 1 9-10am

Participants must choose which day they will attend for the season, Saturday OR Sunday. The Y Member Individual Weekend Warrior rate is for both Saturday AND Sunday.

Y Member Individual: \$60
Y Member Individual Weekend Warrior: \$75
Y Member Couple: \$80
Community Participant: \$80



GROUP EXERCISE

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.

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.

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.

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.





GROUP EXERCISE

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.





GROUP EXERCISE

TOTAL GYM

TOTAL FITNESS, TOTAL PERFORMANCE, TOTAL SUCCESS

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

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

TOTAL GYM FOUNDATIONS (LEVEL 1 AND 2)

35-45 minutes

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

TOTAL GYM CORE MOTION

30 minutes

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

TOTAL GYM INTERVAL CIRCUIT

35 minutes

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

Y Member:

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

Community Participant:

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

Community Participant:

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

All Total Gym sessions run monthly.



HEALTHY LIVING



STRENGTH & SUPPORT

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

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

They understand that sometimes you cry for no reason. That every day is a blessing to be alive but every bump you feel on your body sends a particular fear to your mind “What If.” This group understands the numbness you feel when the doctor says “you have cancer.” They know that while a smile on your face is a symbol that you’re staying positive, deep down you might be exhausted and wondering why me.

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

- LIVESTRONG AT THE YMCA GRADUATE

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.

Mid-day and evening classes available. For upcoming class schedules and locations contact Carley Hoelzel at 414-274-0807, email mkelivestrong@ymcamke.org or visit our website at ymcamke.org.

Y Member: FREE

Community Participant: FREE





ACTIVE OLDER ADULTS



LASTING MEMORIES

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.

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



SILVERSNEAKERS & ACTIVE OLDER ADULT CLASSES

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
Group Exercise	pages 33-34
Wellness Center	
Services	pages 32-33





BLACK ACHIEVERS



INSPIRING SUCCESSFUL FUTURES

We are celebrating more than 35 years of impact in the community!

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

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 Black Achievers 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.



Are you a former Teen 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.

BLACK ACHIEVERS

BLACK COLLEGE TOUR

The Black College Tour is an annual trip that provides an opportunity for high school students to visit a number of historical black colleges and universities throughout the country, with the hope of peaking their interest for enrollment. The tour is geared toward students in the 9-11th grade. Each year the itinerary changes but some of the regular stops include: Howard, Spelman, Xavier and many more!

Fee:

Teen Achiever Students: \$450

Community Students: \$550

Complete application which includes interview, two letters of recommendation, current transcripts and application fee (\$25).

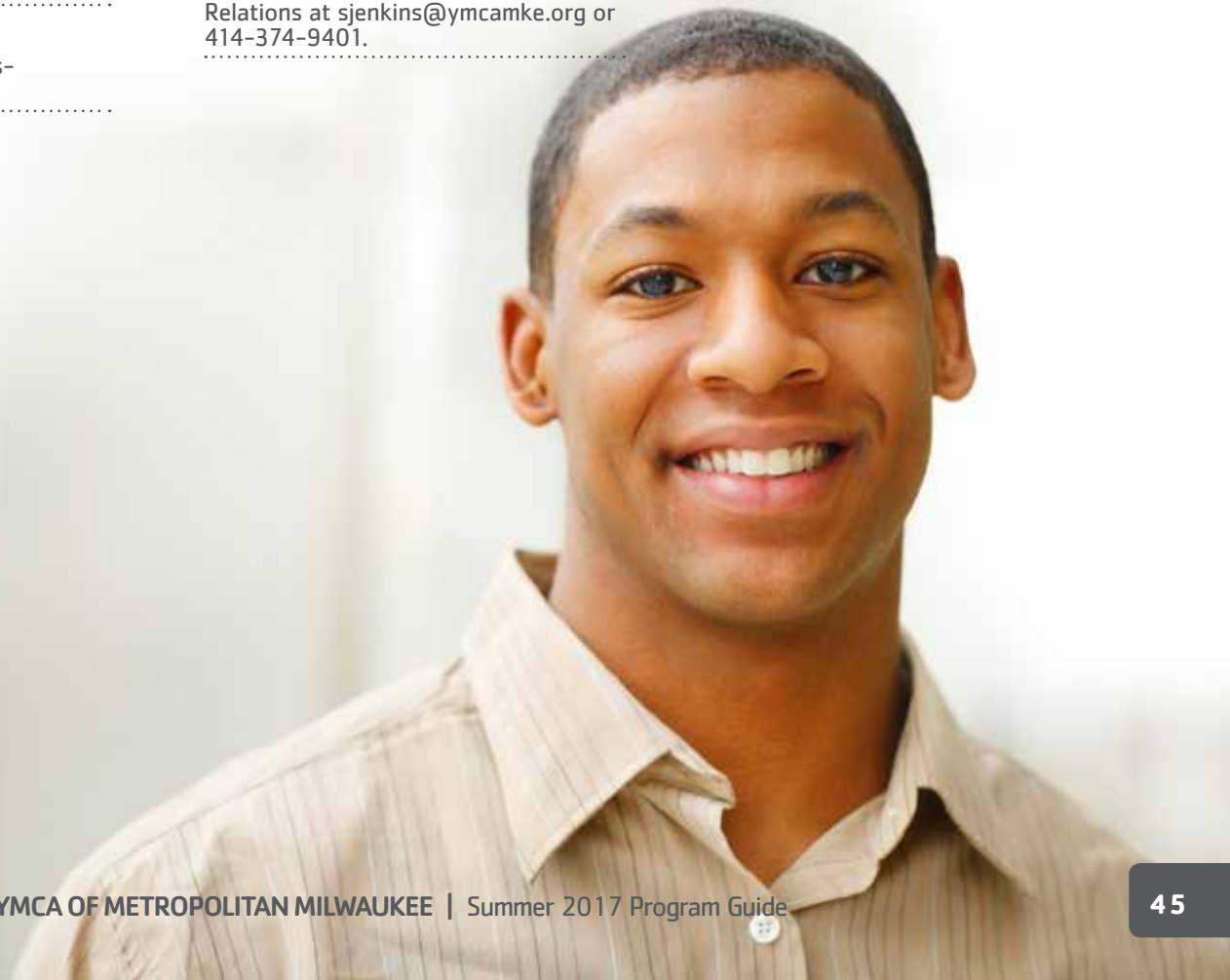
For more information visit ymcamke.org/black-achievers-activities/.

COMMUNITY RELATIONS

Thank you for your partnership in ensuring our outreach aligns with our goal to be a healthier, stronger, and safer Milwaukee! Our goal is to continue to cultivate and steward relationships with community partners including elected officials, corporate leaders, school officials, and community organizations throughout the neighborhoods we serve; to ensure access, inclusion and engagement for all.

Do you represent an organization whose mission aligns with the Y and are interested in partnering? If so, we would love to speak with you to discuss ways in which we can work together.

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





SAFETY TRAINING PROGRAMS



SAVE A LIFE

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

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 BLS/BASIC LIFE SUPPORT (FORMERLY CPR/AED FOR THE PROFESSIONAL RESCUER) AND EMERGENCY OXYGEN

(2-year certification)

Basic Life Support is a CPR/AED Course for Professional Rescuers offered by American Safety & Health Institute.

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

ASHI BLS/BASIC LIFE SUPPORT (FORMERLY CPR/AED FOR THE PROFESSIONAL RESCUER) and EMERGENCY OXYGEN RECERTIFICATION

(2-year certification)

Basic Life Support is a CPR/AED Course for Professional Rescuers offered by American Safety & Health Institute.

Participants must be currently certified in BLS, CPRA/AED for the Professional Rescuer, or CPR/AED for Lifeguards.

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.

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 breast-stroke, 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



Register online at ymcamke.org



GIVE TODAY FOR A BETTER US

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.

Every dollar donated to the Milwaukee Y supports life-changing programs and services for the children, youth, seniors and families in our community. Give today for a lasting impact and a better us!



WITH YOUR SUPPORT LAST YEAR...



More than **9,000 CHILDREN & TEENS** had safe, healthy places to grow, play, and learn seven days a week.



More than **105,000 FREE**, nutritious meals were served to community children and youth.



More than **3,500 KIDS & FAMILIES** learned basic swim skills and lessons in life-saving drowning prevention through "Milwaukee Swims."



More than **1,200 DAY CAMPERS** practiced reading, math, science everyday through the Y's summer learning loss remediation program "Camp FLY."



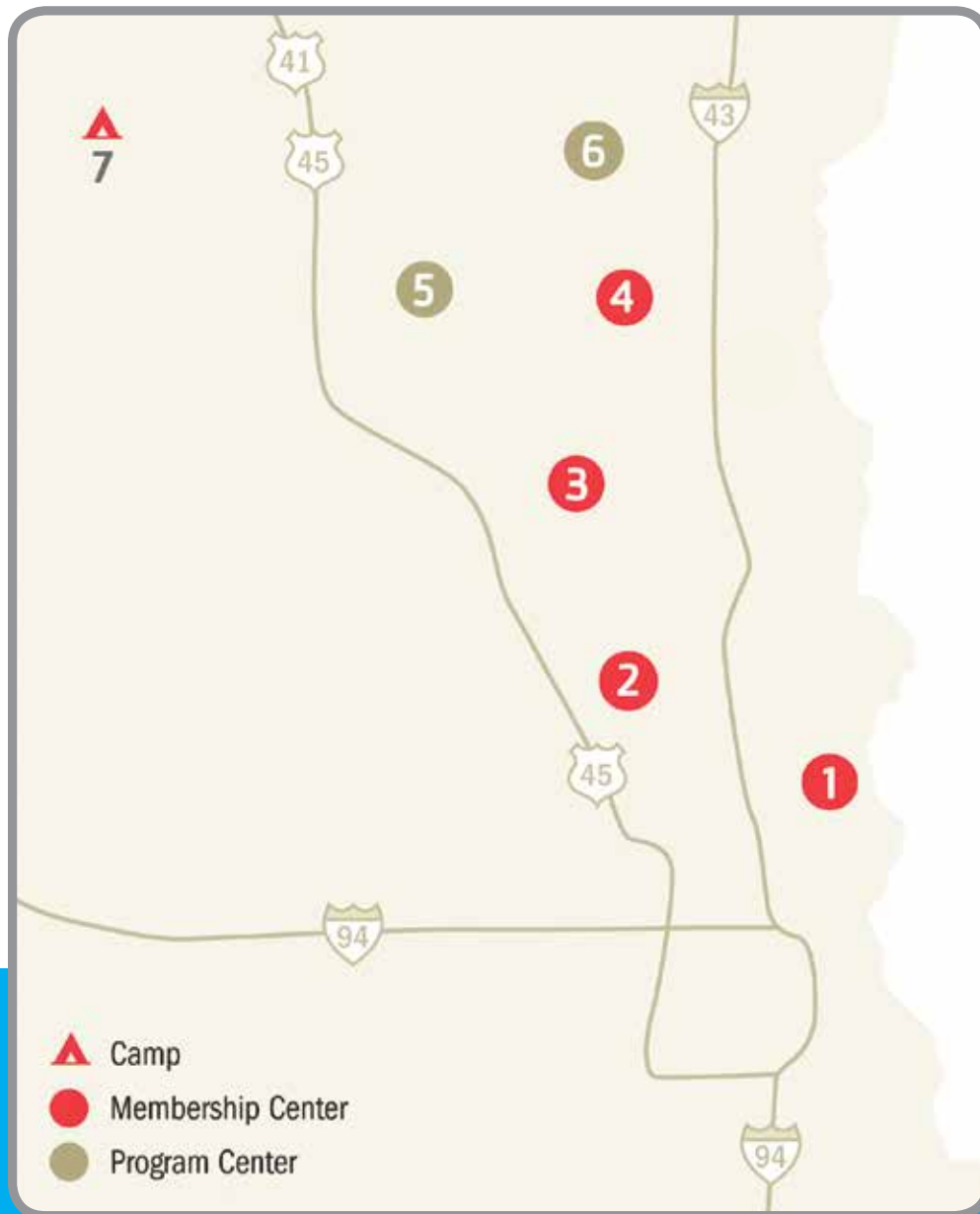
More than **1,400 KIDS** became academically stronger through the Y's five-star early childhood education and before and after school programs.



More than **6,000 OLDER ADULTS & SENIORS** participated in fitness and chronic disease prevention through "Silver Sneakers."



YMCA OF METROPOLITAN MILWAUKEE
Visit ymcamke.org and give today for a better us!



SIGN UP FOR EMAIL UPDATES

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



LOCATIONS

CENTERS

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: 414-357-2828

CAMP

YMCA CAMP MINIKANI (7)
 875 Amy Belle Rd.
 Hubertus, WI 53033
 Phone: 262-251-9080
 Fax: 262-628-4051

EARLY CHILDHOOD EDUCATION

NORTHSIDE YMCA EARLY CHILDHOOD EDUCATION CENTER (2)
 1350 W. North Ave.
 Milwaukee, WI 53205
 Phone: 414-374-9450

NORTHWEST YMCA (5)
 (formerly John C. Cudahy YMCA)
 9050 N. Swan Rd.
 Milwaukee, WI 53224
 Phone: 414-357-1920