

# DIVE INTO NEW EXPERIENCES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF METROPOLITAN MILWAUKEE Summer Offerings

### YOUTH ENRICHMENT

#### Advanced Cheer & Pom (5-14)

##### RITE-HITE FAMILY YMCA

Have fun, make friends, and become more confident as we build on fundamental pom and cheerleading techniques. Students expand their performance skills by practicing dance formations and cheer choreography in a non-competitive setting.

#### Art Exploration Lab (8-15)

##### RITE-HITE FAMILY YMCA

Find artistic inspiration and learn about legendary artists while experimenting with fresh concepts. Through drawing, painting, sewing, and printmaking, creative minds will test techniques and use a Cricut machine to make mixed-media projects.

#### Beginner Cheer & Pom (5-14)

##### RITE-HITE FAMILY YMCA

Improve coordination, rhythm, and balance while learning basic pom dance techniques and cheerleading moves. Students sparkle while practicing upbeat choreography and age-appropriate cheers that they'll be excited to share with their friends and family.

#### Creative Movement (3-6)

##### RITE-HITE FAMILY YMCA

Move to the beat! Our goal is to create a caring atmosphere that inspires imagination and encourages a love of dance. Little ones will learn simple stretches and fun movements while developing their motor skills.

**ENRICHMENT CLASSES:** \$35/Member, \$70/Non-Member per month.

#### STEAM Programs (6-12)

##### LOCATIONS VARY

Explore the worlds of Science, Technology, Engineering, Art, and Math! Whether you join us for a full week of Summer Day Camp or just a day, our hands-on STEAM activities will spark creativity and improve critical thinking.

**STEAM OFFERINGS:** Prices vary.

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

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

##### RITE-HITE FAMILY YMCA

Discover a summer full of friendship and adventure! Each week, homeschool students can explore the world through a well-rounded mix of hands-on learning, movement, and play. Everyone will have the opportunity to unleash their inner ninja, express themselves through the arts, experiment with science, and build confidence in the pool.

**ENRICHMENT CLUB:** \$70/Member, \$140/Non-Member.

### ADULT ENRICHMENT

#### Beginner FatChanceBellyDance® (13+)

##### RITE-HITE FAMILY YMCA

Have fun learning belly dancing basics! A playful fusion of folkloric dances from all over the world, FCBDB® Style features coordinated improvisational movements based on cues and formations. You'll quickly pick up new moves as you interact with other dancers. No experience needed.

#### Introduction to Line Dancing (13+)

##### BRISCOE FAMILY YMCA WELLNESS CENTER

If you're new to line dancing or need a refresher, we'll teach you basic step terminology, how to read a step sheet, and where to find line dance videos. We'll share tips, techniques, and modifications so you can confidently enjoy all the benefits line dancing provides.

**ENRICHMENT CLASS:** Free for Members, \$35/Non-Member per month.

SCAN TO SIGN UP FOR CLASSES >>  
**YMCAMKE.ORG**



## HEALTHY LIVING

### 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:** \$35/Member, \$70/Non-Member per month.

### Diabetes Prevention Program (18+)

**ONLINE VIRTUAL 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.

## NINJA

### Baby Ninja (0-3)

**RITE-HITE FAMILY YMCA**

Help your little one develop listening skills and fundamental movement. We'll also focus on coordination, fine and gross motor skill development, body awareness, and instill NinjaZone's character-building component.

### Lil Ninja (3-5)

**RITE-HITE FAMILY YMCA**

Using a mix of skill development and strategic progressions, we encourage new experiences and instill good manners. Kids' energy becomes more focused as their coordination and listening skills improve.

### Ninja Kid (5-12)

**RITE-HITE FAMILY YMCA**

Kids' strength and agility are put to the test through obstacle courses, gymnastics, and martial arts techniques. Ninjas have the freedom to learn at their own pace as they advance through levels based on their skills.

**NINJA CLASSES:** \$35/Member, \$70/Non-Member per month.

### NinjaZone Open Gym (5-12)

**RITE-HITE FAMILY YMCA**

Unmask your inner ninja as you experience fast-moving fun. Kids will channel their energy into a combination of movements that prepare them for their next challenge -- at Ninja class, or in life.

**OPEN GYM:** \$10/Member, \$20/Non-Member per time.

## SPORTS

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

**RITE-HITE FAMILY YMCA**

A great introduction to basketball! Our coaches prioritize building kids' confidence and character while teaching offensive fundamentals and defensive strategies. Through fun drills and activities, players engage in friendly competition as they practice dribbling, shooting, and passing the ball.

### Pickleball Lessons (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.

### Soccer Skills (4-7, 8-12)

**RITE-HITE FAMILY YMCA**

Our emphasis on good sportsmanship creates a positive environment that encourages both individual and team skills. Kids will practice dribbling, passing, and goal keeping as they build a solid foundation.

### Sports of All Sorts (3-6)

**RITE-HITE FAMILY YMCA**

Perfect for children who are always on the go -- they can run, jump, kick, throw, catch, and play with friends. By introducing elements of soccer, basketball, and other team sports, we'll help kids develop balance, agility, hand-eye coordination, and confidence.

**SPORTS CLASSES:** \$35/Member, \$70/Non-Member per month.

### Miracle League of Milwaukee (4+)

**USM WILDCAT PARK**

Everyone plays, everybody wins! Players with diverse abilities dress in uniforms, make plays in the field, and round the bases, just like their peers in standard baseball leagues. Volunteer opportunities available.

**MIRACLE LEAGUE:** \$40/Person.

## 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:** \$35/Member, \$70/Non-Member per month.

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

## MORE TO EXPLORE

### Safety Trainings (15+)

**RITE-HITE FAMILY YMCA**

Lifeguard trainings and CPR, AED & First Aid certifications are about learning skills that'll help you protect and care for others. With proper training, you'll feel prepared to respond quickly and confidently in emergencies.

**SAFETY TRAININGS:** Prices vary.

### Small Group Training (13+)

**BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA**

Small group training combines the energy of group exercise with the individualized attention of personal training. Small class size ensures that our personal trainers can provide a workout tailored to your fitness level, goals, and abilities. Visit [ymcamke.org/schedules](http://ymcamke.org/schedules) for class dates and times.

**SMALL GROUP TRAINING:** \$35/Member, \$70/Non-Member for a package of four sessions. Advance registration and class reservations required.

### Summer Shape Up Challenge (13+)

**YMCA OF METROPOLITAN MILWAUKEE**

Bring the heat and rise to the challenge of reaching your wellness goals. Each week, we'll email you fitness tips, nutrition resources, and encouragement to stay motivated. By connecting to our Y app and meeting up for workouts, you'll have the accountability you need to burn calories and build healthy habits all summer long.

**WELLNESS CHALLENGE:** \$25/Member includes a challenge T-shirt.

## 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