

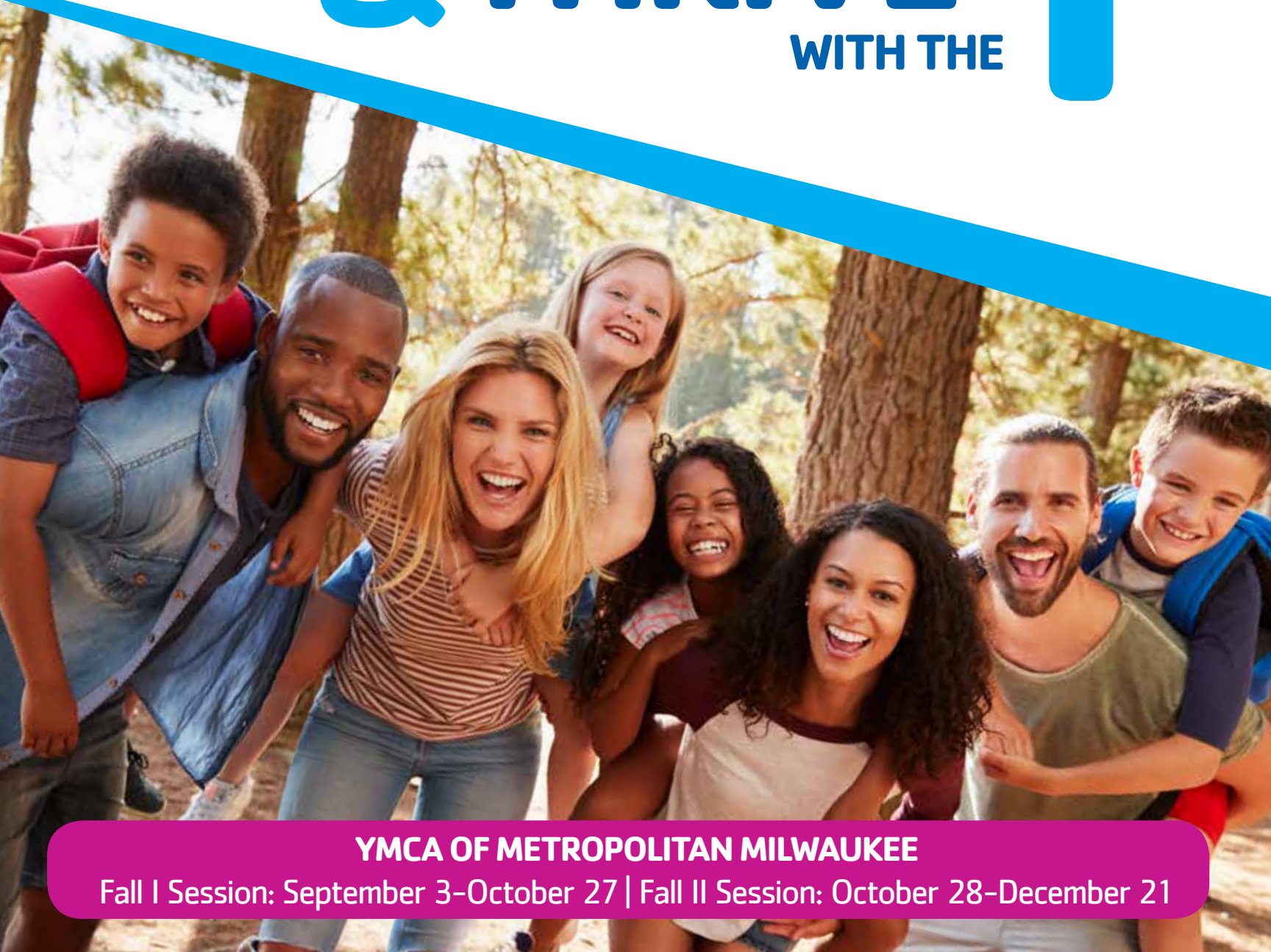
FALL 2019
PROGRAM GUIDE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN, GROW & THRIVE Y

WITH THE



YMCA OF METROPOLITAN MILWAUKEE

Fall I Session: September 3-October 27 | Fall II Session: October 28-December 21



**WELCOME
TO THE Y.**

**WE'RE GLAD
YOU'RE HERE!**



**FALL 1:
September 3–October 27**

Member Registration: July 22
Community Registration: August 5

**FALL 2:
October 28–December 21**

Member Registration: July 22
Community Registration: Sept 16

PARTICIPATE. BELONG.

Active Older Adult Programs (age 55+)	42	School's Out Program.	11
Adaptive Program.	20–21	Swimming– Adult Water Exercises	17
Dance Classes	23	Swimming– Day Care Centers & Group Lessons.	16
Early Childhood Education/Child Care	6–7	Swimming Lessons	14–15
Family Events	28	Swimming– Specialty Classes.	16
Group Exercise Classes	32–39	Tween/Teen Programs (ages 10–17)	22
Gymnastics	24–27	Wellness Center & Personal Training	30–31
Healthy Living Programs ...	40–41	YMCA Achievers	12–13
Homeschool Club– Youth Program	11	YMCA Camp Minikani.	46–47
Kids Club– Youth Program	10	YMCA Locations, Hours & Contacts.	4
Membership Info.	3	Youth Sports	18–19
Safety Certifications.	44–45		
School Age Child Care/ Before & After School	8–9		

DID YOU KNOW?
**Y members save and/or receive
special pre-registration benefits**



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:

HOUSEHOLD

Includes up to two adults and all dependents in the same household.

SENIOR HOUSEHOLD

Includes up to two adults (at least one over the age of 65) and all dependents in the same household.

ADULT

An individual age 30-64.

SENIOR ADULT

An individual age 65 or older.

YOUNG ADULT

An individual age 19-29.

YOUTH/TEEN

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

BASIC MEMBERSHIP

- Full access to all Metropolitan Milwaukee YMCAs
- Member privileges at Ys across the nation through Nationwide Membership
- Priority registration
- FitPath Program
- Reduced fees on programs
- Dozens of free classes (Adult fitness)
- No upfront 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. Corporate Partners choosing to contribute to their employee monthly membership dues will receive a 50% match up to \$10 per month. 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 FINANCIAL ASSISTANCE

The YMCA's Financial Assistance Program, supported in part through contributions to the Annual Giving Campaign, provides membership and program assistance 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 canceled.
- 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.
- System Credits will expire 6 months from date of issue.
- 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.

SEVERE WEATHER POLICY

The YMCA of Metropolitan Milwaukee does not give refunds or offer make up sessions for programs that are canceled or end early due to weather emergencies including building closings due to severe 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, 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.



For more information visit ymcamke.org/bettertogether



YMCA PLACES



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

HOURS*

Monday-Friday:
5:00 am-9:00 pm

Saturday:
6:30 am-7:00 pm

Sunday:
8:00 am-5:00 pm

* Summer hours effective
Memorial Day through Labor Day

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

INTERIM BRANCH EXECUTIVE
Darryl Anderson

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

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

BRANCH EXECUTIVE
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 GYMNASTICS CENTER
6140 W. Executive Dr.
Mequon, WI 53092
Phone: 414-357-2828

HOURS

Operating hours vary based
on program schedule

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

BRANCH EXECUTIVE
Jon McLaren

HOURS

Monday-Friday:
8:00 am-5:00 pm

**NORTHWEST EARLY CHILDHOOD
EDUCATION CENTER**
9050 N. Swan Rd.
Milwaukee, WI 53224
Phone: 414-357-1920

**SENIOR DIRECTOR
OF YOUTH DEVELOPMENT**
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



**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 there, 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."





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

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's core values of caring, honesty, respect and responsibility. So much more than child care, the YMCA Early Childhood Education Program supports the social-emotional, cognitive and physical development of the youngest learners.

WHY CHOOSE THE Y?

- Small class sizes
- 5-Star rated program by YoungStar
- Nationally accredited program
- Offer preschool K3 and K4
- Children enrolled in 5 full days per week receive a **FREE Family Membership to the Y.***
- Assessments and screenings for development support individual learning and early interventions
- 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

*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 Early Childhood Education Center (5-Star Rated)

9050 N. Swan Rd., Milwaukee
414-357-1920



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 Child Care Partnership program for infants through two year olds is made possible through a partnership with Next Door Milwaukee 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 Early Childhood Education Center call 414-357-1920.



EARLY CHILDHOOD EDUCATION

**ENROLL
TODAY!**

**NOW ENROLLING FOR
2019-2020 SCHOOL YEAR
RESERVE YOUR CHILD'S SPOT TODAY!**

NATURE PRESCHOOL AT YMCA CAMP MINIKANI

Ages 3-5 years

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

OPENINGS AVAILABLE FOR CURRENT SCHOOL YEAR

Program runs:

September 4, 2019-June 7, 2020
Monday through Friday
8:15am-12:30pm

Partial weeks available:

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

*Taken from natureexplore.org

**If you're interested in full time care options,
please contact Christine Salerno at
414-357-1901 for more information.**



**"I know my kids are safe and they do a fantastic job getting my
kids set for when they start school-can't say enough about their
attention to detail and care for the kids."**

**- EARLY CHILDHOOD EDUCATION PARENT
OF PRESCHOOLER AND TODDLER**





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 child loves attending the 4k Wraparound and afterschool program at her elementary school. She adores her teachers and always comes home with a story to share about her day. The staff are extremely knowledgeable and caring. I feel very comfortable to say that she is safe and in caring hands!"

— ELEMENTARY SCHOOL PARENT

SCHOOL AGE EDUCATION PROGRAMS

PLAY & EXCEL BEFORE & AFTER THE BELL
(Ages 4–13 years, varies by location)

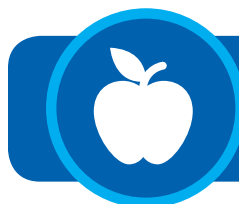
Our School Age Before & After School Program is a tax-deductible, licensed childcare that takes place before and/or after your child's school day. Led by qualified, caring staff, with most of our before/after school programs located right at your child's school, you have peace of mind that your child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

WHY CHOOSE YMCA BEFORE/ AFTER SCHOOL PROGRAMS?

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

LOCATIONS/ DISTRICTS SERVED

- Rite-Hite Family YMCA
Brown Deer, Milwaukee Public and Private Schools
- Brown Deer (4K Wraparound)
- Eastbrook Academy
- Fox Point-Bayside (4K Wraparound)
- Hamilton (4K Wraparound)
- Hope Christian Schools: Caritas, Fortis, Prima, Semper
- Messmer Preparatory Catholic School: St. Mary, St. Rose
- Nativity Jesuit Academy
- Rocketship South
- South Milwaukee (4K Wraparound)
- St. Augustine Preparatory Academy
- St. Francis (4K Wraparound)
- Stellar Collegiate Charter
- Whitnall
- Locations are subject to change



For registration forms and additional information, please visit ymcamke.org, email schoolage@ymcamke.org, or call 414-274-0756.



SCHOOL'S OUT PROGRAM

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

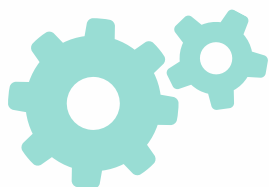
Camp-Is-In is a full-day program for children ages 4–13, that is offered when many local schools are not in session. Enroll your child for a fun-filled day of games, crafts, activities and time with friends. Dress in tennis shoes to be active, and bring a bag lunch, swimsuit and towel (swimming may take place at Rite-Hite Family YMCA and Northside YMCA). For questions or to register please call 414-274-0759 or email schoolage@ymcamke.org.

Registration forms that include dates the program is available can be found for each site at ymcamke.org, at YMCA branches and at all School Age locations.

Pre-registration and payment for each School's Out Day is required a minimum of seven (7) business days in advance. MY WI CHILD CARE EBT/state and county benefits accepted. For more payment information see our flyer or visit ymcamke.org.

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

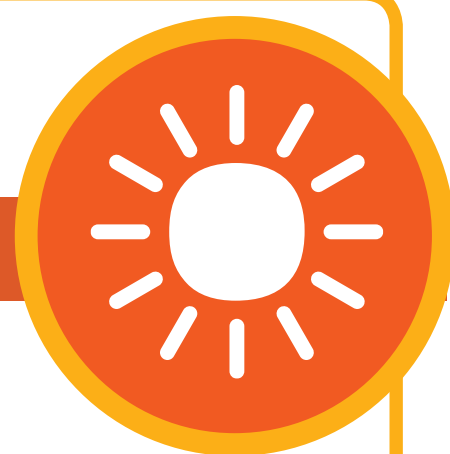


YMCA DAY CAMP

DISCOVER. IMAGINE. GROW.

THANK YOU

FOR AN INCREDIBLE SUMMER!



Looking for care when school is not in session? This entire year, when School is Out, Camp IS In!
Registration begins in September!



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



ENROLL NOW!

Space is limited!

LEARN, GROW & THRIVE

Preschool Offered at Rite-Hite Family YMCA

Help get your child get prepared for kindergarten with YMCA Kids Club. Kids Club is a progressive preschool program divided into a series of four classes that run from September thru May. Each class uses age appropriate activities to help children develop academically, grow socially, master skills, make friends and become comfortable in a classroom setting.

2019-2020 SCHOOL YEAR

KIDS CLUB 2

Child must be 2 by September 30

Children are introduced to "circle time", arts and crafts, stories, songs, number and letter recognition.

Tuesdays/Thursdays 9:15-10:45am

Y Member: \$75/month

Community Participant: \$110/month

KIDS CLUB 3 & 4

Child must be 3 by September 30

Children will enjoy action packed fun and academic challenges, letter and word recognition, number skills and independence.

Mondays/Wednesdays 9:15-11:00am

Y Member: \$100/month

Community Participant: \$135/month

MUSIC & MOVEMENT

Ages 3 and up

Children will be introduced to different types of music, instruments, and dance. Activities and games help develop coordination, socialization, group play and sharing.

Tuesdays 9:15-11:15am

Y Member: \$60/month

Community Participant: \$90/month

STEM THURSDAYS

Ages 3 and up

Children will do STEM (science, technology, engineering, math) experiments and learn how to predict results, discover how things work, explore building in many mediums, and develop the foundations of math skills. Emphasis will be on problem solving, working in a group, and having fun!

Thursdays 9:15-11:15am

Y Member: \$60/month

Community Participant: \$90/month

FUN DAY FRIDAYS

Ages 3 and up

Children will continue the learning and fun with an additional day. This supplemental class will include outdoor activities, gym time, science, art and cooking projects.

Fridays 9:15-11:15am

Y Member: \$60/month

Community Participant: \$90/month





OUR COMMITMENT TO DIVERSITY, INCLUSION & EQUITY

We believe the Y must continue to lead the way to a brighter future by following our belief that we are stronger when our doors are open to all. Our policies, practices and programs must advance our organizational commitment to diversity and inclusion. We must sustain our support for newcomers and immigrants, in partnership with our colleagues at Ys in 120 countries. We must ensure that all people — across all dimensions of diversity — feel welcome and valued as part of the Y family.





Y ACHIEVERS PROGRAM



CONTINUING THE LEGACY

Since 1967, the YMCA Achievers Program has played a pivotal role in ensuring that youth successfully matriculate through middle and high school. Today, there are more than 300 Achievers sites operating at Y's across the country. Through this national program, nearly 30,000 teenagers—typically first-generation college attendees, students of color, and/or underrepresented students—are developing critical 21st century skills with support from the Y.

At the Y, we believe all children and teens deserve the opportunity to discover their potential. The YMCA of Metropolitan Milwaukee is one of 300 YMCA Achievers Programs (Y Achievers) 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.

Y Achievers 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 experts in various professional disciplines, they lead teens in their discovery of unlimited career paths and work to make sure teens understand the academic path necessary to reach their career goals.

Through a multifaceted approach, Y Achievers incorporates the engagement framework of Core Program Components, The Five Pillars (at right), and the 6 to 16™ Curriculum to deliver high-quality college and career readiness programming with measurable outcomes.

The Y Achievers program runs September through June and is operated out of the following YMCA Branches:

Northside YMCA
1301 W. North Avenue
Milwaukee, WI 53205
Program meets:
1st & 2nd Thursday of the month
5:30-7:45pm

Rite-Hite Family YMCA
9250 N. Green Bay Road
Brown Deer, WI 53209
Program meets:
1st & 2nd Wednesday of the month
5:30-7:45pm

West Suburban YMCA
2420 N. 124th Street
Wauwatosa, WI 53226
Program meets:
1st & 2nd Tuesday of the month
5:30-7:45pm

For more information please visit ymcamke.org or call the Y Achievers office at 414-374-9418.

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.



Y ACHIEVERS PROGRAM

IN STATE COLLEGE TOURS:

The Y Achievers program will participate in several in-state college visits this summer between June and August. Please contact our office at 414-374-9442 or visit our website for details which will be forthcoming.

SAVE THE DATE:

SATURDAY, AUGUST 24, 2019
ANNUAL Y ACHIEVERS PROGRAM
KICK-OFF!

Y Achievers enrolls new students each year. Join us on Saturday, August 24, 2019 from 12-2 p.m. at the Northside YMCA located at 1350 W. North Avenue to sign up for the 2019-2020 program year.



STRATEGIC PARTNERSHIPS & SPONSORSHIP OPPORTUNITIES

Thank you for your partnership in ensuring our outreach aligns with our vision of 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.

PARTNER WITH US

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 Shaneé Jenkins, VP, Social Responsibility & Operations, at 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



SWIMMING



MAKE A SPLASH

The YMCA of Metropolitan Milwaukee is proud to offer the nationally recognized YMCA Swim Lesson Program, which helps keep kids safe in and around water.

Our new swim lesson stages emphasize a progressive approach to skill building, helping our students progress with a sense of achievement as they practice their new swim skills.

FALL 1: September 3 – October 27 • FALL 2: October 28 – December 21

****NO CLASSES ON THANKSGIVING THURSDAY, NOVEMBER 28****

LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?



All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

Can the student swim 10–15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

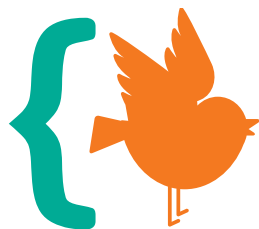
6 / STROKE MECHANICS

* At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Register online at ymcamke.org



SWIMMING STAGE DESCRIPTIONS



**SAVE WITH EARLY
BIRD PRICING!**

FALL I: REGISTER BY AUGUST 18
FALL II: REGISTER BY OCTOBER 13

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

YMCA Swim Lessons
Water Discovery



A

A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

YMCA Swim Lessons
Water Exploration



B

B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

YMCA Swim Lessons
Water Acclimation



1

1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

YMCA Swim Lessons
Water Movement



2

2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

YMCA Swim Lessons
Water Stamina



3

3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

YMCA Swim Lessons
Stroke Introduction



4

4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

YMCA Swim Lessons
Stroke Development



5

5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

YMCA Swim Lessons
Stroke Mechanics



6

6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program.



FALL 1: September 3 – October 27 • FALL 2: October 28 – December 21

****NO CLASSES ON THANKSGIVING THURSDAY, NOVEMBER 28****

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)

SPECIALTY AQUATICS

AQUATIC CONDITIONING

Northside YMCA and Rite-Hite Family YMCA

Aquatic Conditioning is a competitive pathway students can pursue following YMCA Swim Lessons. The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Pre-requisite: Completed or able to perform skills from Stage 6: Stroke Mechanics

PRIVATE SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 3 years – older adults

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

Four 30-minute lessons

Y Member: \$100

Community Participant: \$150

SEMI-PRIVATE SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 3+ years

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

Four 30-minute lessons

Y Member: \$120/pair

Community Participant: \$180/pair

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**



Register online at ymcamke.org





SWIMMING

WATER EXERCISE CLASSES

MS/STROKE RECOVERY WATER EXERCISE

LOW IMPACT/REHAB

Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: \$5

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

JOINT MOVEMENT

(formerly known as AFYAP)

LOW INTENSITY/REHAB

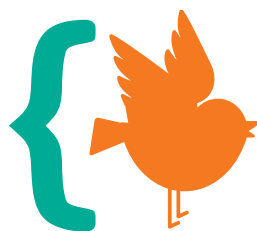
Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: \$5

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



SAVE WITH EARLY BIRD PRICING!

FALL I: REGISTER BY AUGUST 18

FALL II: REGISTER BY OCTOBER 13

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 at your branch for class fees.

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 at your branch for class fees.

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

Rite-Hite Family YMCA

Ages 14+ years

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

Y Member: \$10

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

INDOOR POOL SEVERE WEATHER POLICY

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

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.





YOUTH SPORTS



TAKING THE SHOT

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

BASKETBALL

BASKETBALL SKILLS AT RITE-HITE FAMILY YMCA

Ages 4-12 years

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

Fall 1 and Fall 2 Sessions

K4-K5

Saturdays 10:15-11:00am

6-12 years

Saturdays 11:00am-Noon

Early Bird Pricing:

Y Member: \$45

Community Participant: \$60

Open Registration Pricing:

Y Member: \$50

Community Participant: \$65

1ST-3RD BASKETBALL SKILLS/LEAGUE AT NORTHSIDE YMCA

Ages 6-9 years

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

Fall 1

Saturdays 10:00am-Noon

Early Bird Pricing:

Y Member: \$45

Community Participant: \$60

Open Registration Pricing:

Y Member: \$50

Community Participant: \$65

YOUTH BASKETBALL LEAGUES AT RITE-HITE FAMILY YMCA

Divisions are 1st-2nd grade and 3rd-4th grade (grade child will be entering for the 2019-2020 school year). Games consist of four eight-minute quarters with two minutes between quarters and a five minute half time. USA Basketball guidelines for small sided game play are followed and roster size reflects adequate playing time at each division. Teams will be formed after registration closes and parents will be notified of their players team placement after registration closes. We will do our best to accommodate player/ friend requests while keeping teams even. League is offered at the Northside YMCA and Rite-Hite Family YMCA. Schedules will be available after registration is complete.

Dates: November 2-December 14

Games are played on Saturday afternoons.

Early Bird Pricing:

Y Member: \$60

Community Participant: \$75

Open Registration Pricing:

Y Member: \$65

Community Participant: \$80

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



SAVE WITH EARLY BIRD PRICING!

Fall I: Register by August 18

Fall II: Register by October 13

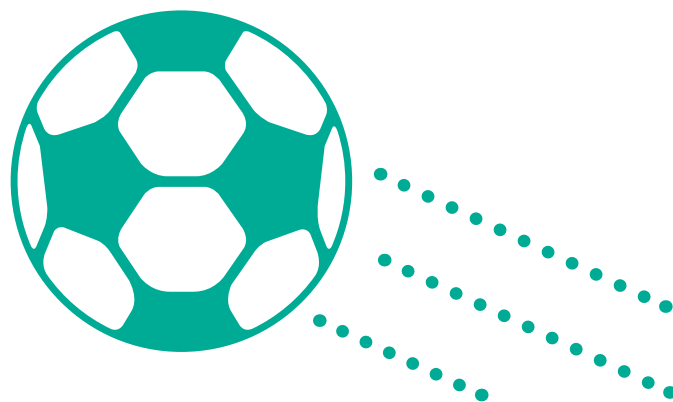
Class schedules are posted online at ymcamke.org/schedules and available at the Y.



Register online at ymcamke.org



YOUTH SPORTS



SOCCER SKILLS

SOCCER SKILLS AT RITE-HITE FAMILY YMCA

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

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

Fall 1 Session Only

Rite-Hite Family YMCA Sports Field

*spectators are encouraged to bring chairs, no seating provided

3–5 years

Saturdays 10:00–11:00am

6–12 years

Saturdays 10:00–11:00am

Early Bird Pricing:

Y Member: \$45

Community Participant: \$60

Open Registration Pricing:

Y Member: \$50

Community Participant: \$65

SOCCER CLINIC

Ages 6–9 years (classes broken into age appropriate groups)

Practices will focus on rules of the game, basic positions, and lots of touches on the ball with shooting. Small sided game play will be included in each practice. Fundamentals of soccer will be taught with numerous fun games. First time players and experienced players are all welcome.

Fall 2 Session Only

Northside YMCA

Early Bird Pricing:

Y Member: \$45

Community Participant: \$60

Open Registration Pricing:

Y Member: \$50

Community Participant: \$65

VOLLEYBALL SKILLS

Ages 12–15 years

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

Fall 1 Session Only

Rite-Hite Family YMCA

Thursdays 5:30–6:30pm

Early Bird Pricing:

Y Member: \$45

Community Participant: \$60

Open Registration Pricing:

Y Member: \$50

Community Participant: \$65





ADAPTIVE



GAINING CONFIDENCE

The YMCA of Metropolitan Milwaukee recognizes the need for high-quality adaptive programming which helps individuals gain confidence and independence, socialize and work with others, and nurture a healthy and active lifestyle. All programs are led by qualified, trained individuals in a safe, friendly, and supportive environment.

DISCOVER ABILITY OPEN GYM

Discover Ability Open Gym (DAOG) is reinventing the way people play. Disability or not, DAOG invites you and everybody you know to come play in a "Different Pair of Shoes." Join us for a fun filled night of activities & games, from wheelchair basketball to sitting volleyball, goal ball to tennis, we adapt all kinds of sports and games.

Rite-Hite Family YMCA

Friday, September 20 6:00-8:00pm

Free to Y members and community participants, no pre-registration required but must sign in upon arrival.

TOPSOCCER

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

Program will be offered October through December.

Fee: FREE but registration is required

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

ADAPTIVE GYMNASTICS

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

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

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

YMCA Gymnastics Center

Early Bird Pricing:

Y Member: \$75

Community Participant: \$105

Open Registration Pricing:

Y Member: \$80

Community Participant: \$110





ADAPTIVE

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.

Y Member: \$50

Community Participant: \$73/month

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

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

PRIVATE SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 3 years-Adults

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

Four 30-minute lessons

Y Member: \$100

Community Participant: \$150

SEMI-PRIVATE SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 3+ years

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

Four 30-minute lessons

Y Member: \$120/pair

Community Participant: \$180/pair





TEEN/TWEEN PROGRAMS



FUTURE LEADERS

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



SCOUT BADGES

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

For more information contact:

Rite-Hite Family YMCA at 414-354-9622

OR

Northside YMCA at 414-374-9434

Y ACHIEVERS PROGRAM

The Y Achievers programs 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.

By recognizing and utilizing the talents of professionals of color who are experts in various professional disciplines, they lead teens in their discovery of unlimited career paths and work to make sure teens understand the academic path necessary to reach their career goals.

See pages 12 and 13 for more information.

SWIMMING

PRE-TEEN/TEEN SWIMMING LESSONS

5th grade – 16 years

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

Prerequisite: None.

Northside YMCA Aquatics Dept.
414-374-9434

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

The 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:

Before/After	
School Care	pages 8-9
Gymnastics	pages 24-27
Safety Training Programs	page 44-45
Youth Sports	pages 18-19



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. Children will jump, spin and hop their way to fun with dance classes at the Y.

MINI HIP HOPPERS

Ages 2-5 years

Our Mini Hip Hoppers class is full of rhythm, body awareness, simple choreography and high energy craziness all set to cool funky age appropriate music. All participants should wear comfortable clothes and athletic shoes.

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

Mondays 6:15-7:00pm

Early Bird Pricing:

Y Member: \$48

Community Participant: \$76

Open Registration Pricing:

Y Member: \$53

Community Participant: \$81

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

HIP HOP

Ages 6+ years

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

Fall 1 and Fall 2 Sessions

Rite-Hite Family YMCA

Mondays 7:05-7:50pm

Early Bird Pricing:

Y Member: \$48

Community Participant: \$76

Open Registration Pricing:

Y Member: \$53

Community Participant: \$81

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





GYMNASTICS



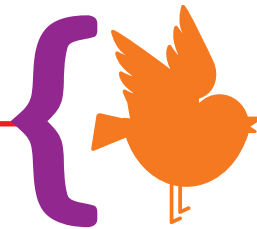
TAKING THE GOLD

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 us at 414-357-2828 for a skill evaluation.
7. Participants should wear athletic clothing, have hair secured away from their face, and bring their own water bottle.



SAVE WITH EARLY BIRD PRICING!

Fall I: Register by August 18
Fall II: Register by October 13

PARENT/CHILD GYMNASTICS

Crawling – 2 years

This class is led by an instructor but each child is assisted by a parent/guardian. Join other families as we develop balance, coordination, fine and gross motor skills and socialization.

Rite-Hite Family YMCA

Early Bird Pricing:

Y Member: \$62

Community Participant: \$78

Open Registration Pricing:

Y Member: \$67

Community Participant: \$83

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

MINI MOVERS

Ages 2–2½ years

Mini Movers run, jump, roll, and climb. Children learn to follow simple instructions and control their bodies as they explore our safe and fun surroundings.

Rite-Hite Family YMCA

Early Bird Pricing:

Y Member: \$62

Community Participant: \$78

Open Registration Pricing:

Y Member: \$67

Community Participant: \$83

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



GYMNASTICS

TEDDY TUMBLERS

Ages 2½–3 years

In Teddy Tumblers, children will be exposed to different gymnastics stations and will be encouraged to explore them at their own pace while following simple instructions. Balance, coordination, and body control are emphasized in this offering.

Rite-Hite Family YMCA

Early Bird Pricing:

Y Member: \$62

Community Participant: \$78

Open Registration Pricing:

Y Member: \$67

Community Participant: \$83

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

PRESCHOOL GYMNASTICS

Ages 3–4 years

Participants will practice basic gymnastics skills as they navigate through a variety of stretches, warm up activities, and circuits. This class makes exercise fun and helps children prepare for a school environment.

Rite-Hite Family YMCA

Early Bird Pricing:

Y Member: \$62

Community Participant: \$78

Open Registration Pricing:

Y Member: \$67

Community Participant: \$83

YMCA Gymnastics Center

Early Bird Pricing:

Y Member: \$96

Community Participant: \$134

Open Registration Pricing:

Y Member: \$101

Community Participant: \$139

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

KINDERGARTEN GYMNASTICS

Ages 4½–5½ years

All participants must be enrolled in 4K or 5K. Kindergartners continue to progress through the sport of gymnastics doing rolls, cartwheels, handstands, and swinging on bars to prepare them for transition to our progressive program.

YMCA Gymnastics Center

Early Bird Pricing:

Y Member: \$96

Community Participant: \$134

Open Registration Pricing:

Y Member: \$101

Community Participant: \$139

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

ENERGY

Ages 4+ years

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

YMCA Gymnastics Center

Y Member: \$55/month

Community Participant: \$75/month



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.

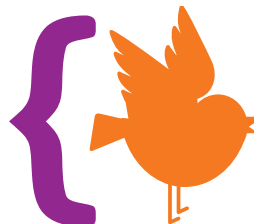
*Note GPS and map apps do not accurately direct you to our location. Please follow the directions below instead:

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.



SAVE WITH EARLY BIRD PRICING!

Fall I: Register by August 18

Fall II: Register by October 13



GYMNASTICS

PROGRESSIVE GYMNASTICS

Participants in our progressive gymnastics program work on skills to establish a foundation in gymnastics. Classes consist of warm-up, strength training, flexibility and instruction on at least three events per day.

GIRLS GYMNASTICS I

Ages 6+ years

Little or no gymnastics experience is required. Athletes work on basic gymnastics skills. It generally takes more than one session to progress to Gymnastics II.

YMCA Gymnastics Center

GIRLS GYMNASTICS II

Ages 7+ years

Prior gymnastics experience and instructor recommendation is required. Participants will need to know how to perform basic skills for each event. It generally takes more than one session to progress to the next level. Athletes must complete a skill evaluation to progress.

YMCA Gymnastics Center

GIRLS GYMNASTICS III

Ages 7+ years

A gymnast must have a recommendation from an instructor, or a required skill test to participate in this class. A gymnast beginning in this level should have participated in at least three semesters at Gymnastics II in our YMCA program. This advanced gymnastics class will continue to build on gymnastics skills already learned, and introduce more advanced skills on each of the events; vault, bars, beam and floor. There will be continued focus on strength, flexibility and technique while continuing to develop in gymnastics at a higher level.

YMCA Gymnastics Center

SAVE WITH EARLY BIRD PRICING!

Fall I: Register by August 18
Fall II: Register by October 13

Early Bird Pricing:

Y Member: \$75

Community Participant: \$105

Open Registration Pricing:

Y Member: \$80

Community Participant: \$110

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



BOYS GYMNASTICS

Ages 6+ years

Boys with all levels of experience are invited to join this class where athletes work on basic gymnastics skills. Participants will receive instruction on floor, vault, high bar, parallel bars, mushroom, and strength/conditioning.

YMCA Gymnastics Center

OBSTACLE NINJAS

Ages 4-7 years

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

YMCA Gymnastics Center

PARKOUR

Ages 8+ years

Parkour is the physical discipline of training to overcome any obstacle in one's path by adapting one's movement to the environment. This class will focus on functional strength, physical conditioning, balance, creativity, control and looking beyond the traditional use of objects.

YMCA Gymnastics Center

STRENGTH AND TUMBLING

Ages 6+ years

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

YMCA Gymnastics Center

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.

For more information or a skill evaluation, please call 414-357-2828.

ENERGY

Ages 4+ years

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

YMCA Gymnastics Center

Y Member: \$55/month

Community Participant: \$75/month





GYMNASTICS

OPEN GYM

AT THE YMCA GYMNASTICS CENTER

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

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

We welcome field trips and parent groups.

Fridays 6:00–8:00pm

Saturdays 1:30–3:30pm

Pricing: \$5 per participant.

Punch cards must be purchased in advance from the Rite-Hite Family YMCA. No money is handled at the 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

YMCA Gymnastics Center

Early Bird Pricing:

Y Member: \$75

Community Participant: \$105

Open Registration Pricing:

Y Member: \$80

Community Participant: \$110

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

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

YMCA Gymnastics Center

Early Bird Pricing:

Y Member: \$75

Community Participant: \$105

Open Registration Pricing:

Y Member: \$80

Community Participant: \$110

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



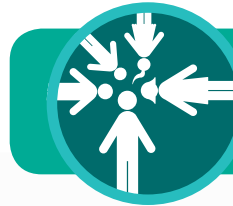


FAMILY EVENTS



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.

HALLOWEEN HULLABALLOO

Join us for a not-so-scary good time at our Halloween Hullabaloo! Come dressed in your best costume and enjoy games for the entire family, crafts, trick or treating, and MUCH MORE!

Rite-Hite Family YMCA

October 11 6:00–8:00pm

Y Member: \$5/family
\$10/family after October 1

Community Participant: \$10/family
\$15/family after October 1

HOLIDAY COOKIE HOUSE

Take a break from the holiday rush and enjoy a fun, relaxing day at Camp Minikani decorating cookies and gingerbread houses with friends and family. You supply the creativity and leave the mess to us! YMCA Camp Minikani

Saturday, December 7
9:00am–1:00pm

For more information, please call
262-251-9080.

FESTIVE FRIDAY WITH SANTA

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

Rite-Hite Family YMCA

Friday, December 6
6:00–8:00pm

Y Member: \$5/family
Registration open date to be announced
\$10/family after December 1

Community Participants: \$10/family
Registration open date to be announced
\$15/family after December 1



BIRTHDAY PARTIES AT THE YMCA

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

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

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

OPEN GYM AT THE GYMNASTICS CENTER

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

We welcome field trips and parent groups.

Fridays 6:00–8:00pm

Saturdays 1:30–3:30pm



SAVE THE DATE

**23rd ANNUAL
DR. MARTIN LUTHER KING, JR.
CELEBRATION BREAKFAST**

**Monday, January 20, 2020 • 7-9 a.m.
Italian Community Center**





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 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.

PERSONAL TRAINING

Every day, people join the Y, motivated to get healthier. 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	

FITPATH

FitPath is a FREE program for all YMCA members that's designed to help you understand your current fitness level and set a path to achieving your health and wellness goals. Members will participate in 3 FREE appointments with a YMCA Wellness Specialist and personal trainer to discuss health and wellness goals, review all the Y's wellness offerings, learn how to use the fitness equipment and tailor a custom workout that's right for you.

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



Register online at ymcamke.org



WELLNESS CENTER SERVICES

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 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.

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

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

Early Bird Pricing:

Y Member: \$55

Community Participant: \$75

Open Registration Pricing:

Y Member: \$60

Community Participant: \$80

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

4 person minimum per session

WELLNESS CHALLENGE SERIES

FIT FOR FALL

WELLNESS CHALLENGE

October 7–November 17

Running, jogging and walking all have positive effects on the body both mentally and physically. Whether you're a competitive runner, a casual jogger or a brisk walker, the YMCA of Metropolitan Milwaukee is here to help individuals get off on the right foot with Fit for Fall, the newest offering in our Wellness Challenge Series. This six-week program is designed to help participants improve overall fitness and pace through the use of resistance training and running or walking at different speeds. Strength training will also be incorporated into workouts to help strengthen muscles and joints, which can help decrease the risk of injury. Individuals can choose to participate in beginner to advanced programs. Instructor led classes are also offered twice a week, as an additional option, to help supplement workouts.

Early Bird Pricing

(September 9–22):

Y Member: \$25

Community Participant: \$90

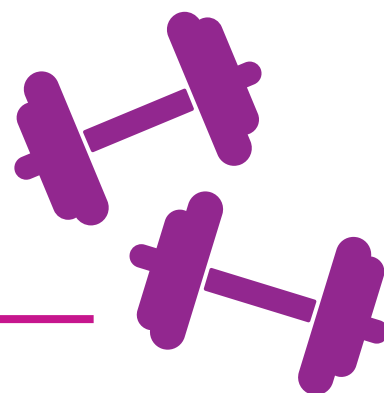
Open Registration Pricing

(September 23–October 16):

Y Member: \$30

Community Participant: \$95

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





GROUP EXERCISE



PUSHING LIMITS

Group exercise provides an opportunity to workout with others in a welcoming, motivating environment that produces results. No matter what age or fitness level you are at, we have classes for you!

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

CARDIO CLASSES:

BODYSTEP™

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

BODYCOMBAT™

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

STEP AEROBICS

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

strYke

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

Y-CARDIO FUNK

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

Y-CYCLE

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





GROUP EXERCISE

Y-FUSE

The original YMCA of Metropolitan Milwaukee 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.

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

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.

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.





GROUP EXERCISE

Y-CORE PERFORMANCE

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

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

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

Y-BLITZ

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

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



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/month
Community Participant: \$79/month

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





WORKPLACE WELLNESS

You know the Y, but does your employer?

When you come to the Y, you are taking an active role in improving and maintaining your health. Whether it's a yoga class, a swim in the pool, a walk around the track or using equipment in the fitness center, it's all about staying active and healthy.

Your employer may be able to help! The Y partners with companies to support your health and wellbeing at work. Your company may already be working with the Y to provide a monthly membership discount. If a company chooses to contribute to their employees' monthly membership dues, **THE Y WILL MATCH 50% OF THE SUBSIDY** up to \$10 per month.

Or another option includes **THE Y COMING ONSITE TO YOUR WORKPLACE**. Customized programming includes: Group Exercise Classes, Fitness Challenges, Cooking Demonstrations, Stress Management and Lunch N' Learns to motivate and keep you and your colleagues on track.

IT'S EASY AND FREE TO BE A WORKPLACE WELLNESS PARTNER. First, ask your employer if they offer workplace wellness programming or discounts or if benefits are offered through your insurance carrier. Then, have your company representative call our workplace wellness team at **414-274-0806** or email **VKARWACKI@YMCAMKE.ORG**.



SMALL GROUP TRAINING (S.G.T.)

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)

X-Circuit Level 1

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.

X-Circuit Level 2

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.

Sessions run monthly

Y Member:

\$25/month (1 class/week);
\$40/month (2 classes/week)

Community Participant:

\$40/month (1 class/week);
\$60/month (2 classes/week)

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.

Sessions run monthly

Y Member:

\$25/month (1 class/week);
\$40/month (2 classes/week)

Community Participant:

\$40/month (1 class/week);
\$60/month (2 classes/week)





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.)

TOTAL GYM

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

Community Participant:

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

TOTAL GYM CORE MOTION

45 minutes

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

Y Member:

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

Community Participant:

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

TOTAL GYM INTERVAL CIRCUIT

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

Community Participant:

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

TOTAL GYM GOLF

45 minutes

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

Y Member:

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

Community Participant:

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

All Total Gym sessions run monthly.





HEALTHY LIVING



STRENGTH & SUPPORT

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



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.

Y Member: FREE

Community Participant: FREE

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.

Y Member: \$50

Community Participant: \$73/month

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

MOVING FOR BETTER BALANCE

Moving For Better Balance is a 12-week evidence-based group exercise program developed by researchers at the Oregon Research Institute. The program, based on the principles of Tai Chi, is led by a qualified instructor and teaches eight movements modified especially for falls prevention.

Moving For Better Balance takes place in a safe and supportive group setting and includes two class sessions and two-plus hours of at-home practice per week.

The program works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem.

In addition to the program's physical benefits, the safe, supportive group setting provides an opportunity for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.

Y Member: \$65

Community Participant: \$80

ENHANCE® FITNESS

Modified Moves, Maximum Results

This proven, nationally recognized senior fitness and arthritis management program helps older adults become more active, energized and empowered for independent living. A trained and certified instructor focuses participants on cardiovascular endurance, strength, flexibility and balance in an atmosphere of social interaction to reduce the severity of arthritis symptoms.

Participants set their own goals and never do anything that hurts! Soft, adjustable wrist and ankle weights allow each participant to perform strength training exercises at an appropriate level. We measure success with a personal fitness assessment every four months and track progress over time. At the Y, we also provide a comfortable, welcoming environment where participants can support each other and engage socially, breaking the social isolation that is detrimental to the health of many older adults.



HEALTHY LIVING

BLOOD PRESSURE SELF-MONITORING PROGRAM

Take Action to Improve Heart Health

This evidence-based initiative emphasizes that self-monitoring and tracking can play a significant role in reducing blood pressure and improving quality of life. Participants work with trained Healthy Heart Ambassadors for the duration of the four-month program to take their own blood pressure at least two times per month, attend two monthly consultations and attend monthly nutrition education seminars. Goals include increasing awareness of triggers and teaching better management practices. YMCA Healthy Heart Ambassadors are trained in proper blood pressure measurement and provide participants with blood pressure monitors approved by the American Heart Association.

According to the American Heart Association, nearly 80 million American adults have high blood pressure, and less than half have it under control. High blood pressure is a key, modifiable, risk factor for both heart disease and stroke, which are two of the leading causes of death in the United States. In an effort to address these issues, the Y designed a self-monitoring program.

NEW! HEALTHY WEIGHT AND YOUR CHILD

Healthy Weight and Your Child is a three-month evidence-based program for children with obesity. The program empowers 7- to 13-year-olds, with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program includes a Family Information Session followed by sessions delivered over three months.

The program, made up of groups of 10 to 15 children and their adult, creates a safe, fun, and active environment for children and their families to explore and adopt proven methods to living a healthier lifestyle.

Healthy Weight and Your Child's curriculum is adapted from the most widely disseminated and extensively evaluated child weight management program in the world. The family-based weight-management program emphasizes three elements: healthy eating, regular physical activity, and behavior change to elicit a positive life-long lifestyle transformation.

The program is delivered by two trained leaders: A Content Leader who delivers the education and nutrition portions of the program; and an Activity Leader who leads physical activity safely for children with obesity.

YMCA'S DIABETES PREVENTION PROGRAM



CHANGE TODAY FOR A HEALTHIER FUTURE

You can reduce your risk for type 2 diabetes and gain tools for healthy living.

DID YOU KNOW?

- About 86 million American adults have prediabetes, up from 79 million in 2010.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, disease and nerve disease

THE GOOD NEWS...Lifestyle changes such as eating healthier, increasing physical activity and losing 7% of your weight can prevent or delay development of type 2 diabetes in those at high risk for the disease. With the YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions transitioning to bi-weekly then monthly maintenance.



For more information on our Healthy Living Programs, contact Lisa Coombs-Gerou, Vice President Operations/Healthy Living, at 414-274-0708, or mkehealthyliving@ymcamke.org.



ACTIVE OLDER ADULTS



LASTING MEMORIES

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

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



SILVERSNEAKERS & ACTIVE OLDER ADULT CLASSES

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

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.





ACTIVATING PEOPLE FOR GOOD

VOLUNTEER WITH THE Y

Togetherhood® is the Y's member-led volunteer service program and the Y's Signature Program for Social Responsibility. Togetherhood is run by a Togetherhood Committee, made up of Y members and community leaders working as volunteers, with the support and guidance of a Y Staff Advisor.

INTERESTED IN LEARNING MORE?

Please contact your local Branch Executive today!



"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 of Metropolitan Milwaukee."

-WILL, UNIVERSITY SCHOOL TEACHER



SAFETY TRAINING PROGRAMS



SAVE A LIFE

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



AMERICAN SAFETY AND HEALTH INSTITUTE (ASHI) COURSES

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

ASHI CHILD AND BABYSITTING SAFETY (CABS) PROGRAM

This program provides fundamental information in the business of babysitting, proper supervision, and basic caregiving skills, and responding properly to ill or injured children or infants. This class is geared towards adolescents and is not intended for daycare workers.

ASHI BASIC 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, CPR/AED for the Professional Rescuer, or CPR/AED for Lifeguards.

NEED CPR TRAINING AT WORK?

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



AQUATICS TRAINING & 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 breaststroke, 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: \$125

Community Participant: \$175

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

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR TRAINING

COURSE INCLUDES: American Red Cross Lifeguard Instructor Certification

PRE-REQUISITES: Be at least 17 years old on or before the last day of the instructor course. Possess one of the following:

- A current American Red Cross certificate for Lifeguarding/First Aid/CPR/AED.
- An Equivalent Certificate from another organization.

Course Fee: \$275

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR TRAINING

(Ages 16 & up)

COURSE INCLUDES: American Red Cross Water Safety Instructor Certification

PRE-REQUISITES: Instructor Candidates must be able to perform various swim skills at an American Red Cross Learn to Swim Level 4 proficiency prior to beginning the course. The skills assessed are as follows:

- 25 Yards of – Front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke.
- 15 Yards of butterfly.
- Maintain a floating or sculling position in deep water on their back for 1 minute.
- Tread Water for 1 Minute.





YMCA CAMP MINIKANI



WHERE STORIES BEGIN

Between two natural lakes on 150 pristine acres, YMCA Camp Minikani is a place where campers canoe and swim; build fires and friendships; try archery and explore the arts. However, camp is much more than a series of activities or a plot of beautiful land. Minikani is a community that is dedicated to inspiring your child's best self.

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.

Camp Minikani offerings include Overnight Camp, Day Camp, Equestrian Camp and year-round Equestrian and Environmental Education programming—all just 30 minutes from downtown Milwaukee. 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.



SAVE THE DATE:

**100th ANNIVERSARY
CELEBRATION
August 24-25, 2019**

Save the date for YMCA Camp Minikani's 100th Anniversary celebration from August 24-25, 2019.

For over 100 years, YMCA Camp Minikani has been the summer homeland for hundreds of thousands of campers, staffers, their families and communities. To commemorate this milestone, we invite everyone to come to camp and have a blast experiencing the Minikani Magic. Attendees will have the opportunity to participate in skills, enjoy a meal in the Dining Hall, reconnect with friends, relax by a bonfire and support the future of camp.

For more information or to volunteer, please visit minikani.org/100th-anniversary.

Register online at:
minikani.campbrainregistration.com





YMCA CAMP MINIKANI

EXPLORE CAMP ALL YEAR

CORPORATE RETREATS & CONFERENCES

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

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

For more information, contact Theresa Schmidt at 262-251-9080 or tschmidt@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.



HOLIDAY COOKIE HOUSE

Take a break from the holiday rush and enjoy a fun, relaxing day at Camp Minikani decorating cookies and gingerbread houses with friends and family. You supply the creativity and leave the mess to us!

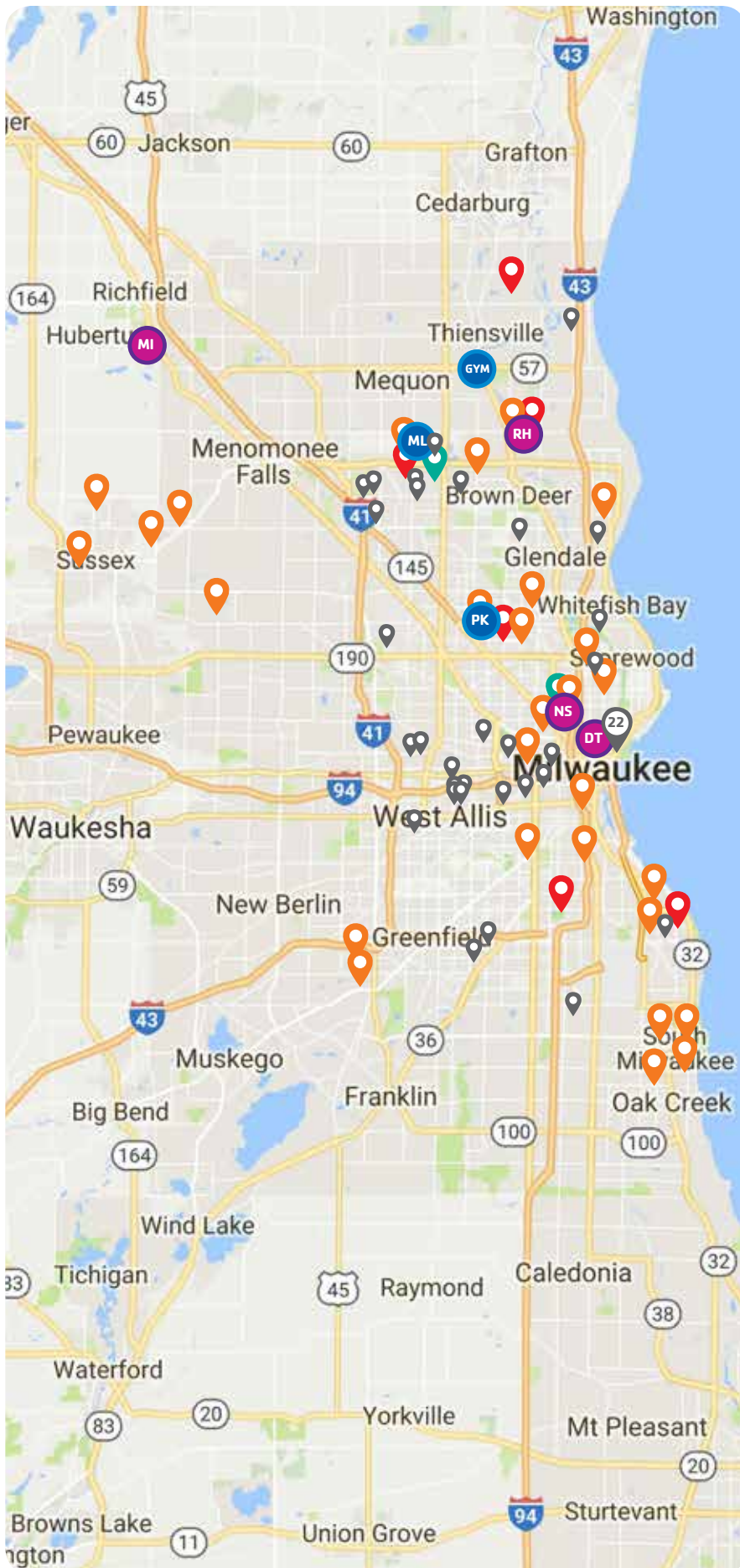
Saturday, December 7

9 am - 1 pm

For more information, please call 262-251-9080.



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



LOCATIONS

YMCA BRANCHES

DOWNTOWN YMCA (DT)
161 W. Wisconsin Ave., Ste 4000
Milwaukee, WI 53203
Phone: 414-291-9622

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

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

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

SPECIALTY CENTERS

YMCA GYMNASTICS CENTER (GYM)
6140 W. Executive Dr.
Mequon, WI 53092
Phone: 414-357-2828

NORTHWEST & MIRACLE LEAGUE MILWAUKEE (ML)
9050 N. Swan Rd.
Milwaukee, WI 53224
Phone: 414-586-9622

EARLY CHILDHOOD EDUCATION

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

NORTHWEST EARLY CHILDHOOD EDUCATION CENTER
9050 N. Swan Rd.
Milwaukee, WI 53224
Phone: 414-357-1920

SCHOOL AGE (32 LOCATIONS)

For more information on our School Age programs, including location specifics, visit YMCAMKE.ORG.

DAY CAMPS

NORTHWEST
9050 N. Green Bay Rd.
Milwaukee, WI 53224
Phone: 414-357-1914

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

YMCA AT MAPLE-DALE SCHOOL
8377 N. Port Washington Rd.
Fox Point, WI 53217

YMCA AT WILSON PARK
1601 West Howard Ave.
Milwaukee, WI

WORKPLACE WELLNESS (90 LOCATIONS)

For more information on our Workplace Wellness program, including location specifics, visit YMCAMKE.ORG.



SIGN UP FOR EMAIL UPDATES



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

Connect with us on:

