



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACHING GOALS TOGETHER FOR A BETTER US

Check out our
700+ Classes!



WINTER 2016 PROGRAM GUIDE

WINTER 1: January 4–February 28

Member Registration: November 23

Community Registration: November 30

WINTER 2: February 29–May 1

Member Registration: November 23

Community Registration: January 18



YMCA OF METROPOLITAN MILWAUKEE

The Milwaukee Y's vision is a healthier, stronger and safer Milwaukee where families of all incomes and backgrounds truly thrive. We invite you to join us in making this vision a reality by joining the **MAKE IT COUNT, MILWAUKEE!** movement.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WITH YOUR SUPPORT:

Infants and toddlers in two new neighborhoods will benefit from a proven, five-star early childhood development curriculum

9,000 children and family members will learn to swim



Nearly 700 children will practice reading, literacy, math, and science through engaging camp activities to lessen summer learning loss

Hundreds of children, adults and seniors will learn about healthy lifestyle choices right in their own neighborhoods

For a healthier, stronger and safer Milwaukee...



Visit www.makeitcountmke.com to learn more about how you can make your gift count!

Welcome to the Y.

TABLE OF CONTENTS

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive. With the Y you're not just a member of a gym; you're part of a cause, with a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors.

At the Y, we know you'll find a community with an everyday mission to help you achieve a balance of spirit, mind and body. We do that by encouraging good health and fostering connections with new and old friends through sports, fun and shared interests.

Welcome to the Y,
we're glad you're here.

Active Older Adults (Age 55+)	38-39
Adult Sports	35
Black Achievers	34
CAMP	
YMCA Camp Minikani ...	8-9
YMCA Day Camp	5
Contact Information / Building Hours	4
Early Childhood Education (Child Care) .	10-11
Group Exercise	42-48
Gymnastics	30-33
HEALTHY LIVING PROGRAMS	
LIVESTRONG at the YMCA	36
YMCA's Diabetes Prevention Program	37
Locations	back cover
Membership Info	51
Personal Training	40
Safety Certifications	14
SCHOOL AGE CHILD CARE	
Before/After School	12
Camp-Is-In Days and Early Release/Late Start ..	13
Special Events and Family Programs	6-7

Swimming	
Adult Water Activities ...	20
Day Care/Group Lessons .	19
Parent/Child Classes	16
Preschool Swimming Lessons	17
Specialty Swim Lessons	22
Water Exercise Classes ..	21
Youth Swimming Lessons	18
Tween/Teen Programs (Ages 10-17)	29
Wellness Center Offerings	40-41
Wellness Challenge Series	41
YOUTH PROGRAMS	
Kids Club	23
Movement/ Dance Classes	24
Specialty Classes	25
Youth Sports	26-28



YMCA CONTACTS

DOWNTOWN YMCA
161 W. Wisconsin Ave.,
Suite 4000
Milwaukee, WI 53203
Phone: 414-291-9622

OPERATIONS DIRECTOR
Wendy Cross

HOURS
Monday-Friday:
5:00 am-9:00 pm
Saturday:
6:30 am-7:00 pm
Sunday:
8:00 am-5:00 pm

NORTHSIDE YMCA
1350 W. North Ave.
Milwaukee, WI 53205
Phone: 414-265-9622

OPERATIONS EXECUTIVE
Paul Mackey, Jr.

HOURS
Monday-Friday:
5:00 am-9:00 pm
Saturday:
6:30 am-7:00 pm
Sunday:
8:00 am-5:00 pm

CUSTOMER SERVICE
Phone: 414-274-0738
Email: info@ymcamke.org

PARKLAWN YMCA
4340 N. 46th St.
Milwaukee, WI 53216
Phone: 414-873-9622

OPERATIONS DIRECTOR
Rayven Peterson

HOURS
Monday-Friday:
7:00 am-8:00 pm
Saturday:
8:00 am-7:00 pm
Sunday:
1:00-5:00 pm

RITE-HITE FAMILY YMCA
9250 N. Green Bay Rd.
Brown Deer, WI 53209
Phone: 414-354-9622

**VICE PRESIDENT
OF CENTER OPERATIONS**
Tamroyal L. Yow

HOURS
Monday-Friday:
5:00 am-9:00 pm
Saturday:
6:30 am-7:00 pm
Sunday:
8:00 am-7:00 pm

YMCA CAMP MINIKANI
875 Amy Belle Rd.
Hubertus, WI 53033
Phone: 262-251-9080

OPERATIONS EXECUTIVE
Jon McLaren

HOURS
Monday – Friday:
8:00 am-5:00 pm

**NORTHWEST YMCA
(FORMERLY JOHN C. CUDAHY YMCA)
EARLY CHILDHOOD
EDUCATION CENTER**
9050 N. Swan Rd.
Milwaukee, WI 53224
Phone: 414-357-1920

HOURS
Monday – Friday:
6:30 am-6:00 pm

**NORTHSIDE YMCA
EARLY CHILDHOOD
EDUCATION CENTER**
1350 W. North Ave.
Milwaukee, WI 53205
Phone: 414-374-9450

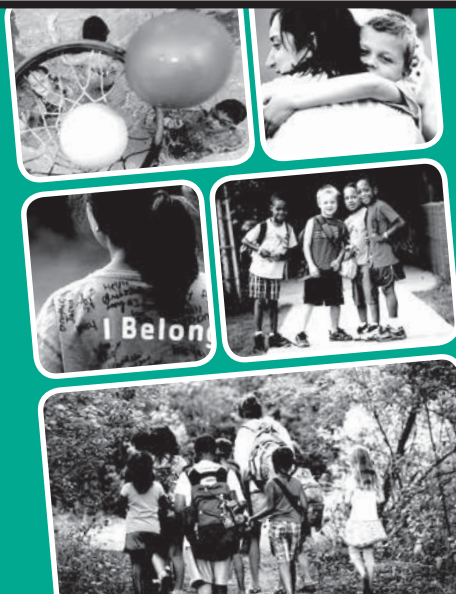
HOURS
Monday – Friday:
6:30 am-6:00 pm

YMCA GYMNASTICS CENTER
6140 W. Executive Dr.
Mequon, WI 53092
Phone: 414-357-2818

HOURS
Operating hours vary based
on class schedule



DAY CAMP FUN LEARNING FOR YOUTH!



DISCOVER. IMAGINE. GROW.

We dig Y Day Camp, and we know your family will too. Give your campers a summer full of discovery, imagination and personal growth by exploring the wonders of nature, trying new activities and creating lasting memories and friendships.

At YMCA Day Camp, caring “professional role models” help create experiences that build character, confidence, friendship, skills and the framework of our youth. All our Y Camps strive to instill the Y’s four core values of caring, honesty, respect and responsibility into every activity, every day.

DAY CAMP LOCATIONS:

Northwest YMCA
(North Milwaukee)

Rite-Hite Family YMCA
(Brown Deer)

Brookfield Elementary
(Brookfield)

Marian Center
(St. Francis)

Franklin Sports Complex
(Franklin)

Lincoln Park
(Milwaukee)

Wilson Park
(Milwaukee)

To start planning your summer, stop by your local Y, call 414-276-9622, or visit ymcamke.org, and be on the lookout for our free Summer 2016 YMCA Day Camp Brochure, coming soon.



LASTING MEMORIES



FAMILY EVENTS

Serving families has always been at the heart of the Y. We are a place where they can find respite from social, economic and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more engaged with their communities.

FAMILY GYM

Stop running in different directions... it's family time. Please join us at the Y for fun and games for all ages. FREE to all families!

Rite-Hite Family YMCA

Sundays 10:00am-2:00pm

SUNDAES WITH SANTA

Celebrate this holiday season with Santa and his friends! Bring the whole family to meet Santa and share holiday wishes with him. Holiday crafts, face painting, build-your-own ice cream sundaes, a bounce house, and family games will all be a part of the fun.

Rite-Hite Family YMCA

December 12 2:00-4:00pm

Y Member: \$5/family
\$10/family after December 7

Community Participant: \$10/family
\$10/family after December 7

EASTER EGGSTRAVAGANZA

It's time to celebrate spring and join us for a hoppin' good time. Be ready for arts and crafts, games, face painting, a bounce house and fun for the whole family. We wrap the whole thing up with an all ages egg hunt outside (weather permitting).

Northside YMCA

March 12 2:00-4:00pm

Fee: FREE

Rite-Hite Family YMCA

March 19 2:00-4:00pm

Y Member: \$5/family
\$10/family after March 14

Community Participant: \$10/family
\$15/family after March 14

PARENTS NIGHT OUT AT RITE-HITE FAMILY YMCA

Take the Night Off and Leave Your Kids with Us!

Enjoy an evening out on the town and know that your kids are safe and having a good time at the Y! Your children will enjoy a variety of group games, arts and crafts, and a bounce house, all while under the supervision of staff who have experience with children, and are trained in First Aid and CPR. Dinner will be provided. Kids must be ages three to 10, and be potty trained to be eligible. Space is limited, so pre-registration by 5 pm the Wednesday prior to each event date is required.

Rite-Hite Family YMCA Preschool Room

December 18 6:00-9:00pm

February 12 6:00-9:00pm

March 11 6:00-9:00pm

May 6 6:00-9:00pm

Y Member: \$15/child
\$20/two children
\$25/three or more children

Community Participant: \$25/child
\$30/two children
\$35/three or more children



Additional family events may be scheduled throughout the year.

BIRTHDAY PARTIES AT THE YMCA

Birthday parties are available at the YMCA Gymnastics Center and the Northside YMCA Aquatic Center.

For gymnastics parties contact the gymnastics department at 414.357.2805

For aquatic parties contact Patricia at 414-374-9434

OPEN GYM AT THE GYMNASTICS CENTER

Bring your kids for a fun-filled time at the YMCA Gymnastics Center Open Gym. Open gyms are a great opportunity for family fun! Children under the age of 10 must be accompanied by an adult. For the open gym schedule please visit the gymnastics page of the website at ymcamke.org.





YMCA CAMP MINIKANI



As parents we want to **give our children every opportunity** to grow and develop into the best people they can be. We strive to give them the skills they need to be independent and make good choices. And really, we just want them to be happy. But we can't do it alone. It's the community with whom we surround our kids that makes all the difference. Teachers, pastors, coaches, family and friends create the environment to help us raise good kids.

Summer camp is one of those unique settings that provides positive role models who help shape a child's character. It's an environment where kids from all walks of life come together and learn how to not only get

along, but **develop deep friendships and mutual respect**. Summer camp encourages children to express their individuality and stretch beyond what they thought they could do.

And while this may be tough for us parents to hear, the magic of summer camp is that WE are not there. Under the thoughtful guidance of our carefully trained counselors and staff, children become more independent, develop problem-solving skills and learn how to rely on their own decisions. And the bonus? **Kids have TONS of fun**. Summer camp is one the greatest gifts you can give your children. We hope you'll consider a week or two of camp this summer.

HURRY! Registration for 2016 is already open and spaces are filling quickly. Don't miss out on the fun!

Visit minikani.org or call 262-251-9080 to register today!





EXPLORE CAMP ALL YEAR



CORPORATE RETREATS & CONFERENCES

- Peaceful location for school field trips, corporate retreats and conferences
- Traditional camp activities
- Ideal setting for team building and wellness
- Meeting space for over 200 people

For more information, contact Eli Fyksen at 262-251-9080 or efyksen@ymcamke.org.



EQUESTRIAN PROGRAMMING

- Group and private lessons for beginner and intermediate riders
- Birthday parties
- Private trail-rides for scout troop and youth groups

For more information, contact Emily Lundquist at 262-251-9080 or elundquist@ymcamke.org.

For more information about how you can enjoy the Spirit of Minikani all year long, visit minikani.org or call 262-251-9080 today!





IN GOOD HANDS



EARLY CHILDHOOD EDUCATION

The Y, with a 5-Star rating from YoungStar and National Accreditation Commission for Early Care and Education Programs (NAC), is positioned to be the premier child care facility in the metro Milwaukee area.

SO MUCH MORE THAN CHILD CARE, IT'S A PLACE JUST RIGHT FOR THEM, AND FOR YOU

Ages 6 weeks-5 years

Research shows that when children participate in an early education program, it increases their readiness for primary school. The first six years of a child's life are crucial, it's a time when children develop their mental and social functions at a very rapid pace. This development is greatly influenced by their educational environment.

The YMCA has made a commitment to quality and safety at each of our Early Childhood Education facilities. The educational environment of our Early Childhood Education Centers is complimented by the use of "Creative Curriculum" and Teaching Strategies: GOLD. This program model is considered the highest quality, emergent curriculum for Early Childhood Education. Our teachers focus on learning skills that are necessary for success in school and in life through experiential or "learning through play." Literacy, mathematics, language, cognitive and physical development are a few of the nine categories we focus and assess children on. We strive to meet the developmental needs of each individual child by working in partnership with their families.

WHY CHOOSE YMCA EARLY CHILDHOOD EDUCATION?

- High-quality Program
- 5-Star Rating from YoungStar
- National Accreditation
- Creative Curriculum
- Holistic Educational Approach
- Parent Involvement (Including Parent/Teacher Conferences)
- Learning Through Play
- Age Appropriate Lessons
- State Licensed
- Scholarships Available, Additional Child Discounts Applied
- Small Class Size
- Enhances School Readiness
- Dynamic Learning Process

YMCA EARLY CHILDHOOD EDUCATION CENTERS:



• Northside YMCA Early Childhood Education Center
1350 W. North Ave., Milwaukee • 414-374-9450



• Northwest YMCA (formerly John C. Cudahy YMCA) Early Childhood Education Center
9050 N. Swan Rd., Milwaukee • 414-357-1920

FULL TIME AND PART TIME PRESCHOOL

K3 and K4 options may be available

Contact your local YMCA Early Childhood Education Center for more information and availability.

EARLY HEAD START

Early Head Start, for children ages infant to 3 years old, is now available at the Northside and Northwest (formerly John C. Cudahy YMCA) Early Childhood Education Centers! For more information contact Christine Larson at 414-357-1901.



“For our family, the YMCA’s Early Childhood Education Center has been a godsend!

The administrators are compassionate and supportive. I’ve appreciated the diversity offered from the teachers to the children in the program. The YMCA’s commitment to community engagement ensures that children of different races and socio-economic status are given the same opportunities in the same nurturing environment.

I cannot overemphasize the value our family has found in the YMCA Early Childhood Education Center program. The facilities are second to none, the teachers are loving, the community is enriching, and the program is exceptional.”

– EARLY CHILDHOOD EDUCATION PARENT



BRIGHT FUTURES



BEFORE/ AFTER SCHOOL CARE

Y Before/After School programs serve school-aged children with a variety of activities to explore and develop their interests and talents.

“I wanted to thank you so much for the wonderful care you and your team are providing for our son this year! He is so happy to come to before and after school class with you (he loves being one of the first ones there! :) It means so much to us, that he is consistently getting a great positive start and end to his school day! He loves all your fun activities and is learning socially appropriate choices too through your program and your encouragement!”

– SWANSON ELEMENTARY PARENT

SCHOOL AGE EDUCATION PROGRAMS

WHERE KIDS ARE OUR FAVORITE SUBJECT!
(Ages 4–13 years, varies by location)

Our School Age Before/After School Program is a tax-deductible, licensed childcare that takes place before and/or after your child’s school day. Led by qualified, caring staff, with most of our before/after school programs located right at your child’s school, you have peace of mind that your child is in good hands.

WHY CHOOSE YMCA BEFORE/ AFTER SCHOOL PROGRAMS?

- **Flexible Scheduling.** 2–5 days of care available per week—morning care, afternoon care or both. (4K Wraparound Care available at some locations)
- **It’s Affordable.** Wisconsin Shares (W2) state and county benefits accepted. Tax-deductible. 10% additional child discounts available. Applications for scholarships are available upon request.
- **It’s Fun.** Children are physically active and participate in arts and crafts, games and other activities. Homework time and help is provided.
- **It’s Safe.** All of our School Age Programs are licensed by the state of Wisconsin, meeting and exceeding their guidelines.
- **Quality Staff.** Our staff receives on-going training throughout the year. They are certified in CPR, AED and First Aid, and model the Y’s four Core Values of caring, honesty, respect and responsibility!
- **It’s Convenient.** Extra care is provided on Early Release and School’s Out Days at various locations and Y Centers. Please visit website for more information.

LOCATIONS/ DISTRICTS SERVED

- Rite-Hite Family YMCA (4K Wraparound)
Brown Deer, Hope Christian Schools, Milwaukee Public and Private Schools
- Brown Deer
- Cedarburg
- Elmbrook (Brookfield)
- Fox Point-Bayside (4K Wraparound)
- Greenfield (4K Wraparound)
- Hamilton (Sussex) (4K Wraparound)
- Mequon-Thiensville
- Richfield
- Rocketship Southside Community Prep
- Sherman Park Lutheran
- South Milwaukee
- St. Francis
- Whitnall
- Additional private and parochial locations

For registration forms and additional information, please visit our website ymcamke.org, or email schoolage@ymcamke.org, or call 414-274-0759.



For more information and updates, please visit ymcamke.org or email schoolage@ymcamke.org or call 414-274-0759.

SCHOOL'S OUT, CAMP IS IN!

(Ages 4–13 years)

School's Out Days is a full-day program for ages 4–13 is offered when many local schools are not in session. Enroll your child for a fun-filled day of games, crafts, activities and time with friends. Dress in tennis shoes to be active, bring a bag lunch, swimsuit and towel (swimming will only take place at Rite-Hite Family YMCA). For questions or to register please call 414-274-0759 or email schoolage@ymcamke.org.

Registration forms that include dates when the program is available can be found for each site online at ymcamke.org, at YMCA Centers and at all School Age locations.

Pre-registration and payment for each School's Out Day is required a minimum of five days in advance. For more payment information see our flyer or visit our website.

School's Out Days are offered at the following locations:

- Rite-Hite Family YMCA – serving all school districts
- Maple Elementary – serving Sussex Hamilton School District

- Edgewood Elementary – serving Greenfield School District
- Burleigh Elementary – serving Elm-brook School District
- Camp Minikani – serving Richfield School District
- Parklawn YMCA (offered only during winter and spring breaks) – serving all school districts
- Additional locations may be added
- * Please note: Swimming will only take place at Rite-Hite Family YMCA. Dates vary by location and schedule of local school district.



EXPERIENCE CAMP THROUGHOUT THE SCHOOL YEAR!

**SAVE
A LIFE**



SAFETY TRAINING PROGRAMS

**Cost-effective
training programs
covering basic First
Aid through advanced
life support-CPR for
the professional.**

SAFETY TRAINING

All participants of American Safety and Health Institute (ASHI) courses will be able to print their own manuals after the course.

ASHI STANDARD FIRST AID

(2-year certification)

Participants will learn how to recognize and respond to emergencies and provide First Aid for many types of injuries.

ASHI CPR/AED FOR THE PROFESSIONAL RESCUER AND ADMINISTERING EMERGENCY OXYGEN

(2-year certification)

Professional Rescuer level includes two-rescuer CPR, use of resuscitation masks, bag-valve mask resuscitators, and AED.

ASHI CPR/AED FOR THE PROFESSIONAL RESCUER AND ADMINISTERING EMERGENCY OXYGEN RECERTIFICATION

(2-year certification)

Participants must be currently certified in CPR/AED for the Professional Rescuer or CPR/AED for Lifeguards.

Participants must bring their current certification card to class along with their participant manual.

Do you need CPR training at work?

The Y will come to your business and provide the training for you. Contact Pat Buechs at pbuechs@ymcamke.org for details and pricing.



AQUATICS TRAINING AND CERTIFICATIONS

AMERICAN RED CROSS LIFEGUARD TRAINING

(Ages 15 & up)

COURSE INCLUDES: American Red Cross Lifeguard, First Aid, CPR, AED, Oxygen and Waterfront certifications.

PRE-REQUISITES: Swim 300 yards continuously front crawl or breaststroke, tread water for 2 minutes using only legs, complete a timed swim that includes a 20 yard swim, surface dive to retrieve a 10-pound object from the bottom of the pool, and swim 20 yards on the back holding the object, and exit the pool.

Y Member: \$100

Community Participant: \$150

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

Class is designed for current American Red Cross lifeguards. Bring your lifeguard book, mask, and current certification cards. Please review in advance.

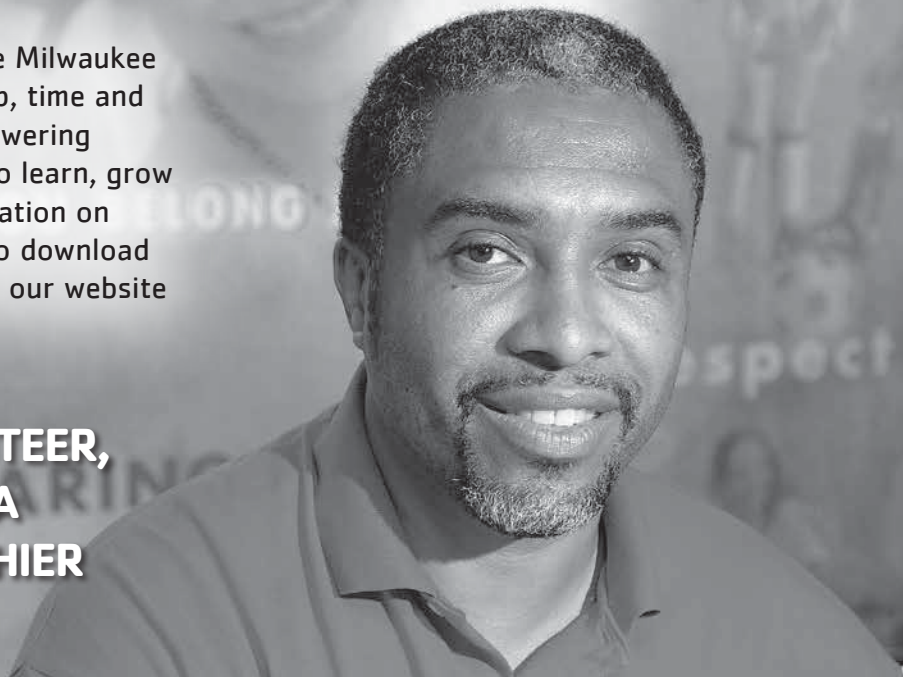
Y Member: \$75

Community Participant: \$100

MAKE A DIFFERENCE VOLUNTEER WITH THE Y

When you volunteer with the Milwaukee Y, you provide the leadership, time and talent that are vital to empowering people and our community to learn, grow and thrive. For more information on volunteer opportunities or to download a volunteer application, visit our website at ymcamke.org.

**WHEN YOU VOLUNTEER,
YOU HELP CREATE A
STRONGER, HEALTHIER
MILWAUKEE.**





MAKE A SPLASH



SWIMMING

The YMCA of Metropolitan Milwaukee is proud to offer the nationally recognized YMCA Swim Lesson Program, which provides a student-centered approach to learning. Small class sizes, high quality instruction and a progressive approach to skill building help our students flourish as they practice their new swim skills.

PARENT/CHILD CLASSES

Ages 6 - 35 months

These classes are designed to get both the parent and child comfortable in the water. The main focus is on water adjustment and safety in and around the water. These fun classes teach through music and games while the parent guides the child through basic water skills.

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

Register by age. Parent and child are in the water together during each class.

• **SHRIMP/KIPPER/INIA:**

6 month-2 year olds

• **SHRIMP/KIPPER/INIA/PERCH:**

6 month-3 year olds

• **PERCH:**

2 year olds

PIKE W/ PARENT

Ages 3-5 years

For the child not quite ready to swim independently of their parent. Class incorporates parental participation while working toward independent swimming. Parents are usually out of the water by the 4th week of the session.

Learn: Water adjustment, basic water skills, and core Pike skill development.

Pre-requisite: Must be at least 3 years old when session begins.

WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

PRESCHOOL SWIMMING LESSONS

Ages 3 years through 5K

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

- PIKE
- EEL
- RAY/STARFISH

Register by ability as described for each level, see below. At some levels in this program, children wear a supportive “bubble belt.” While not a lifesaving device, belts help support the child in the water so they can focus on learning.

PIKE

(usually wearing 3 bubble belts): Learns to float, kick and use arms on front, back, and side with and without bubble belt. Works toward becoming comfortable with face in water and bubble blowing. Works toward swimming 10 yards with bubble belt and five feet without belt.

Pre-requisite: None, except able to swim independently of parent.

EEL

(usually wearing 2 bubble belts): Learns to improve use of arms, legs, and rudimentary rhythmic breathing (blowing bubbles and taking breaths). Works toward swimming 25 yards with belt/other instructional aid while on front, back, and side and swimming 15 feet without belt/flotation.

Pre-requisite: Completed or able to perform Pike skills.

RAY/STARFISH

(usually wearing 1 bubble belt): Learns to refine use of arms, legs, and introductory rotary breathing while swimming on front. Works toward swimming 25 yards with one bubble on front, back and side and swimming 20 feet without belt/flotation.

Pre-requisite: Completed or able to perform Eel skills.



For the most up-to-date schedule with days, times, and pricing please visit our website at ymcamke.org/schedules or pick up a handout at our membership desks.



YOUTH SWIMMING LESSONS

Ages entering 1st through 5th grade

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

- **POLLIWOG**
(Beginner 1)
- **GUPPY**
(Beginner 2)
- **MINNOW**
(Intermediate 1)
- **FISH**
(Intermediate 2)
- **FLYING FISH/SHARK**
(Advanced)

Register by ability as described for each level, see below. All levels learn stroke development, personal safety and rescue skills, and personal growth.

POLLIWOG

Children at this level are beginner swimmers. Children gain confidence as they learn water adjustment, submerging, floating on back and front, and swimming on front, back and side with and without flotation aides.

Pre-requisite: None.

GUPPY

At this level, children are able to swim 20 feet on front, back and side without use of flotation devices and are not fearful of deep water. They continue to improve floating and treading skills, learn to swim 25 yards on front, back and side and rudimentary rhythmic and rotary breathing.

Pre-requisite: Completed or able to perform Polliwog skills.

MINNOW

Children entering this level are able to swim 25 yards on front, back and side. Children improve swimming 25 yards while learning front and back with overarm stroke, to refine elementary back, breast and sidestrokes.

Pre-requisite: Completed or able to perform Guppy skills.

FISH

Children are comfortable with basic techniques from Minnow. Children perfect front/back crawls and elementary backstroke. They continue to further refine side and breast strokes. Increase endurance to 50 yards for listed strokes. Butterfly is introduced at this level.

Pre-requisite: Completed or able to perform Minnow skills.

FLYING FISH

Continue to refine strokes (front/back crawls, elementary back, breast and side strokes) and increase distances for each to 100 yards. Learn butterfly arms and coordinate kick to swim distance of 25 yards.

Pre-requisite: Completed or able to perform Fish skills.

SHARK

Perfect all learned strokes with added refinements. Inverted breaststroke, overarm sidestroke and trudgen crawl are learned. 200 yard continuous swim using four strokes in excellent form.

Pre-requisite: Completed or able to perform Flying Fish skills.

PRE-TEEN/TEEN SWIM LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 5th grade - 16 years

This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels welcome.

Pre-requisite: None.

WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

Starting January 1, 2016 all youth swimming lessons will be 30 minutes in length with lower maximum class enrollment. Lower instructor to participant ratios means more hands on instruction for each swimmer. Look for an increased number of lesson offerings on the Winter 1 & Winter 2 program grids.



DAY CARE/GROUP SWIMMING LESSONS

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

DAY CARE/GROUP SWIMMING LESSONS

We work directly with area Day Care Centers to provide swimming lessons to the children enrolled in their care. Lessons are taught in our warm water shallow instructional pool. One hundred percent of our swim instructors hold a National Swim Instructor Certification, which includes more than 40 hours of safety training. Ask your child's Day Care if they work with our YMCA for swimming lessons. If they don't, ask them to call us for more details.

For more information, please contact the Aquatics Director.

**Northside YMCA Aquatics Dept.
414-374-9434**

**Rite-Hite Family YMCA
Aquatics Dept.
414-357-2834**

DAYTIME/HOME SCHOOL SWIMMING LESSONS

We offer convenient daytime swimming lessons for those that have little ones in morning preschool classes or those that are home schooling their children. These lessons run with our YMCA program sessions.

For more information, please contact the Aquatics Department:

**Northside YMCA Aquatics Dept.
414-374-9434**

**Rite-Hite Family YMCA
Aquatics Dept.
414-357-2834**

Ages 3-5 years (30 minute lesson)

Ages 6-9 years (45 minute lesson)

Ages 10-16 years (45 minute lesson)

IS YOUR CHILD NEW TO OUR SWIM LESSON PROGRAM?

1. If your child is 6-36 months of age, register by AGE in the "Parent/Child" program.
2. If your child is 3 years-5K, register for the "Preschool" program.
3. If your child is 1st-5th grade, register for the "School Age" program.
4. If your child is 5th grade-16 years, register for "Pre-Teen/Teen Lessons."
5. If your child is transferring from another program or you are not sure of their ability, call the Aquatics Director at 414-357-2836 for an over-the-phone evaluation.



For the most up-to-date schedule with days, times, and pricing please visit our website at ymcamke.org/schedules or pick up a handout at our membership desks.



ADULT WATER ACTIVITIES

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

ADULT SWIMMING LESSONS

Ages 16+ years

Adult classes provide a comfortable, non-threatening environment for adults to learn or improve their swimming skills. Participants work with a certified instructor at their own pace to achieve individual goals. Find the class that best meets your needs by reviewing the levels below.

ADULT BEGINNER

Northside YMCA and Rite-Hite Family YMCA

Individuals who choose this level may have a fear of the water, have very little to no swimming skills, and are ready to take that first step toward learning to swim. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills.

Pre-requisite: None.

ADULT ADVANCED BEGINNER

Rite-Hite Family YMCA

Individuals who choose this level have some basic swimming skills and no longer have a fear of the water (even the deep end). They are able to swim 25 yards but have a difficult time swimming more than that continuously. You will work on improving overall swimming skills for strokes that you choose, while improving overall confidence and working toward your personal swimming goals.

Pre-requisite: Completed or able to perform skills listed in Adult Beginner level.

ADULT INTERMEDIATE

Rite-Hite Family YMCA

Individuals who choose this level have swimming skills for swimming continuously for 50 yards or more but are looking for stroke technique improvement/refinement. You will work with the instructor on your own personal goals for improvement with your chosen strokes.

Pre-requisite: Completed or able to perform skills listed in Adult Advanced Beginner level.

WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

WATER EXERCISE CLASSES

WINTER 1 SESSION: 1/4/16–2/28/16 • WINTER 2 SESSION: 2/29/16–5/1/16

MS/STROKE RECOVERY WATER EXERCISE

LOW IMPACT/REHAB

Rite-Hite Family YMCA

Ages 14+ years

This class is a stretching/exercise class for those individuals that have physical limitations including but not limited to loss of movement, muscle stiffness and joint restrictions. It is great for those with MS, recovering from a stroke, fibromyalgia or spinal injury. If you need assistance in the locker room or getting into and out of the pool please bring an aid.

Y Member: \$7

Community Participant: See posted schedule for class fees at your location.

JOINT MOVEMENT

(formerly known as AFYAP)

LOW INTENSITY/REHAB

Rite-Hite Family YMCA

Ages 14+ years

An aquatic exercise program designed for people with arthritis and related conditions. The water provides gentle resistance to build muscle strength and support joints to encourage free movement. Participants should be comfortable in the water but do not need to have swimming skills. Please check with your physician before beginning this program.

Y Member: \$7

Community Participant: See posted schedule for class fees at your location.

SHALLOW WATER EXERCISE

MODERATE INTENSITY

Northside YMCA and
Rite-Hite Family YMCA

Ages 14+ years

Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level and muscle strength. Perfect for first-time exercisers, currently active or those looking for a good workout. This class is taught in chest deep water. Participants should be comfortable in the water but do not need to have swimming skills.

Y Member: FREE

Community Participant: See posted schedule for class fees at your location.

DEEP WATER EXERCISE

MODERATE INTENSITY

Rite-Hite Family YMCA

Ages 14+ years

A powerful workout that will improve your posture, strength and cardiovascular endurance. This non-impact exercise is a perfect alternative for individuals with knee or back problems or those looking for a break from running or high impact activities. Participants should be comfortable in deep water.

Y Member: FREE

Community Participant: See posted schedule for class fees at your location.

This class is taught in the WSAC pool which is a cold water pool (average temp of 80 degrees or cooler).

AQUA ZUMBA

MODERATE-HIGH INTENSITY

Northside YMCA and
Rite-Hite Family YMCA

Ages 14+ years

Jump into the Latin-Inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash. This program is a safe, effective and challenging workout that integrates the Zumba formula and philosophy into traditional aqua fitness, moving against the resistance of the water.

Y Member: \$14

Community Participant: See posted schedule for class fees at your location.

For the most up-to-date schedule with days, times, and pricing please visit our website at ymcamke.org/schedules or pick up a handout at our membership desks.



SPECIALTY AQUATICS

WINTER 1 SESSION: 1/4/16–2/28/16 • WINTER 2 SESSION: 2/29/16–5/1/16

MILWAUKEE SWIMS

Northside YMCA

Ages 6+ years

Milwaukee Swims is geared specifically to non-swimmers – children, adults and families – these introductory classes teach basic swim skills and water safety, including how to recognize dangerous situation in and around water.

Lessons are offered for \$5/participant OR a maximum of \$10/family

For more information, call the Milwaukee Swims Hotline at 414-357-2838.

PRE-TEEN/TEEN SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 5th grade – 16 years

This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant’s current skill level and help them improve. All skill levels welcome.

Pre-requisite: None.

PRIVATE SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 3 years – older adults

Personalized one-on-one instruction for individuals looking to get to the next swimming level, improve technique or get ready for a Triathlon/Iron Man competition. Your instructor will work at your pace toward your goals. Please contact the Aquatics Department directly to schedule your lessons.

Four 30-minute lessons

Y Member: \$100

Community Participant: \$150

SEMI-PRIVATE SWIMMING LESSONS

Northside YMCA and Rite-Hite Family YMCA

Ages 3+ years

Semi Private lessons provide personalized instruction for two individuals. Your instructor will work with you and one additional friend at your pace and toward your goals. Lessons are offered in packages of four 30 minute lessons. Please contact the Aquatics Department directly to schedule your lessons.

Four 30-minute lessons

Y Member: \$120/pair

Community Participant: \$180/pair

SWIM TEAM

Northside YMCA

Ages 8–16 years

Our Swim Team Program is designed to introduce participants to competitive swimming by giving them a solid base in competitive techniques, set swimming and fun. It provides a fun structured environment and encourages important life skills such as goal setting, time management, self-discipline, commitment and team building skills. Participants need to be at a Fish level or higher.

Northside YMCA Aquatics

Department 414-374-9434

MASTERS SWIM CLASS

Northside YMCA

Ages 16+ years

The Masters swimming class is an excellent physical conditioning program for adults. A certified instructor will help you meet your personal goals with individualized workouts that are suited to your swimming level. Participants should be at an intermediate level or higher.

Northside YMCA Aquatics

Department 414-374-9434

POOL SIDE BAPTISMS

Northside YMCA

Keeping in touch with our Christian roots, the Northside YMCA provides an accessible pool space for baptisms. Our facility offers a convenient walk-in entry, and shallow depth pool. We have worked with several large and small groups throughout the community, providing a safe and enjoyable space for every baptism.

Please call the Northside YMCA Aquatics

Department at 414-374-9434 for more information and to schedule a date.



BRIGHT BEGINNINGS



YOUTH PROGRAMS

At the Y, we work every day to help children and their parents set and achieve personal and educational goals. As a result, hundreds of children throughout Milwaukee County gain confidence as they recognize the Y as a place where they belong and can feel comfortable exploring new interests and passions.

KIDS CLUB

2015-2016 SCHOOL YEAR
PRESCHOOL OFFERED AT RITE-HITE FAMILY YMCA

Kids Club is a progressive preschool program divided into a series of four classes. Each class uses age appropriate activities to help children develop academically, grow socially, master skills, make friends and become comfortable in a classroom setting.

A non-refundable deposit of \$35 is due at time of registration.

KIDS CLUB 2

September 15, 2015-May 26, 2016

Child must be 2 prior to September 1

Children experience arts and crafts, stories, songs, numbers and letters. They are also introduced to "circle time" in this 1.5 hour class. Children who are not yet potty trained are welcome to participate in class; however, we request that parents remain in the vicinity of the classroom, just in case.

Tuesdays/Thursdays 9:15-10:45am

Y Member: \$498
(9 months) = \$55.33/month

Community Participant: \$668
(9 months) = \$74.22/month

KIDS CLUB 3 AND 4

September 14, 2015-May 25, 2016

Child must be 3 prior to September 1

Children will enjoy this two-hour class filled with action packed fun. Academic challenges continue for your child in an age appropriate matter. Letter and word recognition, number skills and independence are just a few of the skill building opportunities that will be

offered. Whether your child's next step is Kid's Club 4, or K4 or K5 in their local school, they will get the tools they need to succeed in this class.

Mondays/Wednesdays 9:15-11:15am

Y Member: \$618
(9 months) = \$68.66/month

Community Participant: \$906
(9 months) = \$100.67/month

NEW SCIENCE THURSDAYS

September 17, 2015-May 26, 2016

Children must be 3 prior to September 1

Science Thursdays is a fun twist on traditional Kids Club. We will have all of the same great learning and fun, but with a science twist. Problem solving experiments and games will be centered around a new discovery each week.

Thursdays 9:15-11:15am

Y Member: \$360
(9 months) = \$44/month

Community Participant: \$495
(9 months) = \$55/month

BONUS FRIDAYS

September 18, 2015-May 27, 2016

Continue the learning and fun with an additional day. This supplemental class will include outdoor activities, gym time, science, art and cooking projects. Please bring a lunch.

Fridays 9:15-11:45am

Y Member: \$360
(9 months) = \$44/month

Community Participant: \$495
(9 months) = \$55/month

MOVEMENT CLASSES/DANCE CLASSES

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

CREATIVE DANCE

Ages 2 years

This class introduces various steps through improvisation and creative rhythmic movements. Listening skills, group interaction and individual expression are developed.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

Mondays 5:15-5:50pm

Tuesdays 9:15-9:50am

Y Member: \$33

Community Participant: \$47

KINDER GYM

Ages 2-3 years

This is the perfect class for the young and wiggly! Your child will have a great time exploring the fun of fitness with other kids their own age. Activities and games help develop coordination, socialization, group play and sharing. Here's a great opportunity to foster independence and listening skills.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

Fridays 9:15-9:50am

Y Member: \$33

Community Participant: \$47

BEGINNING BALLET

Ages 3-4 years

This Beginning Ballet class will keep little dancers on their toes as they learn ballet positions, basic moves, terminology and a routine to show off their technique.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

Mondays 6:00-6:45pm

Tuesdays 10:00-10:45am

Y Member: \$44

Community Participant: \$58

BALLET

Ages 5-9 years

This class teaches proper dance techniques, body alignment, posture, and terminology through ballet.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

Mondays 6:55-7:40pm

Y Member: \$44

Community Participant: \$58

POM-NASTICS

Ages 3-6 years

Come dressed for fun in this class where you will dance, shake, shout and tumble!

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

Saturdays 11:00-11:45am

Y Member: \$63

Community Participant: \$83





SPECIALTY CLASSES

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

DAYS WITH DINOS

Ages 2½-5 years

Take a romp in Prehistoric times to visit the dinosaurs with crafts, stories, and more.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

Tuesdays 9:15-10:00am

Y Member: \$44

Community Participant: \$58

MAGICAL MESSES

Ages 1-2 years

You and your child will enjoy a variety of art and craft activities they will be able to do on their own with a little assistance from a parent. Don't worry about the mess' it will magically disappear each time you leave the class.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

Tuesdays 10:00am-10:35am

Y Member: \$33

Community Participant: \$39

For the most up-to-date schedule with days, times, and pricing please visit our website at ymcamke.org/schedules or pick up a handout at our membership desks.





TAKING THE SHOT



YOUTH SPORTS

The Y's Youth Sports programs use fun and exciting activities to develop sports skills in emerging athletes. Each program utilizes curriculum that teaches the skills of the sport along with health and wellness concepts.

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

CO-ED BASKETBALL AT RITE-HITE FAMILY YMCA

Ages 4-12 years

Practices will focus on dribbling, passing, shooting, defense and basic rules of the game. Sessions may lead up to game play.

January 9-30

K4-K5

Saturdays 10:15-11:00am

1st-2nd Grade

Saturdays 11:00am-Noon

Ages 10-12 years

Saturdays 11:00am-Noon

Y Member: \$22

Community Participant: \$28

February 6-27

K4-K5

Saturdays 10:15-11:00am

1st-2nd Grade

Saturdays 11:00am-Noon

Ages 10-12 years

Saturdays 11:00am-Noon

Y Member: \$22

Community Participant: \$28

March 5-26

K4-K5

Saturdays 10:15-11:00am

1st-2nd Grade

Saturdays 11:00am-Noon

Ages 10-12 years

Saturdays 11:00am-Noon

Y Member: \$22

Community Participant: \$28

April 9-30

K4-K5

Saturdays 10:15-11:00am

1st-2nd Grade

Saturdays 11:00am-Noon

Ages 10-12 years

Saturdays 11:00am-Noon

Y Member: \$22

Community Participant: \$28

CO-ED BASKETBALL AT NORTHSIDE YMCA

Ages 4-12 years

Practices will focus on dribbling, passing, shooting, defense and basic rules of the game. Sessions may lead up to game play.

Winter 1 and Winter 2 Sessions

Ages 4-6 years

Mondays 5:00-6:00pm

Wednesdays 5:00-6:00pm

Saturdays 11:00-11:55am

1st-4th Grade

Mondays 6:00-7:00pm

Wednesdays 6:00-7:00pm

Saturdays 9:30-11:00am

Y Member: \$25

Community Participant: \$35

GIRLS BASKETBALL AT NORTHSIDE YMCA

Ages 10-17 years

Winter 1 and Winter 2 Sessions

Saturdays Noon-1:00pm

Y Member: \$25

Community Participant: \$35

Register online at ymcamke.org

BASKETBALL LEAGUES

Game play in a friendly environment. Practice and coaching are not included; games are played once per week. Registration is done by team. Trophies, plaques or ribbons are awarded to the 1st and 2nd place teams.

Schedules will be available after registration is complete.

Winter 1 and Winter 2 Sessions

Parklawn YMCA

BASKETBALL TEAM

Sign up as an individual or with a friend. Program includes practice one night a week with a professional coach and one game per week.

Schedules will be available after registration is complete.

Winter 1 and Winter 2 Sessions

Parklawn YMCA

FUTSAL

Ages 6-14 years

Futsal allows players to improve their skills in a fun, safe environment. It facilitates far greater and more efficient skill development than any other variation of soccer. It is played without walls, boards or turf.

Rite-Hite Family YMCA

January 6-27

Wednesdays 6:00-7:15pm

February 3-24

Wednesdays 6:00-7:15pm

Y Member: \$44/month

Community Participant: \$58/month

FUTSAL CLINIC

Join us for a futsal clinic coached by Milwaukee Wave legend Hewerton Moreira!

Rite-Hite Family YMCA

Ages 6-10 years

March 26 2:00-3:00pm

Ages 11+ years

March 26 3:15-4:15pm

Y Member: \$25

Community Participant: \$35

Contact Leila at 414-357-2805 for more information.



Class availability is based on enrollment. Additional schedule information can be found on our website at ymcamke.org.

Keep Spriggy Safe

Spriggy loves to bounce around and have fun. But when it comes to staying out of trouble, he has a lot to learn. Watch for Spriggy and his safety messages at the YMCA and download the FREE Keep Spriggy Safe App today at:

KohlsSafeandHealthy.com



The Kohl's Cares Grow Safe & Healthy Program and the YMCA are proud partners in injury prevention.



SOFT STICK LACROSSE

Ages 5–12 years

Whether you are new to the sport of lacrosse or already familiar with the “fastest game on two feet,” this program is a great way to introduce the sport to kids of all ages. This program teaches the fundamentals of lacrosse using gender-neutral equipment to allow boys and girls to learn basic skills together. Equipment is provided.

Rite-Hite Family YMCA

January
Thursdays 5:45–6:45pm

February
Thursdays 5:45–6:45pm

March
Thursdays 5:45–6:45pm

April
Thursdays 5:45–6:45pm

Y Member: \$22/month

Community Participant: \$28/month

VOLLEYBALL SKILLS

Ages 4th–8th Grade

This skills class will work on building fundamental skills and basics concepts of volleyball that will allow athletes to learn the game of volleyball. Classes will focus on developing serving, passing, setting and hitting skills. Classes are co-ed and divided into groups based on age and ability.

Rite-Hite Family YMCA

January 7–28
Thursdays 5:30–6:30pm

February 4–25
Thursdays 5:30–6:30pm

Y Member: \$22/month

Community Participant: \$28/month

INDOOR TRACK AND FIELD

Ages 6–12 years

The focus of this program is to teach basic athletic skills to each runner. The curriculum encompasses youth of all ages and teaches proper running form, phases of sprinting, components of a distance run, field events and hurdles. The program is offered indoors in the winter months and moves outside for spring.

Rite-Hite Family YMCA

February 2–23
Tuesdays 5:30–6:30pm

March 1–22
Tuesdays 5:30–6:30pm

April 5–26
Tuesdays 5:30–6:30pm

Y Member: \$22/month

Community Participant: \$28/month





FUTURE LEADERS



The YMCA is the perfect place for your tween or teen. From Black Achievers, to lifeguarding to sports programs, youth can learn values and life-long skills that can help shape their adulthood.

TEEN/TWEEN PROGRAMS

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

SCOUT BADGES

Contact us about completing your scout badges at the YMCA. We can work with you on badges, group activates or ceremonies.

For more information contact:

Rite-Hite Family YMCA at 414-354-9622

OR

Northside YMCA at 414-374-9434

BASKETBALL LEAGUES

3rd-8th Grade

Game play in a friendly environment. Practice and coaching are not included; games are played once per week. Registration is done by team. Trophies, plaques or ribbons are awarded to the 1st and 2nd place teams.

Winter 1 and Winter 2 Sessions

Parklawn YMCA

Contact Jason Blocker for more information at 414-873-9622 or jblocker@ymcamke.org.

BASKETBALL TEAM

Sign up as an individual or with a friend. Program includes practice one night a week with a professional coach and one game per week. League runs for nine weeks.

Winter 1 and Winter 2 Sessions

Parklawn YMCA

PRE-TEEN/TEEN SWIMMING LESSONS

5th grade – 16 years

This group swim lesson provides a comfortable environment for teens to learn to swim by encouraging them to set personal goals and achieve them. A certified instructor will work with each participant's current skill level and help them improve. All skill levels welcome. **Prerequisite:** None.

Northside YMCA Aquatics Dept.
414-374-9434

Rite-Hite Family YMCA Aquatics Dept.
414-357-2834

The Milwaukee Y offers a variety of exciting programs for tweens and teens. Please visit the following sections and pages of this program guide to view additional offerings for your tweens and teens:

Black Achievers	page 34
Before/After	
School Care	pages 12-13
Gymnastics	pages 30-33
Safety Training Programs	page 14
Swim Team	page 22
Youth Sports	pages 26-28



TAKING THE GOLD



GYMNASTICS

One of the greatest things we can give to a child is self confidence. Gymnastics, with the many small challenges of each class, builds confidence in every athlete. Forget the cartwheels, building a self confident child can impact all of the other activities in their lives.

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

Private lessons available upon request. Call 414-357-2805 for more information.

PARENT/CHILD GYMNASTICS

Crawling – 18 months

This class is led by an instructor but each child is assisted by a parent/guardian. Join other families as we develop balance, coordination, fine and gross motor skills and socialization.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

MINI MOVERS

Ages 2-2½ years

Mini Movers run, jump, roll, and climb. Children learn to follow simple instructions and control their bodies as they explore our safe and fun surroundings.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

TEDDY TUMBLERS

Ages 2-3 years

Teddy Tumblers builds on core lessons learned from Mini Movers to succeed in a more structured class. These young gymnasts will be taught to follow multi-step directions, communicate with their peers, and improve strength and flexibility.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA

Winter 2 Session ONLY

YMCA Gymnastics Center

PRESCHOOL GYMNASTICS

Ages 3-4 years

Participants will practice basic gymnastics skills as they navigate through a variety of stretches, warm up activities, and circuits. This class makes exercise fun and helps children prepare for a school environment.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA and YMCA Gymnastics Center

KINDERGARTEN GYMNASTICS

Ages 4½-5½ years

All participants must be enrolled in 4K or 5K. Kindergartners continue to progress through the sport of gymnastics doing rolls, cartwheels, handstands, and swinging on bars to prepare them for transition to our progressive program.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA and YMCA Gymnastics Center

FLIP FLOP SHOP

Ages 3-6 years

This 1½ hour class will begin with a 45-minute art class and conclude with a 45-minute gymnastics class. In the gymnastics portion they will learn basic movements of stretching, balance coordination, jumping and tumbling. Your child must be potty trained to participate.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA



Class availability is based on enrollment. Additional schedule information can be found on our website at ymcamke.org.



YMCA GYMNASTICS CENTER

6140 W Executive Dr., Mequon

This facility houses the Metro Milwaukee YMCA Momentum competitive gymnastics team, open gym, youth classes, tumbling, and Parkour!

Please contact the Gymnastics Department for a skill evaluation or more information.

*Note GPS and Map Apps do not accurately direct you to our location. Please follow these directions instead:

Directions from Mequon Rd.:

Turn south onto Industrial Dr. (located between Wauwatosa Rd and Cedarburg Rd). Turn left (East) onto Executive Drive. Gymnastics Center is the 4th business in from the entrance.

Directions from the Rite-Hite

Family YMCA: Head north on Hwy 57 (Cedarburg Road). Turn left at County Line Rd. Turn right onto Baehr Rd. Take Baehr Rd to the roundabout and turn left. Gymnastics Center is on the left after the second speed bump.



PROGRESSIVE GYMNASTICS

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

Private lessons available upon request. Call 414-357-2805 for more information.

Participants in our progressive gymnastics program work on skills to establish a foundation in gymnastics with the intent to join our competitive team. Classes consist of warm-up, strength training, flexibility and instruction on at least three events per day. Boys may train on floor exercise, rings, vault, high bar, parallel bars and pommel horse. Girls may train on vault, uneven bars, balance beam, and floor exercise. Classes may be split by ages.

GYMNASTICS I

Ages 6+ years

Little or no gymnastics experience is required. Athletes work on basic gymnastics skills. It generally takes more than one session to progress to Gymnastics II.

Winter 1 and Winter 2 Sessions

Rite-Hite Family YMCA and
YMCA Gymnastics Center

GYMNASTICS II

Ages 7+ years

Prior gymnastics experience and instructor recommendation is required. Participants will need to know how to perform basic skills for each event. It generally takes more than one session to progress to the next level. Athletes must complete a skill evaluation to progress.

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

GYMNASTICS III

A gymnast must have a recommendation from an instructor, or a required skill test to participate in this class. A gymnast beginning in this level should have participated in at least three semesters at Level 2 in our YMCA program. This advanced gymnastics class will continue to build on gymnastics skills already learned, and introduce more advanced skills on each of the events; vault, bars, beam and floor. There will be continued focus on strength, flexibility and technique while continuing to develop in gymnastics at a higher level.

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

BOYS GYMNASTICS

Ages 5+ years

This boys only gymnastics class will include warm-up, stretching, strength exercises and instruction on at least two events per day. Instruction may include floor exercise, pommel horse, single rail bar, and parallel bars.

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

BOYS PARKOUR

Ages 7+ years

Parkour is the physical discipline of training to overcome any obstacle in one's path by adapting one's movement to the environment. This class will focus on functional strength, physical conditioning, balance, creativity, control and looking beyond the traditional use of objects.

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

PARKOUR CLINICS

Ages 5+

Free running, tumbling, and parkour skills will be highlighted in these introductory clinics. These clinics are a great experience for any skill level.

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

Fee: \$10/clinic

DANCE TUMBLE AT THE YMCA GYMNASTICS CENTER

Ages 12+ years

This class is for the athlete or dancer that wants to improve their tumbling skills. Classes run year round and will focus on new skill development. Class sizes are small to ensure individual instruction.

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

ENERGY

Ages 4-6 and 7-11 years

Energy is for the gymnast who has a desire and motivation to work hard and shows potential for competitive gymnastics. It is a bridge from the progressive classes to our competitive team. In this class, gymnasts will be learning skills required to join our Momentum Gymnastics Team with more focus on conditioning and flexibility. Instructor recommendation is required.

Winter 1 and Winter 2 Sessions

YMCA Gymnastics Center

Class availability is based on enrollment. Additional schedule information can be found on our website at ymcamke.org.



COMPETITIVE GYMNASTICS

This year-round program offers six to seven hours per week of training along with the opportunity for competition within the Wisconsin YMCA Gymnastics System. We offer USA Gymnastics Compulsory levels 3-6, and optional levels Prep Optional Bronze and levels 7-9. Each gymnast competes within the skill level and age group within that level. Each gymnast competes as an all around gymnast, performing routines on floor exercise, balance beam, uneven bars, and vault.

Please contact Head Coach Alexandria Schmidt at 414-357-2828 or aschmidt@ymcamke.org for a skill evaluation or more information.

CHEER TUMBLE

Ages 7-14 years

Skill specific stations and progressions to help build on cheer tumbling basics. This class will also develop different jumps and leaps used in cheer. Participation in this class may lead to consideration for cheer team.

Winter 1 and Winter 2 Sessions
YMCA Gymnastics Center

CHEER STUNTING

Ages 7-14 years

Join us as we learn techniques to safely build pyramids, do lifts and learn tosses. This class will be beneficial for all levels of cheer athletes.

Winter 1 and Winter 2 Sessions
YMCA Gymnastics Center



YMCA GYMNASTICS CENTER

6140 W Executive Dr., Mequon

This facility houses the Metro Milwaukee YMCA Momentum competitive gymnastics team, open gym, youth classes, tumbling, and Parkour!

Please contact the Gymnastics Department for a skill evaluation or more information.

*Note GPS and Map Apps do not accurately direct you to our location. Please follow these directions instead:

Directions from Mequon Rd.:

Turn south onto Industrial Dr. (located between Wauwatosa Rd and Cedarburg Rd). Turn left (East) onto Executive Drive. Gymnastics Center is the 4th business in from the entrance.

Directions from the Rite-Hite

Family YMCA: Head north on Hwy 57 (Cedarburg Road). Turn left at County Line Rd. Turn right onto Baehr Rd. Take Baehr Rd to the roundabout and turn left. Gymnastics Center is on the left after the second speed bump.

INSPIRING SUCCESSFUL FUTURES

Black Achievers Program

At the Y, we believe all children and teens deserve the opportunity to discover their potential. The Milwaukee Y is one of 250 Achievers programs in the country that helps teens explore, set and pursue educational and career goals; raise their academic standards; develop a positive sense of self; and connect with professionals who can offer guidance and encouragement.

The Black Achievers Program reaches into the heart of the community for both its Adult and Teen Achievers. By recognizing and utilizing the talents of professionals of color who are successful in their careers, the program brings inspiration and positive influences into the lives of Teen Achievers.

VISION: To be the leading resource in preparing young people for their futures, by providing leadership experiences for existing and emerging community leaders and increasing the community investment by local businesses and organizations.

PURPOSE: To help teens of color set and pursue high educational and career goals resulting in high school graduation and acceptance into and graduation from an institution of higher learning and successful entry into a career of their choosing.

MISSION: To support and encourage youth of color in the areas of academics, career exploration, college preparation and leadership development.

The possibilities are endless...The YMCA Black Achievers Program is a national college readiness initiative designed to help teens of color set and pursue high educational and career goals.

The program runs September through June and is operated out of the following YMCA locations:

Northside YMCA

1301 W. North Avenue, Milwaukee, WI 53205

Program meets the 1st & 2nd Thursday of the month
5:30-7:45pm

Parklawn YMCA

4340 N. 46th Street Milwaukee, WI 53216

Program meets the 1st & 2nd Thursday of the month
5:30-7:45pm

Rite-Hite Family YMCA

9250 N. Green Bay Road, Brown Deer, WI 53209

Program meets the 1st & 2nd Wednesday of the month
5:30-7:45pm

West Suburban YMCA

2420 N. 124th Street, Wauwatosa, WI 53226

Program meets the 1st & 2nd Tuesday of the month
5:30-7:45pm

For more information please visit www.ymcamke.org or call the Black Achievers office at 414-374-9401.

WE ARE CELEBRATING MORE THAN 34 YEARS OF IMPACT IN THE COMMUNITY!

Are you a former achiever? Or a former adult achiever?

Do you represent a corporation that would like to partner with us? We would like to hear from you!

Please contact Associate Vice President of Community Relations – Shaneé Jenkins at 414-374-9401 or sjenkins@ymcamke.org.



PLAY STRONG



ADULT SPORTS

The Y's Recreational Sports Department offers both adult and youth basketball leagues and pickleball. Our sports programs provide a great opportunity to stay active, enjoy some healthy competition and meet new people in your community.

TEAM SPORTS AND LEAGUES

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. The net is similar to a tennis net but is mounted lower. The game is played with a hard paddle and a whiffle ball. Classes offered year round on our indoor court.

Classes offered monthly

Rite-Hite Family YMCA

PARKLAWN YMCA BASKETBALL LEAGUES

Game play in a friendly environment. Practices and coaching are not included, games are played once per week. Registration is done by teams. Awards for the 1st and 2nd place teams. Leagues start as soon as team registration closes.

For more information contact Jason Blocker at 414.873.9622 or jblocker@ymcamke.org.

RITE-HITE FAMILY YMCA VOLLEYBALL

Compete in the sport of volleyball! Practices are designed to deepen players skill development focusing on the hitting setting, serving, rotation and rules. Team formation will be determined after the practice starts and teams will be formed based on the grade the athlete currently is in but may be moved up based on ability. Pre-Registration is required, and school teams may register together and request to play on one team.

For more information contact Leila Wright at 414.357.2805 or wright@ymcamke.org.



STRENGTH & SUPPORT



HEALTHY LIVING

Healthy Living programs at the Y go beyond physical activity, to focus on additional lifestyle areas that enhance health and well-being in a positive, supportive and accepting small group environment. To provide the highest level of quality, most of our Healthy Living programs have been developed in collaboration with a variety of national and local health care, academic and community partners.



LIVESTRONG

LIVESTRONG® AT THE YMCA

(Adult cancer survivors)

LIVESTRONG at the YMCA is a 12-week small group exercise program designed for cancer survivors who have become de-conditioned or chronically fatigued as a result of their treatment or disease. While the main goal is to enhance physical functioning (flexibility, strength and endurance) additional goals include reducing the severity of treatment side effects, preventing unwanted weight changes, improving energy levels and boosting self-esteem. This program is a collaboration of the Y and the LIVESTRONG Foundation.

Downtown YMCA, Northside YMCA and Rite-Hite Family YMCA

Winter mid-day and evening classes available. For upcoming class schedules and locations contact Denise Lyman at 414-274-0865, email mkelivestrong@ymcamke.org or visit our website at ymcamke.org.

Y Member: FREE

Community Participant: FREE

“Before I joined LIVESTRONG, I didn’t have an outlet that allowed me to really say what was on my mind regarding cancer and how I deal with life afterwards. The first day we shared our stories, I felt very humbled and blessed. It felt so good to know this was a group of people I could be open and honest with because they understood all the different feelings and steps you take to find a cure.

They understand that sometimes you cry for no reason. That every day is a blessing to be alive but every bump you feel on your body sends a particular fear to your mind “What if.” This group understands the numbness you feel when the doctor says “you have cancer.” They know that while a smile on your face is a symbol that you’re staying positive, deep down you might be exhausted and wondering why me.

I wish I would have known about LIVESTRONG sooner!
LIVESTRONG at the Y allowed me to reclaim my body.”

– LIVESTRONG AT THE YMCA GRADUATE

“The YMCA’s Diabetes Prevention Program has been a very positive experience for me. I have lost over 40 lbs since starting the program. My blood sugar levels are better and I feel fantastic. I came to realize my diet was loaded with fat and my food portions were too large. My lifestyle coach taught me about reading labels, making healthier choices and having a more balanced diet. The support, ideas, and encouragement of the other participants helped me achieve my goals. A lifestyle change can happen, even at the age of 50! I have since joined the YMCA. Thank you YMCA, I couldn’t have done it without you.”

–YMCA DPP PARTICIPANT

YMCA’S DIABETES PREVENTION PROGRAM

MEASUREABLE PROGRESS, UNLIMITED SUPPORT

You can reduce your risk for type 2 diabetes and gain tools for healthy living.

DID YOU KNOW?

- About 86 million American adults have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease.

THE GOOD NEWS...

The YMCA’s Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain a healthy lifestyle by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health has proven that programs like the YMCA’s Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%.

ABOUT THE PROGRAM

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by one-hour monthly sessions for added support to help them maintain their progress.

Program Goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes indicated by a confirmatory blood value†, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

*Asian individual(s) BMI > 22

†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

TAKE CONTROL OF YOUR HEALTH

There are many factors that determine if you are at risk for type 2 diabetes – lifestyle, age, family history and weight to name a few. Take the first step toward controlling your health – visit ymcamke.org to take a short quiz and learn your risk.

Schedules for the YMCA’s Diabetes Prevention Program are forming now.

For upcoming class schedules and locations contact Denise Lyman at 414-357-2849, email diabetesprevention@ymcamke.org or visit our website at ymcamke.org.

UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.



COME TOGETHER



ACTIVE OLDER ADULTS

Active Older Adult programming at the Y is vibrant and dynamic with a variety of opportunities to match the interests of members. To help participants stay physically active, there are a wide range of group exercise classes to choose from, including water exercise and SilverSneakers® classes.

SILVERSNEAKERS AND AOA (ACTIVE OLDER ADULT) CLASSES

WINTER 1 SESSION: 1/4/16-2/28/16 • WINTER 2 SESSION: 2/29/16-5/1/16

SENIOR FITNESS

You choose your level of intensity by controlling the size of your movement. You will be led through a variety of low impact, easy to follow exercises to improve cardiovascular fitness, endurance and balance. Some resistance work is included for bone strength to give you a total body workout.

SILVERSNEAKERS® CLASSIC

The SilverSneakers Program is taught by a certified instructor and focuses on improving strength, flexibility, balance and coordination. Plus, you'll enjoy the great music and camaraderie of your fellow participants.

SILVERSNEAKERS® CIRCUIT

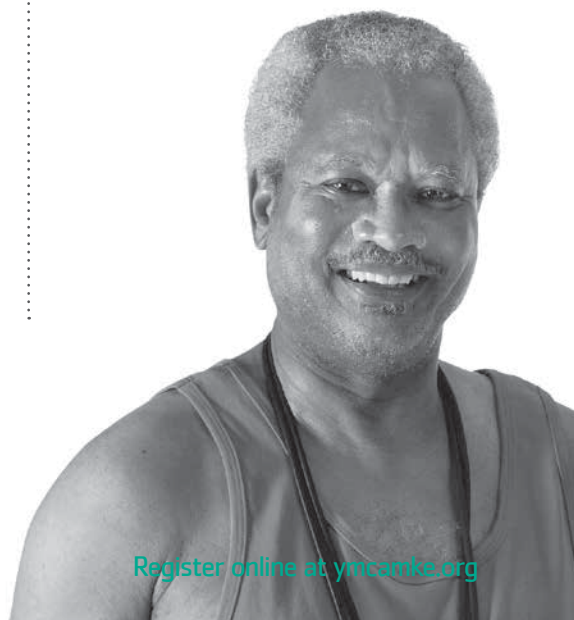
Combine fun with fitness to increase your cardiovascular and muscle endurance power with a standing circuit workout. Upper body strength work and handheld weights, elastic tubing and balls are alternated with nonimpact aerobics. A chair is offered for support.

SILVERSNEAKERS™ YOGA STRETCH

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

ZUMBA GOLD

A lower impact, easy-to-follow, Latin inspired dance fitness party designed for older adults.





Class availability is based on enrollment. Additional schedule information can be found on our website at ymcamke.org.



The Milwaukee Y offers a variety of exciting programs for active older adults. Please visit the following sections and pages of this program guide to view additional offerings:

- Water Exercise pages 20-21
- Group Exercise pages 42-48
- Wellness Center Services pages 40-41





REACHING GOALS



WELLNESS CENTER SERVICES

The Milwaukee Y is dedicated to helping individuals and families achieve their health and fitness goals. Our Wellness Centers offer state-of-the-art equipment, the latest fitness classes, personal training, weight loss programs and a certified, caring staff to assist you.

PERSONAL TRAINING

Every day, people join the Y, motivated to get healthier. But sometimes they need a little extra help and support to reach that goal. Our personal training focuses on an approach that is safe, efficient, easy-to-follow and helps you stay motivated. Whatever your goal, our expert personal trainers provide plans, coaching and motivation to help you succeed.



Individual Training Packages and Fees

60-minute individual Training Sessions

1 session - \$60

6 sessions - \$300

30-minute individual Training Sessions

4 sessions - \$120

8 sessions - \$225

12 sessions - \$300

Partner Training Packages and Fees

60-minute Partner Training Sessions

6 sessions - \$180 per person

8 sessions - \$225 per person

12 sessions - \$325 per person

30-minute Partner Training Sessions

12 sessions - \$180 per person

Team Training Packages and Fees

60-minute Team Training Sessions (3-4 people)

4 sessions - \$100 per person



For more information regarding personal training and to register for your free personal training consultation contact Raschel Biagioli, Product Director of Fitness Centers and Personal Training, at 414-274-0807 or rbiagioli@ymcamke.org.

Register online at ymcamke.org

WELLNESS ORIENTATION

Choose from one-on-one or partner coaching sessions that will help you learn to take full advantage of the many resources available to you at the YMCA. Your coach will work with you to create a program to help achieve your wellness goals and involves a variety of activities that fits your schedule.

Free for Y Members.

INBODY TESTING

The InBody provides a quick and easy, non-invasive body analysis that provides essential data for any weight loss and fitness program. After your quick analysis of body composition, you will receive a print out of your measurements.

Y Member: \$10

Community Participant: \$20

To make an appointment contact the Fitness Center staff at 414-274-0807.

EXERCISE FOR PEOPLE WITH PARKINSON'S

This class is designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. This class includes 30 minutes of group exercise in a studio under the leadership of an Occupational Therapist and/or Physical Therapist, followed by a half hour in the Wellness Center on the treadmills. Groups are offered at the Rite-Hite Family YMCA. Contact Raschel Biagioli at 414-274-0807 or rbiagioli@ymcamke.org for more information.

Y Member: \$50

Community Participant: \$73/month

UP AND RUNNING AT THE DOWNTOWN AND RITE-HITE FAMILY YMCA

Do you want to cross the finish line but don't know where to start? If you are a beginner looking to take the next step, let the Y help guide you. Workouts are led by a Y wellness specialist and/or an experienced runner to help coach you as you work toward your goal. All sessions will include a running/walking workout followed by a strength, core or flexibility routine. This six-week running program will ensure your success!

Individuals should be able to exercise for a duration of 30 minutes prior to registering.

Upon completion of this program participants will have the training and ability to complete a 5K.

Y Member: \$60

Community Participant: \$85

6 person minimum per session

Other times available if group is formed on own.

STRENGTH TRAINING 101

This 6-week class will help participants learn the basics of weight training while building confidence in the weight room. Class will meet twice a week for one hour.

Downtown YMCA and Rite-Hite Family YMCA

Y Member: \$55

Community Participant: \$75

6 person minimum per session

STRIDE AND STRENGTH AT THE NORTHSIDE AND RITE-HITE FAMILY YMCA

A Wellness Coach will teach you to use the Wellness Center in the most effective and easy to understand way along with providing support to help you reach your goals. The 60-minute class will consist of a 30-minute guided cardio machine workout and a 30-minute group strength and flexibility workout. Set goals that will keep you motivated. By the end of the program you will have eight new cardio and four new strength workouts to keep and use!

Northside YMCA and Rite-Hite Family YMCA

Y Member: \$40

Community Participant: \$60

4 person minimum per session

Other times available if group is formed on own.

WELLNESS CHALLENGE SERIES

NEW FOR 2016! JANUARY JUMPSTART CHALLENGE

January 18 – February 28

Jumpstart your resolution with our newest addition to the Wellness Challenge series by participating in this 6 week challenge to lose body fat in January Jumpstart. Fitness staff will help you create a regular routine and develop healthy eating habits.

Y Member: \$25

Community Participant: \$85*

*includes a 6 week individual membership

IDLE IRONMAN

March 14 – April 10

Are you one of the many people whose New Year's resolution is to become healthier and fitter in 2016? We have the perfect program to keep you on track to meeting your goals...Idle Ironman! Through your daily workout sessions, you can reach the distance equal to an Ironman. Sign up as an individual or with a team and start planning your workouts today and you too can complete the Idle Ironman once, twice or three times in four weeks!

Y Member: \$15

Community Participant: \$65*

*includes a 4 week individual membership

PUSHING THE LIMITS



GROUP EXERCISE

Group Exercise provides an opportunity to workout with others in a welcoming, motivating environment that produces results. No matter what age or fitness level you are at, we have the classes for you!

Group exercise classes are offered year round and are usually included in your membership, although, special programs, events and classes will incur an additional charge. Most classes are open to community participants on a space availability basis. Due to capacity issues (limited equipment or space) during peak times, certain classes will require a reservation to secure your spot. Please check with the membership desk and/or group exercise coordinator for dates, times and locations.

CARDIO CLASSES:

BODYSTEP™

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BODYCOMBAT™

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Experience the driving music and powerful role model instructors which make BODYCOMBAT™ the world's most popular martial arts group fitness class.

STEP AEROBICS

Step your fitness up to new heights with this beat driven workout that will have you moving up and off of an adjustable bench. Combinations of moves will be introduced in this class to raise your heart rate as you fly across, around and over the bench. You can control the level of intensity by the height of your bench and the size of your movements.

strYke

Fitness can be a battle, it's time to get into the fight! Jump in and punch, strike, kick and elbow your way to a fitter you. This cardio kickboxing class uses multiple international combat disciplines that will improve your coordination and also target muscles in a different way than your normal workout, helping sculpt your body during this 45-minute workout.

Y-CARDIO FUNK

We'll provide the dance floor, you set it on fire. This fitness-based dance class consists of a combination of low and high impact traditional aerobic movements performed in a dynamic dance style. A great and rewarding workout where you'll see cardio benefits. Have a great time while you "get your funk on!"

Y-CYCLE

It's time to chart a new course on your fitness journey! Instructors will lead the class on a motivating path through mixed terrain, hills, flats, mountain peaks, time trials, and intervals. An amazing adventure guided to the rhythm of powerful and engaging music. You can increase or decrease the tension on your fly wheel to control the intensity of the workout.

Register online at ymcamke.org

Y-FUSE

The original Milwaukee Y branded fitness class that set the stage for all of the unique life-changing group fitness experiences that you can only get at the Milwaukee Ys. Touted as the most challenging cardio based fitness class in our association – Y-Fuse is an exciting, innovative, full-body cardio class that utilizes sports-inspired drills to get the heart rate pumping. Fast-paced, effective workout in a short time block. Though this class offers advanced and dynamic movement patterns, participants are in control of their impact levers which makes this challenging class achievable for all levels.

ZUMBA®

Ditch the workout, join the party! The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. Zumba® is a dynamic, danced-based class set to the fusion of Latin and international music featuring aerobic fitness (interval training). Dance sneakers or shoes that allow for pivoting are recommended.

STRENGTH CLASSES:

BODYPUMP™

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl.

Y-CHISEL

Let's sculpt a better you! This class is designed to strengthen various muscle groups using hand weights, resistance bands, and stabilization techniques. A full body workout that builds bone density and reshapes muscles to increase efficiency in daily activities.

Y-CORE

Your core is the epicenter of all movement in your body. This class is designed to engage, build, strengthen, define and tone all the muscles of your core. Core strength and power developed in this class will increase your physical performance in work, athletic and leisure activities. Exercises will focus on all the muscles of the abdominals, lower back and engage the hip flexors. This foundational class is designed to compliment and enhance the other fitness activities that you perform. It is recommended that you layer this class after or within your training program.

COMBINATION CLASSES:

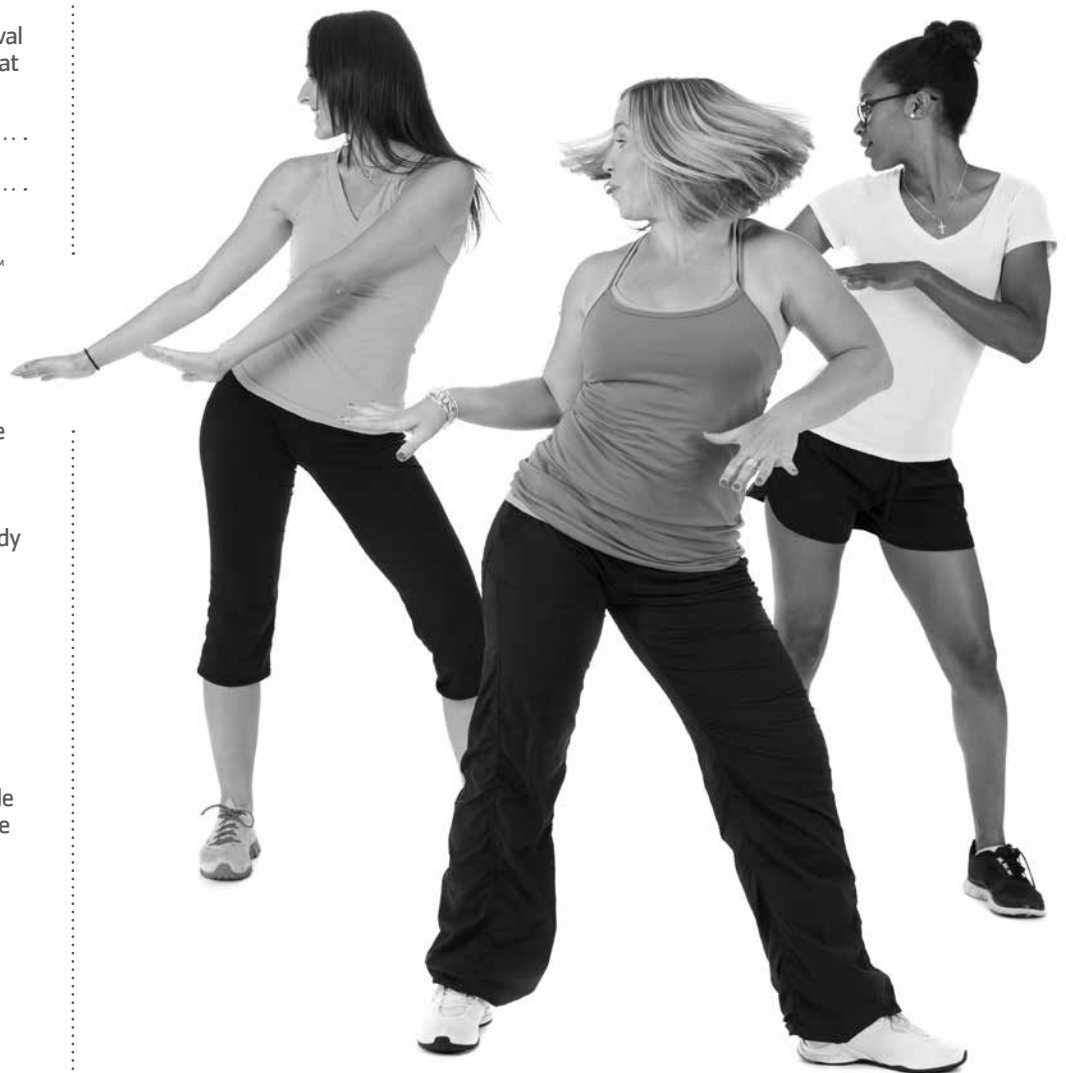
(Cardio, Strength and Flexibility)

CARDIO FUSION

This high-energy, full body training class combines athletic aerobic movement with strength and stabilization exercises. Modifications will be demonstrated.

YC3

This three-tier total body workout will knock your socks off. Participants will work through a combination of exercises encompassing cardio, conditioning, and core. Class will use different equipment and give a great full body challenge. Great for all levels!





RELAXATION, STRETCH AND STRENGTH FLEXIBILITY CLASSES:

BODYFLOW™

BODYFLOW™ is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

TAI CHI

Part martial art, part exercise program and part meditation. Tai Chi, when practiced regularly, can increase flexibility, build strength, improve balance and coordination, relieve stress and enhance concentration.

YOGA

All body types and skill levels are encouraged to participate. Safe and gentle, yet challenging postures encourage stronger muscles and bones, while simple relaxation techniques release tension from the mind and body.

Y-STRETCH FLOW

The instructor will help you master the skills of controlled breathing and focus, while leading you through a carefully structured series of stretches, moves and poses for a holistic workout that brings the body into a state of harmony and balance. Class is suitable for all fitness levels.

PILATES*

***Included in Mind/Body Pass**

Building on the principles of Joseph Pilates, the exercises will help you develop a strong “core” or center of your body. Pilates will elongate and strengthen your muscles and improve flexibility and joint mobility.

**Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited**

POWER YOGA*

***Included in Mind/Body Pass**

This class builds on the basics of yoga by offering a more aggressive flow to warm you quickly and give you a full-body workout. This progressive class is designed for yoga students looking to take their movement to the next level.

**Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited**

RESTORATIVE YOGA

***Included in Mind/Body Pass**

Focused on deep stretching, relaxation techniques and reducing stress, this class is staged as an environment to calm your senses, soothe your soul and help work out the aches and pains from daily life. Suitable for all levels.

**Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited**

VINYASA YOGA

***Included in Mind/Body Pass**

Vinyasa is a discipline that utilizes unique postures and breathing techniques. This type of yoga is designed to help you gain balance and flexibility as you flow through movements. The continuous symmetry from one pose to another creates an added cardiovascular benefit, not present in most traditional yoga forms.

**Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited**

SMALL GROUP TRAINING (S.G.T)

Real Fitness, Real Results, for Real Life.

Welcome to the next evolution of group exercise. Our newest installations of program modules are centered around the benefits of functional fitness. Go beyond the realm of traditional exercise and enter the new generation of momentum, suspension, shift, and balance training. Functional fitness training and performance is all about using your workouts to enhance the execution of everyday activities and improving your quality of life. Small group training is a higher level of results driven workouts designed to skyrocket your fitness performance. Smaller class sizes allow you to enjoy the benefits of individualized attention, without sacrificing the camaraderie you find in group workouts. The classes are small but the energy is high!

MIND/BODY PASS

*The Mind/Body Pass is designed for those participants who are serious about increasing their strength and flexibility through stretch-based fitness. Classes in this package are geared toward those individuals who have completed foundational strength and flexibility program modules. These advanced program modules, though modifiable for all levels, may not be suitable for those new to exercises. Specified techniques, goals and discipline focus are the key drivers that separate the classes in this package from our foundational Mind/Body class offerings. Individuals that participate in this package have unlimited access to all programs included at the Center where they are registered. For more information or to register for this package, please talk to the Y’s Wellness Center or Membership staff.



Y-CORE PERFORMANCE

Are you ready to expect more from your core? Welcome to your next level in core training. Building on the techniques integrated in Y-Core, participants will recruit and integrate a variety of muscle groups and energy systems to train and challenge their core for maximum performance. Class is designed to increase core control, muscle reaction, power and explosiveness through deliberate and dynamic training intervals. This class is perfect for off-season sport and athletic training.

Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited

(No additional charge for class if participant is registered for any fee-based group exercise class)

Y-BLITZ

The ultimate cross training workout challenge is here! This class is 35 minutes of all out intensity. It will challenge anyone's fitness level and enhance your physical performance no matter where you are physically. Each class is completely different and is designed around different equipment and sports-inspired cross training.

Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited

TRX® SUSPENSION TRAINING GROUP EXERCISE MODULES:

Invented by a Navy SEAL, TRX® is being utilized by professional trainers all around the country to provide a results driven, full body conditioning experience like no other. The TRX® suspension trainer was designed to facilitate an enormous range of body weight training movements through the symmetry of multiple muscle groups. Every suspension training exercise builds true functional strength and improves flexibility, balance and core stability all at once. Suspension training workouts will benefit anyone who wants to safely and rapidly improve their fitness ability at any level.

TRX® CORE

20 minutes

TRX® is finally here! This extreme core workout is designed to offer you a mix of strength, core stability, and balance exercises using your own bodyweight. Meets twice a week to give you the ultimate challenge your core has been waiting for! Great for all levels, ages and abilities. This module will help prepare participants for TRX® Cardio Circuit and TRX® Fusion. Four-week session. Classes run on a monthly basis.

Y Member: \$25
Community Participant: \$40

TRX® INTERVAL CIRCUIT

30 minutes

Cardio Circuit offers an interval mix of cardio, strength, and TRX® full body conditioning packed into one powerful training session. Participants will be guided through time based drills that will guide them on and off of the suspension trainers. The clock doesn't stop in this 30-minute heart racing interval training session. Four-week session. Classes run on a monthly basis.

Y Member: \$25
Community Participant: \$40

TRX® STRENGTH ZONE

30 minutes

This add-on class is all about getting you stronger for all other TRX® classes. It is designed to be more about the quality and degree of difficulty of the exercises than the speed and cardio. Each week has a different focus on a different body part or exercise. Four-week session. Classes run on a monthly basis.

Y Member: \$25 (\$10 if already enrolled in another TRX® module)
Community Participant: \$40

TRX® ADVANCED PERFORMANCE

45 minutes

The most advanced TRX® module combines the cardio endurance of circuit and the strength of core to provide the next level of athletic performance. This class offers a mix of cardio, strength, and TRX® full body conditioning while marrying together different equipment with the suspension trainer. This may include the bosu ball, medicine ball, free weights, etc. Dynamic movements and aggressively stacked exercise combinations are designed to take your fitness to new heights. Four-week session. Classes run on a monthly basis.

Y Member: \$25
Community Participant: \$40

TRX® KETTLE BELL

45 minutes

A combination class that includes both kettle bell momentum training and TRX® suspension training. Experience with one or the other is a prerequisite for the class. This is the ultimate test of functional fitness and learning to use your body as a machine. Four-week session. Classes run on a monthly basis.

Y Member: \$25
Community Participant: \$40



KETTLE BELL CLASSES:

Y-KETTLE BELL FOUNDATIONS

Master kettle bell technique and form in this class that focuses on setting up the basic moves of kettle bell momentum training. This is a low impact class that delivers results to those interested in strength building, fat loss, muscular endurance, and a fun new workout.

Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited

Y-KETTLE BELL CORE

This 20-minute, beginner-friendly kettle bell class works through a series of rhythmic and timed kettle bell movements that focus on strengthening the core. This class is a perfect addition to any training or workout regimen. Attendance to this class is included when participants register for any Y-Kettle Bell module.

Y Member: \$25/session unlimited
Community Participant: \$40/session unlimited

Y-KETTLE BELL GX

This is the next step in kettle bell training. Learn the technique of new moves including swinging two bells at once. Form is assumed so the time is shortened to increase the intensity.

Y Member: \$30/session unlimited (includes Kettle Bell Basics)
Community Participant: \$45/session unlimited

Y- KETTLE BELL INTERVAL CIRCUIT

This cardio focused kettle bell class will pair basic technique with high intensity cardio intervals. This class will move back and forth between using the bell and bodyweight exercises to give you a great endurance challenge. This class is great for all levels. Unlimited classes for month. Four-week session. Classes run on a monthly basis. Attendance to this class is included when participants register for any Y-Kettle Bell module.

Y Member: \$25
Community Participant: \$40

Y-KETTLE BELL MOMENTUM

The next level of kettle bell takes the advanced technique even further, maximizing momentum training with the bells. Unlimited classes for month. Four-week session. Classes run on a monthly basis.

Y Member: \$30
Community Participant: \$45

BOOT CAMPS:

Y-BASIC TRAINING CAMP Y-INDOOR/Y-OUTDOOR BOOT CAMP

Join us indoors or outside for a four week session of intense workouts that will skyrocket your level of fitness and change your body composition. Boot camp is designed to help you get into the best shape of your life. Our talented, experienced and certified instructors will coach you through a variety of drills, stations and experiences that will change and expand your level of fitness. New exercises and new terrain are guaranteed to produce awesome results. Class meets 45 minutes, three times a week during the monthly sessions.

Indoor sessions run: January through April and October through December

Outdoor sessions run: May through September

Y Member: \$49
Community Participant: \$79

Y-FUNCTIONAL FIT CAMP

How functional is your fitness? Y-Indoor boot camp meets assisted functional fitness training. TRX® suspension training and Y-Kettle Bell Momentum training are incorporated to add the next challenge level to your workouts. This class will improve your balance, core stability, endurance, and functional strength for everyday tasks. Class meets 45 minutes, three times a week during the monthly sessions.

Y Member: \$49
Community Participant: \$79



WELCOME TO CONNEXUS XTRICITY

ENTER THE ZONE WHERE CROSS TRAINING AND FITNESS ELECTRICITY INTERSECT TO CREATE SHOCKING NEW EXERCISE DYNAMICS!

THE MILWAUKEE Y IS THE FIRST IN THE WORLD TO INTRODUCE PROGRAMMING ON THE MATRIX CONNEXUS PERIMETER SYSTEM.

Be one of the first to experience the newest innovation in cross circuit and fitness boxing programming, which is scientifically engineered to create diversity in your training regimen while increasing your athletic performance.

X-CIRCUIT TRAINING (CROSS CIRCUITING TRAINING)

Parallels

Traditional interval circuit training for results-based fitness. Clear and focused coaching guides participants as they toggle their training between timed and quantified circuit rounds – perfect for those interested in ramping up to high and variable intensity training.

Circuit Breaker

Intense multi-layered progressive training dynamics – Each class is uniquely different. Explosive power and speed training modules to barrel through your plateaus and increase overall level of fitness. Expect to be challenged to your physical limits. This ADVANCED Performance module is perfect for those wanting to build on their level of fitness.

Y Member:

1 session/week: \$25;
2 sessions/week: \$40

Community Participant:

1 session/week: \$40;
2 sessions/week: \$60

BOXING SPECIFIC (FITNESS BOXING)

strYkeForce!

Traditional and advanced boxing-specific calisthenics, sparring, shadow, and heavy bag drills that build multiple striking techniques. Participants will be striking (punching) and spotting (holding) a heavy bag – a perfect way to diversify your workout routine.

Y Member:

1 session/week: \$25;
2 sessions/week: \$40

Community Participant:

1 session/week: \$40;
2 sessions/week: \$60

All Matrix ConneXus sessions run monthly.



TOTAL GYM

TOTAL FITNESS, TOTAL PERFORMANCE, TOTAL SUCCESS

THE MILWAUKEE Y IS AGAIN AT THE FOREFRONT OF THE GROUP FITNESS INDUSTRY BY EXCLUSIVELY DELIVERING THE UNIQUE TOTAL GYM.

Total Gym allows anyone, no matter what your age or fitness level, to efficiently and effectively workout. Total Gym is an incline plane training device that offers a large variety of unique exercises that use an individual's own body weight as resistance. Equipment is adjustable to match your strength, mobility, body awareness and physical challenges. The Y's certified fitness professionals will guide you through different incline training modules geared to improve strength, flexibility, balance, power and endurance.

TOTAL GYM FOUNDATIONS (LEVEL 1 AND 2)

35–45 minutes

This class is the perfect starting point for all fitness levels. Participants will focus on mastering techniques and breaking through the plateau of traditional workout routines. Exercises focus on muscle control, isolation, full body engagement, core strength and stability, while decreasing the stress joints.

TOTAL GYM CORE MOTION

30 minutes

Train your body to perform like a machine as your core becomes stronger, leaner and more powerful. Participants will be guided through multiple exercises that will focus on proper alignment, speed, power, endurance and core performance. Unique drill sets and training techniques will help you increase your physical performance in exercise, athletics, work and leisure time activities.

TOTAL GYM INTERVAL CIRCUIT

35 minutes

The next level of interval training is here with this hard-hitting cardio based training platform! Participants will utilize the Total Gym to move through a variety of speed and power intervals, moving on and off the equipment to maximize the cross training benefits of this workout. Prior knowledge of Total Gym techniques is suggested.

Y Member:

1 session/week: \$35;
2 sessions/week: \$60

Community Participant:

1 session/week: \$50;
2 sessions/week \$75

TOTAL GYM GOLF

45 minutes

Up your game, lower your score and own the green with this new sports specific training program! This program is designed specifically for golfers to get fit with corrective and performance enhancing exercise strategies. Participants will work through drill sets that are designed to improve head speed, bolster driving distance and reduce the chance of lower-back injuries.

Y Member:

1 session/week: \$50;
2 sessions/week: \$75

Community Participant:

1 session/week: \$75;
2 sessions/week: \$125

All Total Gym sessions run monthly.



WINTER 1 SCHEDULE

This worksheet has been designed to assist you in planning and keeping track of your family's activities at the Y. Simply fill in the family member's name under Member 1, Member 2 or Member 3 and the activities they'll participate in for the Fall 1/Winter 2 Sessions. You can then use the chart below to track the day and time each family member's activity will take place.

Programs	Member 1		Member 2		Member 3
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____
	_____		_____		_____

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00am							
	9:00am							
	10:00am							
AFTERNOON	11:00am							
	12:00pm							
	1:00pm							
	2:00pm							
	3:00pm							
	4:00pm							
EVENING	5:00pm							
	6:00pm							
	7:00pm							
	8:00pm							

WINTER 2 SCHEDULE

Programs

Member 1

Member 2

Member 3

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	8:00am							
	9:00am							
	10:00am							
	11:00am							
	12:00pm							
AFTERNOON	1:00pm							
	2:00pm							
	3:00pm							
	4:00pm							
	5:00pm							
EVENING	6:00pm							
	7:00pm							
	8:00pm							



MEMBERSHIP BENEFITS

Being a part of the Y family, you'll discover that you are part of a powerful nonprofit association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

MEMBERSHIP CATEGORIES

The YMCA of Metropolitan Milwaukee believes in providing membership and program services to all who desire to participate. We offer the following membership plan categories:

FAMILY

Two individuals in a committed relationship, residing at the same location, with dependent children less than 19 years of age, unless child is less than 26 years of age and enrolled as a full-time student, and/or dependent adults all residing in the same household. This is to include elderly parents living with their children, live-in nannies or au pairs and dependent adult children with a disability.

ADULT HOUSEHOLD

Two individuals age 19 or older living in the same household.

INDIVIDUAL FAMILY

A single individual age 19 or older with dependent children less than 19 years of age, unless child is less than 26 years of age and enrolled as a full-time student, and/or dependent adults all residing in the same household. This is to include elderly parents living with their children, live-in nannies or au pairs and dependent adult children with a disability.

INDIVIDUAL

An individual age 25 or older.

YOUNG ADULT

An individual age 19-24.

YOUTH

An individual age 18 and under, no younger than 10.

BASIC MEMBERSHIP

- Full access to all Metropolitan Milwaukee YMCAs
- Priority registration
- Wellness orientation
- Reduced fees on programs
- FitLinxx tracking tool
- AWAY privileges at Ys across the nation
- Dozens of free classes (Adult fitness)
- No join fee

CUSTOMIZABLE ADD-ON PLANS

The YMCA offers many customizable options to enhance your membership plan, including:

- Shower towel service
- Unlimited Child Watch
- Kit locker with laundry (includes towels)
- Annual Giving Campaign donation
- Child guest pass for family memberships (designed so children can bring in a friend each time they visit with an adult in their family. Guest must be 15 years or younger. Child supervision rules apply. Limit one guest per family per visit.)

CORPORATE MEMBERSHIPS

The YMCA Workplace Wellness Program is a great way for companies to promote the benefits of exercise to their employees and families. Once a company becomes involved in our program, employees will receive a free trial week. The YMCA Workplace Wellness Program also offers many other options for companies to enhance their wellness program.

PAYMENT OPTIONS

Membership can be paid for by convenient monthly automatic bank draft (Electronic Funds Transfer or EFT), or by paying the full annual rate using cash, check or Visa/MasterCard. (Returned EFT bank drafts will be assessed a Non Sufficient Funds fee.) Classes must be paid for at the time of registration using cash, check, MasterCard or Visa.

Y MEMBERSHIP AND PROGRAM SCHOLARSHIP

The YMCA's Scholarship Program, supported in part through contributions to the Annual Giving Campaign, provides membership and program scholarships to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected and secure.

PROGRAM REGISTRATION INFORMATION

- Community participants must register for programs and show a building pass along with photo ID when entering a facility.
- Register early. If enrollment is low prior to class time, classes may be cut.
- If a class is not offered because of a holiday, a make-up date will not be scheduled. Fees reflect reduced rate.
- Y memberships and programs are guaranteed. If you're not satisfied with the quality of our services, we'll refund the remaining unused portion of your membership or class. (Camp deposits are nonrefundable.)
- The YMCA of Metropolitan Milwaukee does not prorate fees for late registration.
- Rates, fees and schedules are subject to change without notice.
- For their safety and protection, youth ages seven and under must be directly supervised by a parent/guardian unless enrolled in a program or checked into Child Watch. Youth ages eight and nine years old must have a parent/guardian in the facility.

WINTER WEATHER POLICY

The YMCA of Metropolitan Milwaukee will not give refunds or offer make up sessions for programs that are cancelled or ended early due to weather emergencies including building closings due to severe winter storms. Check your local news stations for the most up-to-date list of closings in case of severe weather.

CONCEALED CARRY POLICY

The YMCA of Metropolitan Milwaukee prohibits any individual from entering our centers or remaining on our properties while carrying a concealed weapon or firearm. A concealed weapon may include a handgun, a knife (excluding switchblades), an electric weapon, or a billy club. We exercise this option for the safety of our members, program participants, volunteers and staff, and we appreciate your cooperation.

YMCA MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

MILWAUKEE YMCA VISION:

Our vision is a healthier, stronger and safer Milwaukee where families of all incomes and backgrounds truly thrive.

Y LOCATIONS

DOWNTOWN YMCA (1)
161 W. Wisconsin Ave.,
Suite 4000
Milwaukee, WI 53203
Phone: 414-291-9622
Fax: 414-274-6033

NORTHSIDE YMCA (2)
1350 W. North Ave.
Milwaukee, WI 53205
Phone: 414-265-9622
Fax: 414-374-9433

PARKLAWN YMCA (3)
4340 N. 46th St.
Milwaukee, WI 53216
Phone: 414-873-9622
Fax: 414-873-9988

RITE-HITE FAMILY YMCA (4)
9250 N. Green Bay Rd.
Brown Deer, WI 53209
Phone: 414-354-9622
Fax: 414-354-0309

SPECIALTY CENTER

YMCA GYMNASTICS CENTER (6)
6140 W. Executive Dr.
Mequon, WI 53092
Phone: 414-357-2818

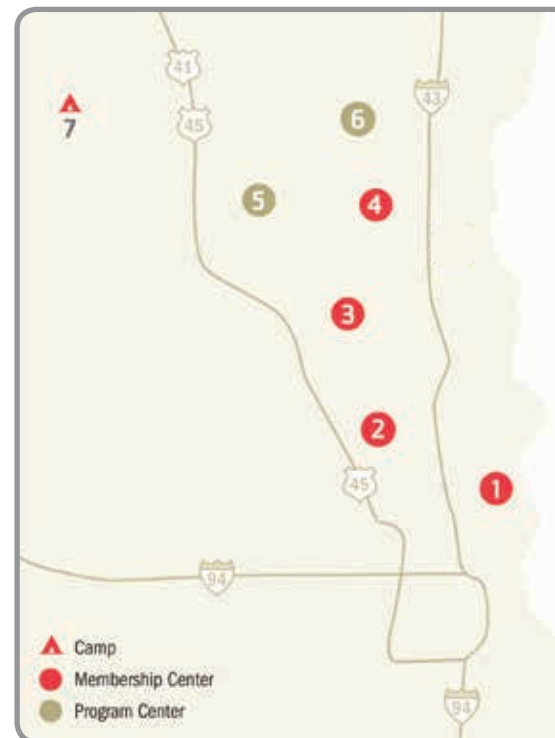
CAMP

YMCA CAMP MINIKANI (7)
875 Amy Belle Rd.
Hubertus, WI 53033
Phone: 262-251-9080
Fax: 262-628-4051

EARLY CHILDHOOD EDUCATION

NORTHSIDE YMCA EARLY CHILDHOOD EDUCATION CENTER (2)
1350 W. North Ave.
Milwaukee, WI 53205
Phone: 414-374-9450

**NORTHWEST YMCA (5)
(formerly John C. Cudahy YMCA)**
9050 N. Swan Rd.
Milwaukee, WI 53224
Phone: 414-357-1920



**SIGN UP FOR
EMAIL UPDATES**



To receive monthly YMCA eNews,
sign up at a membership desk
or by visiting ymcamke.org.