

Y PARTNERS CAMPAIGN

The YMCA works to nurture the potential of children, improve people's health & well-being and support our community. At the Y no one is turned away due to inability to pay. In 2014, together with our local United Way we provided over \$99,000 in scholarships and sliding fees to 683 disadvantaged neighbors in our area. Please consider a contribution to the Y Partners Campaign so that we can keep the YMCA an "inclusive" organization.



Oahe Family YMCA

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Giving Levels

Y Sports Partner \$25

Allows a youth to be active, learn values like team work and sportsmanship and participate with friends.

Day Camp Partner \$100

Allows a disadvantaged youth the opportunity to be in a week of summer day camp where they will be safe, active & learn new skills and values.

Afterschool Partner \$250

Allows one child to attend 6 weeks of the KidStop Licensed After School program with their friends in a safe and structured atmosphere.

Membership Partner \$500

Sponsor a single parent family, a senior citizen on a fixed income or a person with a disability so that they can enjoy the benefits of YMCA membership

Chairman's Round Table- \$1,000

Chairman level donors provide us the resources to make a deep impact in our community by providing sliding fees and scholarships for membership and all of the programs we offer.

 Yes, I want to be a YMCA Partner!

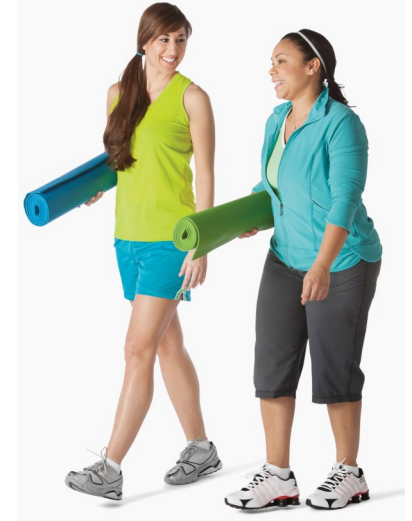
Name(s) _____ (as you would like printed on recognitions)

Address _____ City, State, Zip _____

Phone _____ E-mail _____

Total Gift _____

Check is attached Please bill me on this date _____
 Bill me monthly via bank draft Other _____



Summer/Fall 2015

Mission, Contact Info & Facility Hours

Oahe Family YMCA Mission Statement

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

CONTACT INFO

Website: www.oaheymca.org
Phone: 605-224-1683
Mail: 900 E. Church St. Pierre, SD
Facebook: "Like" us on Facebook for various information



YMCA STAFF

Karla Seyer- Health & Wellness Director	karla@oaheymca.org
Carmen Schwartzkopf- Business Manager	carmen@oaheymca.org
Beth Giddings- Program Director	beth@oaheymca.org
Jeff Filipek- Executive Director	jeff@oaheymca.org
Jeff Hodges- Building & Grounds Manager	hodges@oaheymca.org
Kent Huckins- Aquatics Director	kent@oaheymca.org
Nicole Wellington- Youth Development Director	nicole@oaheymca.org

SUMMER HOURS (May 23– Sept. 7, 2015)

Monday - Friday 4:30 am - 9:30 pm
Saturday 7:00 am - 5:00 pm
Sunday 10:00 am - 5:00 pm

Closed all day on: May 25, July 4 and September 7

FALL HOURS (September 8– Dec. 31, 2015)

Monday - Friday 4:30 am - 10:00 pm
Saturday 6:30 am - 6:00 pm
Sunday 10:00 am - 6:00 pm

Closed all day on: Dec. 25

Limited Hours: 4:30am-1:30pm: Dec. 24 and Dec. 31

Limited Hours: 9am-12pm: Nov. 26 and Jan. 1

Adult Sports

Co-ed Volleyball League

This group meets Sunday night for 10 weeks beginning October 4th and ends December 13th. We will offer two leagues this season, an "A" league which will be a competitive league and "B" league will be the recreational league. Get your team of men and women together and start getting some exercise combined with a real good time. No records are kept, but don't let that fool you into thinking that these teams don't play to win! \$120 team fee covers the 10 week session. The fee must be paid and your team registered by September 30. 24 team limit so register early!!



Wallyball

Take your volleyball game into the racquetball court with our Wallyball equipment. Reserve the west racquetball court (no more than 48 hours in advance) and bring in your group. Pick up the equipment at the front desk, set up the net and you are ready for the most exciting game of volleyball you've ever played. Call 224-9622 to reserve a court time. A copy of the rules is posted near the courts.

Basketball

The YMCA offers times for adult pick-up games. There is no additional cost to play except you must be a member of the Y or pay a guest fee.
Monday, Tuesday, Wednesday & Friday at 6:00am and Tuesday & Thursday at noon.

Racquetball

Break away from your regular workout schedule and play a game of racquetball. It's a great workout and a fun way to get some exercise. The YMCA has racquets and eye protection to check out. Members can reserve a 45 minute court time up to 48 hours in advance at 224-9622.

Pickle Ball

One of the fastest growing sports that combines tennis and ping pong. Played in the gym on special courts it is a sport for everyone of all ages! We furnish the equipment. Great for eye hand coordination, low impact exercise and just having fun!
M, T, W & F from 7-9am and TH from 6-9am. Also Saturday mornings from 6:30-9:00am.



Disc Golf League

All ages and genders. Youth under age 12 must be accompanied by an adult. League play begins on Wednesday, June 3 at Steamboat Park and runs through August 12. A registration form with more details is available at the front desk.

Adult Aquatic Classes & Programs

ADULT AQUATIC CLASSES— All included in your membership! Try them all!

AI CHI- Research has shown that being submerged in water at neck-depth increases oxygen consumption by 7%-25%. Ai Chi uses a combination of deep breathing and slow, broad movements of arms, legs, and torso to provide exercise and relaxation.

AQUACISE— A shallow water workout easy on the joints yet provides great toning & increases flexibility. This class utilizes various aquatic equipment to get the most benefit from each class.

AQUA-COMBO- Great cardiovascular benefits of Aqua-jog, combined with the flexibility of Aquacise, make this a very popular class! Participants should be comfortable in deep water with a noodle and/or flotation belt.

DEEP WATER AEROBICS- An aerobic class in the deep water to provide a non-impact workout. Participants wear an aqua jogger float belt for maximum buoyancy and movement. Need not be a swimmer but should be comfortable in deeper water.

AQUA POWER— Similar to Aquacise, this class provides a higher intensity aerobic workout combined with the joint protection that comes with exercising in the water.

ARTHRITIS BASIC - This warm water workout is designed & promoted by the Arthritis Foundation. It combines an aerobic workout with low impact joint protection.

ARTHRITIS PLUS— An advanced version of the Arthritis basic incorporating aerobic, strength & stretching with the low impact exercise of the basic class.

H2O KICK-BOXING- Think kick-boxing sounds fun but a little too rough on land? Try this H2O version that combines powerful upper & lower body moves in the water's high resistance environment.

H2O PILATES— Pilates works the body's core group of muscles to help you keep overall strength where we need it most. Try this water version and see how good it can feel.

NIFTY NOODLE- Looking for a unique method of exercise? This class focuses on muscle endurance & strengthening while using a noodle & a variety of "toys" in the deep water for ultimate joint protection. Participants should be comfortable in deep water. A great toning workout!

POWER LUNCH BUNCH— An energizing, upbeat noon hour workout. This class incorporates a variety of exercises in shallow and deep water including cardio, strengthening and stretching. Non swimmers welcome. Get energized for the rest of the day!

BASIC WATER EXERCISE- Exercises for core strengthening and overall toning while placing an emphasis on protecting the back. This is a no-impact class done in shallow water. All levels and non-swimmers welcome

WATER TABATA- More intense, challenging water exercise class. The same short, high intensity interval training you will find in the land version, done in a lower impact water environment.

ADULT SWIMMING LESSONS

Are you afraid to put your face in the water? Have you had lessons but still don't think you are a swimmer? Can you swim but never got the hang of the breathing? Do you think you will sink like a rock? Come and try a whole new way of learning to swim. Guaranteed to conquer your fear of water at your own pace. Contact Kent at 224-1683 or kent@oaheymca.org

Mondays 7:00-7:45PM

\$19/members \$38/non-members

MASTERS SWIMMING PROGRAM

Masters swimming is for adults 18 and over. This program is for anyone trying to improve their fitness level through swimming. This includes fitness lap swimmers, triathletes, those who wish to compete and those who don't. If you want to improve technique, take your workout to the next level or like the motivation of swimming with a group this is the program for you. Attend as many or as few practices as you like. All practices in the Aquatic Center.

Mon. & Fri. 5:30-6:30am and Tues & Thurs. 7:30-8:45pm and Sat. 11:30am-1:00pm

Masters is now included in your base membership fee! \$76/non-members per session.

Registration Dates & Events

Register in-person or online at www.oaheymca.org

Swim Lesson Sessions / Registrations

Summer Session 1: (7 weeks) Classes begin the week of June 1

Members begin to register on Monday, May 18

Non-members begin to register on Wednesday, May 20

Summer Session 2: (7 weeks) Classes begin the week of July 20

Members begin to register on Monday, July 13

Non-members begin to register on Wednesday July 15

Fall Session 1: (7 weeks) Classes begin the week of September 7

Members begin to register on Monday, August 31

Non-members begin to register on Wednesday, September 2

Fall Session 2: (7 weeks) Classes begin the week of October 26

Members begin to register on Monday, October 19

Non-members begin to register on Wednesday, October 21

Youth Sports & Camp Registration Dates

YMCA Summer Day Camp & Preschool Camp

Registration is currently open while spots are available.

Athletic Performance, Learn to Train, Football & Soccer Camps

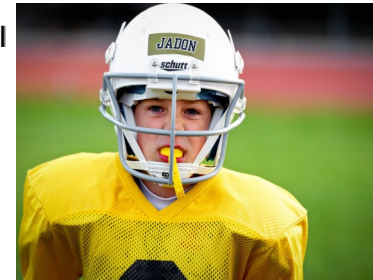
Registration begins on April 20th.

Youth Tackle Football League

Early Bird registration is May 1-31. Regular registration is June 1-July 31. Late registration is Aug. 1-6.

Youth Flag Football and Preschool Soccer

Registration begins on August 31st.



Pool & Gym Schedules

Check with the front desk or online at www.oaheymca.org for the most current pool and gym schedules.

Calendar of Events (Check the Y's website for details)

May 9

Pierre Safe & Healthy Kids Day- (9-11am for young families)

May 9

Pizza Pool Party (6:15-9:15pm for 1st-5th graders)

June 23

YMCA Annual Board Meeting

Aug. 21-23

Gym, Studio & Racquetball Courts closed for maintenance

Oct. 25

Pumpkin Patch Family Event

Nov. 3

Pizza Ranch Fundraiser (5-8pm) for our Tackle Football program

Nov. 7-8

Swim Meet (Aquatic Center closed)

Nov. 9-13

YMCA Member Appreciation Week

Nov. 9-26

Holiday Survival Club weigh-in & registration

Dec. 5-6

Swim Meet (Aquatic Center closed)

Dec. 28-29

4th Annual 3-on-3 Basketball Tourney (grades 5-8)

Membership Information

Included in your membership are adult land & water fitness classes, gym, track, weight room, YMCA warm water pool, Pierre Aquatic Center pool, saunas, showers/locker rooms, Kid center playroom, racquetball courts, cardio area with treadmills, bikes, cross-trainers, steppers, etc.

Membership Fees

Type	Monthly Cash	Monthly Draft	Annual
Youth (ages 0-13)	\$14	\$10	\$88
Student (ages 14-18)	\$22	\$18	\$198
College	\$29	\$25	\$275
Adult (ages 19-64)	\$43	\$39	\$429
Single Parent Family	\$44	\$40	\$440
Family	\$61	\$57	\$627
Older Adult (ages 65 & up)	\$34	\$30	\$330



Corporate Membership—Businesses may receive a discount for their employees by sending in the employees membership dues in one lump sum. A 10% discount is given if the business sends the dues once a month. A 15% discount is given if the business sends the dues once a year. Must have at least five employees participating to qualify. Call Carmen at 224-1683 for more information.

Silver Sneakers and Silver & Fit Discounts

Some older adults may qualify for these discounts. Check with your health insurance representative to see if you qualify.

Swim Lesson Details

Classes subject to change— Check with the front desk to confirm times

SUMMER 2015 CLASSES

Class	Day	Times	Pool	Member	Non-member
Parent/Child	Mon	6:30-7pm	Y&AC	\$19	\$38
Pike	Mon/Wed	6:15-6:45pm	Y	\$38	\$76
Pike	Mon/Wed	6:45-7:15pm	Y	\$38	\$76
Eel	Mon/Wed	6:15-6:45pm	Y	\$38	\$76
Ray/Starfish	Mon/Wed	6:45-7:15pm	Y	\$38	\$76
Polliwog/Guppy	Mon/Wed	6:15-6:55pm	Y	\$38	\$76
Fish/Flying Fish/Shark	Mon/Wed	4:30-5:10pm	Y	\$38	\$76
Pike/Eel	Tues/Thurs	9:15-9:45am	Y	\$38	\$76
Pike	Tues/Thurs	6:15-6:45pm	Y	\$38	\$76
Pike	Tues/Thurs	6:45-7:15pm	Y	\$38	\$76
Eel	Tues/Thurs	6:15-6:45pm	Y	\$38	\$76
Ray/Starfish	Tues/Thurs	6:45-7:15pm	Y	\$38	\$76
Polliwog/Guppy	Tues/Thurs	4:00-4:40pm	Y	\$38	\$76
Minnow	Tues/Thurs	4:40-5:20pm	Y	\$38	\$76
Polliwog/Guppy	Tues/Thurs	6:15-6:55pm	Y	\$38	\$76
Pike	Sat.	9:30-10:00am	Y	\$19	\$38
Eel	Sat.	10:00-10:30am	Y	\$19	\$38
Ray	Sat.	10:30-11:00am	Y	\$19	\$38
Polliwog/Guppy	Sat.	9:30-10:10am	Y	\$19	\$38
Fish/Flying Fish/Shark	Sat.	10:10-10:50am	Y	\$19	\$38

FALL 2015 CLASSES

Class	Day	Times	Pool	Member	Non-member
Parent/Child	Mon	6:30-7pm	Y&AC	\$19	\$38
Pike	Mon/Wed	6:15-6:45pm	Y	\$38	\$76
Pike	Mon/Wed	6:45-7:15pm	Y	\$38	\$76
Eel	Mon/Wed	6:15-6:45pm	Y	\$38	\$76
Ray/Starfish	Mon/Wed	6:45-7:15pm	Y	\$38	\$76
Polliwog/Guppy	Mon/Wed	6:15-6:55pm	Y	\$38	\$76
Minnow	Mon/Wed	3:45-4:25pm	Y	\$38	\$76
Fish/Flying Fish/Shark	Mon/Wed	4:30-5:10pm	Y	\$38	\$76
Pike/Eel	Tues/Thurs	9:15-9:45am	Y	\$38	\$76
Pike	Tues/Thurs	6:15-6:45pm	Y	\$38	\$76
Pike	Tues/Thurs	6:45-7:15pm	Y	\$38	\$76
Eel	Tues/Thurs	6:15-6:45pm	Y	\$38	\$76
Ray/Starfish	Tues/Thurs	6:45-7:15pm	Y	\$38	\$76
Polliwog/Guppy	Tues/Thurs	4:00-4:40pm	Y	\$38	\$76
Minnow	Tues/Thurs	4:40-5:20pm	Y	\$38	\$76
Polliwog/Guppy	Tues/Thurs	6:15-6:55pm	Y	\$38	\$76
Fish/Flying Fish/Shark	Tues/Thurs	7:00-7:40pm	Y	\$38	\$76
Pike	Sat.	9:30-10:00am	Y	\$19	\$38
Eel	Sat.	10:00-10:30am	Y	\$19	\$38
Ray	Sat.	10:30-11:00am	Y	\$19	\$38
Polliwog/Guppy	Sat.	9:30-10:10am	Y	\$19	\$38

YMCA Swim Lesson Descriptions

Our five areas of focus for YMCA Swim Lessons are *Personal Safety, Personal Growth, Stroke Development, Rescue and Water Sports & Games*. If you need assistance in the placement of your child in Y Swim Lessons, please don't hesitate to contact Kent Huckins, Aquatic Director at 224-1683 or kent@oaheymca.org.

PRE-SCHOOL LESSONS (ages 3-5)

PIKE- Beginning Swimmer (Preschool 1)

Little swimmers develop safe pool habits, adjust to the water, and basic paddle stroke. To progress, child must feel comfortable holding face in water while blowing bubbles, and must be able to float on their back.

EEL (Preschool 2)

Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool without assistance with their face in the water.

RAY (Preschool 3)

Child can briefly swim independently without a floatation device.

STARFISH

Child improves stroke skills, builds endurance & treads water. Child can swim on their front & back without assistance.

YOUTH LESSONS (ages 6-14)

POLLIWOG - Beginner (Level 1)

Students become acquainted with the water, floatation devices, and pool. Students will learn paddle stroke, side and back paddle. To move to the next level they will need to swim across the pool with assistance with their face in the water.

GUPPY (Level 2)

Students are introduced to lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. Before moving on students must swim the length of the pool without assistance.

MINNOW (Level 3)

Students further refine the lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. To move to the next level they need to be comfortable swimming all strokes 25 yards.

FISH (Level 4)

Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and side stroke with turns. They are introduced to butterfly stroke. To advance, students must be able to swim all strokes 50 yards without stopping.

FLYING FISH (Level 5)

Perform the front crawl, back stroke, elementary backstroke, sidestroke, & breaststroke; to advance student needs tread water for three minutes with combination kicks plus swim all strokes 100 yards.

SHARK (Level 6)

Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in boating, safety, and rescues. Perform front crawl, breaststroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.



Guest Fees & Facility Code of Conduct

Daily Guest Pass Fees

Youth (ages 0-13)	\$2
Student (ages 14-18)	\$4
College	\$4
Adult (ages 19-64)	\$8
Single Parent Family	\$10
Family	\$10
Older Adult (ages 65 & up)	\$4

YMCA CODE OF CONDUCT

For Members, Guests & Program Participants

All persons involved with the YMCA are expected to model our core values of *Caring, Honesty, Respect and Responsibility*.

Expectations include:

- All members & guests must check in at the front desk upon arrival.
- Food and drink is limited to the front entry lobby area with the exception of water.
- Appropriate attire must be worn at all times.
- No angry or vulgar language including swearing, name-calling or shouting.
- No physical contact with another person in an angry, sexual, or threatening way.
- Carrying or concealing objects that may be used as weapons is prohibited.
- No use or possession of illegal chemicals or alcohol is allowed.
- YMCA facilities and grounds are tobacco free.
- Behavior that results in the loss and/or destruction of property is not tolerated.
- The use of cameras or video recording devices, including those on cell phones, are prohibited in locker & rest rooms.
- Children ages 6 and under must be under the direct supervision of a parent/adult or enrolled/participating in a YMCA program.



Violation of the Code of Conduct may result in the suspension or termination of YMCA privileges as determined by the staff

Preschool & Other Youth Programs

Pre-School Programs

Kindergym

Here's a preschool movement program for 3-5 year olds. The first 45 minutes is filled with games, exercise, ball handling, etc., the next 30 minutes is play time in the swimming pool. **Children MUST be out of diapers.** Program held during school year.
Monday & Wednesday- 9am-10:15am. \$28 members / \$48 non-members

YMCA Nursery

A great opportunity for young children to have fun in our Nursery/Kids Center!

Monday thru Friday from 8:30am-10:30am.

Monday thru Thursday from 5:25pm-7:30pm.

Saturday is 8:00am-11:00am.

Cost is \$1.00 per hour per child (a minimum of \$1.00 required) and the parents must be in the facility to take advantage of this service.



Youth Cardio Club (Grades 4-6)

A great afterschool opportunity for youth to use the track, cardio machines, weight room and aerobic studio. This class provides an exception to our age 14 and older policy for these areas because it is led by YMCA staff. Prizes for attendance and length of exercises. 5 week sessions.

Tues. & Thurs. 4:00 to 4:45 PM- \$35 members & \$50 non-members

Session 1– September 15-October 22 Session 2– October 27-December 3

Pierre Swim Team

The Pierre Swim Team offers swimmers of all abilities the opportunity to have fun and compete statewide. If you can swim the length of the pool, come experience PST with a 2 week trial period at no cost. Check www.pierreswimteam.com for starting dates, practice times and fees. All swimmers must be members of the YMCA. Get involved in a healthy, fun sport where everyone can be a winner! Contact Kent Huckins at the Y for more info.

Home School Swim

Swimming lessons, water safety & water recreation for home-schooled students age 6 and up. A great way to fulfill P.E. requirements. Beginners will get comfortable in the water & learn basic skills. Intermediate will add more skills, strokes and refine basic skills. Advanced will refine technique & work on fitness principles. Water Safety and Recreation explored at all levels. \$19 members / \$38 non-members

Lifeguard Training

This training is required of anyone who wants to become a lifeguard. Prerequisites: minimum age of 15, ability to swim 6 laps continuously, retrieve a 10 lb. object from a minimum depth of 7 ft. and swim 20 yards with it. CPR for the Professional Rescuer & Community First Aid & Safety also included in this class. You must pre-register. Books included in the price of the class. Dates to be announced.. Call Kent at the (224-1683) for more info.

Fitness Classes & Personal Training

GREAT OPTIONS FOR OLDER ADULTS!

Senior Strength & Condition Take care of it all here, 3x's a week, using dumbbells, bars, tubing bands, chairs, step boxes, mats, some free style movements & conditioning exercises.

Active Older Adult Cardio Class Simple, no impact, cardio movements, geared to elevate the heart rate, improve coordination & balance. Open to all ages!

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers balls are offered for resistance, and a chair is used for seated and/or standing support. Stop by the front desk to see if you have the right insurance that will qualify you for a free YMCA membership and this wonderful class.

Yoga & Stretch– great for seniors & younger listed below.

YOGA & PILATES

Pilates MAX Traditional Pilates plus so much more. This class reaches beyond basic Pilates, producing the upmost challenge needed for core & total body strength. Modifications are still part of all exercises performed.

Strength/Endurance Yoga This Yoga class will incorporate more strength moves using lighter weights.

Yogalaties Combination of Yoga, Pilates and traditional core exercises.

Relaxation Yoga (Traditional) Stretch- strengthen- relax- breath! Treat your body to some, very needed healing. Yoga has been proven to make you feel better by strengthening your body, increasing flexibility & lowering stress levels.

Warm Yoga Yoga performed in warmer temperatures of (75-80 degrees.). The warmer temperatures are great on your muscles & joints.

Yoga & Stretch ... don't let the name fool you. This class has plenty of challenge for any age, simplified for those wanting a mix of stretching & Yoga. traditional poses, plenty of modifications & some practical stretching.

Learn It Yoga For newer and all Yoga levels. More break downs to learn the flow of many versions of Yoga.

Yoga for the Youth To be announced.



Equipment Orientations & Personal Training

New members are highly encouraged to get a "FREE" orientation on our equipment. Stop at the front desk to reserve an appointment. Want to take your fitness to the next level? Talk with Health & Wellness Director, Karla Seyer, about personal training sessions. karla@OaheYMCA.org

Personal Training Sessions One on one strength training sessions held in the weight room or in the privacy of the aerobic studio. Let a trainer help you reach your goals to improve your health and muscle tone.

Other Personal Training Sessions: Boxing / Yoga / Pilates

Land Fitness Class Descriptions

**Note: Please check at the front desk or the Y's website for up-to-date class schedules.*

CARDIO & STRENGTH TRAINING CLASSES!

Kettlebell/Condition "new" Strength/Cardio endurance using the kettlebell and other equipment for conditioning segments. Super new form of strength training. Watch for learning sessions.

"Bust" A Class that alternates strength & cardio segments, 40 seconds on 20 seconds rest. Held between each 5 week session of a Chisel class.

Chisel The BEST...more sets, less reps, and heavier weights. It's time to step up the body sculpting workout. Open to all levels as you will choose the weight loads that personally challenge you. Chisel Express Class - Shorter Chisel & 10 minutes Tabata!

Cycling This is the greatest cardiovascular workout, and no impact to the joints. Recharge your fitness levels with this class. Indoor cycling classes are great for strengthening your legs and easy on the knees.

Cycle /Tabata This intense class will combine cardio cycling & Tabata. This is a cardio challenge class as each segment will condition you to the fullest level of fitness.

Cycling & Strength Cardio cycling the first 20-30 minutes of class, followed by total body strength for the 2nd half of class. This class is labeled the perfect combo class. Time flies in a combo class.

Cycling & Core Cardio cycling the first 20-35 minutes of class, followed by intense core strengthening, using traditional and Pilate exercises.

ZUMBA Party time – Latin-hip hop fun! Get your cardio and core worked in one intense session to Latin rhythms and more. It's so fun you won't even watch the clock. All classes welcome every level.

Kickbox/Condition/Core or Step/Condition/Core Each week class will alternate between Kickboxing or Step. Get ready for super fun variety.

Boxalaties Shadow- kickboxing moves, using zero to 4lb hand weights. Your core will be involved during the boxing segment. Additional exercises with weights & intervals. Some traditional Pilate exercises included. It's a super energizing and a fun workout.

Noon Group Strength Express Class 35-40 minutes of strength training. Full body work out, done in half the time. No weight machines, just you and the pump bars, tubing bands, fit balls, dumbbells.

Cardio Step Basic to intermediate step patterns, that are super to condition your heart, burn calories and strengthen your lower body. High and low impact choices, always.

Cardio Combo's Different combination workout each week (Step-Kickbox-Cycle-Tabata-Freestyle)

Hip Hop Cardio To be announced

Most participants can take any class as long as they work at a level that is safe for them. Some classes are more advanced than others and should be avoided. Please view the class list provided with more information on classes recommended for the newer participant or contact karla@oaheymca.org



Special Events & Rentals

Pizza Pool Parties

Party for the kids at the YMCA = Free-time for the parents somewhere else! The PIZZA POOL PARTY is a lock-in event for all **children in grades 1-5**. The YMCA provides pizza, pop, pool and never ending fun in supervised areas of the YMCA building. Norbert (our inflatable pool dragon) also appears! Bring your swimsuit and a towel in a bag with your name on it. Registration forms go out to the schools approximately 2 weeks prior to the event and can also be picked up at the front desk. Contact Nicole for more info 224-1683 or Nicole@oaheymca.org. Volunteers are welcome. Saturdays from 6:15pm-9:00pm. Cost: \$10 per-child/member; \$15 per-child/non-member. May 16 is our last spring party. Fall dates are tentative– Sept. 5, Oct. 3, Nov. 15 & Dec. 15

Teen Night Dances

Get your groove on with your friends at the YMCA TEEN DANCE PARTY. Show off your dance moves along with a positive competitive attitude with contest and other fun games throughout the night. We will provide some snacks, beverages, and glow items in the classroom for purchase. Cost: Members \$6/Non-members \$8; \$1 off with two canned goods at door for members or non-members. Dance will begin at 7:00pm and end at 9:30pm. **For grades 6-8**. Contact Nicole for more information or to volunteer by phone 224-1683 or email Nicole@oaheymca.org Fall Dates TBD

Teen Nights at the YMCA

Tired of doing the same ol' thing on a Friday night? If so come hang out with friends, eat snacks, play the Wii, socialize some more, play more games and go swimming. Bring friends and meet new friends!! **For grades 6-8**. The cost is \$5. Will occur every other month on Fridays in the multi-purpose room. Fall Dates TBD

Holiday Classic 3-on-3 Basketball Tourney

5th & 6th Grade Boys and Girls– December 28

7th & 8th Grade Boys and Girls– December 29

Join us for some fun over Christmas break. Guaranteed 3 games, awards, skills competition & t-shirts for all participants. Separate boys & girls divisions for each grade. \$48 per team.

Birthday Parties & Group Rentals

Don't forget you can have your birthday party or group party at the Oahe Family YMCA & Pierre Aquatic Center. Call Carmen at 224-1683 to reserve times or go to www.oaheymca.org for information and to download birthday and rental forms. Birthday Parties are a flat rate of \$25 for YMCA members and \$30 for non-members. Having an exclusive room for your party is an additional cost.



Coffee & Social Time

Join us every Wednesday morning for coffee and fellowship in the lobby from 9:00-10:00am.

Youth Sports

YMCA Youth Tackle Football League (grades 3-7)

Tackle football will meet Monday & Thursday evenings beginning Thursday, September 10th and running through Thursday, October 22nd. Coaches or the "Y" will call each player with time of practice. Cost: \$60 members/\$75 non-members.

Kindergarten Football (K)

A great introduction to the game of football. Players will work on basic skills, positions and they are also introduced to game play. Football will meet Tuesday nights beginning Sept. 15th and ending Oct. 6th from 5:45pm-6:30pm at the softball complex. Each player will receive a football at the end of the season! Cost: \$16 members/\$26 non-members

Flag Football (grades 1-2)

Learn the positions, skills, drills & game situations and get to practice what they learn with games during this season of flag football. Flag football will meet Tuesdays September 15– October 20 from 6:30pm-7:15pm at the softball complex. Cost: \$21 members/\$36 non-members.

Fall Pre-school Soccer (4-5 yr. olds)

Meets three times and everyone entered gets to keep a soccer ball!!! 4 & 5 year olds meet for 45 minutes on Tuesdays from 6:30pm-7:15pm to practice soccer skills. Pre-school soccer will meet September 15th, 22nd and 29th at the softball complex. Cost: \$16 members/\$26 non-members.

MINI Mighty Mite Basketball (K)

This special program is for kindergarten aged boys and girls. It meets 4 times and works on basic basketball skills in a fun way for kids. Monday nights from 6:00pm-6:45pm from Oct. 26- Nov. 16 at Jefferson School. On the last night, each child gets to take home a basketball of their own. This program is limited. Cost: \$16 members/\$26 non-members.

Mighty Mite Basketball (grades 1-2)

This program teaches the basic skills and game play used in basketball. This program meets Tuesdays and Thursdays starting Oct. 27th - Nov. 19th. Choose from either 6:00-6:45pm or 7:00-7:45pm at Jefferson School. Registration forms will be handed out in the schools or pick one up at the "Y". This program is limited. Cost: \$21 members/\$31 non-members.

Girls and Boys Basketball (grades 3-6)

Players will practice twice a week on skill development & meet Saturday mornings for games. Schedule of times and days will be set after registration deadline. Program will run for 7 weeks starting the week of Oct. 27th running through Dec. 10th. Cost: \$31 members/\$46 non-members.

Basketball Specific Skill & Athlete Development (grades 1-6)

This is a basketball specific skill, strength and conditioning program coached by Lisa Bahe. This program is designed to improve core strength, balance, reactive ability and fundamental basketball skills. Look for flyers with more details in August. Program will begin in September.

YMCA Basketball Work Outs

Player development workouts emphasizing the overall skill development of the player. Ball-handling, dribbling, footwork, shooting form, position work, and developing an understanding of the game are the basic skills focused on during these workouts.

Private and semi-private lessons are scheduled on an individual player basis. Private lessons will be focused on one-on-one training while semi-private lessons will include 2-4 players. It is helpful if you have a group that will attend together.

Private (Individual)- 1 lesson- \$30, 4 lessons- \$100 and 8 lessons- \$160

Small Group (2-4 players)- 1 lesson \$20, 4 lessons- \$70 and 8 lessons \$120

YMCA Basketball Skill Development Class

This is a basketball skill specific class designed to introduce/improve the basic fundamental skills in the game of basketball. Ball-handling, dribbling, passing, footwork, basic shooting form, balance and reactive ability are areas that will be emphasized.

Session 1: June 8– July 1 (11:45am-12:30) 2-3-4 grades M/W **OR** T/TH

Session 2: June 8– July 1 (2:15pm – 3:00) 4-5-6 grades M/W **OR** T/TH

Session 3: July 6– July 29 (11:45am – 12:30) 1-2-3 grades M/W **OR** T/TH

Session 4: July 6– July 29 (2:15pm – 3:00) 4-5-6 grades M/W **OR** /TH

Cost for the program is \$40.00 for YMCA members and \$55.00 for non-members.

Afterschool & Summer Camp Programs

KidStop Afterschool Program (Youth K-5 for the 2015-16 school year)

Join us each afternoon from the end of school until 5:30PM for a balance of structured and unstructured time with large motor games, classroom activities, swimming at the aquatic center and character building curriculum. This program does include early-release days each month as well as transportation from the school to the YMCA. **Our program is licensed by the State of South Dakota Department of Social Services** and children are supervised by trained YMCA child care staff members. Cost is \$111 per month per child for YMCA members and \$131 per month per child for non-members. A 10% discount is applied to those parents who pay by a monthly bank draft. Enrollment is limited and available on a "first come, first serve" basis. For more information contact Nicole Wellington, our youth development director at 224-1683. Registration for Fall 2015 Kids Stop begins on July 13 for members and on July 15 for non-members.

School's Out Program (Youth K-5 for the 2015-16 school year)

The YMCA **School's Out Fun Club** is offered on days that school does not meet for children in grades K-5. The program includes crafts, gym games, movies, Kid Center, swimming and a day of fun. The program runs from 7:45am-5:30pm. Participants need to bring their own lunch, swimsuit, towel and wear close-toed shoes. Space is limited and is on a "first come, first serve" basis. Cost is \$15 a day for KidsStop participants, \$20- members and \$25- non-members. Drop-offs are not allowed. For more information contact Nicole Wellington at 224-1683. Dates are subject to change-check our website! **Fall Dates:** Dates: Sept 7, 17, 18; Oct 12; Nov 26, 27; Dec 28, 29, 30, 31 (half day); Jan 1, 4.

YMCA Summer Day Camp (Youth going into grades 1-5 in fall of 2015)

The Oahe YMCA is pleased to offer a full-day summer day camp program to children entering grades 1-5. Our day camp programs offer a variety of hands-on activities, sports, crafts, games, trips to local parks, swimming, hanging out with friends, character development activities, service learning projects, field trips and so much more! If you are looking for a program that keeps your child active, both physically and mentally, look no further than the YMCA's Summer Day Camp! Camp run Monday-Friday from 7:45am-5:30pm. Cost: \$111/week for members/\$99 with automatic withdrawal; \$131/week for non-members/\$111 with automatic withdrawal. First day of camp is Tuesday, May 26.

Pre-school Adventure Camp (Youth ages 3-5)

A great half-day introduction to summer camp for children in pre-school, ages 3-5. Our trained preschool camp staff will be leading the campers on a week with adventures full of fun!! We will take field trips to local attractions, swim at the aquatic center, beach play, themed activities for the week, growth in all areas and more fun and exciting moments. Adventure camp runs one week a month from 8:00am-Noon, Monday- Friday. Dates: **June 8-12; July 6-10; August 3-7**. Cost \$34/Member and \$50/ Non-member per session. For more info contact Nicole Wellington, Youth Development Director.

Athletic Performance Enhancement Camp (Going into grades 5-9)

This camp is an 8-week group training program to improve fundamental movement, speed, agility, flexibility, and core strength. Camp will meet on Mondays, Tuesdays, Wednesdays and Thursdays and you can choose between: **8:00-9:00am, 9:15-10:15am or 1:15-2:15pm**. Camp begins Monday, June 16th and runs thru Thursday, August 7th. DEADLINE: Monday, June 1st. **COST:** \$155.00 members/\$170.00 non-members.

Learn to Train Camp (Girls & boys going to grades 2-4)

Camp will be a group training program introducing general fundamental movement, speed, agility and flexibility skills. Mondays & Wednesdays or Tuesdays and Thursdays from 10:45-11:45am for 4 weeks.

SESSION 1– Mon. & Wed. (June 8-July 1) **or** Tues & Thurs. (June 9– July 2).

SESSION 2– Mon. & Wed (July 6-29) **or** Tues & Thurs. (July 7-30).

Deadline to register for Session 1 is June 1st and deadline for Session 2 is June 30th.

COST: \$40 Y members/\$55 non-members.

Lessons are one hour long and are scheduled by appointment to fit around the hectic schedules of players and parents. Sessions will run Monday-Thursday afternoons/evening and Friday mornings. Players can purchase 1 lesson or a package of 4 or 8 lessons.