

ENERGIZE NEW SUCCESSES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF METROPOLITAN MILWAUKEE Fall Programs

ENRICHMENT

Art In Action (2.5-3.5)

RITE-HITE FAMILY YMCA

Little ones have fun with hands-on art projects designed to refine motor skills, create connections, and build self-confidence. We'll inspire your budding artist to express themselves while exploring art basics.

Art Studio (6-10)

RITE-HITE FAMILY YMCA

Inspired by unique themes, we'll make a new handcrafted masterpiece each week. Students will have fun exploring a wide array of mediums and techniques, while also building self-esteem and social skills.

Ballet/Jazz Combo (6-10 or 11+)

RITE-HITE FAMILY YMCA

Build self-confidence, coordination, and rhythm while learning basic dance steps. Each class begins with ballet warm-ups before moving on to jazz techniques and choreography that further their skills.

Color with Me (1-2 w/Adult)

RITE-HITE FAMILY YMCA

By taking an active role in class, you'll encourage your child as they paint, paste, color, and create with their hands. We'll enhance fine motor skills, inspire creativity, and nurture imagination by making art together.

Dance with Me (1 w/Adult)

RITE-HITE FAMILY YMCA

Introduce your toddler to dance by supporting your child as they move and grove to the music. Together, we'll build gross motor skills, explore musicality, and strengthen social connections in a playful setting.

Draw, Paint, Create (3.5-5)

RITE-HITE FAMILY YMCA

Explore different mediums, try new techniques, and learn elements of art and design in fun, creative ways. Kids will be inspired to create colorful masterpieces that showcase their growing artistic abilities.

Hip-Hop Boppers (3-5)

RITE-HITE FAMILY YMCA

Move and groove to the beat! A combination of creative movement and hip-hop basics, kids learn age-appropriate dance moves that strengthen muscles, improve coordination, and develop rhythm.

Each month, we offer new opportunities to learn, explore, play, and thrive. Visit our website for a complete list of classes, including dates and times.

Hip-Hop Moves (6-10)

RITE-HITE FAMILY YMCA

Students become stronger and more confident as they express themselves through hip-hop dance moves. Dancers learn age-appropriate choreography as part of a combination set to contemporary music.

Homeschool Club (4-5 w/Approval or 6-12)

RITE-HITE FAMILY YMCA

Enjoy hands-on learning experiences that support social-emotional development and encourage healthy habits. We'll provide opportunities for kids to collaborate while participating in gym time, art, and swimming. \$75/Member, \$150/Non-Member per month (SEPT 2023 - MAY 2024).

Science Café (7-14)

RITE-HITE FAMILY YMCA

Interested in engineering? Eager to discover how 2D designs transform into 3D objects? Spark your curiosity with hands-on STEAM (Science, Technology, Engineering, Art, Math) projects!

Storytime Discovery (1-2 w/Adult or 3-4)

RITE-HITE FAMILY YMCA

After hearing a short story, kids make a craft or enjoy a sensory activity that explores the book's theme. These interactive experiences will strengthen listening skills, encourage self-expression, and develop their imagination.

Tumble & Twirl (2-3 or 4-5)

RITE-HITE FAMILY YMCA

We'll establish a strong foundation as students stretch before learning basic ballet and tumbling techniques. Dancers will develop coordination and listening skills while putting steps together into a short routine.

ENRICHMENT CLASSES: \$25/Member, \$50/Non-Member per month.

SCAN TO SIGN UP FOR CLASSES >>

YMCAMKE.ORG



FITNESS PERFORMANCE

Boot Camp (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Get into the best shape of your life! Let our talented instructors coach you through high-energy drills, stations, and exercises that will change your body composition and maximize your power. All levels welcome.

FLEX (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

Struggling to exercise each week? Flex your muscles AND your schedule with a comprehensive, total body workout. We'll help you prioritize your well-being and keep moving when YOU have time.

Studio 7: Compete (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Strive to beat your personal best with a high-intensity class that combines muscular strength and metabolic conditioning. The group setting challenges your limits as you take on progressive skill work.

FITNESS PERF. CLASSES: \$25/Member, \$50/Non-Member per month.

HEALTHY LIVING

Blood Pressure Self-Monitoring Program (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

Take action to improve your heart health. Simply checking your blood pressure twice a month can help people with hypertension lower their BP.

Diabetes Prevention Program (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER | ONLINE CLASS

Change is tough -- we can help. If you're at risk for type 2 diabetes, you can make small, measurable changes to reduce your risk and live a healthier life.

LIVESTRONG® at the YMCA (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER

A free, 12-week exercise program for cancer survivors. Receive support every step of the way as you reclaim your energy and power.

Moving For Better Balance (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

Gain confidence in your mobility! Over 12-weeks, you'll improve your strength, balance, and flexibility through therapeutic movements based on Tai Chi.

HEALTHY LIVING PROGRAMS: Contact Karen at 414-357-2811 or kkalkhoff@ymcamke.org for more information.

Boxing for People with Parkinson's (18+)

RITE-HITE FAMILY YMCA

Aim to improve your power, balance, and coordination with a knockout workout. Non-combat boxing can help you manage the symptoms of Parkinson's Disease and feel empowered to fight back.

Parkinson's Exercise Program (18+)

RITE-HITE FAMILY YMCA

Exercise can improve your quality of life, but it's especially important for people with Parkinson's Disease. Guided by an Occupational and/or Physical Therapist, you'll work to extend mobility and increase flexibility.

HEALTHY LIVING CLASSES: \$25/Member, \$50/Non-Member per month.

SMALL GROUP TRAINING

Add It Up (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Get exponential results by adding weight training to your workout. Combine effort and efficiency as you lift, pausing to isolate specific muscles. These compound movements will help you reach your goal in a fraction of the time.

LOCATIONS

BRISCOE FAMILY YMCA WELLNESS CENTER

7095 S. Ballpark Drive | Franklin, WI 53132 | 414-224-9622

RITE-HITE FAMILY YMCA

9250 N. Green Bay Road | Brown Deer, WI 53209 | 414-354-9622

Intro to Strength & Balance (13+)

RITE-HITE FAMILY YMCA

Enhance the effectiveness of your workout by building the strength and stability of your smaller muscle groups. Perfect for all abilities!

\$25/Member, \$50/Non-Member per month.

Pro-Active (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Develop a strong, functional body while protecting your joints. We'll focus on activating your muscles so you can reach your full potential.

Strength & Balance (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Designed to complement your EGYM circuit, it can serve as a full-body warm-up or as a way to extend your workout.

Strength & Endurance (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Promote your body's ability to build muscle and burn calories by focusing on high repetitions of resistance exercises at a low weight.

Women On Weights (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

With our support and expert guidance, you'll gain confidence and grow stronger while learning proper weightlifting form as you tone your body.

SMALL GROUP TRAINING: \$70/Member, \$140/Non-Member per month.

SPORTS

Advanced Basketball Skills (5-7, 8-12 or 13-15)

RITE-HITE FAMILY YMCA

Kids learn the fundamentals of competitive sports by practicing lay-ups, dribbling, passing, and rebounding. We'll introduce basketball positions, explain the rules, and teach key terms through friendly game play.

Basketball FUNDamentals (3-5)

RITE-HITE FAMILY YMCA

With an emphasis on active play, our coaches introduce basketball to kids in a friendly setting. Players' confidence and self-esteem will grow as they strengthen their running, catching, and throwing skills.

Beginner Basketball Skills (3-5, 5-7, 8-12, 13-15)

RITE-HITE FAMILY YMCA

We prioritize building kids' confidence and character while teaching offensive moves and defensive strategies. Players engage in friendly competition as they practice dribbling, shooting, and passing the ball.

Pickleball Lessons (8+ w/Adult or 13+)

RITE-HITE FAMILY YMCA

Combining elements of badminton, tennis, and ping pong, pickleball is easy to learn and fun for all ages. We'll introduce you to the game by covering terminology, basic rules of play, equipment, and court etiquette.

Play Soccer with Me (1.5-2.5 w/Adult)

RITE-HITE FAMILY YMCA

Take an active role with your toddler as they practice running, tracking, and kicking a soccer ball in a fun, safe environment. Through sports, we'll increase coordination, strengthen balance, and build friendships.

Soccer FUNDamentals (2.5-3.5)

RITE-HITE FAMILY YMCA

With a focus on having fun, kids learn soccer basics in a non-competitive setting. Players' confidence and self-esteem will grow as they make new friends and build key skills like balance, coordination, and timing.

SPORTS CLASSES: \$25/Member, \$50/Non-Member per month.

SWIM

Swim Lessons (All Ages)

RITE-HITE FAMILY YMCA

Our swim lessons aren't just great exercise; they also build life skills and give kids and families the opportunity to bond. We offer classes for all ages and skill levels, from Parent & Child to teen and adults.

SWIM LESSONS: \$25/Member, \$50/Non-Member per month.

Private, semi-private, and adaptive swim lessons are also available. Pricing varies.