



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE YOUR HEART IN MORE WAYS THAN ONE.

Register online at [ymcamke.org](http://ymcamke.org)

YMCA OF METROPOLITAN MILWAUKEE  

## WINTER/SPRING 2017 PROGRAM GUIDE

### WINTER 1:

January 2–February 26

Member Registration: November 21

Community Registration: November 28

### WINTER 2:

February 27–April 16

Member Registration: November 21

Community Registration: January 16

### SPRING:

April 17–June 11

Member Registration: November 21

Community Registration: March 6



**Strengthen Your Community.  
The Milwaukee Y. For a Better Us.**



# WELCOME TO THE Y.

# WE'RE GLAD YOUR HERE!

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# MEMBERSHIP BENEFITS

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

## MEMBERSHIP CATEGORIES

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

### 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
- FitLinxx tracking tool
- AWAY privileges at Ys across the nation
- Dozens of free classes (Adult fitness)
- No join fee

## CUSTOMIZABLE ADD-ON PLANS

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

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

## CORPORATE MEMBERSHIPS

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

## PAYMENT OPTIONS

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 Child Watch. Youth ages eight and nine years old must have a parent/guardian in the facility.

## WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or 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.

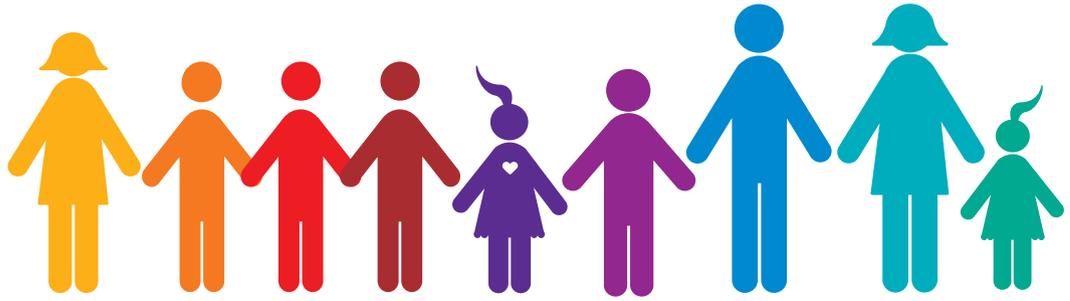
## CONCEALED CARRY POLICY

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**  
**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](mailto: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](http://YMCAMKE.ORG), AND BE ON THE LOOKOUT FOR OUR FREE SUMMER 2017 YMCA DAY CAMP BROCHURE. DAY CAMP REGISTRATION OPENS MARCH 1, 2017!**



### DAY CAMP LOCATIONS:

Northwest YMCA  
(North Milwaukee)

Rite-Hite Family YMCA  
(Brown Deer)

Brookfield Elementary  
(Brookfield)

Greene Park  
(St. Francis)

Milwaukee County  
Sports Complex  
(Franklin)

Lincoln Park  
(Milwaukee)

Wilson Park  
(Milwaukee)



# 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 ranging from overnight camp and equestrian programs to engaging environmental education 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 they could do.

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

**HURRY! Registration for 2017 is already open and spaces are filling quickly. Don't miss out on the fun!**

**Visit [minikani.org](http://minikani.org) or call 262-251-9080 to register today!**





# 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 is 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](mailto:acompton@ymcamke.org).



### EQUESTRIAN PROGRAMMING

At Camp Minikani's Equestrian Center our mission and passion is to help kids not only improve 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](mailto:elundquist@ymcamke.org).



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



# EARLY CHILDHOOD EDUCATION



## IN GOOD HANDS

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



### YMCA NATURE PRESCHOOL AT CAMP MINIKANI

Ages 3-5 years

OPENINGS AVAILABLE FOR SPRING 2017

**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)

Partial Weeks Available

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

Come check us out at one of our Parent Open Houses:

|            |              |
|------------|--------------|
| December 1 | 6:00-7:00pm  |
| January 12 | 6:00-7:00pm  |
| February 4 | 12:00-2:00pm |
| March 4    | 12:00-2:00pm |

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 care options, contact Christine Larson at 414-357-1901 for more information.

### NEW!! WINTER & SPRING 2017 MINI-SESSIONS AVAILABLE!

**Winter Mini Session 1 (4 weeks)**

January 9-February 3, 2017\*

Mondays/Wednesdays/Fridays 8:15-10:15am

Fee: \$216 for the session

\*Note: No program January 20, 2017; week will be prorated.

**Winter Mini Session 2 (4 weeks)**

January 9-February 3, 2017

Tuesdays/Thursdays 8:15-10:15am

Fee: \$144 for the session

**Winter Mini Session 3 (4 weeks)**

February 13-March 10, 2017\*

Mondays/Wednesdays/Fridays 8:15-10:15am

Fee: \$216 for the session

\*Note: No program February 20, 2017; week will be prorated.

**Winter Mini Session 4 (4 weeks)**

February 13-March 10, 2017

Tuesdays/Thursdays 8:15-10:15am

Fee: \$144 for the session

**Spring Mini Session 1 (4 weeks)**

March 13-April 14, 2017\*

Tuesdays/Thursdays 8:15-10:15am

Fee: \$216 for the session

\*Note: No school March 24; week will be prorated.

**Spring Mini Session 2 (4 weeks)**

March 13-April 14, 2017

Tuesdays/Thursdays 8:15-10:15am

Fee: \$144 for the session

\*Note: No school March 23; week will be prorated.

**Spring Mini Session 3 (4 weeks)**

April 24-May 19, 2017

Tuesdays/Thursdays 8:15-10:15am

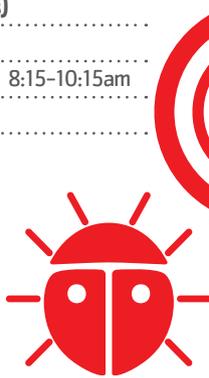
Fee: \$216 for the session

**Spring Mini Session 4 (4 weeks)**

April 24-May 19, 2017

Tuesdays/Thursdays 8:15-10:15am

Fee: \$144 for the 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.

## 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 (formerly John C. Cudahy YMCA) Early Childhood Education Centers.

For more information contact Christine Larson at 414-357-1901 or [clarson@ymcamke.org](mailto:clarson@ymcamke.org).

“For our family, the YMCA’s Early Childhood Education Center has been a godsend! The administrators are compassionate and supportive. I’ve appreciated the diversity offered from the teachers to the children in the program. The YMCA’s commitment to community engagement ensures that children of different races and socio-economic status are given the same opportunities in the same nurturing environment.

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

– EARLY CHILDHOOD EDUCATION PARENT



**LUMIN Schools**  
LUTHERAN URBAN MISSION INITIATIVE, INC.

## 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 remaining 2016-17 school year and/or enroll 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 your child is 3 years old, fully toilet trained and spots are available.

For more information on registering, contact Christine Larson at 414-357-1901 or [clarson@ymcamke.org](mailto:clarson@ymcamke.org).





# BEFORE & AFTER SCHOOL CARE



## 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)

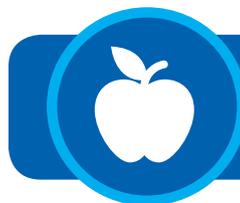
Our School Age Before/After School Program is a tax-deductible, licensed child-care that takes place before and/or after your child’s school day. Led by qualified, caring staff, with most of our before/after school programs located right at your child’s school, you have peace of mind that your child 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
- Northwest YMCA serving Hope Christian School: Caritas, Milwaukee Public and Private Schools
- Richfield
- Rocketship Southside Community Prep
- Sherman Park Lutheran
- South Milwaukee (4K Wraparound)
- St. Francis
- Stellar Collegiate Charter
- Whitnall
- Additional private and parochial locations



For registration forms and additional information, please visit our website [ymcamke.org](http://ymcamke.org), or email [schoolage@ymcamke.org](mailto:schoolage@ymcamke.org), or call 414-276-9622.



# BEFORE & AFTER SCHOOL CARE

## SCHOOL'S OUT, CAMP IS IN!

(Ages 4-13 years)

Camp-Is-In is a full-day program for children ages 4-13, that is offered when many local schools are not in session. Enroll your child for a fun-filled day of games, crafts, activities and time with friends. Dress in tennis shoes to be active, bring a bag lunch, swimsuit and towel (swimming may take place at Rite-Hite Family YMCA and Northside YMCA). For questions or to register please call 414-274-0756 or email [schoolage@ymcamke.org](mailto:schoolage@ymcamke.org).

Registration forms that include dates when the program is available can be found for each site online at [ymcamke.org](http://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](http://ymcamke.org) or email [schoolage@ymcamke.org](mailto: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

2016-2017 SCHOOL YEAR  
PRESCHOOL OFFERED AT RITE-HITE FAMILY YMCA

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

A non-refundable deposit of \$25 for those who register prior to August 1, 2016 and \$50 for registrations received after that date.

### KIDS CLUB 2

September 13, 2016-May 24, 2017

Child must be 2 prior to September 1

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

Tuesdays/Thursdays 9:15-10:45am

**Y Member:** \$558  
(9 months) = \$62/month

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

### KIDS CLUB 3 AND 4

September 13, 2016-May 24, 2017

Child must be 3 prior to September 1

Children will enjoy this two-hour class filled with action packed fun. Academic challenges continue for your child in an age appropriate matter. Letter and word recognition, number skills and independence are just a few of the skill building opportunities that will be offered. Whether your child's next step is Kid's Club 4, or K4 or K5 in their local school, they will get the tools they need to succeed in this class.

Mondays/Wednesdays 9:15-11:15am

**Y Member:** \$765  
(9 months) = \$85/month

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

### SCIENCE THURSDAYS

September 15, 2016-May 25, 2017

Children must be 3 prior to September 1

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

Thursdays 9:15-11:15am

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

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

### BONUS FRIDAYS

September 16, 2016-May 26, 2017

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

Fridays 9:15-11:45am

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

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



WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17  
SPRING: 4/17/17 – 6/11/17

# YOUTH PROGRAMS

## SPECIALTY CLASSES

**Early Bird Pricing:**  
Y Member: \$48  
Community Participant: \$76  
**Open Registration Pricing:**  
Y Member: \$53  
Community Participant: \$81  
If registration occurs after the session starts, a \$5 late fee will be assessed.

### DAY WITH DINOS

Ages 2–5 years  
Take a romp in prehistoric times to visit the dinosaurs with crafts, stories and more.  
Winter 2 only  
Rite-Hite Family YMCA

### 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.  
Winter 2 only  
Rite-Hite Family YMCA

### DISCOVERING NATURE

Ages 2–5 years  
This class focuses on nature and the environment. Children will explore nature and learn the importance of recycling. Activities will vary from week to week to encourage everyone to value and preserve our environment.  
Spring only  
Rite-Hite Family YMCA

### NEW COOKS

Ages 2–5 years  
Introduce your little one to the kitchen! Hands on projects teach healthy eating, basic cooking terms, sharing and teamwork. A different recipe will be created and tasted each week.  
Winter 1 only  
Rite-Hite Family YMCA

### 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.  
Winter 2 and Spring Sessions  
Rite-Hite Family YMCA

### 3X THE FUN

Ages 3–5 years and 6–12 years  
This 2½ hour class is a combination of the arts, gym, and aquatics departments. Your child will start with a basic age-appropriate art project fueling their imagination, followed by some cardio and sports time in the gym. It is all topped off with a half-hour swim lesson and some free swim time. Children must be wearing their swimming gear at the beginning of class and can wear other comfortable clothes over their suit.  
Please send a snack in a backpack with a towel. Parents must pick up their children from the pool at the end of the program as staff may not assist them in the locker rooms after their class. Preschool age children must be potty trained.

Winter 2 only  
Rite-Hite Family YMCA  
Fridays 6:00–8:30pm

Early Bird Pricing:  
Y Member: \$88  
Community Participant: \$105  
Open Registration Pricing:  
Y Member: \$93  
Community Participant: \$110

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

### FAMILY FUN WORKSHOP

Join us for the workshops of your choice. Bring your kids and have some fun together on a Friday night. Children ages 9 and up may participate without a parent, but parent must be present in the building.

**Jewelry Making**  
January 13 or April 21 6:00–7:30pm  
**Cooking**  
January 20 or April 28 6:00–7:30pm  
**Canvas Painting**  
January 27 or May 5 6:00–7:30pm  
**Make Your Own Fishing Lures**  
February 3 or May 12 6:00–7:30pm  
Y Members: \$7/person or \$15/parent-child  
Community Participants: \$10/person or \$18/parent-child



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



Register online at [ymcamke.org](http://ymcamke.org)



# SWIMMING



## MAKE A SPLASH

### INTRODUCING THE AMERICAN RED CROSS LEARN TO SWIM PROGRAM

The YMCA of Metropolitan Milwaukee 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.

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17  
SPRING: 4/17/17 – 6/11/17

## 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.



# SWIMMING



## YOUTH SWIMMING LESSONS

Ages 6–12 years

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17

SPRING: 4/17/17 – 6/11/17

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.

### 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.



# SWIMMING

## DAY CARE/GROUP SWIMMING LESSONS

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17  
SPRING: 4/17/17 – 6/11/17

### 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 of age, 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 our website at [ymcamke.org/schedules](http://ymcamke.org/schedules) or pick up a handout at our membership desks.



# SWIMMING

## ADULT WATER ACTIVITIES

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17

SPRING: 4/17/17 – 6/11/17

### 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.



#### 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.



# SWIMMING

## WATER EXERCISE CLASSES

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17

SPRING: 4/17/17 – 6/11/17

### MS/STROKE RECOVERY WATER EXERCISE

LOW IMPACT/REHAB

Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: \$7

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

### JOINT MOVEMENT

(formerly known as AFYAP)

LOW INTENSITY/REHAB

Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: \$7

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

### SHALLOW WATER EXERCISE

MODERATE INTENSITY

Northside YMCA and Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: FREE

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

### DEEP WATER EXERCISE

MODERATE INTENSITY

Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: FREE

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

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

### AQUA ZUMBA

MODERATE-HIGH INTENSITY

Northside YMCA and Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: \$14

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



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



# SWIMMING

## SPECIALTY AQUATICS

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17

SPRING: 4/17/17 – 6/11/17

### 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 Dept. 414-374-9434**

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





# 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.

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17  
SPRING: 4/17/17 – 6/11/17

## BASKETBALL

### BASKETBALL CLASS

Ages 4-12 years, groups are broken into age appropriate groups

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.

Winter 1, Winter 2 and Spring Sessions

Northside YMCA, Parklawn YMCA and Rite-Hite Family YMCA

### GIRLS BASKETBALL CLASS

Ages 12-17 years

Winter 1, Winter 2 and Spring Sessions

Northside YMCA

### INTRAMURAL BASKETBALL LEAGUE

Grades 1st -3rd

Players will have the opportunity to learn the basics of the sport of basketball (dribbling, shooting, passing, teamwork, and defense) in a game setting. Games will consist of a 20-minute warm-up/practice followed by two 15 minute halves. Youth sports league registrations begin immediately for everyone. Each child will receive a league t-shirt.

Volunteer coaches are needed, if interested please contact the Sports Director at your local Y.

Winter 1 Only

Northside YMCA and Rite-Hite Family YMCA

## YOUTH AND ADULT BASKETBALL LEAGUES

Game play in a friendly environment. Coaching is not included and games are played once a week. Registration is done by team and awards are given to the top finishing teams in each division.

Winter 1, Winter 2 and Spring Sessions

Northside YMCA and Parklawn YMCA

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

## BASKETBALL TEAM

Sign up as an individual or with a friend. Program includes one per week with a professional coach and games on the weekend.

Winter 1, Winter 2 and Spring Sessions

Parklawn YMCA

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



Class schedules are posted online at [ymcamke.org/schedules](http://ymcamke.org/schedules) and available at the Y.



# YOUTH SPORTS

## SOCCER CLASS

Ages 3-12 years

Dribble, pass and shoot your way towards the net! This session will teach your son or daughter the key fundamentals of soccer: dribbling, passing, shooting and teamwork. First time players and developed players will benefit from this four-week overview. Modules are scheduled based on age and ability.

Spring Session Only

Northside YMCA and Rite-Hite Family YMCA

## SOFT STICK LACROSSE

Ages 6-12 years

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

Winter 1 and Spring Sessions

Rite-Hite Family YMCA



## TRACK AND FIELD CLUB

Ages 5-12 years

This program encourages youth fitness through track and field events. Whether your kid loves to run, jump, or walk; this program offers the perfect way to stay healthy and create healthy goals and habits. The idea of this club is to learn different aspects of track and field in a friendly and fun environment! This class will be held outside, weather permitting. Spring season ends with a track meet against other YMCA teams in the region.

Winter 2 (Rite-Hite Family YMCA only) and Spring Sessions

Northside YMCA and Rite-Hite Family YMCA

## VOLLEYBALL

### GIRLS DEVELOPMENTAL VOLLEYBALL LEAGUE

Grades 5th-8th

The main goal of our volleyball league is to encourage participants to have fun and to develop their volleyball skills. Teams will practice one night a week, and rotate between practices and games on Saturdays. Season includes a few cross-over tournaments and league finale.

January through March

Rite-Hite Family YMCA

### VOLLEYBALL CLASS

Ages 12-16 years

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

Winter 2 Session Only

Rite-Hite Family YMCA





# YOUTH SPORTS

## INCLUSIVE

### 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.

**Programs offered in spring and summer.**

**Contact us at 414.357.2805 for more information.**

**Northwest YMCA  
(formerly John C. Cudahy YMCA)**

### NEW! SOFT STICK ADAPTIVE LACROSSE

Ages 6-19 years

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

**Winter 2**

**Rite-Hite Family YMCA Gym**

Wednesdays 5:45-6:45pm

**Y Member: \$35**

**Community Participant: \$42**

# Keep Spriggy Safe

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

**KohlsSafeandHealthy.com**



The Kohl's Cares Grow Safe & Healthy Program and the YMCA are proud partners in injury prevention.





# 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.

# 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

# BASKETBALL

## MIDDLE SCHOOL AND HIGH SCHOOL INTRAMURAL BASKETBALL LEAGUE

5th grade – 16 years

Form your own team to participate in this fun recreational league. Individual registration is required, maximum roster size of 6. Games will be played on Friday nights. Referees and score keepers will be provided. League is split 6th-8th Grade and 9-12th Grade, rosters may be mixed ages but will play up.

Registration includes team shirts.

**Y Members: \$30**  
**Community Participants: \$40**  
**League Dates: January 13-February 17 (6 weeks)**  
**Contact us at 414-357-2805 for more information**

# 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 11-12 |
| Gymnastics               | pages 27-29 |
| Safety Training Programs | page 43     |
| Swim Team                | page 20     |
| Youth Sports             | pages 21-23 |



Register online at [ymcamke.org](http://ymcamke.org)



# 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.

**For more information contact Jason Blocker at 414.873.9622 or [jblocker@ymcamke.org](mailto: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 in 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.

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17  
SPRING: 4/17/17 – 6/11/17

**Early Bird Pricing:**  
Y Member: \$48  
Community Participant: \$76  
.....  
**Open Registration Pricing:**  
Y Member: \$53  
Community Participant: \$81  
.....

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

### CREATIVE BALLET

Ages 2–4 years

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

Winter 1, Winter 2 and Spring Sessions  
Rite-Hite Family YMCA  
.....

Tuesdays 9:15–9:50am  
Saturday 10:00–10:35am  
.....

### 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.

Winter 1, Winter 2 and Spring Sessions  
Rite-Hite Family YMCA  
.....

Saturdays 10:45–11:30am  
.....

### BALLET

Ages 6+ years

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

Winter 1, Winter 2 and Spring Sessions  
Rite-Hite Family YMCA  
.....

Saturdays 11:40am–12:15pm  
.....

### 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.

Winter 1, Winter 2 and Spring Sessions  
.....

Rite-Hite Family YMCA  
.....

Mondays 5:40–6:25pm  
.....

### 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.

Winter 1, Winter 2 and Spring Sessions  
.....

Rite-Hite Family YMCA  
.....

Mondays 6:35–7:20pm  
.....

### DANCE WORKSHOPS

Wednesdays 5:45–6:45pm  
.....

February 1 Ballet  
.....

February 8 Hip Hop  
.....

February 15 Jazz  
.....

February 22 Parent/Child Creative Dance  
.....

Y Members: \$5/workshop  
.....

Community Participants: \$7/workshop  
.....



# 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.

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17  
SPRING: 4/17/17 – 6/11/17

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 and  
YMCA Gymnastics Center

### 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

### 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.

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                 | Jan 28 | 1:30-3:00pm |
| Front Tumbling                | Feb 11 | 1:30-3:00pm |
| Beam Skills                   | Mar 25 | 1:30-3:00pm |
| Bar Skills                    | Apr 15 | 1:30-3:00pm |
| Running, Strength & Endurance | May 13 | 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.

## PARKOUR CLINICS

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

Clinic Dates:

January 14, February 4, March 4, April 29,  
May 6

1:30 – 3:00pm

Y Members: \$15/clinic

Community Participants: \$18/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



Class availability is based on enrollment. Additional schedule information can be found on our website at [ymcamke.org](http://ymcamke.org).

## PROGRESSIVE GYMNASTICS

WINTER 1: 1/2/17 – 2/26/17 • WINTER 2: 2/27/17 – 4/16/17

SPRING: 4/17/17 – 6/11/17

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

### PARKOUR CLINICS

Ages 5+

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

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 4-6 and 7-11 years

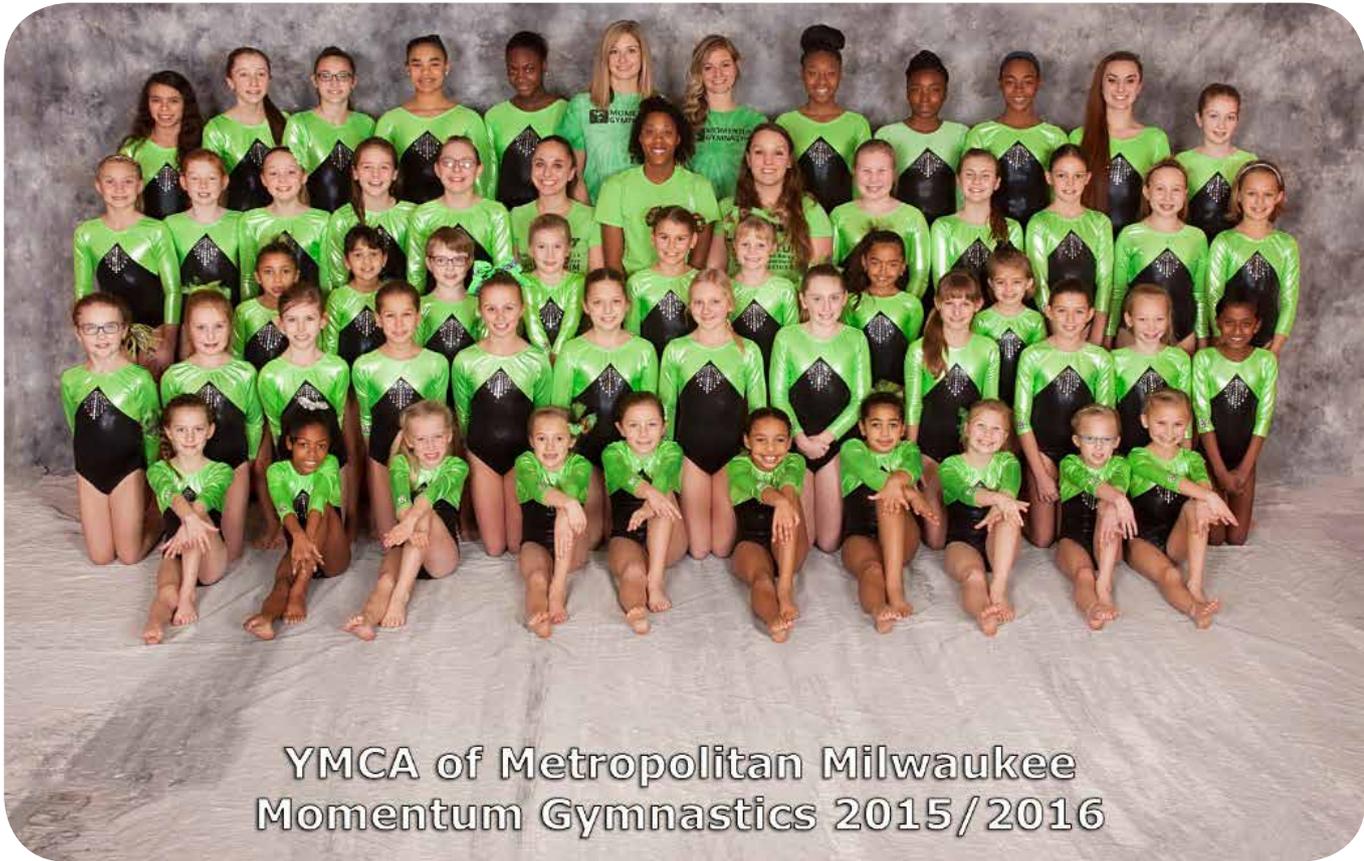
Energy is for the gymnast who has a desire and motivation to work hard and shows potential for competitive gymnastics. It is a bridge from the progressive classes to our competitive team. In this class, gymnasts will be learning skills required to join our Momentum Gymnastics Team with more focus on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

YMCA Gymnastics Center





# 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](mailto: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. We are a place where they can find respite from social, economic and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more engaged with their communities.



Additional family events may be scheduled throughout the year. Please check our website at [ymcamke.org](http://ymcamke.org).

### FAMILY GYM

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

**Rite-Hite Family YMCA**

Sundays 10:00am–2:00pm

### EASTER EGGSTRAVAGANZA

It's time to celebrate spring and join us for a hoppin' good time. Be ready for arts and crafts, games, face painting, a bounce house and fun for the whole family. We wrap the whole thing up with an all ages egg hunt outside (weather permitting).

**Rite-Hite Family YMCA**

April 1 2:00–4:00pm

**Y Member:** \$5/family;  
\$10/family after March 14

**Community Participant:** \$10/family;  
\$15/family after March 14

### 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.

### PARENTS NIGHT OUT

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

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

**Rite-Hite Family YMCA**

**Preschool Room**

February 3 6:00–9:00pm

March 3 6:00–9:00pm

April 7 6:00–9:00pm

May 5 6:00–9:00pm

**Y Member:** \$15/child;  
\$20/two children;  
\$25/three or more children

**Community Participant:** \$25/child;  
\$30/two children;  
\$35/three or more children

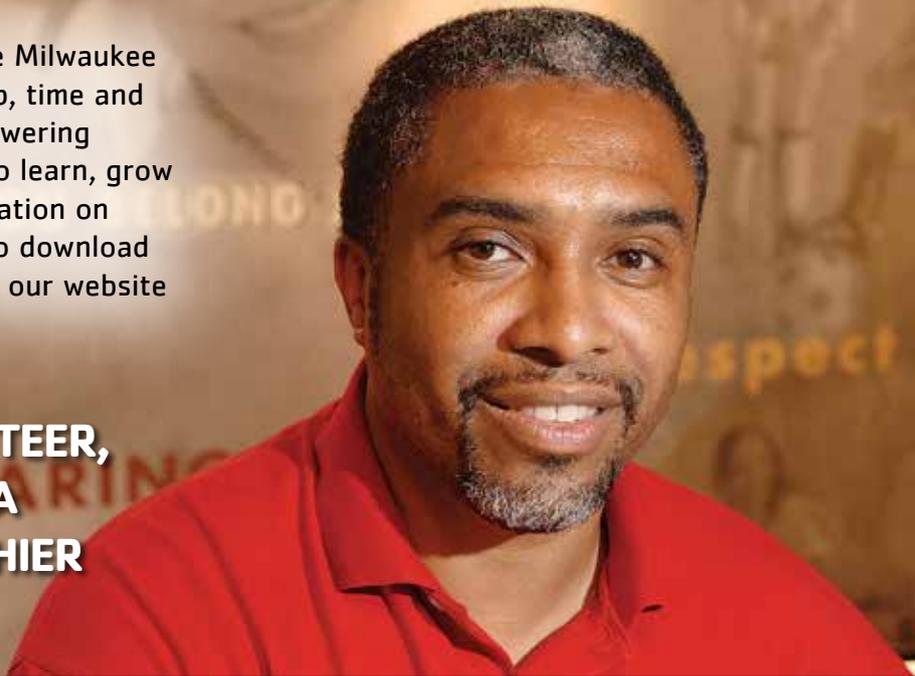
### OPEN GYM AT THE GYMNASISTICS CENTER

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](http://ymcamke.org).

# MAKE A DIFFERENCE VOLUNTEER WITH THE Y

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

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





# 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.

Contact Carley Hoelzel, Fitness Director, at 414-274-0807 or choelzel@ymcamke.org for more information.

**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

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

Downtown YMCA and Rite-Hite Family YMCA

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.

6 person minimum per session

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

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

Northside YMCA and Rite-Hite Family YMCA

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

## WEIGHT LOSS BOSS CHALLENGE

January 16 – February 26

Jumpstart your resolution with our newest addition to the Wellness Challenge series by participating in this six-week challenge to lose body fat in January. Fitness staff will help you create a regular routine and develop healthy eating habits.

Early Bird Pricing:

Y Member: \$25

Community Participant: \$85

Open Registration Pricing:

Y Member: \$30

Community Participant: \$90

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

## IDLE IRONMAN

March 13 – April 9

Are you one of the many people whose New Year's resolution is to become healthier and fitter in 2017? We have the perfect program to keep you on track to meeting your goals...Idle Ironman! Through your daily workout sessions, you can reach the distance equal to an Ironman. Sign up as an individual or with a team and start planning your workouts today and you too can complete the Idle Ironman once, twice or three times in four weeks!

Early Bird Pricing:

Y Member: \$15

Community Participant: \$65

Open Registration Pricing:

Y Member: \$20

Community Participant: \$70\*

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

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

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

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

## Y-BLITZ

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

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



## KETTLE BELL CLASSES:

### Y-KETTLE BELL FOUNDATIONS

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

### Y-KETTLE BELL GX

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

### Y-KETTLE BELL INTERVAL CIRCUIT

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

## BOOT CAMPS:

### Y-BASIC TRAINING CAMP

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

Join us indoors or outside for a four week session of intense workouts that will skyrocket your level of fitness and change your body composition. Boot camp is designed to help you get into the best shape of your life. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand your level of fitness. New exercises and new terrain are guaranteed to produce awesome results. Class meets 45 minutes, three times a week during the monthly sessions.

Indoor sessions run: January through April and October through December

Outdoor sessions run: May through September

**Y Member: \$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**



# 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: \$35;

2 sessions/week: \$60

**Community Participant:**

1 session/week: \$50;

2 sessions/week \$75

#### TOTAL GYM GOLF

45 minutes

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

**Y Member:**

1 session/week: \$50;

2 sessions/week: \$75

**Community Participant:**

1 session/week: \$75;

2 sessions/week: \$125

All Total Gym sessions run monthly.





# 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.

#### Rite-Hite Family YMCA

Mid-day and evening classes available. For upcoming class schedules and locations contact Carley Hoelzel at 414-274-0807, email [mkelivestrong@ymcamke.org](mailto:mkelivestrong@ymcamke.org) or visit our website at [ymcamke.org](http://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.

# SILVERSNEAKERS & ACTIVE OLDER ADULT CLASSES

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

### 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 19    |
| Group Exercise  | pages 34-40 |
| Wellness Center |             |
| Services        | pages 32-33 |

Class availability is based on enrollment. Additional schedule information can be found on our website at [ymcamke.org](http://ymcamke.org).





# SAFETY TRAINING PROGRAMS



## SAVE A LIFE

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



## SAFETY TRAINING

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

### ASHI STANDARD FIRST AID

(2-year certification)

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

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

(2-year certification)

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

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

(2-year certification)

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

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

### 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](mailto: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



# BLACK ACHIEVERS



## INSPIRING SUCCESSFUL FUTURES

We are celebrating more than 34 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.



YMCA BLACK ACHIEVERS  
1981 - 2016

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](http://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](mailto: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!

**2017 Tour Dates: April 8-15**

**Tentative schools include:**

- Savannah State University (Savannah, Georgia)
- Fort Valley State University (Fort Valley, Georgia)
- Albany State University (Albany, Georgia)
- Morehouse College (Atlanta, Georgia)
- Spelman College (Atlanta, Georgia)
- Clark Atlanta University (Atlanta, Georgia)
- Paine College (Augusta, Georgia)
- Georgia Institute of Technology (Georgia Tech) Atlanta, GA
- Georgia State University (Atlanta, GA)

**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/](http://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](mailto:sjenkins@ymcamke.org) or 414-374-9401.**





# 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 THIS 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](http://ymcamke.org) and give today for a better us!**

**20th ANNUAL DR. MARTIN LUTHER KING, JR.  
CELEBRATION BREAKFAST  
MONDAY, JANUARY 16, 2017**

RESERVE YOUR TABLE TODAY...to attend or become an event sponsor, please contact Josh Wright at 414-274-0703.

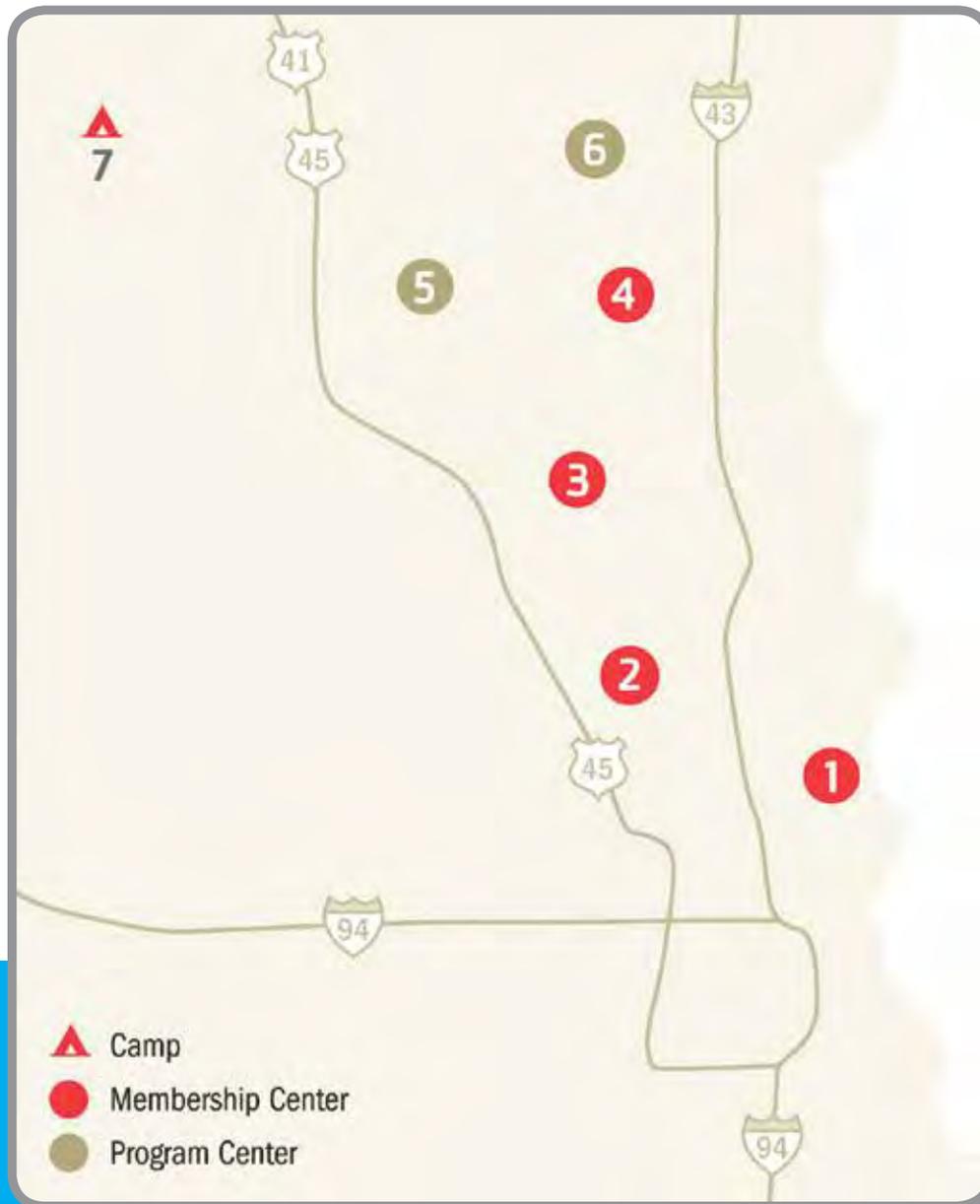
# YMCA MISSION:

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

# MILWAUKEE YMCA VISION:

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





## SIGN UP FOR EMAIL UPDATES

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