

SPARK NEW CONNECTIONS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF METROPOLITAN MILWAUKEE Fall Offerings

YOUTH ENRICHMENT

Beginner Cheer & Pom (3-5)

RITE-HITE FAMILY YMCA

Improve coordination, rhythm, and balance while learning basic pom dance techniques and cheerleading moves. Students sparkle while practicing upbeat choreography and age-appropriate cheers that they'll be excited to share with their friends and family.

Cheer & Pom (5-10, 10-15)

RITE-HITE FAMILY YMCA

Have fun, make friends, and become more confident as we build on fundamental pom and cheerleading techniques. Students expand their performance skills by practicing dance formations and cheer choreography in a non-competitive setting.

Creative Movement (3-6)

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.

Science Café (7-13)

RITE-HITE FAMILY YMCA

Interested in technology and want to know how to build mechanical devices? Eager to explore engineering and discover how 3D printing works? Spark your curiosity with hands-on STEAM (Science, Technology, Engineering, Art, Math) projects!

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

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

Holiday Art Workshops (5-13)

RITE-HITE FAMILY YMCA

Get ready to celebrate the season! We'll have a holly, jolly time exploring various art mediums and techniques while also building self-esteem and social skills. Inspired by Christmas themes, we'll make a different festive gift or decoration each time.

ART WORKSHOPS: \$10/Member, \$20/Non-Member per workshop.

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

RITE-HITE FAMILY YMCA

Enjoy hands-on learning experiences that support social-emotional development and encourage lifelong healthy habits. We'll provide opportunities for everyone to channel their energy in the NinjaZone, get creative with art activities, experiment with hands-on STEAM projects, and build confidence in the pool.

ENRICHMENT CLUB: \$45/Member, \$90/Non-Member per month.



SCAN TO SIGN UP FOR CLASSES >>
YMCAMKE.ORG



ADULT ENRICHMENT

Introduction to Ballroom Dancing (13+)

RITE-HITE FAMILY YMCA

Whether you're preparing for a special event or simply want to have fun, we'll help you gain confidence on the dance floor. Learn the essentials of smooth partnering as we cover basic steps and turn patterns for social dances.

ENRICHMENT PROGRAM: \$90/Member, \$180/Non-Member per couple. All skill levels welcome. Partner required (registration is for two people).

Introduction to Line Dancing (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER

If you're new to line dancing or need a refresher, we'll teach you basic step terminology, how to read a step sheet, and where to find line dance videos. We'll share tips, techniques, and modifications so you can confidently enjoy all the benefits line dancing provides.

ENRICHMENT CLASS: Free for Members, \$30/Non-Member per month.

HEALTHY LIVING

Diabetes Prevention Program (18+)

ONLINE VIRTUAL CLASS | RITE-HITE FAMILY YMCA

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

LIVESTRONG® at the YMCA (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER

A free, 12-week exercise program for cancer survivors. Receive support every step of the way as you reclaim your energy and power.

Moving For Better Balance (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

Gain confidence in your mobility! Over 12 weeks, you'll improve your strength, balance, and flexibility through therapeutic movements based on Tai Chi.

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

Boost Your Memory & Cognitive Fitness (18+)

BRISCOE FAMILY YMCA WELLNESS CENTER

Learn strategies to address common brain blips, such as misplacing things or forgetting why you walked into a room. You'll participate in brain games and learning experiences designed to sharpen your memory, boost joy, and minimize the risk of Alzheimer's.

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.

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

NINJA

Baby Ninja (0-3)

RITE-HITE FAMILY YMCA

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

Lil Ninja (3-5)

RITE-HITE FAMILY YMCA

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

Ninja Kid (5-12)

RITE-HITE FAMILY YMCA

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

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

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.

SPORTS

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

RITE-HITE FAMILY YMCA

Hit the court to develop fundamental basketball skills such as dribbling, passing, and shooting. Players of all levels will establish a strong foundation as we introduce basic game concepts through age-appropriate drills and scrimmages. With an emphasis on being active, young athletes will improve their coordination and build self-confidence.

Pickleball Lessons (13+)

RITE-HITE FAMILY YMCA

Combining elements of badminton, tennis, and ping pong, pickleball is easy to learn and fun for all ages. We'll introduce you to the game by covering terminology, basic rules of play, equipment, and court etiquette.

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

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

Small Group Training (13+)

BRISCOE FAMILY YMCA WELLNESS CENTER | RITE-HITE FAMILY YMCA

Small group training combines the energy of group exercise with the individualized attention of personal training. Small class size ensures that our personal trainers can provide a workout tailored to your fitness level, goals, and abilities. Visit ymcamke.org/schedules for class dates and times.

SMALL GROUP TRAINING: \$30/Member, \$60/Non-Member for a package of four sessions. Advance registration and class reservations required.