

ACTIVATE NEW ACHIEVEMENTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF METROPOLITAN MILWAUKEE Summer Offerings

ENRICHMENT

Art Studio Clinic (3-5, 5-8, 8-12)

RITE-HITE FAMILY YMCA

Stretch your imagination as you explore various mediums and techniques by making one-of-a-kind works of art. We encourage students to be creative and have fun, while also building confidence and creating connections.

Beginner Cheer & Pom Clinic (5-8)

RITE-HITE FAMILY YMCA

Improve coordination, rhythm, and balance while learning basic dance techniques and cheerleading moves, with and without poms. Students sparkle while practicing upbeat choreography and age appropriate cheers.

Cheer & Pom Clinic (8-12)

RITE-HITE FAMILY YMCA

Have fun, make friends, and become more confident as we build on basic pom and cheerleading techniques. Students' performance skills will expand as they learn dance formations and cheer choreography.

Creative Movement Clinic (3-5)

RITE-HITE FAMILY YMCA

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

ENRICHMENT CLINICS: \$30/Member, \$60/Non-Member per week.

HEALTHY LIVING

Blood Pressure Self-Monitoring Program (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

Take action to improve your heart health. Simply checking your blood pressure twice a month can help people with hypertension lower their BP.

Diabetes Prevention Program (18+)

ONLINE VIRTUAL CLASS

Change is tough -- we can help. If you're at risk for type 2 diabetes, you can make small, measurable changes to reduce your risk and live a healthier life.

HEALTHY LIVING PROGRAMS: Contact Karen at 414-357-2811 or kkalkhoff@ymcamke.org for more information.

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

Boxing for People with Parkinson's (18+)

RITE-HITE FAMILY YMCA

Aim to improve your power, balance, and coordination with a knockout workout. Non-combat boxing can help you manage the symptoms of Parkinson's disease and feel empowered to fight back.

Parkinson's Exercise Program (18+)

RITE-HITE FAMILY YMCA

Exercise can improve your quality of life, but it's especially important for people with Parkinson's disease. Guided by an Occupational and/or Physical Therapist, you'll work to extend mobility and increase flexibility.

HEALTHY LIVING CLASSES: \$30/Member, \$60/Non-Member per month.

NINJA

Baby Ninja (0-3)

RITE-HITE FAMILY YMCA

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

Lil Ninja (3-5)

RITE-HITE FAMILY YMCA

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

SCAN TO SIGN UP FOR CLASSES >>
YMCAMKE.ORG



Ninja Kid (5-8, 8-12)

RITE-HITE FAMILY YMCA

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

NINJA CLASSES: \$30/Member, \$60/Non-Member per month.

Baby Ninja Clinic (0-3)

RITE-HITE FAMILY YMCA

Build confidence from the start! Baby Ninja is the perfect way to socialize your child and get them moving as they learn the basics of following instructions.

Lil Ninja Clinic (3-5)

RITE-HITE FAMILY YMCA

Unleash confidence and skill! Introduce your preschooler to a fun fusion of gymnastics, martial arts, obstacle training, and freestyle movement.

Ninja Kid Clinic (5-8, 8-12)

RITE-HITE FAMILY YMCA

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

NINJA CLINICS: \$30/Member, \$60/Non-Member per week.

NinjaZone Open Gym (3-5, 5-8, 8-12)

RITE-HITE FAMILY YMCA

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

OPEN GYM: \$5/Member, \$10/Non-Member per time.

SMALL GROUP TRAINING

Absolute Core (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Pair powerful music and positive motivation with intense isometric exercises to strengthen your midsection. Feel the burn as you activate your abs, hips, and glutes while also engaging your hamstrings and quads for stability.

Dynamic Boxing (13+)

RITE-HITE FAMILY YMCA

Full-body fitness training that uses basic boxing stances, footwork, and punches while building up stamina and coordination. You'll be hooked on the powerful combination of high-energy cardio and muscle conditioning.

Intro to Strength & Balance (13+)

RITE-HITE FAMILY YMCA

Improve your muscle tone and stability with foundational exercises that are both challenging and rewarding. Perfect for anyone who wants better equilibrium, you'll leave class feeling stronger and more centered.

Pro-Active (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Develop a strong, functional body while protecting your joints. We'll focus on activating your muscles so you can reach your full potential.

Strength & Balance (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Enhance the effectiveness of your workout by building the strength and stability of smaller muscle groups. A complement to your EGYM circuit, it can serve as a full-body warm-up or as a way to extend your workout.

Strength & Endurance (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Promote your body's ability to build muscle and burn calories by focusing on high repetitions of resistance exercises at a low weight.

Summer Boot Camp (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

We'll coach you through different drills and stations of exercises, including push-ups, squats, sprints, and sit-ups. By mixing functional fitness and body weight movements with interval and strength training, these sweat sessions will boost your endurance and transform your body.

Uphill Training (13+)

RITE-HITE FAMILY YMCA

Shift your cross-training into high gear with a cycling-inspired workout. High-intensity cardio stations and interval strength training combine to make your heart rate climb. We'll pick up the pace by adding resistance with barbells, kettlebells, medicine balls, and bands to help you reach your peak.

Women On Weights (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

With our support and expert guidance, you'll gain confidence and grow stronger while learning proper weightlifting form as you tone your body.

SMALL GROUP TRAINING: \$30/Member, \$60/Non-Member per month.

SPORTS

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

RITE-HITE FAMILY YMCA

From training drills to gameplay, we provide a fun atmosphere where building confidence on and off the court is our top priority. Players of all skill levels will learn how to be good teammates as they work on ball handling, shooting, defense, and more.

Sports Combine Clinic (4-7, 8-12, 13-15)

RITE-HITE FAMILY YMCA

Put your skills to the test by working on eye-hand coordination, core stability, leg strength, foot speed, and endurance. With supportive coaching, you'll create the foundation you need to build stamina and drive success for both team and individual sports.

SPORTS CLINICS: \$30/Member, \$60/Non-Member per week.

Miracle League of Milwaukee (4+)

USM WILDCAT PARK

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

MIRACLE LEAGUE: \$40/Person.

SWIM

Swim Lessons (All Ages)

RITE-HITE FAMILY YMCA

Our swim lessons aren't just great exercise; they also build life skills and give kids and families the opportunity to bond. We offer classes for all ages and skill levels, from parent & child to teen and adults.

SWIM LESSONS: \$30/Member, \$60/Non-Member per month.

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

MORE TO EXPLORE

Outdoor Walking Club (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Be moved by the camaraderie of your fellow members as you enjoy an outdoor walk led by Y staff. All fitness levels and abilities are welcome!

ADULT ENRICHMENT: Free for members.

LOCATIONS

BRISCOE FAMILY YMCA WELLNESS CENTER

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

RITE-HITE FAMILY YMCA

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