

# SPARK NEW CONNECTIONS

YMCA OF METROPOLITAN MILWAUKEE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ADULT ENRICHMENT

### Introduction to Line Dancing (18+)

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, \$30/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.

**ENRICHMENT CLASS:** \$45/Member, \$90/Non-Member.



## Summer 2026 Programs



SUMMER 1: JUNE 15 – JULY 19

SUMMER 2: JULY 20 – AUG 23

POOL CLOSURE: SUN, AUG 30 – SUN, SEPT 13

Visit [ymcamke.org](http://ymcamke.org) for a complete list of offerings, including dates and times. Financial assistance is available.

### 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:** \$140/Member, \$280/Non-Member.

## 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:** \$45/Member, \$90/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.

**HEALTHY LIVING PROGRAMS:** Contact Karen at 414-357-2811 or [kkalkhoff@ymcamke.org](mailto:kkalkhoff@ymcamke.org) for more information.

## NINJA

### Baby Ninja (1-3)

**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 (5-8 or 8-12)

**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 Kid Training (5-12)

**RITE-HITE FAMILY YMCA**

Get ready to level up your ninja skills! Boost your agility, coordination, and confidence by focusing on a specific skill set each week. Fun, high-energy challenges will help kids become stronger, more well-rounded athletes.

**NINJA CLASSES:** \$45/Member, \$90/Non-Member per session.  
Private, semi-private, and adaptive swim lessons are also available. Pricing varies.

### Ninja Kid Clinic (5-12)

**RITE-HITE FAMILY YMCA**

Reveal the power within! At the end of each class, your child will feel more confident, more aware, and more coordinated.

**NINJA CLINIC:** \$35/Member, \$70/Non-Member per week.

## SPORTS

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

**RITE-HITE FAMILY YMCA**

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:** \$90/Member, \$180/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.

## Miracle League of Milwaukee (4+)

**MISOE 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 (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:** \$90/Member, \$180/Non-Member.  
Private, semi-private, and adaptive swim lessons are also available. Pricing varies.

## MORE TO EXPLORE

### Safety Around Water (3-5 or 6-12)

**LINCOLN PARK | RITE-HITE FAMILY YMCA**

Drowning is the second-leading cause of accidental death for children ages 1-14. The skills taught in Safety Around Water will reduce the risk of drowning and give you and your children confidence in and around water.

**5 WEEK PROGRAM:** \$5/person.

### 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.

### Summer Day Camp (4-17)

**LINCOLN PARK | RITE-HITE FAMILY YMCA | WILSON PARK**

Each day includes a healthy meal and plenty of opportunities to make unforgettable memories. Guided by trusted staff, campers can look forward to fun and engaging experiences.

**DAY CAMP:** Prices vary. \$30 per child is due at the time of registration.

## LOCATIONS

**BRISCOE FAMILY YMCA WELLNESS CENTER**

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

**LINCOLN PARK**

1301 W. Hampton Avenue | Glendale, WI 53209

**MISOE 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