

## COMING UP THIS SUMMER & FALL

Watch for our summer brochure for more details

**YMCA SUMMER DAY CAMP** (Youth going into 1st—4th grades)  
Register early for this popular summer program as many weeks fill early. At the heart of our program is our outstanding camp counselors who connect with the campers to make their summer fun & meaningful.

Day camp is full days of games, crafts, going to the park, playing at the beach, swimming in the pools, character development and service learning.

\$111.00/week for members/  
\$99 for automatic withdrawal  
and \$131.00/week for non-  
members. **Registration for  
Day Camp begins March 7.**



**PRE-SCHOOL ADVENTURE CAMP** (Youth ages 3-5)

A great half-day introduction to summer camp for preschoolers. The format is similar to day camp, but with age appropriate activities. Adventure Camp runs from 8:00am to 12:00pm. Watch for dates/fees in our summer brochure.

**TACKLE FOOTBALL**

*(Grades 3-7 in the fall of 2016)*

Registration will begin in May for this popular program, even though it will not begin until September. We have registration this early to give us time to order additional equipment that may be needed. Once registered your child will be in the program and there will be no additional registration in the fall. Watch the school for registration forms or pick one up at the YMCA



### ALSO COMING THIS SUMMER!

- **Fitness Camps** (grades 2-4 and 5-9)
- **Football Camps** (grades 3-6)
- **Soccer Camps** (4-12 yr. olds)
- **Disc Golf League** (all ages)
- **Basketball Skills class** (grades 1-6)



# WE ARE MORE THAN JUST A GYM



# 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](http://www.oaheymca.org)  
Phone: 605-224-1683  
Mail: 900 E. Church St. Pierre, SD  
Social Media: Find us on Facebook and Twitter



### YMCA STAFF

*Left to right on the picture:*

**Jeff Filipek- Executive Director**  
**Beth Giddings- Program Director**  
**Carmen Schwartzkopf- Business Manager**  
**Holly Hardy- Aquatics Director**  
**Karla Seyer- Health & Wellness Director**  
**Jeff Hodges- Building & Grounds Manager**  
**Lisa Maunu- Youth Development Director**

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[lisa@oaheymca.org](mailto:lisa@oaheymca.org)

### WINTER / SPRING HOURS (January 1 - May 27, 2016)

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

Closed all day on: Dec. 25, March 27, May 30

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

Limited Hours: 9am-12pm Jan. 1

# Adult Sports



## Co-ed Volleyball League

This group meets Sunday night for 10 weeks beginning January 10 and ends April 24. We will offer two leagues this season, an “A” league which will be a competitive league and a “B” league which 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! \$175 team fee for the 14 week season. The fee must be paid and your team registered by December 30. 24 team limit so register early!!

## 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, and Friday at 6:00am and Tuesday & Thursday at noon.

## 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.

## 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.

Half-court M-F from 1-3pm. TH evenings from 7:30-10:00pm.

Saturday mornings from 6:30-9:00am.

## 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.



## Lazy Man Triathlon

Participants will have 5 weeks to complete these Iron Man Triathlon Distances: Swim – 2.4 Miles, Bike – 112 Miles and Run/Walk – 26.2 Miles. A record sheet will be given to you when you register to record the distances accomplished. Registration begins December 14. Triathlon begins January 11 and ends on February 14. Cost: \$15 for Y members and \$50 for non-members (Non-Member fee includes use of the YMCA and Aquatic Center for 5 weeks.) If you wish to purchase a cotton t-shirt it will be an additional \$10.00 (2x-large \$11.00) or to purchase a wicking t-shirt an additional \$15.00 (2x-large \$16.00). Sign up at the YMCA Front Desk. A drawing will be held from those who complete the triathlon & the winner of the drawing will be awarded a gift card. (A completed form must be turned in to qualify for drawing.)

## Couch to 5K Training Class

Watch for more details coming soon.



# Adult Aquatic Classes

**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.

T,Th 1:30-2:15 pm Y pool  
M 8-8:45pm Y pool

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

M,W,F 8-8:45am Y pool  
T,Th 7:30-8:15 am Y pool

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

T,Th 8:15-9:15 am Y pool

**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.

M,W,F 12:10-12:40pm Y pool  
M,W 5:30-6:15 pm Aquatic Center

**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

M,W 5:30-6:15 pm Y pool  
M,T,W,TH 6:00-6:45am Aquatic Center

## AQUA ZUMBA®

Looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? Aqua Zumba® blends the Zumba® philosophy with water resistance, for one fun pool party! There is less impact on your joints during Aqua Zumba® so you can really let loose. Just add water and shake.

T,TH 12:10-12:50

## ARTHRITIS BASIC -

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

T,Th 1:00-1:30 pm Y pool

**ARTHRITIS PLUS-** An advanced version of the Arthritis basic incorporating aerobic, strength and stretching components with the low impact exercise of the basic class.

M,W,F 1:00-1:45 pm Y pool

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

T, Th 5:30-6:15 pm Y pool

**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.

M,W,F 1:45-2:15 pm Y pool

**NIFTY NOODLE-** This class focuses on muscle endurance & strengthening while using a noodle and a variety of "toys" in the deep water for ultimate joint protection. Participants should be comfortable in deep water. A great workout & all round body toning.

M,W,F 7:00-7:45 am Aquatic Center

**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

M, W, F 7:30-8:15am Y pool

**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.

Sat 9:00-9:45am Aquatic Center



# Registration Dates & Events

Register in-person or online at [www.oaheymca.org](http://www.oaheymca.org)

## Kindergym & Swim Lesson Sessions / Registrations

**Winter Session 1 (7 weeks)** Weekday classes begin the week of January 4

Saturday lessons will be 7 weeks beginning January 9

Members begin to register on Monday, Dec. 7

Non-members begin to register on Wednesday, Dec. 9

**Winter Session 2 (6 weeks)** Weekday classes begin the week of February 22

Saturday lessons will be 5 weeks beginning March 5

Members begin to register on Monday, Feb. 15

Non-members begin to register on Wednesday, Feb. 17

**Spring Session 1 (6 weeks)** Weekday classes begin the week of April 4

Saturday lessons will be 6 weeks beginning April 9

Members begin to register on Monday, March 28

Non-members begin to register on Wednesday, March 30

## Youth Sports Season & Registration Dates

### Mini & Mighty Mites Basketball

Registration begins on Feb. 8. The season starts February 29 for Mini's & March 1 for Mighty Mites.

### Youth Volleyball

Registration begins on March 7. Season starts on April 4 for 3/4th grade & April 5 for 5/6th grade

### Spring Soccer

Registration begins on March 7. The season starts on April 5 for grades K-3 & April 11 for pre-school.

## Pool & Gym Schedules

Check with the front desk or online at [www.oaheymca.org](http://www.oaheymca.org) for the most current pool and gym schedules.

- \* Gym closed 4-10pm on Dec. 28 & 29 for a Basketball Tourney
- \* Gym closed Feb. 4 from 3-8pm for Pierre Area Chamber "Activities Roundup"
- \* Both pools closed Feb. 13-14 and Feb. 26-28 for Swim Meets
- \* Gym closed March 12-13 for State Special Olympics Basketball
- \* Y Pool Shutdown for annual maintenance May 14- June 5 (Aquatic Center is open)

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

Dec. 12	<b>Pizza Pool Party</b> (6:15-9:15pm for 1st-5th graders)
Dec. 28	<b>Youth 3-on-3 Basketball Tourney</b> — Boys & Girls (Grades 5-6)
Dec. 29	<b>Youth 3-on-3 Basketball Tourney</b> — Boys & Girls (Grades 7-8)
Jan. 9	<b>Pizza Pool Party</b> (6:15-9:15pm for 1st-5th graders)
Jan. 23	<b>YMCA Teen Dance</b> (grades 6-8) * Tentative date
Feb. 4	<b>Pierre Area Chamber "Activities Roundup"</b> (5-8pm in the Y gym)
Feb. 6	<b>Pizza Pool Party</b> (6:15-9:15pm for 1st-5th graders)
Mar. 12-13	<b>State Special Olympics Basketball Tourney</b>
Mar. 12	<b>Pizza Pool Party</b> (6:15-9:15pm for 1st-5th graders)
Mar. 20	<b>Underwater Easter Egg Hunt</b> (12:30pm for families)
April 9	<b>Pizza Pool Party</b> (6:15-9:15pm for 1st-5th graders)
May 7	<b>Pierre Safe Saturday &amp; YMCA Healthy Kids Day</b>
TBA	<b>Annual YMCA Aerobathon</b>

# 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)	\$15	\$11	\$99
Student (ages 14-18)	\$23	\$19	\$209
College	\$30	\$26	\$275
Adult (ages 19-64)	\$44	\$40	\$440
Single Parent Family	\$45	\$41	\$451
Family	\$62	\$58	\$638
Older Adult (ages 65 & up)	\$35	\$31	\$341



**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, Swim Team & Masters

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	6:15-6:45pm	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
Guppy/Minnow	Sat.	9:30-10:10am	Y	\$19	\$38
Fish/Flying Fish/Shark	Sat.	10:10-10:50am	Y	\$19	\$38

\*Classes subject to change/cancellation based on enrollment numbers.

## 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 Holly Hardy at 224-1683 or [holly@oaheymca.org](mailto:holly@oaheymca.org)

**Mondays 7:00-7:45PM**

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

## 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](http://www.pierreswimteam.com) for starting dates, practice times and fees. Fees cover coaching, insurance and USA Swimming membership. All swimmers must cover their own cost of participating in a meet. Attending meets is not required. All swimmers must be members of the YMCA. Practices will be held at the Aquatic Center. Get involved in a healthy, fun sport where everyone can be a winner!

## 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. & Frid. 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.

# 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 YMCA Swim Lessons, please don't hesitate to contact Holly Hardy, Aquatic Director at 224-1683 or holly@oaheyymca.org.

## PRE-SCHOOL LESSONS (ages 3-5)

### **PIKE- Beginning Swimmer**

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**

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**

Child can briefly swim independently without a floatation device.

### **STARFISH**

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

## YOUTH LESSONS (ages 6-14)

### **POLLIWOG - Beginner**

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**

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**

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**

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**

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

### **SHARK**

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, breast-stroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.

### **PORPOISE NEW!**

Porpoise is the final level of YMCA Swim Lessons. Swimmers focus on improving water rescue and stroke mechanics. Must be able to perform front & back crawl, breaststroke, butterfly and sidestroke. Many participants may want to advance to swim team after completing this level.

**Watch for more details coming soon!**



# Guest Fees & Facility Code of Conduct

## Daily Guest Pass Fees

Youth (ages 0-13)	\$2
Student (ages 14-18)	\$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**



## Special Events & Classes

### 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 (\$200) of the class. Dates to be announced. Call Holly at (224-1683) for more info.



### Youth Cardio Club (Grades 4-6 only)

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- \$25 members & \$35 non-members**

Session 1: Jan.5 - Feb.4      Session 2: Feb.9 - Mar.10      Session 3: TBA

### Yoga for the Youth

New program that just started that our youth love! Saturday mornings at 10:30am.

### Water Polo for the Youth

Coming soon in 2016! Co-ed class works on the basic water polo strategy and fundamental skills in a low pressure environment. Must be able to swim 25 yards unassisted and can tread water. Check at the front desk for more details.

### Home School Swim

Swimming lessons, water safety, and 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 and learn basic skills. Intermediate will add more skills and strokes and refine basic skills. Advanced will refine technique and work on fitness principles. Water Safety and recreation explored at all levels. \$19 members / \$38 non-members

### Holiday Classic 3-on-3 Basketball Tourney

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

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

Join us for some fun over Christmas break.

Guaranteed 3 games, awards, skills competition and t-shirts for all participants. Separate boys & girls divisions for each grade. \$48 per team. Registration forms available at the front desk or at [www.oaheyymca.org](http://www.oaheyymca.org).



## Fitness Classes & Personal Training

### GREAT OPTIONS FOR OLDER ADULTS!

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

**Active Older Adult Cardio Class** Simple 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, Silver Sneakers 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

### YOGA & PILATES

**Pilates MAX** Traditional Pilates plus so much more. This class reaches beyond basic Pilates, producing the utmost challenge needed for core fitness. Modifications are still part of all exercises performed.

**Strength/Endurance Yoga** This Yoga class will incorporate strength movement, in the poses, using 1-3 pound dumbbells.

**Yogalaties** Combination of Yoga, Pilates and traditional core exercises.

**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 (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 and 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.

**Relaxation Yoga** Gentle Yoga poses, stretching, breathing and meditation.

**Yoga for the Youth** Stop by front desk or watch for postings.



### Equipment Orientations & Personal Training

**Equipment Orientations** New members are highly encouraged to get a FREE, orientation on our equipment. Stop at the front desk to make an appointment. sessions. [Karla@OaheYMCA.org](mailto:Karla@OaheYMCA.org)

**Personal Training Sessions** Want to take your fitness to the next level? Talk with Health & Wellness Director, Karla Seyer, about personal training. One on one strength training sessions held in the weight room or aerobic studio. Let a trainer help you reach your goals to improve your health and muscle tone. Also PT for Yoga, Pilates, Boxing! Prices vary!

# 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!

**Kettlebells** “new” Strength/Cardio endurance using the kettlebell and other equipment for conditioning segments. Super new form of training. Watch for learning sessions.

**Kettlebell/Kickbox Intervals** Alternating shadow kickboxing with Kettlebell strength. Intervals may last from 3-6 minutes.

**“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 w/Tabata** Shorter Chisel segment followed by 10 minutes Tabata (conditioning drills)!

**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** Different formats are used combining cardio shadow kickboxing, freestyle conditioning & core.

**Step/Condition/core** Step patterns and drills for conditioning and ending with core strengthening.

**Boxalaties** Shadow kickboxing moves, using zero to 4 lb. hand-held weights. Your core will be involved during the boxing segment. Additional Exercises with weights and 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. **M– Dumbbells/Bars TH– Kettlebells**

**Cardio Combo's** Different combination workout each week on Wednesdays 12:10-12:50pm (Step-Kickbox-Cycle-Tabata-Freestyle)



# Special Events & Programs

## Pizza Pool Parties

Party for the kids at the YMCA = Free time for the parents somewhere else! This a lock-in event for all **children in grades 1-5**. The YMCA provides pizza, pop, pool fun and never ending amusement zooming around supervised areas of the YMCA. Norbert, our 14 ft. inflatable dragon adds to the pool fun. Invite friends to make it a play night and meet new friends. Bring your swimsuit and a towel in a bag with your name on it. Registration forms go out to the schools prior to the event and can also be picked up at the front desk. Contact Lisa for more information at 224-1683 or [lisa@oaheymca.org](mailto:lisa@oaheymca.org). Volunteer help is welcome.

Saturdays from 6:15pm-9:00pm. Cost: \$10 per-child/member; \$15 per-child/non-member. **Winter/Spring dates are January 9, Feb. 6, March 12 and April 9**

## 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. Dance will begin at 7:00pm and end at 9:30pm. **For grades 6-8**.

Contact Lisa for more information or to volunteer by phone 224-1683 or [lisa@oaheymca.org](mailto:lisa@oaheymca.org).

**Tentatively scheduled for January 23. Check at the front desk for final details.**



## Birthday Parties & Group Rentals

Don't forget you can have your birthday party or group party at the Oahe Family YMCA and Pierre Aquatic Center. Call 224-1683 to reserve times or go to [www.oaheymca.org](http://www.oaheymca.org) for information and to download birthday and rental forms. Birthday Parties are a flat rate of \$25 for YMCA members and \$35 for non-members. Having an exclusive room for your party is an additional cost. Call Carmen at 224-1683 for more details.

## Coffee & Social Time

Join us every Wednesday morning for coffee and fellowship in the lobby from 9:00-10:00am. Occasionally we will have treats and special speakers.





## Youth Sports

**MINI Mighty Mite Basketball** - 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 6:00-6:45pm on February 29 - March 21. On the last night, each child receives a basketball of their own. This program is limited. Cost for the program is \$21/members and \$31/non-members.

**Mighty Mite Basketball** - Open to 1st and 2nd graders, this program teaches the basic skills and game play used in basketball. Meets Tuesdays & Thursdays starting March 1 and ending March 24. Registration forms will be handed out in the schools or pick one up at the "Y". Parents can choose either 6:00-6:45pm or 7:00-7:45pm. This program is limited so sign up early. Cost is \$21/members and \$31/non-members.

**3rd and 4th grade Volleyball**—This program is an introduction to the world of volleyball. At the end of the session, you get to keep the ball! Open to all 3rd and 4th grade boys & girls and meets on Mondays for 6 weeks from April 4 to May 9. 3:30-4:45pm. \$27/members and \$37/non-members, which includes the volleyball.

**5th and 6th grade Volleyball** - Open to all 5th & 6th grade boys and girls, this program teaches the basics skills, drills and is an introduction to positions and formations of this sport. The program starts Tuesday, April 5 and ends on Thursday, May 12 from 3:30-4:45pm. This 6 week program is \$32/members and \$42/non-members

**Spring Soccer** - Play the recreational version of a very popular sport. Kindergarten through 3rd graders will learn and practice skills and game play. One practice and one game per week on Tuesday and Thursday evenings. Everybody plays and everybody wins!! Cost is \$32/members and \$42/non-members. Program will run from April 5 - May 12. Watch for fliers in the schools or check at the YMCA.

**Spring Pre-school Soccer** - Meets 3 times and everyone registered gets to keep a soccer ball!! Ages 4-5 meet for 45 minutes on Mondays to practice soccer skills at **Jefferson School Field**. Pre-school soccer will meet April 11, 18 and 25 at 6:00-6:45pm. Cost is \$21/members and \$31/non-members. This is a limited program so register early.



### **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:** Jan 4 – Jan 25 Mondays from 6:00-6:45pm for 2-3-4 grade beginners  
Jan 4 – Jan 25 Mondays from 7:00-7:45pm for 5-6th grades & 4th graders with previous experience .

**Session 2:** Feb 1 – Feb 22 Mondays from 6:00-6:45pm for 2-3-4 grade beginners  
Feb 1 – Feb 22 Mondays from 7:00-7:45pm for 5-6th grades & 4th graders with previous experience.

Cost for the program is \$20.00 for YMCA members and \$30.00 for non-members.

**Lazy Kid Triathlon**- Participants will have five weeks to complete these Olympic Triathlon Distances: Swim – 1 Mile, Bike – 25 Miles and Run/Walk – 6.2 Miles. A record sheet will be given to you when you register to record the distances accomplished. Registration begins December 14. Triathlon starts January 11 and ends on February 14. Cost: \$12 for YMCA members and \$30 for non-members. (Non-Member fee includes use of the YMCA and Aquatic Center for 5 weeks.) Sign up at the YMCA Front Desk. A drawing will be held from those who complete the triathlon and the winner of the drawing will be awarded a gift card.

## Afterschool & Preschool Programs

### **KidStop Afterschool Program**

Children grades K-5<sup>th</sup> 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 \$109 per month per child for YMCA members and \$129 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 Lisa Maunu, our youth development director at 224-1683 or [lisa@oaheyymca.org](mailto:lisa@oaheyymca.org)



### **School's Out Program**

The YMCA's **School's Out Fun Club** is offered on days that school does not meet at all for children in grades K-5. The program includes crafts, gym games, movies, Kid Center Play-land, swimming, field trips, friendship and more importantly a day filled with fun. The program runs throughout the day from 7:45am-5:30pm. Children may come late or leave early, however price does not vary. Participants need to bring their own lunch, swimsuit, towel and wear close-toed shoes. Weather permitting we will spend time outside so please have your child dressed appropriately. Space is limited depending on the availability of child-care staff members and is on a "first come, first serve" basis. Cost is \$15 a day for KidStop participants, \$20/members and \$25/non-members. Registration is for one single day and required, drop-offs are not allowed. For more information contact our youth development director Lisa Maunu at 224-1683.

**Winter/Spring Dates: December 28, 29, 30 and Dec. 31(half-day); January 4 and 18; February 11, 12 and 15; March 17,18, 25 and 28.** Dates are subject to change.

## 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.**

**Monday & Wednesday class** is 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 8:30-10:30am.**

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

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

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. Children must be in good health.