

# ENERGIZE NEW SUCCESSES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF METROPOLITAN MILWAUKEE Winter Offerings

### SPORTS

#### Advanced Basketball Skills (4-7, 8-12, 13-15)

RITE-HITE FAMILY YMCA

Kids focus on the fundamentals of competitive sports by practicing lay-ups, dribbling, passing, and rebounding. We'll work on different basketball positions, reinforce the rules, and teach key terms through friendly game play.

#### Beginner Basketball Skills (4-7, 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.

#### COMING IN 2024! NinjaZone (5+)

RITE-HITE FAMILY YMCA

NinjaZone is a fusion of gymnastics, martial arts, obstacle courses, and freestyle movement that lets kids progress at their own pace. Children test their strength and agility by learning a combination of flips, rolls, jumps, and kicks.

#### 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.

**SPORTS CLASSES:** \$30/Member, \$60/Non-Member per month.

Explore new opportunities to learn, explore, play, and thrive. Visit our [website](#) for a complete list of offerings, including dates and times.

### 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+)

RITE-HITE FAMILY YMCA | 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](mailto:kkalkhoff@ymcamke.org) for more information.



SCAN TO SIGN UP FOR CLASSES >>

[YMCAMKE.ORG](https://www.ymcamke.org)



## 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:** \$30/Member, \$60/Non-Member per month.

## SPECIALTY FITNESS

### 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.

**SPECIALTY FITNESS PACKAGE:** \$30/Member, \$60/Non-Member.

## SMALL GROUP TRAINING

### Athletic Development (10-17)

RITE-HITE FAMILY YMCA

When change of direction and quick decision making are key components of your sport, an agility boost will give you the edge. Together, we'll aim for progressive increases in leg strength, core stability, and foot speed.

### 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. Designed to complement your strength circuit, it can serve as a full-body warm-up or as a way to extend your workout. Perfect for all ages and abilities!

### Uphill Training (13+)

RITE-HITE FAMILY YMCA

Shift your cross-training into high gear with a powerful cycling-inspired workout. High-intensity cardio stations and interval strength training combine to make your heart rate climb. We'll pick up the pace by adding resistance with barbells, kettlebells, medicine balls, and bands to help you reach your peak.

**SMALL GROUP TRAINING:** \$30/Member, \$60/Non-Member per month.

### 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 goals 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



### 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

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.

## 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:** \$30/Member, \$60/Non-Member per month.

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

## MORE TO EXPLORE

### School's Out Days (4-12)

RITE-HITE FAMILY YMCA

No school? We've got you covered! While you're at work, your kids will be busy enjoying themed activities, games, sports, arts & crafts, and more.

**CHILD CARE:** \$60/Member, \$60/Non-Member per day.

### Teen Achievers (14-18)

MILWAUKEE YOUTH ARTS CENTER | ST. AUGUSTINE PREP

Our Achievers program encourages young people of color to explore diverse college and career options. Teens meet twice a month to participate in leadership activities and learn from inspiring role models.

**FREE** for Milwaukee area high school students. To learn more, contact [teenachievers@ymcamke.org](mailto:teenachievers@ymcamke.org).