



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THIS IS Y

## THE MILWAUKEE Y

### FALL 2017 PROGRAM GUIDE

FALL 1: SEPT 5 – OCT 29  
Member Registration: July 10  
Community Registration: July 24

FALL 2: OCT 30 – DEC 22  
Member Registration: July 10  
Community Registration: Sept 18





# WELCOME TO THE Y.

# WE'RE GLAD YOUR HERE!



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



## MEMBERSHIP BENEFITS

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

### MEMBERSHIP CATEGORIES

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

#### FAMILY

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

#### ADULT HOUSEHOLD

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

#### INDIVIDUAL FAMILY

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

#### INDIVIDUAL

An individual age 25 or older.

#### YOUNG ADULT

An individual age 19-24.

#### YOUTH

An individual age 18 and under, no younger than 10.

### BASIC MEMBERSHIP

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

### CUSTOMIZABLE ADD-ON PLANS

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

- Shower towel service
- Unlimited Kid Zone
- Kit locker with laundry (includes towels)
- Annual Giving Campaign donation
- Additional Adult Add on (designated for families with additional adults over the included limit who show proof of residency).

### CORPORATE MEMBERSHIPS

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

### PAYMENT OPTIONS

Membership can be paid for by convenient automatic monthly drafts through either Electronic Funds Transfer (EFT) or via Visa/MasterCard. Membership can also be prepaid for 6 months or a year via Cash, Check, or Visa/MasterCard. (Returned drafts or bounced checks will be assessed a Returns Fee). Classes must be paid for at the time of registration using cash, check, MasterCard or Visa.

### Y MEMBERSHIP AND PROGRAM SCHOLARSHIP

The YMCA's Scholarship Program, supported in part through contributions to the Annual Giving Campaign, provides membership and program scholarships to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected and secure.

### PROGRAM REGISTRATION INFORMATION

- Community participants must register for programs and show a building pass along with photo ID when entering a facility.
- Register early. If enrollment is low prior to class time, classes may be cut.
- If a class is not offered because of a holiday, a make-up date will not be scheduled. Fees reflect reduced rate.
- Y memberships and programs are guaranteed. If you're not satisfied with the quality of our services, we'll refund the remaining unused portion of your membership or class. (Camp deposits are nonrefundable.)
- The YMCA of Metropolitan Milwaukee does not prorate fees for late registration.
- Rates, fees and schedules are subject to change without notice.
- For their safety and protection, youth ages seven and under must be directly supervised by a parent/guardian unless enrolled in a program or checked into Kid Zone. Youth ages eight and nine years old must have a parent/guardian in the facility.

### WINTER WEATHER POLICY

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

### CONCEALED CARRY POLICY

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





## YMCA PLACES



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

**OPERATIONS DIRECTOR**  
Laura Dubler

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

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

**OPERATIONS EXECUTIVE**  
Rayven Peterson

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

**CUSTOMER SERVICE**  
Phone: 414-274-0738  
Email: [info@ymcamke.org](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

**OPERATIONS EXECUTIVE**  
Christine Salerno

**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.

## THANK YOU FOR AN INCREDIBLE SUMMER!

Looking for care when school is not in session? This entire year, when School is Out, Camp is In! See page 13 for more information. Registration begins in September!





## YMCA CAMP MINIKANI



### FEEL THE SPIRIT

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

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



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

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

and mutual respect. Summer camp encourages children to express their individuality and stretch beyond what they thought possible.

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

Registration for summer 2018 will open in October.



## YMCA CAMP MINIKANI

### EXPLORE CAMP ALL YEAR

#### CORPORATE RETREATS & CONFERENCES

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

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

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



#### EQUESTRIAN PROGRAMMING

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

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

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



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





## EARLY CHILDHOOD EDUCATION



### IN GOOD HANDS

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

"I can't believe the impact Nature Preschool has had on Forest. He has a willingness to learn and has excelled way beyond his age group."

— ANGELA B.



ENROLL TODAY!

#### YMCA NATURE PRESCHOOL AT CAMP MINIKANI

K3 and K4 (ages 3–5 years)

##### Program runs:

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

##### Registration Options include:

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

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

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

Tuesday, September 12 5:00–6:30pm  
Wednesday, September 20 5:30–6:30pm



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

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

- facilitates better social and emotional development
- improves fitness, motor-skills and well being
- supports creativity and imaginative play
- inspires collaboration and reduces violence and bullying
- reduces stress
- creates feelings of empathy for nature

\*Sourced from natureexplore.org

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

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



## EARLY CHILDHOOD EDUCATION



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

Ages 6 weeks–5 years

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

The YMCA has made a commitment to quality and safety at each of our Early Childhood Education facilities. The Y Early Childhood Education program is not babysitting, we use a formal curriculum, developmental assessments and screenings to support your child's successful development. Parent teacher conferences allow for you to learn about your child's play and development in a whole new way! Our teachers focus on learning skills that are necessary for success in school and in life through experiential or "learning through play." Literacy, mathematics, language, cognitive and physical development are a few of the nine categories we focus and assess children on. We strive to meet the developmental needs of each individual child by working in partnership with their families.

#### WHY CHOOSE YMCA EARLY CHILDHOOD EDUCATION?

- High-quality program
- 5-Star rating from YoungStar
- National accreditation
- Creative Curriculum
- Holistic educational approach
- Parent involvement (Including parent/teacher conferences)
- Learning through play
- Age appropriate lessons
- Child screenings for development and early intervention
- State licensed
- Scholarships available, additional child discounts applied
- Small class size
- Enhances school readiness
- Dynamic learning process

#### YMCA EARLY CHILDHOOD EDUCATION CENTERS:



• **Northside YMCA Early Childhood Education Center (5-Star Rated)**  
1350 W. North Ave., Milwaukee • 414-374-9450



• **Northwest YMCA (5-Star Rated) Early Childhood Education Center**  
9050 N. Swan Rd., Milwaukee • 414-357-1920

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

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



## EARLY CHILDHOOD EDUCATION

### FULL-TIME AND PART-TIME PRESCHOOL

K3 and K4 options may be available

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



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

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

– EARLY CHILDHOOD EDUCATION PARENT

### EARLY HEAD START

Infant to 3 years old

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

- Healthy development for your child
- Meaningful parent involvement
- Low child-to-teacher ratios
- Continuous, comprehensive care and superior early childhood curricula
- Free diapers and wipes when at the center

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

Available at the Northside and Northwest Early Childhood Education Centers.

For questions about Northside call 414-374-9450.

For questions about Northwest call 414-357-1920.



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 Fall 2017-18. Located at Sherman Park Lutheran School this K3 program prepares children and families for a successful transition into K4. Highly qualified teachers support academic and social-emotional development. This program follows the Sherman Park Lutheran LUMIN school calendar and is not open when school is out of session.

- School hours are 8:00am-3:30pm; care is available 7:00am-5:00pm, Monday through Friday
- State Licensed Child Care
- Accept State/County Child Care Assistance (WI Shares/W2)
- Child must be 3 by September 1, 2017 to enroll for fall. Additional openings may be available if your child turns 3 after Sept. 1, 2017 – call for availability

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

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



# SAVE THE DATE



## 21st ANNUAL DR. MARTIN LUTHER KING, JR. CELEBRATION BREAKFAST

MONDAY, JANUARY 15, 2018

7-9a.m.

ITALIAN COMMUNITY CENTER





## BEFORE & AFTER SCHOOL



### BRIGHT FUTURES

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

"I wanted to thank you so much for the wonderful care you and your team are providing for our son this year! He is so happy to come to before and after school class with you. 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 SCHOOL PARENT

## SCHOOL AGE EDUCATION PROGRAMS

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

Our School Age Before & After School Program is a tax-deductible, licensed childcare that takes place before and/or after your child's school day. Led by qualified, caring staff, with most of our before/after school programs located right at your child's school, you have peace of mind that your child is in good hands.

### WHY CHOOSE YMCA BEFORE/ AFTER SCHOOL PROGRAMS?

- **Flexible Scheduling.** 2–5 days of care available per week—morning care, afternoon care or both. (4K Wraparound Care available at some locations)
- **It's Affordable.** Tax-deductible. 10% additional child discounts available. My WI Child Care EBT/state and county benefits accepted. Applications for scholarships are available upon request.
- **It's Fun.** Children are physically active and participate in arts and crafts, games and other activities. Homework time and help is provided.
- **It's Safe.** All of our School Age Programs are licensed by the state of Wisconsin, meeting and exceeding their guidelines.
- **Quality Staff.** Our staff receives on-going training throughout the year. They are certified in CPR, AED and First Aid, and model the Y's four Core Values of caring, honesty, respect and responsibility!
- **It's Convenient.** Extra care is provided on Early Release and School's Out Days at various locations and Y Centers. Please visit website for more information.

### LOCATIONS/ DISTRICTS SERVED

- Rite-Hite Family YMCA (4K Wraparound)  
Brown Deer, Milwaukee Public and Private Schools
- Brown Deer
- Cedarburg
- Fox Point-Bayside (4K Wraparound)
- Hamilton (4K Wraparound)
- Hope Christian Schools: Fortis, Prima, Semper, Fidelis (at Semper)
- Mequon-Thiensville
- Messmer Preparatory Catholic School
- Northwest YMCA serving Hope Christian School: Caritas, Milwaukee Public and Private Schools
- Richfield
- Rocketship Southside Community Prep
- Sherman Park Lutheran
- South Milwaukee (4K Wraparound)
- St. Augustine Preparatory Academy
- St. Francis
- Stellar Collegiate Charter
- Whitnall
- Additional private and parochial locations



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

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



## SCHOOL'S OUT PROGRAM



For more information and updates, please visit [ymcamke.org](http://ymcamke.org), email [schoolage@ymcamke.org](mailto:schoolage@ymcamke.org) or call 414-274-0756.

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

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

Registration forms that include dates when the program is available can be found for each site online ([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 six business days in advance. MY WI CHILD CARE EBT/state and county benefits accepted. 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

- Deer Creek Intermediate: serving St. Francis School District
  - Maple Elementary: serving Sussex Hamilton School District
  - YMCA Camp Minikani: serving all school districts
  - Parklawn YMCA: serving all school districts
  - Rawson Elementary: serving South Milwaukee School District
  - Stellar Collegiate: serving Stellar Collegiate Families
  - Additional locations may be added
- Please note: Dates vary by location.



YMCA OF METROPOLITAN MILWAUKEE | Fall 2017 Program Guide



# YOUTH PROGRAMS



## BRIGHT BEGINNINGS

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

# KIDS CLUB

2017-2018 SCHOOL YEAR  
PRESCHOOL OFFERED AT RITE-HITE FAMILY YMCA

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

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

### KIDS CLUB 2

September 12, 2017-May 17, 2018  
Child must be 2 by September 30

Children are introduced to "circle time" in this 1.5 hour class as well as arts and crafts, stories, songs, and number and letter recognition. Children who are not yet potty trained are welcome to participate in class; however, we request that parents remain in the vicinity of the classroom, just in case.

Tuesdays/Thursdays 9:15-10:45am  
Y Member: \$648  
(9 months) = \$72/month  
Community Participant: \$918  
(9 months) = \$102/month

### KIDS CLUB 3 AND 4

September 11, 2017-May 16, 2018  
Child must be 3 by September 30

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

Mondays/Wednesdays 9:15-11:15am  
Y Member: \$855  
(9 months) = \$95/month  
Community Participant: \$1035  
(9 months) = \$115/month

### THRILLING THURSDAYS

September 14, 2017-May 17, 2018  
Ages 3 and up; may join at any time throughout the school year

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

Thursdays 9:15-11:15am  
Y Member: \$54/month  
Community Participant: \$65/month

### FUN DAY FRIDAYS

September 15, 2017-May 18, 2018  
Ages 3 and up; may join at any time throughout the school year

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

Fridays 9:15-11:45am  
Y Member: \$54/month  
Community Participant: \$65/month



# YOUTH PROGRAMS

## SPECIALTY CLASSES

### WIGGLES AND GIGGLES

Ages 1-3 years w/parent

This program focuses on toddlers and parents to play together. Your child will have a great time exploring the fun of fitness with other kids their own age. Activities and games help develop coordination, socialization, group play and sharing. Parent/caregiver participation is required.

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Mondays 11:15-11:45am  
Early Bird Pricing:  
Y Member: \$35  
Community Participant: \$47  
Open Registration Pricing:  
Y Member: \$40  
Community Participant: \$52  
If registration occurs after the session starts, a \$5 late fee will be assessed.

### 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.

Fall 2 Session Only  
Rite-Hite Family YMCA  
Mondays 9:15-10:00am  
Early Bird Pricing:  
Y Member: \$35  
Community Participant: \$47  
Open Registration Pricing:  
Y Member: \$40  
Community Participant: \$52  
If registration occurs after the session starts, a \$5 late fee will be assessed.

### DISCOVERING NATURE

Ages 2-5 years

Designed to introduce our youngest learners to the wonders of nature. Discovering Nature encourages students to utilize all five senses as they discover and investigate. This interactive class will give your little ones an appreciation of the natural world around us. We will explore the grounds of the Rite-Hite Family YMCA.

Fall 1 Session Only  
Rite-Hite Family YMCA  
Fridays 10:30-11:15am  
Early Bird Pricing:  
Y Member: \$35  
Community Participant: \$47  
Open Registration Pricing:  
Y Member: \$40  
Community Participant: \$52  
If registration occurs after the session starts, a \$5 late fee will be assessed.

### CARDIO KIDS

Ages 3-5 years

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

Fall 2 Session Only  
Rite-Hite Family YMCA  
Mondays 9:15-10:00am  
Early Bird Pricing:  
Y Member: \$35  
Community Participant: \$47  
Open Registration Pricing:  
Y Member: \$40  
Community Participant: \$52  
If registration occurs after the session starts, a \$5 late fee will be assessed.

### ARTS AND CRAFTS STUDIO

Ages 4+ years

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

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Wednesdays 6:15-7:45pm  
MONTHLY FEE:  
Y Member: \$30  
Kidzone Membership: \$25  
Community Participant: \$50

### MINI ARTS AND CRAFTS STUDIO

Ages 3-5 years

Time to let creativity loose! Each week we will create a masterpiece using a different technique. Emphasis is on creativity rather than the final product.

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Tuesdays 9:15-10:45am  
Monthly Fee:  
Y Member: \$30  
Kidzone Membership: \$25  
Community Participant: \$50



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



## SWIMMING



### MAKE A SPLASH

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

FALL 1: SEPTEMBER 5 – OCTOBER 29 • FALL 2: OCTOBER 30 – DECEMBER 22  
\*NO CLASSES THURSDAY, NOVEMBER 23

## 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 2

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

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

### 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.



## SWIMMING

FALL 1: SEPTEMBER 5 – OCTOBER 29 • FALL 2: OCTOBER 30 – DECEMBER 22  
\*NO CLASSES THURSDAY, NOVEMBER 23

## YOUTH SWIMMING LESSONS

Ages 6–12 years

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

### LEVEL 1: INTRODUCTION TO WATER SKILLS

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

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

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

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

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

### LEVEL 3: STROKE DEVELOPMENT

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

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

### LEVEL 4: STROKE IMPROVEMENT

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

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

### LEVEL 5: STROKE REFINEMENT

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

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

### LEVEL 6: SWIMMING AND SKILL PROFICIENCY

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

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

### WINTER WEATHER POLICY

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





FALL 1: SEPTEMBER 5 – OCTOBER 29 • FALL 2: OCTOBER 30 – DECEMBER 22  
\*NO CLASSES THURSDAY, NOVEMBER 23

# SWIMMING

## DAY CARE/GROUP SWIMMING LESSONS

### DAY CARE/GROUP SWIMMING LESSONS

We work directly with area Day Care Centers to provide swimming lessons to the children enrolled in their care. Lessons are taught in our shallow water instructional areas. Ask your child's Day Care if they work with our YMCA for swimming lessons if they don't ask them to call us for more details.

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

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

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

### DAYTIME/HOME SCHOOL SWIMMING LESSONS

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

**For more information, please contact the Aquatics Department:**  
**Northside YMCA Aquatics Dept.**  
**414-374-9434**

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

Ages 3–5 years (30 minute lesson)  
Ages 6–9 years (30 minute lesson)  
Ages 10–16 years (30 minute lesson)

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

1. If your child is 6 months –3 years, register by AGE in the "Parent/Child" program.
2. If your child is 3–5 years, register for the "Preschool" program.
3. If your child is 6–12 years, register for the "Youth" program.
4. If your child is 12–16 years, register for "Pre-Teen/Teen Lessons."
5. If your child is transferring from another program or you are not sure of their ability, call Jacob Byrne Product Director – Aquatics at 414-357-2834 for an over-the-phone evaluation.



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



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



FALL 1: SEPTEMBER 5 – OCTOBER 29 • FALL 2: OCTOBER 30 – DECEMBER 22  
\*NO CLASSES THURSDAY, NOVEMBER 23

# SWIMMING

## ADULT WATER ACTIVITIES

### ADULT SWIMMING LESSONS

Ages 16+ years

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

### ADULT BEGINNER: LEARNING THE BASICS

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

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

**Pre-requisite:** None.

### ADULT ADVANCED BEGINNER: IMPROVING SKILLS AND SWIMMING STROKES

**Rite-Hite Family YMCA**

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

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

### WINTER WEATHER POLICY

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

### 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.





FALL 1: SEPTEMBER 5 – OCTOBER 29 • FALL 2: OCTOBER 30 – DECEMBER 22  
\*NO CLASSES THURSDAY, NOVEMBER 23

# SWIMMING

## WATER EXERCISE CLASSES

### MS/STROKE RECOVERY WATER EXERCISE

**LOW IMPACT/ REHAB**  
**Rite-Hite Family YMCA**

Ages 14+ years  
This class is a stretching/exercise class for those individuals that have physical limitations including but not limited to loss of movement, muscle stiffness and joint restrictions. It is great for those with MS, recovering from a stroke, fibromyalgia or spinal injury. If you need assistance in the locker room or getting into and out of the pool please bring an aid.

**Y Member:** \$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.



FALL 1: SEPTEMBER 5 – OCTOBER 29 • FALL 2: OCTOBER 30 – DECEMBER 22  
\*NO CLASSES THURSDAY, NOVEMBER 23

# SWIMMING

## SPECIALTY AQUATICS

### PRE-TEEN/TEEN SWIMMING LESSONS

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

Ages 5th grade – 16 years  
This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels welcome.

**Pre-requisite:** None.

### PRIVATE SWIMMING LESSONS

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

Ages 3 years – older adults  
Personalized one-on-one instruction for individuals looking to get to the next swimming level, improve technique or get ready for a Triathlon/Iron Man competition. Your instructor will work at your pace toward your goals. Please contact the Aquatics Department directly to schedule your lessons.

Four 30-minute lessons  
**Y Member:** \$100  
**Community Participant:** \$150

### SEMI-PRIVATE SWIMMING LESSONS

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

Ages 3+ years  
Semi Private lessons provide personalized instruction for two individuals. Your instructor will work with you and one additional friend at your pace and toward your goals. Lessons are offered in packages of four 30 minute lessons. Please contact the Aquatics Department directly to schedule your lessons.

Four 30-minute lessons  
**Y Member:** \$120/pair  
**Community Participant:** \$180/pair

### SWIM TEAM

**Northside YMCA**  
Ages 8- 16 years

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

Northside YMCA Aquatics Department  
414-374-9434

### MASTERS SWIM CLASS

**Northside YMCA**  
Ages 16+ years

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

Northside YMCA Aquatics Department  
414-374-9434

### POOL SIDE BAPTISMS

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

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

For more information, please contact the Aquatics Director.  
Northside YMCA Aquatics Department  
414-374-9434  
Rite-Hite Family YMCA Aquatics Department  
414-357-2834

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.





# MAKE A DIFFERENCE VOLUNTEER WITH THE Y

Taking time to help others in the community by sharing your time, skills and passion can offer many of the following experiences and benefits:

- Gain new skills
- Build confidence
- Enhance leadership skills
- Make new friends and acquaintances
- Receive valuable work experience
- Serve as a mentor
- Strengthen communication skills
- Support your community

## IT'S EASY TO BECOME A VOLUNTEER FOR THE Y!

Download an application at [YMCAMKE.ORG](http://YMCAMKE.ORG) or contact our volunteer coordinator at [VOLUNTEER@YMCAMKE.ORG](mailto:VOLUNTEER@YMCAMKE.ORG) to learn more about the fun volunteer opportunities at a location near you.



“Our students enjoy volunteering with the Milwaukee Y because it empowers them as leaders....and it teaches them how we are so much more alike than we are different. Students literally buzz for days or weeks after volunteering with the Milwaukee YMCA.”

-WILL, UNIVERSITY SCHOOL TEACHER



# 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.

# BASKETBALL

## CO-ED BASKETBALL AT NORTHSIDE YMCA

Ages 5–12 years  
Practices will focus on dribbling, passing, shooting, defense and basic rules of the game. Sessions may lead up to game play. Schedules will be available after registration is complete.  
Fall 1 and Fall 2 Sessions  
**Y Member:** \$25  
**Community Participant:** \$35

## GIRLS BASKETBALL AT NORTHSIDE YMCA

Ages 10–17 years  
Practices will focus on dribbling, passing, shooting, defense and basic rules of the game. Sessions may lead up to game play. Schedules will be available after registration is complete.  
Fall 1 and Fall 2 Sessions  
**Y Member:** \$25  
**Community Participant:** \$35

## BASKETBALL LEAGUES AT PARKLAWN YMCA

Ages 8–14 years  
Game play in a friendly environment. Practice and coaching are not included; games are played once per week. Registration is done by team. Trophies, plaques or ribbons are awarded to the 1st and 2nd place teams. Schedules will be available after registration is complete.  
Fall 1 and Fall 2 Sessions  
Parklawn YMCA  
5th–6th Grade: \$150  
7th–8th Grade: \$150

## BASKETBALL SKILLS AT RITE-HITE FAMILY YMCA

Ages 4–12 years  
Learn the basic rules and skills necessary to play the game of basketball. Participants will learn the skills of dribbling, passing, shooting and defense then use those skills in game settings.  
Fall 1 and Fall 2 Sessions  
K4–K5  
Saturdays 10:15–11:00am  
6–12 years  
Saturdays 11:00am–Noon  
Early Bird Pricing:  
**Y Member:** \$45  
**Community Participant:** \$60  
Open Registration Pricing:  
**Y Member:** \$50  
**Community Participant:** \$65

## BASKETBALL TEAM AT PARKLAWN YMCA

Ages 8–14 years  
Sign up as an individual or with a friend. Program includes practice one night a week with a professional coach and one game per week. Schedules will be available after registration is complete.



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



# YOUTH SPORTS

## SOCCER SKILLS

Ages 3–12 years (classes broken into age appropriate groups)  
Dribble, pass and shoot your way towards the net. This session will teach your child the key fundamentals of soccer; dribbling, passing, shooting and teamwork. First time players and experienced players are all welcome.

Fall 1 Session Only  
Rite-Hite Family YMCA Sports Field  
\*spectators are encouraged to bring chairs, no seating provided  
3–5 years  
Saturdays 10:00–11:00am  
6–12 years  
Saturdays 10:00–11:00am  
Early Bird Pricing:  
**Y Member:** \$35  
**Community Participant:** \$47  
Open Registration Pricing:  
**Y Member:** \$40  
**Community Participant:** \$52

## SOCCER CLINIC

Ages 6–9 years (classes broken into age appropriate groups)  
Practices will focus on rules of the game, basic positions, and lots of touches on the ball with shooting. Small sided game play will be included in each practice. Fundamentals of soccer will be taught with numerous fun games. First time players and experienced players are all welcome.

Fall 2 Session Only  
Northside YMCA  
**Y Member:** \$25  
**Community Participant:** \$35



## VOLLEYBALL SKILLS

Ages 12–15 years  
This class helps prepare players for the Fall school seasons of volleyball. All players, experienced or new to the sport, will benefit from this class. Skills will focus on developing serving, passing, setting and hitting.

Fall 1 Session Only  
Rite-Hite Family YMCA  
Thursdays 5:30–6:30pm  
Early Bird Pricing:  
**Y Member:** \$35  
**Community Participant:** \$47  
Open Registration Pricing:  
**Y Member:** \$40  
**Community Participant:** \$52

## DEVELOPMENTAL VOLLEYBALL LEAGUE

Ages 12–15 years –U10–U14 League  
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 week and play games on the weekends against other YMCA Volleyball teams in South-eastern Wisconsin. The season ends with a league finale tournament.

Practices start in January and the league runs through March.

Fall 1 Session Only  
Rite-Hite Family YMCA  
Early Bird Pricing (by December 1, 2017):  
\$100/player  
Open Registration Pricing:  
\$120/player  
Pre-Season Skills Clinic will be offered at the Rite-Hite Family YMCA.



# YOUTH SPORTS

## ADAPTIVE



### MIRACLE LEAGUE OF MILWAUKEE

Ages 4–19 years  
The Miracle League believes everyone deserves the chance to play baseball. The league allows all children to play organized baseball, regardless of ability. Kids with special-needs dress in uniforms, make plays in the field and round the bases, just like their peers in standard little leagues.  
Miracle League baseball is played on a custom-designed field featuring a cushioned, rubberized, completely flat surface to prevent injuries and allow access for the visually impaired and those in wheelchairs. All areas of the field, including the dugouts and restrooms, are universally accessible.  
All players have a one-on-one “Buddy” to assist them on and off the field; parents and caregivers get to enjoy the game from the stands.

Programs offered in spring and summer.  
Contact us at 414-357-2805 for more information.  
Northwest YMCA



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

Program will be offered mid-August through September.  
For more information contact us at 414-357-2811.

**ADAPTIVE GYMNASTICS**  
Ages 3–5 years (If your child falls outside of this age range, please contact us!)  
Join us as we explore the Gymnastics Center while working to increase strength, balance, coordination, and self-confidence. We will run, jump, swing, and roll in our safe environment. Stations will be tailored to fit the needs of each child.  
For more information, contact the Gymnastics Department at [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org) or 414-357-2828.  
YMCA Gymnastics Center



# TEEN/TWEEN PROGRAMS



## FUTURE LEADERS

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

# BASKETBALL

## CO-ED BASKETBALL AT NORTHSIDE YMCA

Ages 4-12 years  
Practices will focus on dribbling, passing, shooting, defense and basic rules of the game. Sessions may lead up to game play.  
Schedules will be available after registration is complete.

Fall 1 and Fall 2 Sessions

Y Member: \$36

Community Participant: \$46

## GIRLS NIGHT OUT

Girls 5th-8th Grade

A place where girls can be themselves and its all about them! Girls discover who they really are and we will help them continue the journey successfully. This recently updated program will help girls grow personally, through recreational activities, informational presentations and group experiences with girls their own age! Some topics that will be covered include friendships and cliques, body image, social media, role models, goal setting, stress management and much more!

Starting Tuesday, September 26 from 6:15-7:45pm, program will meet the 2nd and 4th Tuesdays of the month after September 26.

Fee: **FREE** additional optional experiences may have a fee

For more information contact Bette-Jo at 414-357-2847 or brenoehnert@ymcamke.org.

## SCOUT BADGES

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

For more information contact:

Rite-Hite Family YMCA at 414-354-9622

OR

Northside YMCA at 414-374-9434

# SWIMMING

## PRE-TEEN/TEEN SWIMMING LESSONS

5th grade – 16 years

This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels welcome.  
**Prerequisite:** None.

Northside YMCA Aquatics Dept.  
414-374-9434

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

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

Black Achievers	page 44-45
Before/After	
School Care	pages 12-13
Gymnastics	pages 30-32
Safety Training	
Programs	page 46
Swim Team	page 21
Youth Sports	pages 23-25



# ADULT SPORTS & ACTIVITIES



## PLAY STRONG

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

# TEAM SPORTS AND LEAGUES

## PICKLEBALL

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

Classes offered monthly

Rite-Hite Family YMCA

## PARKLAWN YMCA BASKETBALL LEAGUES

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

Schedules will be available after registration is complete.

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





# 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.

### DANCE WITH ME

Ages 1-3 years with parent  
Enjoy some quality time with your little one! Dance with me is a fun-filled class that allows toddlers and parents to interact in a playful environment. Through stretching and movement exercises, children will improve their gross motor skills and musicality. Parent/Caregiver participation is required. (This class can be for daddies or nannies too!).

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Thursdays 4:15-4:50pm  
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.

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Fridays 9:30-10:05am  
Saturday 10:10-10:45am  
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.

### 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.

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Wednesdays 5:15-6:00pm  
Saturdays 8:30-9:15am  
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.

### BALLET

Ages 6+ years  
This class teaches proper dance techniques, body alignment, posture, and terminology through ballet. A leotard and ballet slippers are required.

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Wednesdays 4:25-5:10pm  
Saturdays 9:20-10:05am  
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.



# DANCE CLASSES

### 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.

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Mondays 5:40-6:25pm  
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.

### 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.

Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA  
Mondays 6:35-7:20pm  
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.

### BEGINNER POMS

Ages 3-6 years  
Come dressed for fun in this class where you will dance, shake, shout and tumble!

Fall 1 and Fall 2 Sessions  
YMCA Gymnastics Center  
For more information, contact the Gymnastics Department at  
aschmidt@ymcamke.org or  
414-357-2828





# 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.

### IS YOUR CHILD NEW TO OUR GYMNASTICS PROGRAM?

- 1. If your child is crawling-3 years, register by age for Parent/Child, Mini Movers, or Teddy Tumblers.
- 2. If your child is 3 years old and has a strong sense of following directions or is 4 years old and is not yet attending Kindergarten at school, register for Preschool Gymnastics.
- 3. If your child is 4-6 years old and is currently attending Kindergarten at school, register for the Kindergarten class.
- 4. If your daughter is 6 years or older and has never taken a gymnastics class before, register for Gymnastics 1.
- 5. If your son is 6 years or older, register for Boys' Gymnastics.
- 6. If your child is transferring from another program or you are not sure of their ability, contact Alex Schmidt at [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org) or 414-357-2828 for a skill evaluation.

#### PARENT/CHILD GYMNASTICS

Crawling – 2 years  
This class is led by an instructor but each child is assisted by a parent/guardian. Join other families as we develop balance, coordination, fine and gross motor skills and socialization.  
Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA

#### MINI MOVERS

Ages 2-2½ years  
Mini Movers run, jump, roll, and climb. Children learn to follow simple instructions and control their bodies as they explore our safe and fun surroundings.  
Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA

#### TEDDY TUMBLERS

Ages 2½-3 years  
In Teddy Tumblers, children will be exposed to different gymnastics stations and will be encouraged to explore them at their own pace while following simple instructions. Balance, coordination, and body control are emphasized in this offering.  
Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA

#### PRESCHOOL GYMNASTICS

Ages 3-4 years  
Participants will practice basic gymnastics skills as they navigate through a variety of stretches, warm up activities, and circuits. This class makes exercise fun and helps children prepare for a school environment.  
Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA and YMCA Gymnastics Center

#### KINDERGARTEN GYMNASTICS

Ages 4-6 years  
All participants must be enrolled in 4K or 5K. Kindergartners continue to progress through the sport of gymnastics doing rolls, cartwheels, handstands, and swinging on bars to prepare them for transition to our progressive program.  
Fall 1 and Fall 2 Sessions  
Rite-Hite Family YMCA and YMCA Gymnastics Center

### OPEN GYM

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.  
We welcome field trips and parent groups.  
Fridays 11:00am-1:00pm  
Fridays 6:00-8:00pm  
Saturdays 1:30-3:30pm



# GYMNASTICS

## PROGRESSIVE GYMNASTICS

Private lessons available upon request. Call 414-357-2828 for more information.  
Participants in our progressive gymnastics program work on skills to establish a foundation in gymnastics. Classes consist of warm-up, strength training, flexibility and instruction on at least three events per day.

#### GIRLS GYMNASTICS I

Ages 6+ years  
Little or no gymnastics experience is required. Athletes work on basic gymnastics skills. It generally takes more than one session to progress to Gymnastics II.  
Fall 1 and Fall 2 Sessions  
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.  
Fall 1 and Fall 2 Sessions  
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.  
Fall 1 and Fall 2 Sessions  
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.  
Fall 1 and Fall 2 Sessions  
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.  
Fall 1 and Fall 2 Sessions  
YMCA Gymnastics Center

#### PARKOUR

Ages 8+ years  
Parkour description: 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 strength, balance, and creativity while working their way through obstacle courses and learning various types of Parkour movements.  
Fall 1 and Fall 2 Sessions  
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.  
Fall 1 and Fall 2 Sessions  
YMCA Gymnastics Center

#### ENERGY

Ages 4+ years  
Energy is for the gymnast who has a desire and motivation to work hard and shows potential for competitive gymnastics. It is a bridge from the progressive classes to our competitive team. In this class, gymnasts will be learning skills required to join our Momentum Gymnastics Team with more focus on conditioning and flexibility. Instructor recommendation is required.  
Fall 1 and Fall 2 Sessions  
YMCA Gymnastics Center



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



# GYMNASTICS

## 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:

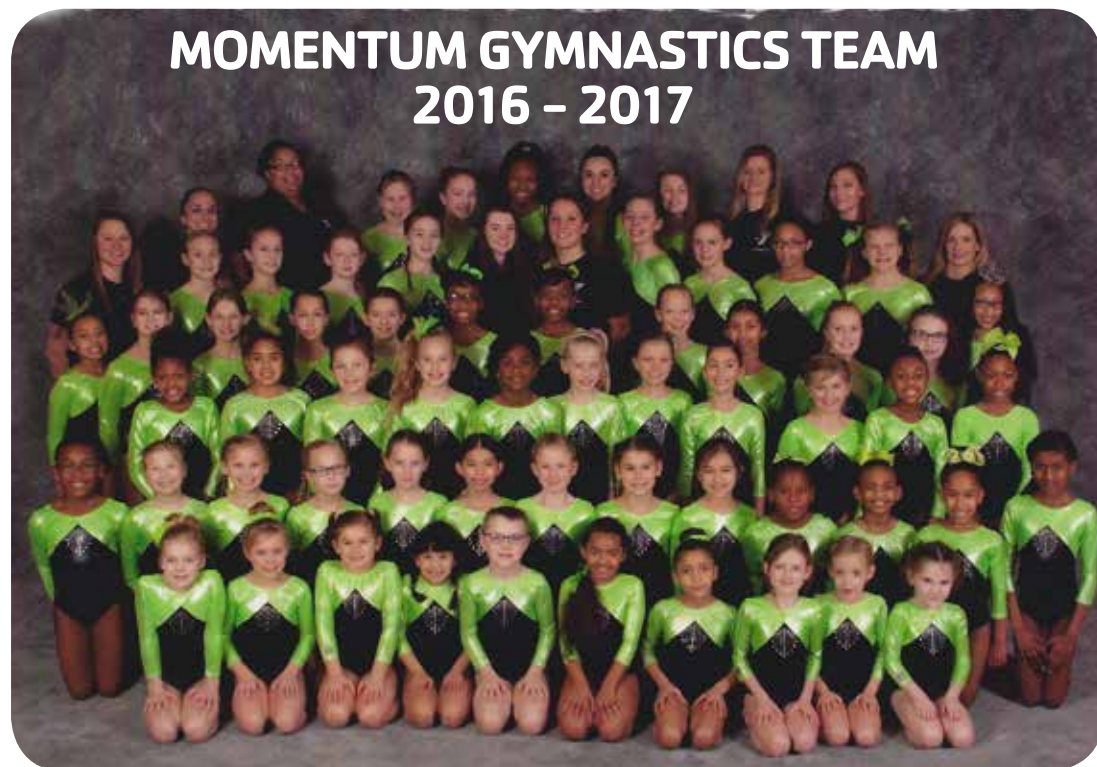
#### Directions from Mequon Rd.:

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.

## MOMENTUM GYMNASTICS TEAM 2016 - 2017



## SKILL CLINICS

Ages 6+ years

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	
September 9	1:30-3:00pm
Bars Skills	
September 23	1:30-3:00pm
Front Tumbling	
October 14	1:30-3:00pm
Beam Skills	
November 18	1:30-3:00pm
Running, Strength & Endurance	
December 2	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](mailto:aschmidt@ymcamke.org).

## ADAPTIVE GYMNASTICS

Ages 3-5 years (If your child falls outside of this age range, please contact us!)

Join us as we explore the Gymnastics Center while working to increase strength, balance, coordination, and self-confidence. We will run, jump, swing, and roll in our safe environment. Stations will be tailored to fit the needs of each child.

For more information, contact the Gymnastics Department at [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org) or 414-357-2828

YMCA Gymnastics Center

## HOMESCHOOL GYMNASTICS

Ages 3-15 years

This structured class is open to gymnasts of all levels. Participants will develop gymnastics skills, flexibility and strength. No experience is required.

For more information, contact the Gymnastics Department at [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org) or 414-357-2828

YMCA Gymnastics Center



## FAMILY EVENTS



## LASTING MEMORIES

Serving families has always been at the heart of the Y mission. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more engaged with their communities.



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

### HALLOWEEN HULLABALOO

Join us for a not-so-scary time at our annual Halloween celebration! Come dressed in your best costume and enjoy a fun filled evening for the entire family. Enjoy fun activities including, arts and crafts, carnival games, a cake walk, trick or treating and much more!

Rite-Hite Family YMCA

October 20	6:00-8:00pm
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Y Member: \$5/family

Registration opens TBA

\$10/family after October 13

Community Participants: \$10/family

Registration opens TBA

\$15/family after October 13

### SATURDAY WITH SANTA

Have a holly, jolly day with Santa at the YMCA. Bring your friends and family and enjoy holiday crafts, face painting, decorate a gingerbread house or Christmas cookies, and minute to win it games. Santa Claus will also be on hand, so be sure to bring your camera, for selfies with Santa.

Rite-Hite Family YMCA

December 9	1:00-3:00pm
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Y Member: \$5/family

Registration opens TBA

\$10/family after December 1

Community Participants: \$10/family

Registration opens TBA

\$15/family after December 1

### BIRTHDAY PARTIES AT THE YMCA

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

For gymnastics parties contact the gymnastics department at 414-357-2828.

For aquatic parties contact Patricia at 414-374-9434.

### OPEN GYM AT THE GYMNASTICS CENTER

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

We welcome field trips and parent groups.

Fridays 11:00am-1:00pm

Fridays 6:00-8:00pm

Saturdays 1:30-3:30pm





# 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.



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.

## 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.



# WELLNESS CENTER SERVICES

## STRENGTH TRAINING 101 AT DOWNTOWN, NORTHSIDE AND RITE-HITE FAMILY YMCA

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

Early Bird Pricing:
Y Member: \$55
Community Participant: \$75

Open Registration Pricing:

Y Member: \$60
Community Participant: \$80

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

4 person minimum per session

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

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

Early Bird Pricing:

Y Member: \$40
Community Participant: \$60

Open Registration Pricing:

Y Member: \$45
Community Participant: \$65

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

4 person minimum per session

Other times available if group is formed on own.

## EXERCISE FOR PEOPLE WITH PARKINSON'S

This class is designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. This class includes 30 minutes of group exercise in a studio under the leadership of an Occupational Therapist and/or Physical Therapist, followed by a half hour in the Wellness Center on the treadmills. Groups are offered at the Rite-Hite Family YMCA.

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

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

# WELLNESS CHALLENGE SERIES

## FALL INTO FITNESS WELLNESS CHALLENGE

September 25-November 5

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

Early Bird Pricing:

Y Member: \$25
Community Participant: \$90

Open Registration Pricing:

Y Member: \$30
Community Participant: \$95

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





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



### 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!

#### REAL FITNESS, REAL RESULTS, FOR REAL 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!

#### 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.



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

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

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



#### TRX® CORE

20 minutes

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

Four-week session. Classes run on a monthly basis.

##### Y Member:

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

##### Community Participant:

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

#### TRX® INTERVAL CIRCUIT

30 minutes

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

Four-week session. Classes run on a monthly basis.

##### Y Member:

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

##### Community Participant:

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

#### TRX® STRENGTH ZONE

30 minutes

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

Four-week session. Classes run on a monthly basis.

##### Y Member:

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

##### Community Participant:

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

#### TRX® ADVANCED PERFORMANCE

45 minutes

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

Four-week session. Classes run on a monthly basis.

##### Y Member:

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

##### Community Participant:

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



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

## 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)

45 minutes

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

**Y Member:**

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

**Community Participant:**

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

## TOTAL GYM CORE MOTION

45 minutes

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

**Y Member:**

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

**Community Participant:**

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

## TOTAL GYM INTERVAL CIRCUIT

35 minutes

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

**Y Member:**

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

**Community Participant:**

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

## TOTAL GYM GOLF

45 minutes

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

**Y Member:**

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

**Community Participant:**

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

All Total Gym sessions run monthly.



# GROUP EXERCISE

Group exercise classes are offered year round and are usually included in your membership, although, special programs, events and classes will incur an additional charge. Most classes are open to community participants on a space availability basis. Due to capacity issues (limited equipment or space) during peak times, certain classes will require a reservation to secure your spot. Please check with the membership desk and/or group exercise coordinator for dates, times and locations.

## CARDIO CLASSES:

### BODYSTEP™

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

### BODYCOMBAT™

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

### STEP AEROBICS

Step your fitness up to new heights with this beat driven workout that will have you moving up and off of an adjustable bench. Combinations of moves will be introduced in this class to raise your heart rate as you fly across, around and over the bench. You can control the level of intensity by the height of your bench and the size of your movements.

### strYke

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

### Y-CARDIO FUNK

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

### Y-CYCLE

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

### Y-FUSE

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

### ZUMBA®

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





# GROUP EXERCISE

## STRENGTH CLASSES:

### BODYPUMP™

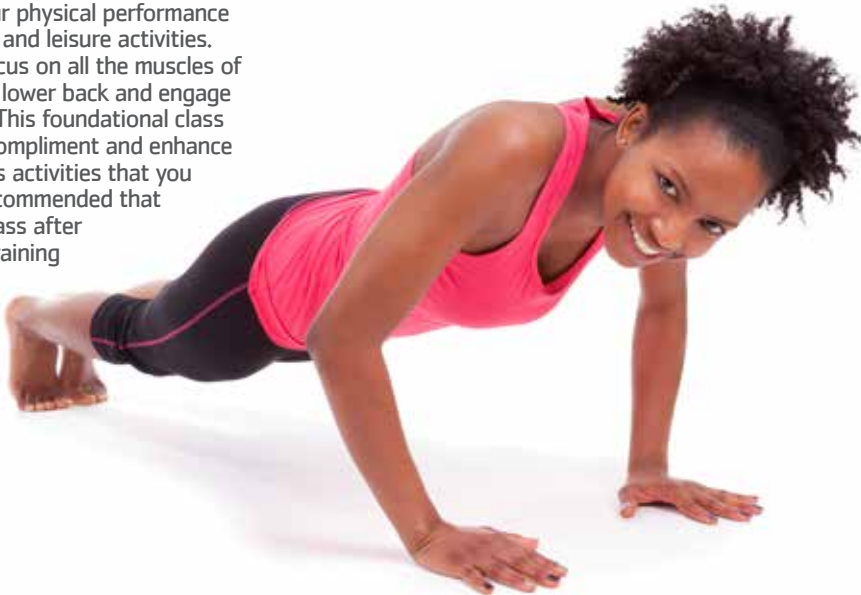
BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition 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.



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

### Y-CORE PERFORMANCE

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

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

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

### Y-BLITZ

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

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

## 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!

## 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.



# GROUP EXERCISE

## 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

## 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.

### 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.





## ACTIVE OLDER ADULTS



### LASTING MEMORIES

Active Older Adult programming at the Y is vibrant and dynamic with a variety of opportunities to match the interests of members. To help participants stay physically active, there are a wide range of group exercise classes to choose from, including water exercise and SilverSneakers® classes.

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



## SILVERSNEAKERS & ACTIVE OLDER ADULT CLASSES

### SENIOR FITNESS

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

### SILVERSNEAKERS® CLASSIC

The SilverSneakers Program is taught by a certified instructor and focuses on improving strength, flexibility, balance and coordination. Plus, you'll enjoy the great music and camaraderie of your fellow participants.

### SILVERSNEAKERS® CIRCUIT

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

### SILVERSNEAKERS™ YOGA STRETCH

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

### ZUMBA GOLD

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

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

Water Exercise	pages 20
Group Exercise	pages 36-41
Wellness Center	
Services	pages 34-35



## HEALTHY LIVING



### STRENGTH & SUPPORT

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

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

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

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

- LIVESTRONG AT THE YMCA GRADUATE

### LIVESTRONG® AT THE YMCA

(Adult cancer survivors)

LIVESTRONG at the YMCA is a 12-week small group exercise program designed for cancer survivors who have become de-conditioned or chronically fatigued as a result of their treatment or disease. While the main goal is to enhance physical functioning (flexibility, strength and endurance) additional goals include reducing the severity of treatment side effects, preventing unwanted weight changes, improving energy levels and boosting self-esteem. This program is a collaboration of the Y and the LIVESTRONG Foundation.

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

Y Member: FREE

Community Participant: FREE





# BLACK ACHIEVERS



## INSPIRING SUCCESSFUL FUTURES

We are celebrating  
more than 36 years of  
impact in the community!

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

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

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

### VISION

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

### PURPOSE

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

### MISSION

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

### PROGRAM OBJECTIVE

- Provide role models and mentors whose success and knowledge inspires youth.
- Expose youth to diverse career options.
- Raise academic standards and improve college readiness.
- Help youth develop a positive sense of self.
- Build character and increase positive assets of youth.
- Create channels for continuing community involvement by business and industry.
- Recognize and promote excellence among youth participants and adult volunteers.

### PROGRAM COMPONENTS

- Academic Enrichment
- Adult Mentoring
- College Application Preparation
- Career Exploration
- College Tours
- World of Work/Job Shadowing
- SAT/ACT Preparation and/or Tutoring
- Scholarship Program for graduating Seniors
- Leadership Development Programming
- Teen Summits
- Alumni Chapters (Teen and Adult)
- Cultural Enrichment
- Character/Asset Development
- Recognition/Fund-Raising Events
- In State and Out of State College Tours

# BLACK ACHIEVERS



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 Shanée Jenkins at 414-374-9401 or [sjenkins@ymcamke.org](mailto:sjenkins@ymcamke.org).

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.

### 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.

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 Shanée Jenkins; Associate Vice President of Community Relations at [sjenkins@ymcamke.org](mailto:sjenkins@ymcamke.org) or 414-374-9401.

Download an application at [ymcamke.org/programs/black-achievers/](http://ymcamke.org/programs/black-achievers/)



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

YMCA OF METROPOLITAN MILWAUKEE | Fall 2017 Program Guide

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## SAFETY TRAINING PROGRAMS



### SAVE A LIFE

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

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

#### ASHI STANDARD FIRST AID

(2-year certification)

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

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

(2-year certification)

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

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

### 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

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

(2-year certification)

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

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

#### NEED CPR TRAINING AT WORK?

The Y will come to your business and provide the training for you. Contact Jacob Byrne at [jbyrne@ymcamke.org](mailto:jbyrne@ymcamke.org) for details and pricing.



# GIVE TODAY FOR A BETTER US

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

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



## WITH YOUR SUPPORT LAST YEAR...



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



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



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



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



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

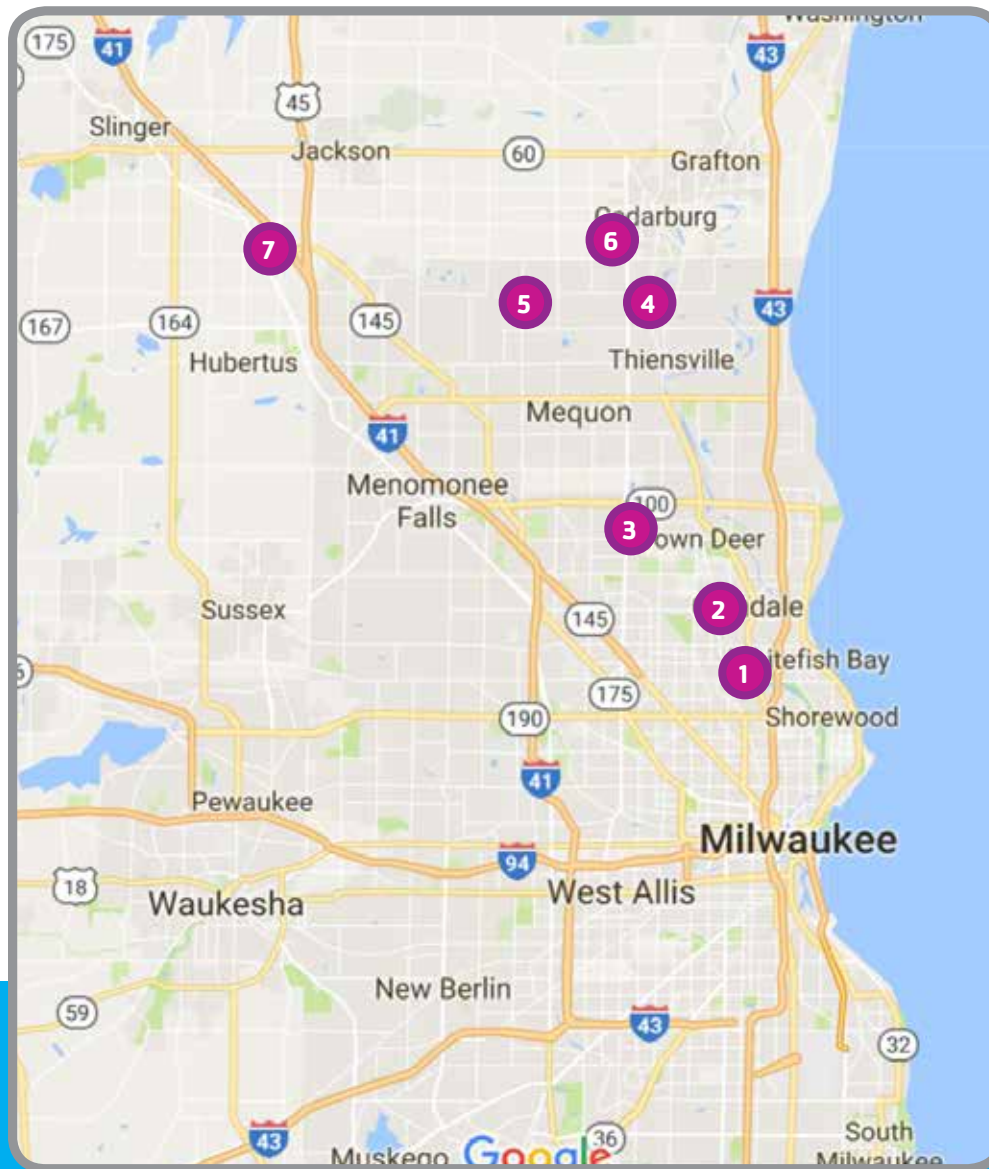


More than **6,000 OLDER ADULTS & SENIORS** participated in fitness and chronic disease prevention through "Silver Sneakers."



**YMCA OF METROPOLITAN MILWAUKEE**  
Visit [ymcamke.org](http://ymcamke.org) and give today for a better us!

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



## 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