

DISCOVER NEW SKILLS TO BUILD

YMCA OF METROPOLITAN MILWAUKEE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT ENRICHMENT

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.

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.

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.

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.

Spring 2026 Programs



MON, APRIL 20 – SUN, JUNE 7

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

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.

Moving For Better Balance (18+)

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.

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

SPORTS

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.

Miracle League of Milwaukee (4+)

MSOE RAIDERS STADIUM

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 (0-12)

RITE-HITE FAMILY YMCA

Swim lessons help develop self-esteem, improve motor skills, and offer the opportunity to have fun in a safe environment. With guidance, kids find their love of water and become a strong, confident swimmers.

YOUTH SWIM LESSONS: \$60/Member, \$120/Non-Member.

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

Swim Lessons (19+)

RITE-HITE FAMILY YMCA

Adults with little to no experience learn water safety skills and gain self-confidence in the water. Participants build on the basics of swimming with the support of a caring and trained swim instructor.

ADULT SWIM LESSONS: Free & open to the community. Spots are limited.

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.

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.

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

MSOE RAIDERS STADIUM

2220 W Bender Road | Glendale, WI 53209

RITE-HITE FAMILY YMCA

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