 **Education Resource Committee (ERC)**

**Saturday Clinic for the Uninsured**

These resources may help with the health barriers you are facing. If you have questions or would like to set up a follow-up appointment for more help, call **(414) 588-2865 and request an ERC appointment** or email [**ERC@mcw.edu**](mailto:ERC@mcw.edu)**.** Appointments can be scheduled on Saturdays between 8:00 AM and 12:00 PM.

**YMCA of Metropolitan Milwaukee - Membership & Program Financial Assistance**

* **Description:** **Membership for All** helps to ensure that everyone belongs at the YMCA, regardless of income level.  The Y has a pricing model that makes membership accessible and affordable through a variety of contributions to the Y’s Annual Campaign. They have various exercise options, including water aerobics!
* **Website:** <https://www.ymcamke.org/membership/membership-rates/>
  + Scroll down to “Membership for All” and click “fill out our online application here”.
* **Address:** Multiple Locations
  + 1350 W. North Avenue Milwaukee, WI 53205
  + 4340 N. 46th Street Milwaukee, WI 53216
  + 9250 N. Green Bay Road Milwaukee, WI 53209
  + 161 W. Wisconsin Avenue Milwaukee 53203 (temporarily closed)
* **Hours:** Vary by location
* **Contact info:**
  + Email: [info@ymcamke.org](mailto:info@ymcamke.org)
  + Phone Number: (414) 354-9622
* **Requirements:** 
  + Have a permanent address in the service area
  + Be eligible for state or government assistance
* **What to have ready:**
  + Income verification: state benefit letter, Food Share Card, letter of unemployment, SSI verification, or disability verification

**Dr. Martin Luther King Jr. Community Center**

* **Description:** Located in King Park, the Dr. Martin Luther King Jr. Community Center serves Milwaukee's near west side, offering a wide variety of fitness, recreation, and programming opportunities to area residents. Membership includes access to the fitness center, weight room and boxing ring.
* **Website:** <https://county.milwaukee.gov/EN/Parks/Explore/Community-Centers/MLK-Center>
* **Address:** 1531 W. Vliet St., Milwaukee, WI 53233
* **Hours:** 
  + Monday – Friday: 8 AM – 7:30 PM
  + Saturday – Sunday: Closed (Open for Private Rentals Only)
* **Contact info**
  + Email: [ParksKingCC@milwaukeecountywi.gov](mailto:ParksKingCC@milwaukeecountywi.gov?subject=Member%201-hour%20workout%20reservation)
  + Phone Number: (414) 344-5600
* **What to bring:**
  + Proof of Residency or Address (Lease, bills with current mailing address)
* **Requirements/Membership Rates:** 
  + 2024 fees for 12-month membership (prices listed include sales tax)

|  |  |
| --- | --- |
| Age 18+ | $56 |
| Age 13-17 | $36 |
| Age 12 & Under | $36 |
| Family of 4 | $113 |
| +1 Family Member (Age 13-17) | $16 |
| +1 Family Member (Age 12 & under) | $10.25 |
| Day Pass\* | $5 |
| Replacement Card | $5 |

**Kosciuszko Community Center**

* **Description:** Located in historic Kosciuszko Park, the Kosciuszko Community Center serves Milwaukee's south side, offering a wide variety fitness, recreation, and programming opportunities to area residents.
* **Website:** <https://county.milwaukee.gov/EN/Parks/Explore/Community-Centers/Kosciuszko>
* **Address:** 2201 S. 7th St., Milwaukee
* **Hours:** 
  + Monday – Thursday: 8am to 8pm
  + Friday: 8am to 6pm
  + Saturday – Sunday: Closed
* **Contact info:**
  + Email: [ParksKosciuszkoCC@milwaukeecountywi.gov](mailto:ParksKosciuszkoCC@milwaukeecountywi.go?subject=Member%201-hour%20workout%20reservation)
  + Phone Number: [(414) 645-4624](tel:+1-414-645-4624)
* **What to bring:**
  + Proof of Residency or Address (Lease, bills with current mailing address)
* **Requirements:** 
  + 2024 fees for 12-month membership (prices listed include sales tax)

|  |  |
| --- | --- |
| Age 18+ | $56 |
| Age 13-17 | $36 |
| Age 12 & Under | $36 |
| Family of 4 | $113 |
| +1 Family Member (Age 13-17) | $16 |
| +1 Family Member (Age 12 & under) | $10.25 |
| Day Pass\* | $5 |
| Replacement Card | $5 |

**Planet Fitness**

* **Description:** Planet Fitness offers $10/month memberships at any nearby location. Membership can only be used at your select Planet Fitness Location.
* **Website:** <https://www.planetfitness.com/gyms/>
* **Address and Hours:** Vary by location
* **Cost:** $10/month for Classic gym membership. Other plans available.