



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVATE

## MORE THAN YOUR CORE.

Strengthen Your Community. For a Better Us.

### WINTER/SPRING 2018 PROGRAM GUIDE

#### WINTER 1: January 2–February 25

Member Registration: November 20  
Community Registration: December 4

#### WINTER 2: February 26–April 22

Member Registration: November 20  
Community Registration: January 29

#### SPRING: APRIL 23–JUNE 10

Member Registration: December 4  
Community Registration: March 26



Register online at [ymcamke.org](http://ymcamke.org)  
YMCA OF METROPOLITAN MILWAUKEE

Connect with us on:



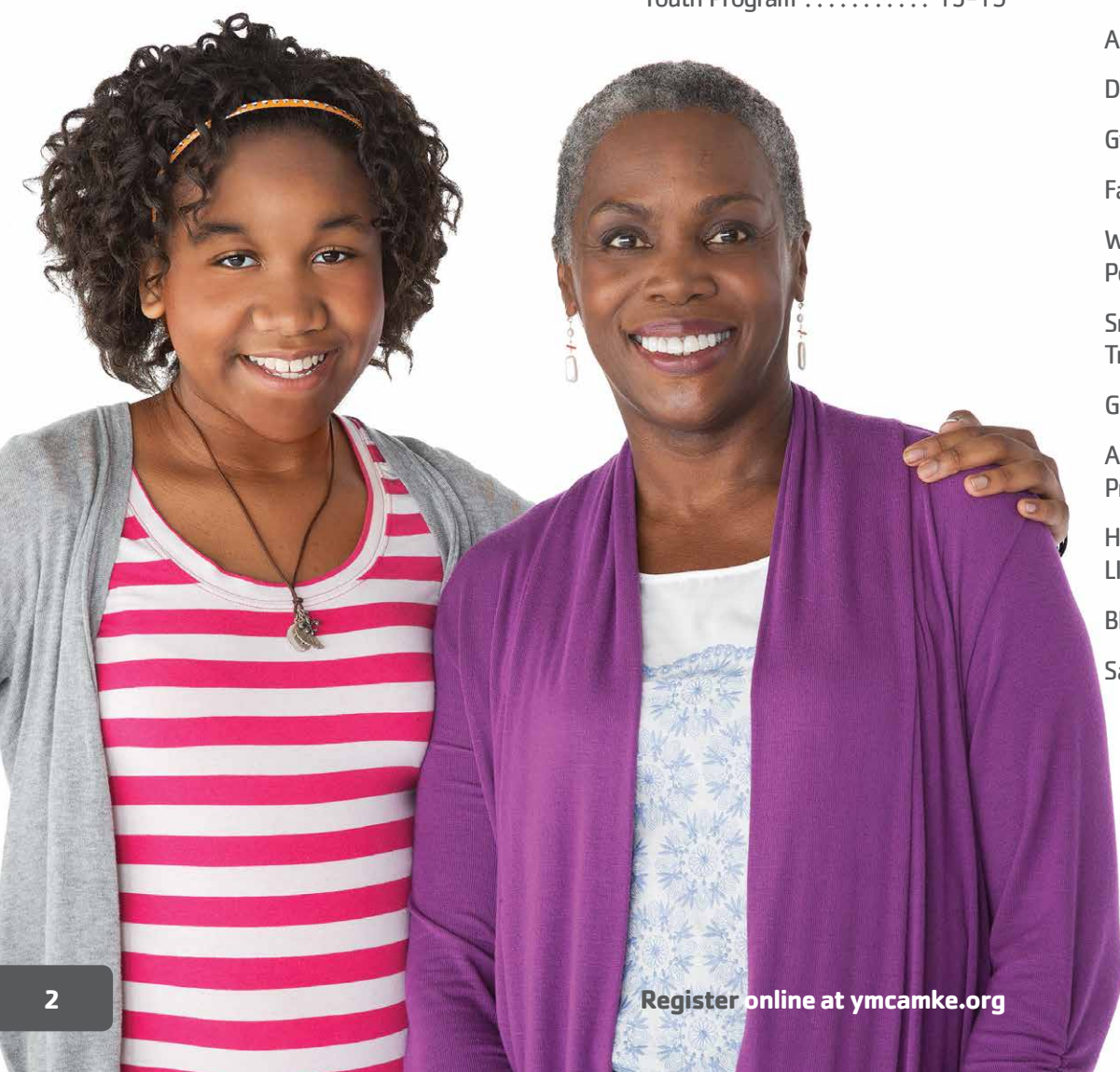


# WELCOME TO THE Y.

# WE'RE GLAD YOU'RE HERE!

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# MEMBERSHIP BENEFITS

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

## MEMBERSHIP CATEGORIES\*

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

### FAMILY

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

### ADULT HOUSEHOLD

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

### INDIVIDUAL FAMILY

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

### INDIVIDUAL

An individual age 25 or older.

### YOUNG ADULT

An individual age 19-24.

### YOUTH

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

\* The YMCA of Metropolitan Milwaukee will be updating our membership categories on December 1, 2017- please visit our website for up to date membership options.

## BASIC MEMBERSHIP

- Full access to all Metropolitan Milwaukee YMCAs
- Access to Y's across the country through Nationwide Membership
- Priority registration
- Wellness orientation
- Reduced fees on programs
- 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 does not give refunds or offer make up sessions for programs that are cancelled or end early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

## CONCEALED CARRY POLICY

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

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





## YMCA PLACES



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

**OPERATIONS DIRECTOR**  
Laura Dubler

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

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

**OPERATIONS EXECUTIVE**  
Rayven Peterson

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

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

**EXECUTIVE DIRECTOR**  
Leila Wright

**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.**

# FUN LEARNING FOR YOUTH!

## YMCA DAY CAMP

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

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

.....

**TO START PLANNING YOUR SUMMER, STOP BY YOUR LOCAL Y, CALL 414-276-9622, OR VISIT [YMCAMKE.ORG](http://YMCAMKE.ORG), AND BE ON THE LOOKOUT FOR OUR FREE SUMMER 2018 YMCA DAY CAMP BROCHURE. DAY CAMP REGISTRATION OPENS IN MARCH!**



### DAY CAMP LOCATIONS:

**Northwest YMCA  
(North Milwaukee)**

**Parklawn YMCA  
(Milwaukee)**

**Rite-Hite Family YMCA  
(Brown Deer)**

**Greene Park  
(St. Francis)**

**Wilson Park  
(Milwaukee)**



# YMCA CAMP MINIKANI



## FEEL THE SPIRIT

Since 1919, generations of families have enjoyed the safe, positive environment of YMCA Camp Minikani, located just 30 minutes from downtown Milwaukee.

Camp offerings range from overnight camp and equestrian programs, to engaging environmental education, ensuring that there's something for everyone and that kids have the opportunity to grow and make lifelong friendships.

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. 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.

Under the thoughtful guidance of our carefully trained counselors and staff, children become more independent, develop problem-solving skills and learn how to rely on their own decisions. And the bonus? Kids have TONS of fun. Summer camp is one of the greatest gifts you can give your children. We hope you'll consider a week or two of camp this summer.

**HURRY!** Registration for 2018 is already open and spaces are filling quickly. Don't miss out on the fun!

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







# YMCA CAMP MINIKANI

## EXPLORE CAMP YEAR ROUND

### CORPORATE RETREATS & CONFERENCES

Camp Minikani is an ideal retreat facility for groups as small as 30 and as large as 300 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](mailto:efyksen@ymcamke.org).

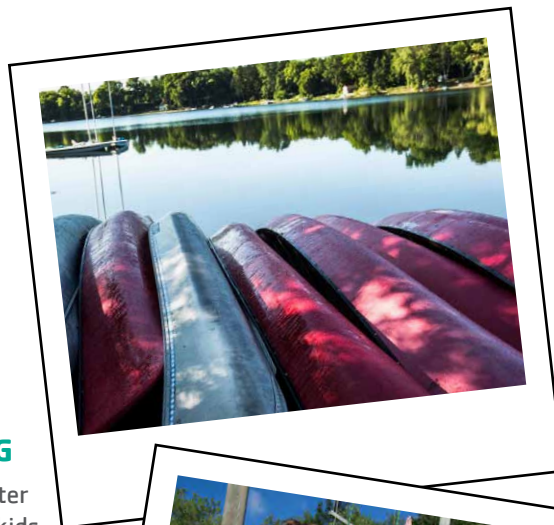


### EQUESTRIAN PROGRAMMING

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](mailto:elundquist@ymcamke.org).



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



# YMCA CAMP MINIKANI

## YMCA NATURE PRESCHOOL AT CAMP MINIKANI

Ages 3-5 years

OPENINGS AVAILABLE FOR  
CURRENT SCHOOL YEAR

**NOW ENROLLING FOR 2018-19  
SCHOOL YEAR – RESERVE YOUR  
CHILD’S SPOT TODAY!**

### Program runs:

August 2017–May 2018\*

Monday through Friday

8:15am–12:30pm

\*Specific start dates to be determined,  
follows the Germantown School District  
calendar.

Partial weeks available:

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

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

January 15	6:00–7:00pm
February 5	6:00–7:00pm
March 15	6:00–7:00pm
April 22	10:00am–12:00pm
May 10	6:00–7:00pm

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

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

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

\*Taken from natureexplore.org

**Now enrolling for 2018-19 school year –  
reserve your child’s spot today!**

**Interested in full time care options, contact  
Christine Larson at 414-357-1901 for more  
information.**

“There just aren’t enough words to summarize the great experience that my son had at YMCA Nature Preschool. It’s exciting when your child wakes up every day eager to go to school and learn. The best part about it was that he didn’t realize he was learning at all! I would highly recommend this program to anyone who is looking; you certainly won’t be disappointed!”

– EMILY L.



“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.







# 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.

## A PLACE JUST RIGHT FOR THEM, AND FOR YOU!

**Ages 6 weeks-5 years**



So much more than child care, the YMCA Early Childhood Education Programs support the social-emotional, cognitive and physical development of the youngest learners. With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture the potential of youth. That's why early childhood education programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

### WHY CHOOSE THE Y?

- Small class sizes
- 5-Star rated program by YoungStar
- Nationally accredited program
- Assessments and screenings for development support and early intervention
- State licensed, Tax-deductible
- We strive to meet the developmental needs of each child
- Supportive of experiential learning and guided discovery
- Parent teacher conferences allow for you to learn about your child's development in a whole new way!
- Offer Early Head Start for infant to 2½ years old if qualifications are met
- Offer preschool K3 and K4
- Children enrolled in 5 full days per week receive a free Family Membership to the YMCA.\*

\*Accounts must be in good standing with no past-due balances.

### 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 Early Childhood Education Center (School year program only)**  
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

## EARLY HEAD START

### Infant to 2 ½ 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 child care 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.

For questions about the Northside YMCA Early Childhood Education Center call 414-374-9450.

For questions about the Northwest YMCA Early Childhood Education Center call 414-357-1920.



## YMCA K3 AT SHERMAN PARK LUTHERAN SCHOOL

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

Looking to ensure your child is prepared for kindergarten? Enroll today for the remaining 2017-18 school year and/or enroll for Fall 2018-19. 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 Sept. 1, 2018 to enroll for fall. Additional openings may be available if your child turns 3 after Sept. 1, 2018 – 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, please call 414-357-1905.

**“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.”**

**– YMCA EARLY CHILDHOOD  
EDUCATION PARENT**





# FOR ALL



The Y is made up of people of all ages and from every walk of life **WORKING SIDE BY SIDE TO STRENGTHEN COMMUNITIES**. Together we work to ensure that **EVERYONE**, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the **OPPORTUNITY TO REACH THEIR FULL POTENTIAL WITH DIGNITY**. Our **CORE VALUES** are **CARING, HONESTY, RESPECT** and **RESPONSIBILITY** - they guide everything we do.





# 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.

**“My children love going to the before and after school program at their school. They have time dedicated to work on their homework, play with their friends, and participate in games. I love knowing that the YMCA staff are there for my children when I am not.”**

— YMCA BEFORE & AFTER SCHOOL PARENT

# SCHOOL AGE EDUCATION PROGRAMS

SMART, HEALTHLY, HAPPY  
(Ages 4–13 years, varies by location)

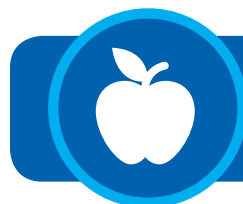
Our School Age Before & After School Program is a tax-deductible, licensed childcare that takes place before and/or after your child's school day. Led by qualified, caring staff, with most of our before/after school programs located right at your child's school, you have peace of mind that your child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

## WHY CHOOSE YMCA BEFORE/ AFTER SCHOOL PROGRAMS?

- **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!
- **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 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.
- **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.

## 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.

# 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.





# 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

2018-19 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 for those who register prior to August 1, 2018 and \$50 for registrations received after that date.

### KIDS CLUB 2

September 11, 2018–May 16, 2019

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:** \$972  
(9 months) = \$108/month

### KIDS CLUB 3 AND 4

September 10, 2018–May 15, 2019

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:** \$1125  
(9 months) = \$125/month

### THRILLING THURSDAYS

September 13, 2018–May 15, 2019

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:** \$504  
(9 months) = \$56/month  
**Community Participant:** \$756  
(9 months) = \$84/month

### FUN DAY FRIDAYS

September 14, 2018–May 17, 2019

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 9:15-11:15am  
**Y Member:** \$504  
(9 months) = \$56/month  
**Community Participant:** \$756  
(9 months) = \$84/month

### SUMMER FUN CLUB

JUNE, JULY & AUGUST

Ages 2-12 years

Our Summer Fun Club at the Rite-Hite Family YMCA, is a great place for kids to have fun and learn, in a safe environment. Kids will take part in a variety of activities, both indoors and outdoors, that promote social development and self-esteem.

Now offered Monday through Friday! Build your own schedule! Registration is available on a week-to-week basis, no drop ins.

For more information or questions, contact Bette Jo Reno-Ehnert at 414-357-2847 or brenoehner@ymcamke.org.

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





# 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.

Winter 1, Winter 2 and Spring Sessions

**Rite-Hite Family YMCA**

Thursdays 5:30–6:05pm

### KINDERGYM

Ages 1 ½–3 years

This is the perfect class the young and wiggly! Activities and games help develop coordination, socialization, group play and sharing. This class will foster independence and listening skills.

Winter 2 Session Only

**Rite-Hite Family YMCA**

Mondays 9:15–10:00am

### MOVE WITH ME

Ages 1 ½–3 years

Specifically for the young and eager to move, this class introduces children to group activities and sharing, along with other fundamental social skills. Each child must be accompanied by a parent or caregiver who will actively joins on the fun.

Spring Session Only

**Rite-Hite Family YMCA**

Mondays 9:15–10:00am

### SPORTIES FOR SHORTIES

Ages 1 ½–3 years

This is the perfect class for your young sports fan. Explore basic movements of soccer, basketball, volleyball, and track. We will learn to run, throw, kick and follow simple instructions. Activities and games help develop coordination, socialization, group play and sharing. This class will foster independence and listening skills.

Winter 2 and Spring Sessions

**Rite-Hite Family YMCA**

Mondays 10:15–11:00am

**REGISTER BY DECEMBER 17  
AND SAVE WITH  
EARLY BIRD PRICING!**

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.



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.



# YOUTH PROGRAMS

## REGISTER BY DECEMBER 17 AND SAVE WITH EARLY BIRD PRICING!

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.

Winter 1 Session Only

**Rite-Hite Family YMCA**

Mondays 9:15-10:00am

### CARDIO KIDS

Ages 2-3 years

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

Winter 1 Session Only

**Rite-Hite Family YMCA**

Mondays 10:15-11:00am

### DISCOVERING ARCTIC ANIMALS

Ages 2-5 years

This class will introduce our youngest learners to the wonders of the arctic. We will explore the arctic by engaging our senses and learn about a new animal each week. Time to explore the arctic with crafts, stories and more.

January 2-January 27 (4 week class)

**Rite-Hite Family YMCA**

Tuesdays 5:30-6:15pm

Fridays 10:30-11:15am

### WEATHER DETECTIVES

Ages 3-6 years

Children will become "weather detectives" inside and outside. We will explore seasons, rainbows, clouds, snow and rain! We will explore through books, crafts, and hands on fun!

January 6-January 27 (4 week class)

**Rite-Hite Family YMCA**

Saturdays 10:30-11:15am

### PLANES TRAINS AND AUTOMOBILES

Ages 2-5 years

Anything that moves! We will explore planes, train and automobiles with crafts, stories and more.

January 30-February 24 (4 week class)

**Rite-Hite Family YMCA**

Tuesdays 5:30-6:15pm

Fridays 10:30-11:15am

### DAYS WITH DINOS

Ages 2-5 years

Take a romp in prehistoric times to visit the dinosaurs with crafts, stories and more.

February 27-March 24 (4 week class)

**Rite-Hite Family YMCA**

Tuesdays 5:30-6:15pm

Fridays 10:30-11:15am

### OCEAN EXPLORATION

Ages 2-5 years

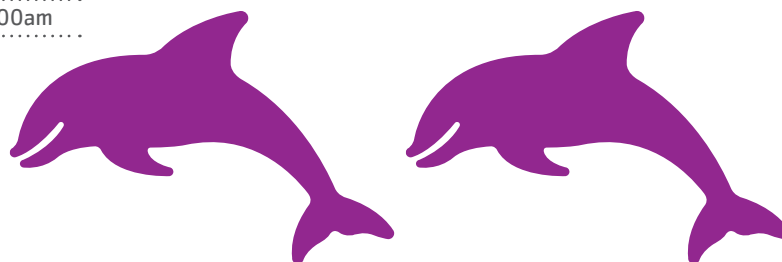
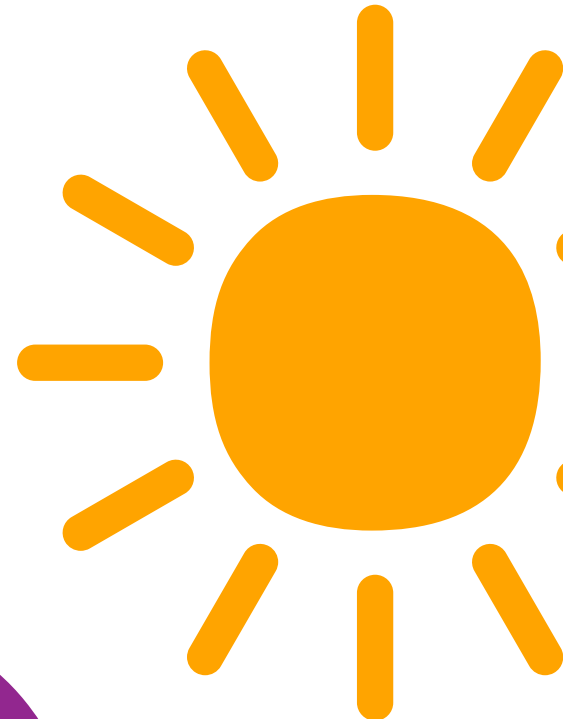
Time to explore the big blue deep ocean with crafts, stories and more.

March 27-April 22 (4 week class)

**Rite-Hite Family YMCA**

Tuesdays 5:30-6:15pm

Fridays 10:30-11:15am



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



# YOUTH PROGRAMS



## REGISTER BY DECEMBER 17 AND SAVE WITH EARLY BIRD PRICING!

Early Bird Pricing:

**Y Member:** \$40

**Community Participant:** \$52

Open Registration Pricing:

**Y Member:** \$45

**Community Participant:** \$57

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

## 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.

Winter 1, Winter 2 and Spring Sessions

**Rite-Hite Family YMCA**

Wednesdays 5:30–6:15pm

## 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.

Winter 1, Winter 2 and Spring Sessions

**Rite-Hite Family YMCA**

Wednesdays 6:30–8:00pm





# YOUTH PROGRAMS



## REGISTER BY DECEMBER 17 AND SAVE WITH EARLY BIRD PRICING!

Early Bird Pricing:

**Y Member: \$20**

**Community Participant: \$35**

Open Registration Pricing:

**Y Member: \$25**

**Community Participant: \$40**

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

## ADVENTURES IN OUTER SPACE

Ages 3–6 years

Explore planets, stars, moons, and rocket  
ships, the sky is the limit in this amazing  
class. Time to explore the outer space with  
crafts, stories and more.

February 3 – February 24 (4 week class)

Rite-Hite Family YMCA

Saturdays 10:30–11:15am

## EXPLORE THE JUNGLE

Ages 3–6 years

Escape to the jungle! Time to explore the  
jungle with crafts, stories and more.

February 27 – March 24 (4 week class)

Rite-Hite Family YMCA

Saturdays 10:30–11:15am

## DISCOVERING ART

Ages 3–6 years

Time to let your imagination run wild, we  
will get creative with crafts, stories and  
more.

March 27–April 22 (4 week class)

Rite-Hite Family YMCA

Saturdays 10:30–11:15am

## DISCOVERING FURRY FRIENDS

Ages 3–6 years

We will introduce many different types of  
house pets. Dogs, cats, fish, turtles, frogs,  
bunnies, and more; perfect for your animal  
lover!

April 23–May 20 (4 week class)

Rite-Hite Family YMCA

Saturdays 10:30–11:15am

## EXPLORING ANIMAL TRACKS

Ages 3–6 years

Children will explore, observe, discover and  
track animals. This class includes outdoor  
activities and nature crafts, we will get  
creative with crafts, stories and more.

April 23–May 20 (4 week class)

Rite-Hite Family YMCA

Tuesdays 5:30–6:15pm

Fridays 10:30–11:15am



# YOUTH PROGRAMS

## REGISTER BY DECEMBER 17 AND SAVE WITH EARLY BIRD PRICING!

Early Bird Pricing:

**Y Member: \$15**

**Community Participant: \$30**

Open Registration Pricing:

**Y Member: \$20**

**Community Participant: \$35**

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

## DISCOVERING MUSIC

Ages 3-6 years

Children will discover singing, dancing, playing music and instruments. We will be moving and grooving while we explore basic movement through music and song.

May 21-June 10 (3 week class)

**Rite-Hite Family YMCA**

Saturdays 10:30-11:15am

## DISCOVERING BUGS AND PLANTS

Ages 3-6 years

Children will discover all about bugs and plants, take a hike, go bird watching, plant flowers and scavenge for critters. Includes outdoor activities and nature crafts, we will get creative with crafts, stories and more.

May 21-June 10 (3 week class)

**Rite-Hite Family YMCA**

Tuesdays 5:30-6:15pm

Fridays 10:30-11:15am





# SWIMMING



## MAKE A SPLASH

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

WINTER 1: JANUARY 2–FEBRUARY 25 • WINTER 2: FEBRUARY 26–APRIL 22  
SPRING: APRIL 23–JUNE 10

### 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.

## PARENT/CHILD SWIMMING LESSONS

Ages 6 months–5 years

Classes are designed to familiarize children to the water and begin teaching swimming readiness skills 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.





WINTER 1: JANUARY 2-FEBRUARY 25 • WINTER 2: FEBRUARY 26-APRIL 22  
SPRING: APRIL 23-JUNE 10

# 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.

## 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.



WINTER 1: JANUARY 2–FEBRUARY 25 • WINTER 2: FEBRUARY 26–APRIL 22  
SPRING: APRIL 23–JUNE 10

# 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)

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.





WINTER 1: JANUARY 2-FEBRUARY 25 • WINTER 2: FEBRUARY 26-APRIL 22  
SPRING: APRIL 23-JUNE 10

# SWIMMING

## ADULT WATER ACTIVITIES

### ADULT SWIMMING LESSONS

Ages 16+ years

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

#### ADULT BEGINNER: LEARNING THE BASICS

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

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

**Pre-requisite:** None.

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

**Rite-Hite Family YMCA**

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

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

#### ADULT INTERMEDIATE: SWIMMING FOR FITNESS

**Rite-Hite Family YMCA**

Individuals who choose this level have swimming skills for swimming continuously for 50 yards or more but are looking for stroke technique improvement/refinement. You will work with the instructor on your own personal goals for improvement with your chosen strokes.

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

### 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.







WINTER 1: JANUARY 2-FEBRUARY 25 • WINTER 2: FEBRUARY 26-APRIL 22  
SPRING: APRIL 23-JUNE 10

# 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.

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





# SWIMMING

## SPECIALTY AQUATICS

### 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

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





# MAKE A DIFFERENCE

## VOLUNTEER WITH THE Y

Helping 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** or contact our volunteer coordinator at **VOLUNTEER@YMCAMKE.ORG** to learn more about the fun volunteer opportunities at a location near you.



**"Our students enjoy volunteering with the YMCA of Metropolitan Milwaukee 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 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.



presented by



## BASKETBALL SKILLS

Ages 4-12 years, groups may be split by age and ability.

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.

### REGISTER BY DECEMBER 17 AND SAVE WITH EARLY BIRD PRICING!

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.

### Rite-Hite Family YMCA

K4-K5  
Saturdays 10:15-11:00am  
Winter 1, Winter 2 and Spring Sessions  
6-12 years  
Saturdays 11:00am-Noon  
Winter 1, Winter 2 and Spring Sessions

### Northside YMCA

5-7 years  
Mondays 5:00-6:00pm  
Winter 1, Winter 2 and Spring Sessions  
5-7 years  
Saturdays 11:00am-Noon  
Winter 1 Session Only  
5-7 years  
Saturdays 10:00-11:00am  
Winter 2 and Spring Sessions  
1st-3rd Grade  
Saturdays 9:30-11:00am  
Winter 1 Sessions Only  
8-12 years  
Mondays 6:00-7:00pm  
OR  
Saturdays 11:00am-Noon  
Winter 1, Winter 2 and Spring Sessions  
Girls Basketball  
Saturdays Noon-1:00pm  
Winter 2 and Spring Sessions

## BASKETBALL LEAGUES

### JUNIOR BUCKS YOUTH BASKETBALL LEAGUE

1st-4th Grades

We are excited to become an official Junior Bucks basketball league! Volunteer coaches will focus on building players core skills such as ball handling, defense, offense, rebounding, shooting, conditioning and more. All skill levels are welcome and teams will be separated by grade as numbers allow. All participants will play 50% of each game as long as they have a positive attitude. Each player will receive a team t-shirt, a Milwaukee Bucks game ticket to the "League Night" discounted game tickets, and a Junior Bucks duffle bag! All players registered for the league will also participate in a clinic run by the Milwaukee Bucks!

Program Dates (8 weeks, 7 games):  
Winter I January 6 - February 24  
Winter II March 3 - April 21

Early Bird Pricing:  
**Y Member: \$70**  
**Community Participant: \$85**

Open Registration Pricing:  
**Y Member: \$75**  
**Community Participant: \$90**

Register through Rite-Hite Family YMCA

### YOUTH AND ADULT BASKETBALL LEAGUES AT PARKLAWN YMCA

Grades 3rd-9th and Adult

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

Winter I, Winter II and Spring Sessions  
Contact Jason Blocker for more information at 414-873-9622 or [jblocker@ymcamke.org](mailto:jblocker@ymcamke.org)

### BASKETBALL TEAM AT PARKLAWN YMCA

Sign up as an individual or with a friend. Program includes one practice per week with a coach and games every week. Team will play in the Parklawn league.

For more information contact Jason Blocker at 414-837-9622 or [jblocker@ymcamke.org](mailto:jblocker@ymcamke.org)

### 4TH-5TH GRADE BASKETBALL TEAM AT RITE-HITE FAMILY YMCA

Sign up as an individual or with a friend. The team will play in the Parklawn YMCA basketball league and compete against all teams in the 4th grade division.

Practice will be held once a week at the Rite-Hite Family YMCA and games are played at the Parklawn YMCA.

Registration opens November 1 and closes December 31.



# YOUTH SPORTS

## REGISTER BY DECEMBER 17 AND SAVE WITH EARLY BIRD PRICING!

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.



## SOCCKER 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.

Spring Session Only

**Rite-Hite Family YMCA Sports Field**

\*spectators are encouraged to bring chairs, no seating provided

3-5 years

Saturdays

9:00-9:55am

6-12 years

Saturdays

10:00-11:00am

## TRACK AND FIELD

Ages 5-12 years

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

Winter 2 and Spring Sessions

**Rite-Hite Family YMCA**

Tuesdays

6:00-7:00pm

OR

Saturdays

11:00-11:55am

## VOLLEYBALL

### VOLLEYBALL SKILLS

Ages 12-16 years

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

Winter 2 Session Only

**Rite-Hite Family YMCA**

### GIRLS DEVELOPMENTAL VOLLEYBALL LEAGUE

Grades 5th-8th

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

January through March

Registration closes January 6, 2018

**Rite-Hite Family YMCA**

**Y Member: \$100**

**Community Participant: \$140**

Open Registration Pricing:

**Y Member: \$110**

**Community Participant: \$140**





# YOUTH SPORTS

## ADAPTIVE

### 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.

#### YMCA Gymnastics Center

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

### 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.

#### Northwest YMCA

##### Spring Training

Saturdays

May 5, 12, 19 and 26 10:00-11:15am

Fee: \$20/player

##### Summer Season

June 11-August 17

Games played Monday, Tuesday or Thursday evenings

Kick Off Day is Saturday, June 9

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







# 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.

## GIRLS NIGHT OUT

Girls 5th-8th Grade

A place where girls can be themselves and it's 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 [brenoehner@ymcamke.org](mailto:brenoehner@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 YMCA of Metropolitan Milwaukee 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 48-49
Before/After	
School Care	pages 12-13
Gymnastics	pages 34-36
Safety Training	
Programs	page 50
Swim Team	page 25
Youth Sports	pages 27-29



# ADULT SPORTS & ACTIVITIES



## PLAY STRONG

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

## TEAM SPORTS AND LEAGUES

### PICKLEBALL

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

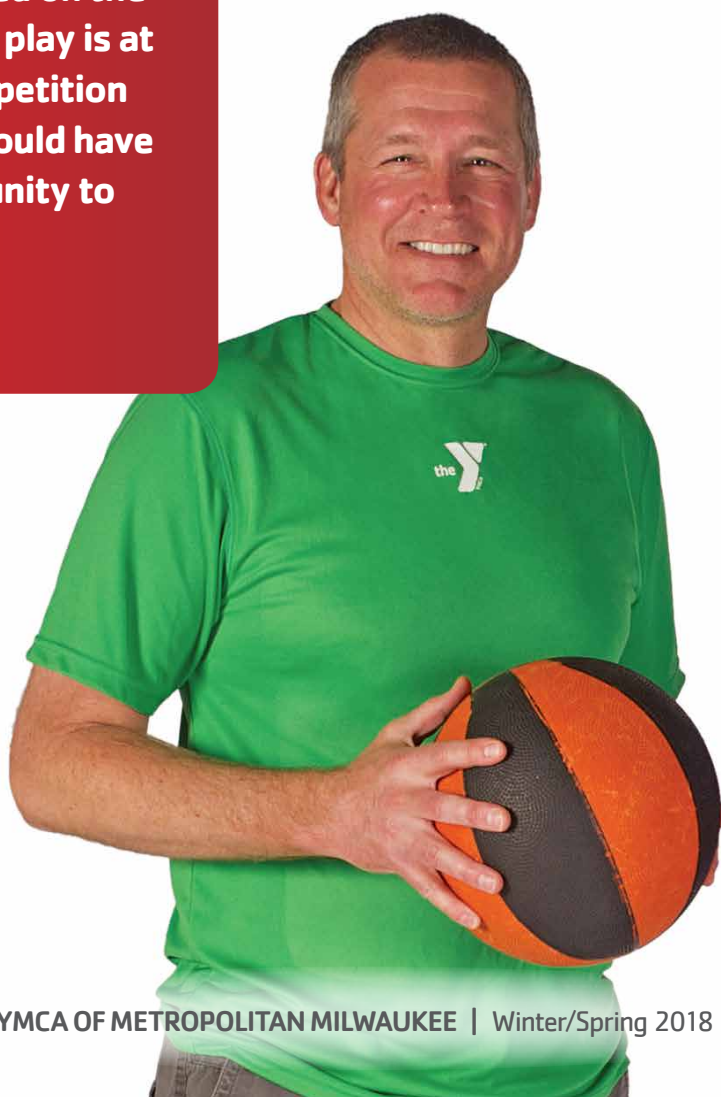
Classes offered monthly

**Rite-Hite Family YMCA**

### PARKLAWN YMCA BASKETBALL LEAGUES

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

For more information contact Jason  
Blocker at 414-873-9622 or  
[jblocker@ymcamke.org](mailto:jblocker@ymcamke.org)





# DANCE CLASSES



## IT'S A GROOVE THING

Dance classes at the Y are designed to enhance fine and gross motor skills, and cultivate creativity and social development, all while your child is having fun.

### REGISTER BY DECEMBER 17 AND SAVE WITH EARLY BIRD PRICING!

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 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!).

Winter 1, Winter 2 and Spring Sessions  
**Rite-Hite Family YMCA**  
Thursdays 4:15–4:50pm

### CREATIVE BALLET

Ages 2–4 years

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

Winter 1, Winter 2 and Spring Sessions  
**Rite-Hite Family YMCA**  
Fridays 9:30–10:05am  
Saturdays 9:30–10:05am

### BEGINNING BALLET

Ages 4–6 years

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

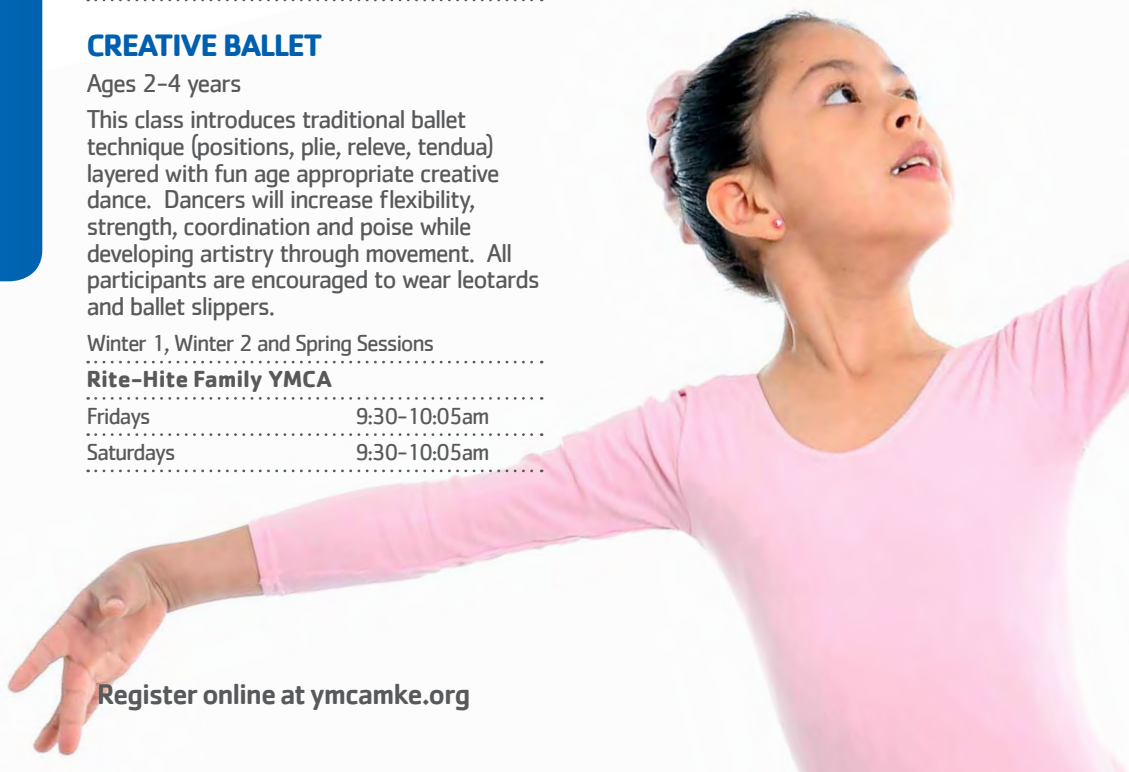
Winter 1, Winter 2 and Spring Sessions  
**Rite-Hite Family YMCA**  
Mondays 5:15–6:00pm

### BALLET

Ages 6+ years

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

Winter 1, Winter 2 and Spring Sessions  
**Rite-Hite Family YMCA**  
Mondays 6:15–7:00pm







# DANCE CLASSES

## BEGINNER POMS

Ages 3-6 years

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

Winter 1, Winter 2 and Spring Sessions

**YMCA Gymnastics Center**

For more information, contact the  
Gymnastics Department at  
aschmidt@ymcamke.org or  
414-357-2828

## HIP HOP

Ages 6+ years

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

Winter 1, Winter 2 and Spring Sessions

**Rite-Hite Family YMCA**

Mondays 7:05-7:50pm





# 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Open gyms are only held during program sessions, and will not run during off weeks.

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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring Sessions

YMCA Gymnastics Center

### PARKOUR

Ages 8+ years

Parkour is the physical discipline of training to overcome any obstacle in one's path by adapting one's movement to the environment. This class will focus on strength, balance, and creativity while working their way through obstacle courses and learning various types of Parkour movements.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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.

Winter 1, Winter 2 and Spring 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 the directions below instead:

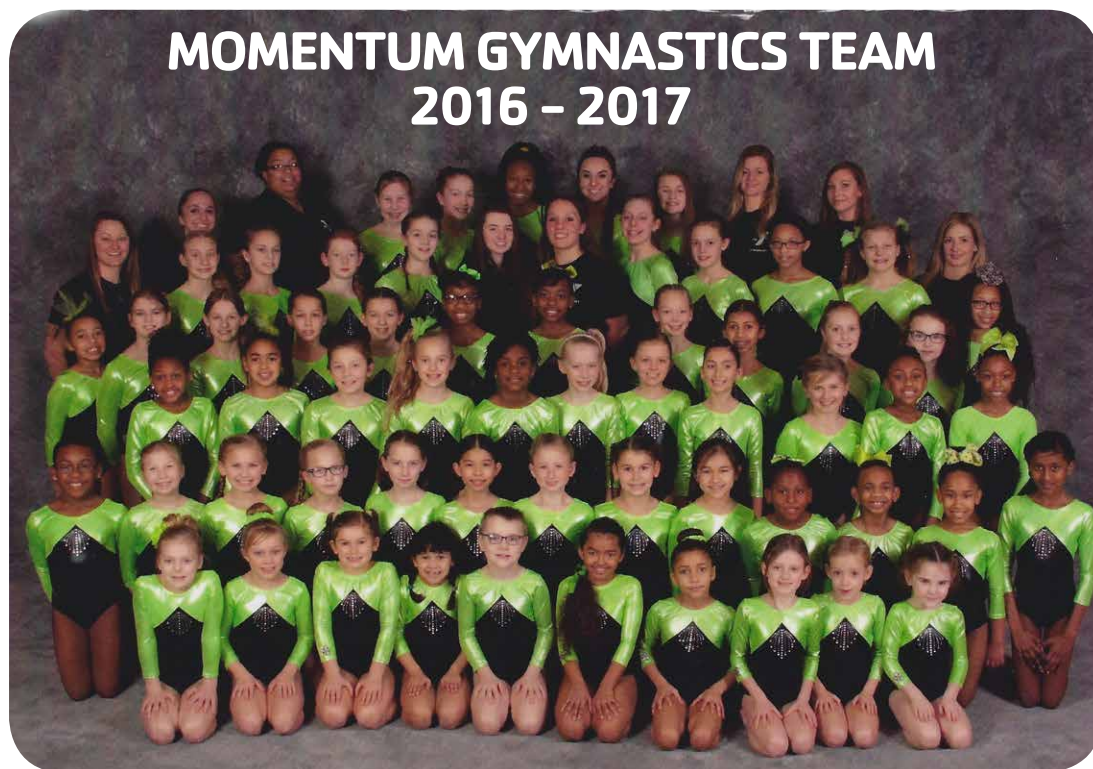
#### Directions from Mequon Rd.:

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	
January 20	1:30-3:00pm
Bars Skills	
February 10	1:30-3:00pm
Front Tumbling	
March 24	1:30-3:00pm
Beam Skills	
April 14	1:30-3:00pm
Vaulting	
May 12	1:30-3:00pm

Y Member: \$17/clinic

Community Participant: \$20/clinic

For more information please contact Alex Schmidt at 414-357-2828 or [aschmidt@ymcamke.org](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 414-357-2828 or [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org)

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 414-357-2828 or [aschmidt@ymcamke.org](mailto:aschmidt@ymcamke.org)

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).

### EASTER EGGSTRAVAGANZA

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

#### Rite-Hite Family YMCA

March 24 2:00-4:00pm

**Y Member:** \$5/family;  
\$10/family after March 1

**Community Participant:** \$10/family;  
\$15/family after March 9

### 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.

### FAMILY GYM

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

#### Rite-Hite Family YMCA

Sundays 10:00am-2:00pm

### 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.

Open gyms are only held during program sessions, and will not run during off weeks.

We welcome field trips and parent groups.

Fridays 11:00am-1:00pm

Fridays 6:00-8:00pm

Saturdays 1:30-3:30pm

### HEALTHY KIDS DAY-APRIL 21

SAVE THE DATE!

On Saturday, April 21, the Y will celebrate Healthy Kids Day, our national initiative to improve the health and well-being of kids. Details for the 2018 Healthy Kids Day will be provided soon!

This event is free and open to the public!





# WELLNESS CENTER SERVICES



## REACHING GOALS

The YMCA of Metropolitan Milwaukee 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, Senior Director of Healthy Living, at 414-274-0807, or [choelzel@ymcamke.org](mailto: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.

**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!

**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, Senior Director of Healthy Living, at 414-274-0807 or choelzel@ymcamke.org.

**Y Member:** \$50

**Community Participant:** \$73/month

\*Note: This is a group based class, those needing one on one assistance should bring an aid.

# WELLNESS CHALLENGE SERIES

## WEIGHT LOSS BOSS CHALLENGE

January 15–February 25

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

Early Bird Pricing (December 18–31):

**Y Member:** \$25

**Community Participant:** \$85

Open Registration Pricing (January 1–14):

**Y Member:** \$30

**Community Participant:** \$90

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

## IDLE IRONMAN

March 19–April 15

Are you one of the many people whose New Year's resolution is to become healthier and fitter in 2018? We have the perfect program to keep you on track to meeting your goals...Idle Ironman! Through your daily workout sessions, you can reach the distance equal to an Ironman. Sign up as an individual or with a team and start planning your workouts today and you too can complete the Idle Ironman once, twice or three times in four weeks!

Early Bird Pricing (February 19–March 4):

**Y Member:** \$15

**Community Participant:** \$45

Open Registration Pricing (March 5–18):

**Y Member:** \$20

**Community Participant:** \$50

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

## SUMMER SLIM DOWN CHALLENGE

May 7–June 17

Everyone wants to look and feel their best, but exercising, eating right and losing weight to make that happen isn't always easy. The Y is here to help with Summer Slim Down, the latest offering in our Wellness Challenge Series. This six-week group challenge is sure to help you reach your goals and get lean for summer 2018!

Early Bird Pricing (April 9–22):

**Y Member:** \$25

**Community Participant:** \$85

Open Registration Pricing (April 23–May 6):

**Y Member:** \$30

**Community Participant:** \$90

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're 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 YMCA of Metropolitan Milwaukee 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

### IMPACT BASED 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

30 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

35 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.)

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## TOTAL GYM

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**TOTAL FITNESS, TOTAL PERFORMANCE,  
TOTAL SUCCESS.**

The YMCA of Metropolitan Milwaukee 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

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**Community Participant:**

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

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## 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

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**Community Participant:**

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

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## TOTAL GYM INTERVAL CIRCUIT

**45 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

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**Community Participant:**

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

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## 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

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**Community Participant:**

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

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**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 YMCA of Metropolitan Milwaukee's 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.

### Y-CORE PERFORMANCE

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

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

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

### Y-BLITZ

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

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

## 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

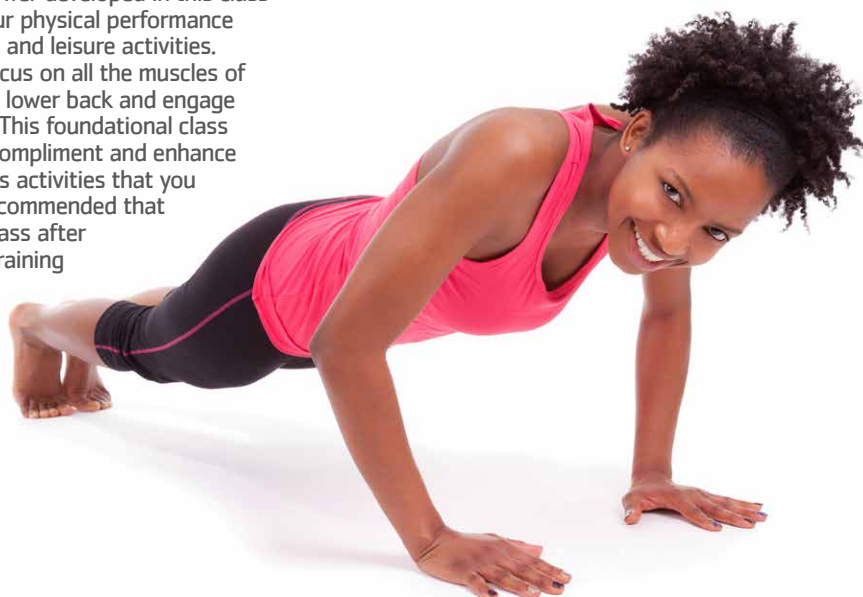
Master kettle bell technique and form in this class that focuses on setting up the basic moves of kettle bell momentum training. This is a low impact class that delivers results to those interested in strength building, fat loss, muscular endurance, and a fun new workout.

### 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 YMCA of Metropolitan Milwaukee 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	page 24
Group Exercise	pages 43-45
Wellness Center	
Services	pages 38-39





# 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 [mkelivestrong@ymcamke.org](mailto:mkelivestrong@ymcamke.org), call 414-274-0807 or visit our website at [ymcamke.org](http://ymcamke.org).

**Y Member: FREE**

**Community Participant: FREE**







# BLACK ACHIEVERS



## CONTINUING THE LEGACY

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. The possibilities are endless!

At the Y, we believe all children and teens deserve the opportunity to discover their potential. The YMCA of Metropolitan Milwaukee 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.

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 414-374-9442.

## 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.

## STRATEGIC PARTNERSHIPS

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 Shanee' Jenkins; Vice President, Social Responsibility & Strategic Partnerships at [sjenkins@ymcamke.org](mailto:sjenkins@ymcamke.org) or 414-374-9401.



## OUR ULTIMATE GOAL

We prepare youth for life beyond high school.



### ACADEMICS

- Youth are equipped with the skills needed to be accepted into and excel at college.
- Youth have access to high-quality enrichment opportunities.



### COLLEGE KNOWLEDGE

- Youth have the knowledge and support necessary to complete the college admissions process.
- Youth feel they have options for their future.
- Youth understand how to secure financial assistance and select the right school for them.



### POSITIVE RELATIONSHIPS

- Youth have support from an adult who has gone through the college process.
- Youth have an opportunity to build positive relationships with other youth who have a college aspirations.



### LIFE SKILLS

- Youth have the non-cognitive skills that predict long-term success in life, including goal-directed behavior, self management, personal responsibility, and the ability to work as a team.



### POSITIVE IDENTITY

- Youth have a positive vision for the future and believe they can be successful.
- Youth identify as successful students in the present and future, setting and working toward goals with support from peers and adults in their lives.

## STRENGTHENING THE Y'S FOUNDATION TO MAXIMIZE IMPACT

### MEASURED BY:

- GPA
- Academic self-efficacy
- Self-management

### MEASURED BY:

- College aspirations

### MEASURED BY:

- Social capital

### MEASURED BY:

- Self-management
- Social skills

### MEASURED BY:

- Academic self-efficacy
- Positive identity

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



## BLACK COLLEGE TOUR

Sponsored by Harley-Davidson Motor Company

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

Fee:

**Teen Achiever Students:** \$450

**Community Students:** \$550

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

**2018 Tour Dates: March 24-31**

### Tenative schools include:

- North Carolina A&T (Greensboro, NC)
- Winston Salem University (Winston Salem, NC)
- Shaw University (Raleigh, NC)
- St. Augustine University (Raleigh, NC)
- North Carolina Central University (Durham, NC)
- Fayetteville State University (Fayetteville, NC)
- Johnson C. Smith University (Charlotte, NC)
- University of North Carolina-Chapel Hill (Chapel Hill, NC)

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 Vice President, Social Responsibility & Strategic Partnerships, Shaneé Jenkins at 414-374-9401 or [sjenkins@ymcamke.org](mailto:sjenkins@ymcamke.org).





# SAFETY TRAINING PROGRAMS



## SAVE A LIFE

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

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

### ASHI STANDARD FIRST AID

(2-year certification)

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

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

(2-year certification)

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

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

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

(2-year certification)

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

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

### NEED CPR TRAINING AT WORK?

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

## AQUATICS TRAINING AND CERTIFICATIONS

### AMERICAN RED CROSS LIFEGUARD TRAINING

(Ages 15 & up)

**COURSE INCLUDES:** American Red Cross Lifeguard, First Aid, CPR, AED, Oxygen and Waterfront certifications.

**PRE-REQUISITES:** Swim 300 yards continuously front crawl or breast-stroke, tread water for 2 minutes using only legs, complete a timed swim that includes a 20 yard swim, surface dive to retrieve a 10-pound object from the bottom of the pool, and swim 20 yards on the back holding the object, and exit the pool.

**Y Member:** \$100

**Community Participant:** \$150

### AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

Class is designed for current American Red Cross lifeguards. Bring your lifeguard book, mask, and current certification cards. Please review in advance.

**Y Member:** \$75

**Community Participant:** \$100







## GIVE FOR A BETTER US

The Y is now...as it has always been...a place of possibility and promise for all. Unfortunately, in times when the true power of “us” is unknown to many and our bonds are fraying, we must do even more to enhance our human connections. That’s why the Y passionately focuses on strengthening communities. Every day, in Milwaukee the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. Everything we do helps empower communities and the “us” who live in them to thrive.

We can’t do it alone.

**DONATE FOR A BETTER US.**

## YMCA MEMBERSHIP DUES OPERATE OUR CENTERS



## YOUR DONATION TO THE YMCA CHANGES LIVES



Over 900 day campers practiced reading, math, science everyday through the Y’s summer learning loss remediation program “Camp FLY.”



Over 9,000 young children, kids & teens had safe, healthy places to grow, play, and learn seven days a week.



Over 1,675 kids became academically stronger through the Y’s five-star early childhood education and before and after school programs.



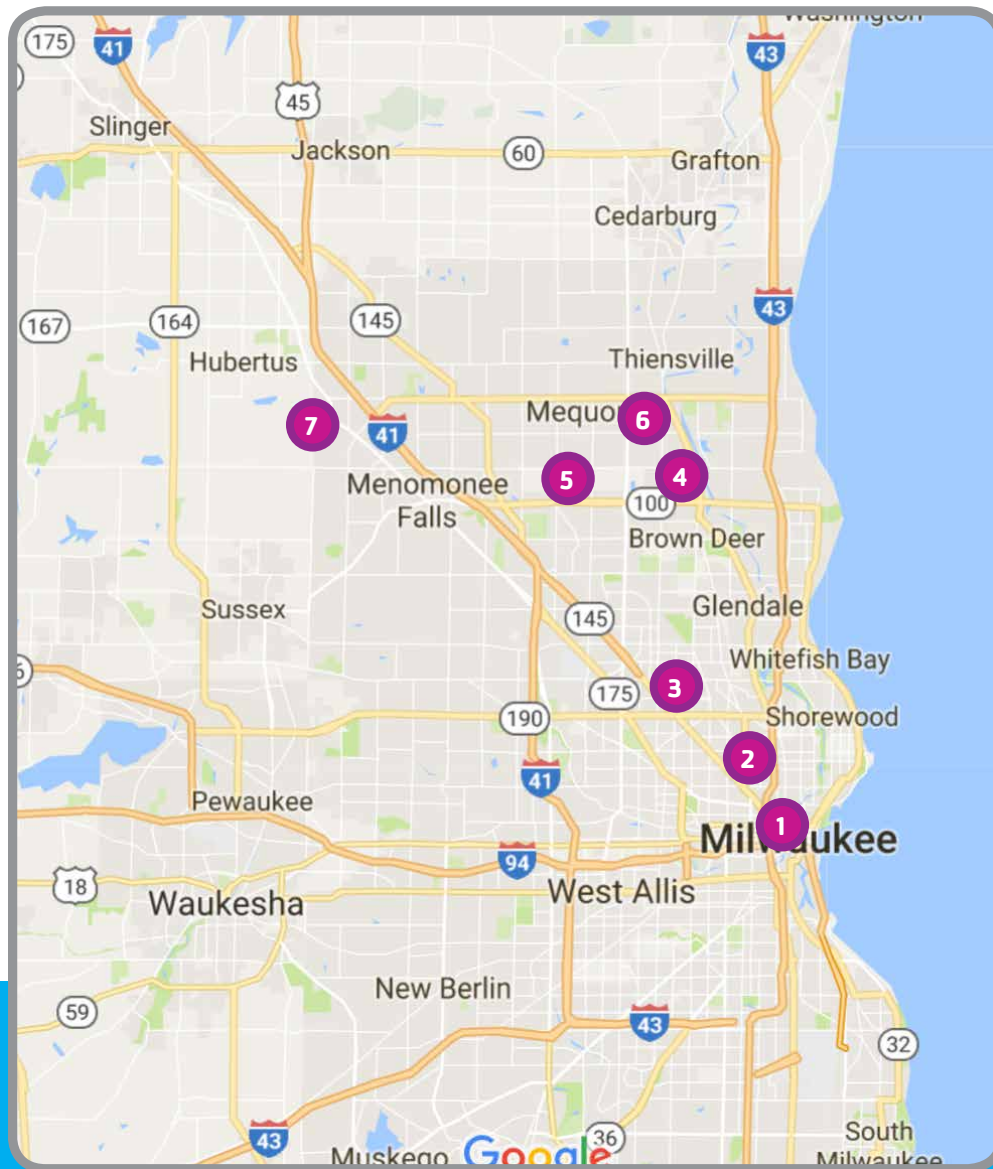
Over 60,000 free, nutritious meals were served to community children and youth.



Over 4,500 kids & families learned basic swim skills and lessons in life-saving drowning prevention through “Milwaukee Swims.”



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



## SIGN UP FOR EMAIL UPDATES

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