



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HERE FOR YOU JOIN US



Parklawn Program Center Offerings*



SENIOR EXERCISE PROGRAMS (SILVER SNEAKERS)

Monday & Wednesday 9.00 - 10.00 a.m.

Nation's leading exercise program for active older adults who are Medicare eligible. Program provides opportunities for active older adults to improve their fitness, health, and well-being. Classes are taught by certified instructors.



YOUTH & ADULT SPORTS (Gymnasium)

Thursday & Friday 5-8 p.m.

Saturday 11 a.m.-5 p.m.

Sunday Noon-5 p.m.

Our youth basketball program is open to boys and girls and it stresses team-building skills, fair play and mutual respect for others.

Our adult basketball leagues are a fun way for members, friends and coworkers to get together, get some exercise and win a championship! Participants in our adult basketball league must be at least 18 years old.



COMMUNITY MEALS

Monday - Friday 5-6 p.m.



YMCA ACHIEVERS PROGRAM

1st & 2nd Thursday of the month

5:30-7:45 p.m.

An academic achievement/career development initiative for high school youth and teens of color, like the national YMCA movement, it is multi-racial and gender-balance. Programming is facilitated by YMCA staff and corporate adult volunteers.

PARKLAWN PROGRAM CENTER

4340 N. 46th St. | Milwaukee, WI 53216 :: PHONE: (414) 873-9622

* Program fees apply.