

DEVELOP NEW STRENGTHS

YMCA OF METROPOLITAN MILWAUKEE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT ENRICHMENT

3D Printing (55+)

RITE-HITE FAMILY YMCA

Having a hobby is a great way to improve your memory and concentration as you age. So, why not try 3D printing? Whether you like to garden, crochet, play games, or scrapbook, we'll show you how to create 3D-printed pieces that you can incorporate into your favorite crafts and activities.

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

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.

Social Dance: Rumba (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Improve your moves! Rumba is a smooth Latin dance style often set to the rhythm of sweet, soulful music. Whether you're dancing with friends or a loved one, it's sure to be an evening filled with music and smiles.

DANCE WORKSHOP: \$15/Member, \$30/Non-Member.

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 (7-15)

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.

Winter 2026 Programs



WINTER 1: JAN 5 - FEB 22

WINTER 2: FEB 23 - APR 19

SPRING BREAK: MON, MAR 30 - SUN, APR 5

Visit ymcamke.org for a complete list of offerings, including dates and times. Financial assistance is available.

Create & Craft (4-12)

RITE-HITE FAMILY YMCA

Embark on a new artistic adventure every week! Kids' imaginations run wild as we explore different colors, textures, themes, and materials through hands-on crafts. From one-of-a-kind creations to handmade gifts and décor, each project is designed to spark joy and self-expression.

Dance Trends (7-12 or 13-17)

RITE-HITE FAMILY YMCA

Bring your enthusiasm as we explore moves from TikTok and music videos by blending hip-hop, K-pop, commercial, and contemporary styles. Dancers will build confidence and coordination while expressing themselves through upbeat routines inspired by pop culture.

ENRICHMENT CLASSES: \$60/Member, \$120/Non-Member.

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

RITE-HITE FAMILY YMCA

Homeschool students have the opportunity to channel their energy in the NinjaZone, get creative with art activities, experiment with STEAM projects, and build confidence in the pool.

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

STEAM Lab Drop-In (8-13)

MYAC PROGRAM CENTER

Spark your curiosity with science, technology, engineering, art, and math, including 3D printing, LEGO® robotics, and TeacherGeek projects. Students will expand their knowledge of STEAM principles as they build, test, and explore.

STEAM DROP-IN: \$40/Participant per session.

Teen Wellness Talks (12-17)

MYAC PROGRAM CENTER | RITE-HITE FAMILY YMCA

The perfect blend of supportive guidance and practical advice, teens will gain valuable life skills and find a sense of belonging while talking about a variety of topics with their peers and guest speakers.

ENRICHMENT WORKSHOP: Free and open to the community.

HEALTHY LIVING

High-Octane Brain Fitness Workshops (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Learn science-backed strategies that boost brain health and help reduce the risk of Alzheimer's disease. Each session features group activities, guided discussion, socially-based cognitive exercises, and time for Q&A.

HEALTHY LIVING WORKSHOPS: Free and open to the community.

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 CLASS: \$60/Member, \$120/Non-Member.

Diabetes Prevention Program (18+)

ONLINE VIRTUAL CLASS | RITE-HITE FAMILY YMCA

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.

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.

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 (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: \$60/Member, \$120/Non-Member.

Introduction to Pickleball (13+)

RITE-HITE FAMILY YMCA

Get a taste of the popular fast-paced game with a funny name! We'll introduce you to simple terminology, rules of play, and court etiquette before getting hands-on practice. No experience or equipment required.

SPORTS CLASS: Free for Members, \$15/Non-Member.

Pickleball Skills Clinic (13+)

RITE-HITE FAMILY YMCA

Perfect for new players or those wanting to strengthen their foundation, we'll cover fundamental rules, terminology, and techniques needed to ace your pickleball game.

SPORTS CLINIC: \$15/Member, \$30/Non-Member.

Super Hoops (4+)

RITE-HITE FAMILY YMCA

Qualified volunteers are paired with players to assist off and on the court to provide people with disabilities an opportunity to play recreational basketball in a safe, supportive, and inclusive environment.

ADAPTIVE ACTIVE: Email Becca at rfranklin@ymcamke.org for details.

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: \$60/Member, \$120/Non-Member.

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

MORE TO EXPLORE

School's Out Days (4-13)

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.

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

Whether you're looking to build strength, reduce body fat, or improve endurance, we're ready to help you get results with small group training.

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

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