



## Community Physical Activity Facilities and Programs (Rev. 3/16/09)

Facility/Program	Details	Locations
<p><b>Mall Walking</b></p>	<p>Walk indoors (rain or shine!) any day the shopping malls are open. <b>FREE!</b></p>	<p><b>BAYSHORE TOWN CENTER</b>            5800 N. Bayshore Drive            Glendale  <a href="#">website</a>  <b>414-963-8780</b>            Doors Open:            8:00am Mon-Sat            9:00am Sunday</p> <p><b>BROOKFIELD SQUARE</b>            95 North Moorland Rd.            Brookfield  <a href="#">website</a>  <b>262-797-7245</b>            Doors Open:            7:00am Mon-Sat            8:00am Sunday</p> <p><b>MAYFAIR MALL</b>            2500 N. Mayfair Road            Wauwatosa  <a href="#">website</a>  <b>414-771-1300</b>            Doors Open:            7:00am Mon-Sat            8:00am Sunday</p> <p><b>THE SHOPS OF GRAND AVENUE</b>            275 W. Wisconsin Ave.            Milwaukee  <a href="#">website</a>  <b>414-224-0655</b>            Doors Open:            6:30am Mon-Fri            8:00am Sat            9:00am Sunday</p> <p><b>SOUTHRIDGE MALL</b>            5300 S. 76<sup>th</sup> Street            Greendale  <a href="#">website</a>  <b>414-421-1102</b>            Doors Open:            8:00am Mon-Sat            9:00am Sunday</p>

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<p><b>Milwaukee County Community Centers</b> <a href="#">website</a></p>	<p>The centers offer activities for your whole family. Keep in shape with exercise classes, the open weight room and open gym for adults. For the youth, there are basketball tournaments, sports leagues, martial arts classes and more. Membership card is required for all activities. One year memberships are available for one low rate. Daily passes are sold at King Center only.</p>	<p><b>Dr. Martin Luther King Jr. Community Center</b> 1531 W. Vliet Street Milwaukee 414-344-5600</p> <p><b>Kosciuszko Community Center</b> 2201 S. 7 Street Milwaukee 414-645-4624</p>
<p><b>Milwaukee County Parks</b> <a href="http://www.countyparks.com">www.countyparks.com</a></p>	<p>With 140 parks and parkways totaling nearly 15,000 acres, you can find a variety of indoor and outdoor activities year-round. Visit the website for the most recent information on sledding hills, golf courses, mountain bike and cross-county ski trails, sports leagues and much more.</p>	<p><b>Indoor Swimming Pools:</b></p> <p><b>Noyes Pool</b> 8235 W. Good Hope Rd. 414-353-1252</p> <p><b>Pulaski Pool</b> 2701 S. 16<sup>th</sup> Street 414-645-2328</p> <p><b>Outdoor Pools:</b></p> <p><b>Grobschmidt</b> 2600 16<sup>th</sup> Ave. 414-762-9523</p> <p><b>Hales Corners</b> 5765 S. New Berlin Rd. 414-529-6161</p> <p><b>Holler</b> 5151 S. 6<sup>th</sup> Street 414-481-7160</p> <p><b>McCarty</b> 2567 S. 79<sup>th</sup> Street 414-543-9240</p> <p><b>Jackson</b> 3500 W. Forest Home Ave. 414-672-1470</p> <p><b>Sheridan</b> 4800 S. Lake Drive 414-747-9491</p> <p><b>Washington</b> 1859 N. 40<sup>th</sup> Street 414-344-5400</p>

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		<p>Wilson 4001 S. 20<sup>th</sup> Street 414-281-4498</p> <p><b>Aquatic Parks:</b></p> <p>Cool Waters (in Greenfield Park) 2028 S. 124<sup>th</sup> Street West Allis 414-321-7530</p> <p><b>Wading Pools &amp; Splash Pads:</b></p> <p>The Milwaukee County Parks Department has wading pools and water playgrounds/splash pads with interactive water toys in many locations throughout the county. Most of them have FREE admission. For more information, call the 24-hour Pool Hotline at 414-257-7230 or visit the website at <a href="http://www.countyparks.com">www.countyparks.com</a>.</p>
<p>Milwaukee County Senior Centers <a href="#">website</a></p>	<p>Milwaukee County's Senior Centers offer a wide variety of recreational and educational activities for older adults. Five of the County's senior centers now have fitness centers equipped with state-of-the-art, senior-friendly equipment. For those who need assistance, the fitness center staff has expertise working with older adults in a fitness setting. For more information on getting started at a senior fitness center, call the Fitness Program Coordinator at 414-289-6352.</p>	<p><b>Fitness Center locations:</b></p> <p><b>Washington Park Senior Center</b> 4420 W. Vliet Street Milwaukee 414-933-2332</p> <p><b>Clinton and Bernice Rose Senior Center</b> 3045 N. Martin Luther King Dr. Milwaukee 414-263-2255</p> <p><b>Chester W. Grobschmidt Senior Center</b> 2424 15th Avenue South Milwaukee 414-768-8045</p> <p><b>Wilson Park Senior Center</b> 2601 W. Howard Avenue Milwaukee 414-282-5566</p>

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		<p>OASIS Senior Center 2414 W. Mitchell Street Milwaukee 414-647-6041</p>
<p>Milwaukee Public Television "Sit and Be Fit" <a href="http://www.sitandbefit.org">www.sitandbefit.org</a></p>	<p>Sit and Be Fit is an at-home workout for older adults, seniors, physically limited individuals and those managing chronic conditions.</p>	<p>In your home! WMVS Channel 10 or 36 (on Time Warner Cable), Monday through Fridays at 10:00am.</p>
<p>Milwaukee Recreation (Milwaukee Public Schools Department of Recreation &amp; Community Services) <a href="http://www.milwaukeeerecreation.net">www.milwaukeeerecreation.net</a></p>	<p>Milwaukee Recreation carries out its mission to enrich the lives of Milwaukee's children, youth, adults and families through many programs. These programs are designed to improve the academic achievement of all students during non-school hours, strengthen families, reduce crime in the neighborhoods and enhance the well-being of all residents. Programs include: adaptive sports for people with disabilities, swim lessons, exercise classes, all types of competitive sports, fitness for seniors and more.</p>	<p>Various public schools and facilities throughout the city.</p> <p><b>Administrative Office:</b> Milwaukee Recreation 5225 W. Vliet Street Room 162 Milwaukee, WI 53208</p> <p>For information on programs and activities, please call 414-475-8180.</p>
<p>St. Ann Center <a href="http://www.stanncenter.org">www.stanncenter.org</a></p>	<p>The St. Ann Center Aquatic Department offers a variety of programs for all ages and abilities. For persons in a wheelchair, a ramp and special wheelchair is available to be taken into the water. For persons with limited mobility, there is a moveable seat which supports people at water level and allows them to move freely. St. Ann's offers swim lessons, open swim, Family Night Swim, water aerobics and a new hot tub spa.</p>	<p>2801 E. Morgan Avenue Milwaukee, WI 53207 414-977-5000</p>
<p>YMCA of Metropolitan Milwaukee <a href="http://www.ymcamke.org">www.ymcamke.org</a></p>	<p>When you join the YMCA, you can access all 11 branches across the metro Milwaukee area. Each branch has</p>	<p>Downtown YMCA 161 W. Wisconsin Avenue Milwaukee 414-291-9622</p>

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	<p>something unique to offer... including Silver Sneakers fitness classes for seniors, indoor aquatic centers with waterslides, summer day camps, Belly Dancing and other specialty classes, and even an outdoor pool. Some locations offer Adaptive Aquatics classes for children and adults with special needs.</p> <p>The YMCA has six different membership categories for youth, adults, seniors and households. If a person or family is unable to pay for memberships or programs, scholarships are provided through donations to the YMCA Strong Kids Campaign from generous businesses, foundations and individuals. Visit a branch near you for more information.</p>	<p><b>Feith Family Ozaukee YMCA</b> 465 Northwoods Road Port Washington 262-268-9622</p> <p><b>John C. Cudahy YMCA</b> 9050 N. Swan Road Milwaukee 414-586-9622</p> <p><b>Northside YMCA</b> 1350 W. North Avenue Milwaukee 414-265-9622</p> <p><b>Parklawn YMCA</b> 4340 N. 46th Street Milwaukee 414-873-9622</p> <p><b>Rite-Hite YMCA</b> 9250 Green Bay Road Brown Deer 414-354-9622</p> <p><b>South Shore YMCA</b> 3244 E. College Avenue Cudahy 414-571-9622</p> <p><b>Southtown Center YMCA</b> 3720 S. 27th Street Milwaukee 414-817-9622</p> <p><b>Southwest YMCA</b> 11311 W. Howard Avenue Greenfield 414-546-9622</p> <p><b>Tri-County YMCA</b> N84 W17501 Menomonee Ave. Menomonee Falls 262-255-9622</p> <p><b>West Suburban YMCA</b> 2420 N. 124th Street Wauwatosa 414-302-9622</p>
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