



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

ALWAYS HERE FOR OUR COMMUNITY

OAHE FAMILY YMCA

**Program Guide
Winter-Spring 2017**

**OAHE Family YMCA
900 East Church St.
Pierre, SD 57501
P 605 224 1683
F 605 945 3272
www.oaheymca.org**



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
 Social Media: Facebook and Twitter



YMCA STAFF

Aaron Fabel - **Executive Director**.....ceo@oaheymca.org
 Beth Giddings - **Program Director**.....beth@oaheymca.org
 Carmen Schwartzkopf - **Business Manager**.....carmen@oaheymca.org
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 Lisa Maunu – **Youth Development Director**.....lisa@oaheymca.org

2017 Board of Directors

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WINTER / SPRING HOURS

(January 1 - May 27, 2017)

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

Closed all day on: Dec. 25, April 16, May 29
Limited Hours: 7:00 am-Noon Dec. 24 and Dec. 31.
Limited Hours: 10:00 am-1 pm Jan. 1

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	\$286
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

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.

Financial Assistance

As a charitable organization, the YMCA turns no one away for their inability to pay. We want everyone to experience the opportunities the Y provides. Each year scholarship funds are raised through our Y Partners Campaign and the United Way to help make this possible. Youth scholarships are also available for children wanting to participate in camp, sports, swim lessons, and other activities. Please let us know how we may serve you or your family.

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.

A.W.A.Y Program

The A.W.A.Y (*Always Welcome at YMCA's*) entitles you to visit participating YMCA's in other cities when you are traveling. To find any YMCA in the U.S. Call 1-800-333-9622 or visit www.ymca.net.

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.

Calendar of Events

- Jan. 7** **Pizza Pool Party** (6:15 pm-9:00 pm for 1st-5th graders)
Feb. 4 **Pizza Pool Party** (6:15 pm-9:00 pm for 1st-5th graders)
Feb 11-12 Swim Meet
Mar. 4 **Pizza Pool Party** (6:15 pm-9:15 pm for 1st-5th graders)
April. 9 **Underwater Easter Egg Hunt** (12:30 pm for families)
April 1 **Pizza Pool Party** (6:15 pm-9:00 pm for 1st-5th graders)
April 8 Masters Swim Meet
April 22 Kids Venture 10 am-3p m

Check out the Y's website for more details

Youth Sports Season & Registration Dates

Mini & Mighty Mites Basketball

Registration begins on Feb. 13. The season starts March 7 for Mini's & March 7 for Mighty Mites.

Youth Volleyball

Registration begins on March 7. Season starts on April 4.

Spring Soccer

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

Kindergym & Swim Lesson Sessions / Registrations

Winter Session 1 (7 weeks) Weekday classes begin the week of January 2

Saturday lessons will be 6 weeks beginning January 7 (No lessons Feb 11)

Members begin to register on Monday, Dec. 12

Non-members begin to register on Wednesday, Dec. 14

Winter Session 2 (7 weeks) Weekday classes begin the week of February 20

Saturday lessons will be 7 weeks beginning Feb. 25

Members begin to register on Monday, Feb. 13

Non-members begin to register on Wednesday, Feb. 15

Spring Session 1 (7 weeks) Weekday classes begin the week of April 10

Saturday lessons will be 7 weeks beginning April 15

Members begin to register on Monday, April 3

Non-members begin to register on Wednesday, April 5

Pool and Gym Schedules

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



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 pm-6:45 pm on March 6-March 27. 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 6:00-6:45 pm or 7:00-7:45 pm. This program is limited so sign up early. Cost is \$21/members and \$31/non-members.

EARLY ELEMENTARY 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 3 to May 8. 3:30 pm-4:45 pm. \$27/members and \$37/non-members, which includes the volleyball.

YOUTH VOLLEYBALL- This program teaches the basics skills, drills and is an introduction to positions and formations of this sport. The program starts Tuesday, April 4 and ends on Thursday, May 11 from 3:30 pm-4:45 pm. 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 4 - May 11. 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 10, 17 and 29 from 6:00-6:45pm. Cost is \$21/members and \$31/non-members. This is a limited program so register early.

LAZY KID TRIATHLON- Participants will have 5 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 12. Triathlon starts January 9 and ends on February 12. 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.

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



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 pm-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 am-8:45 am.....Y pool
T,Th 7:30 am-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 am-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 pm-12:40 pm...Y pool
M,W 5:30 pm-6:15 pm.....Y pool

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 am-6:15 pm.....Y pool
M,T,W,TH 6:00-6:45 am...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.

Tue 12:10 pm-12:50 pm..... Y pool

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 pm-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 pm-1:45 pm.....Y pool

H2O KICK-BOXING

Think kick-boxing sounds fun but a little too 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 pm-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 pm-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 am-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 am-8:15am.....Y pool

AQUA CHALLENGE

More intense, challenging water exercise class. Short, high intensity interval training done in a lower impact water environment.

Sat 8:30am.....YMCA Pool

PRENATAL WATER EXERCISE

This class offers you the opportunity to enhance your energy in the comfort and buoyancy of water. Try this workout and increase your aerobic endurance without the stresses of gravity. Aquatic exercise is an excellent mode of activity for the prenatal person! Evening classes include stretching time in the warm water pool.

M 5:30 pm-6:15 pm.....Aquatic Center



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. **For more information contact Holly Hardy at 224-1683 or holly@oaheimca.org Mondays 7:00-7:45 pm \$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 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. & Fri. 5:30 am-6:30 am and Tues & Thurs. 7:30 pm-8:45 pm and Sat. 11:30 am-1:00 pm **Masters is now included in your base membership fee!**

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 or holly@oaheymca.org for more info.

Water Polo for the Youth

Coming soon in 2017! 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



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.

Volunteer help is welcome.

Saturdays from 6:15 pm-9:00 pm. Cost: \$10 per-child/member; \$15 per-child/non-member.

Winter/Spring dates are January 7, Feb. 4, March 4 and April 1st

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 7:00 p m and end at 9:30 pm. For grades 6-8. Contact Lisa for more information or to volunteer by phone 224-1683 or lisa@oaheymca.org.

Tentative for Feb. 11th 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 for information and to download birthday and rental forms.

Birthday Parties are a flat rate of \$30 for YMCA members and \$40 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 am-10:00 am. Occasionally we will have treats and special speakers.

GREAT OPTIONS FOR OLDER ADULTS!

Senior Strength & Condition Variety of exercises for strength, cardiovascular health, flexibility, balance & endurance. This class uses many forms of exercise equipment... chairs, dumbbells, tubing bands, fit & medicine balls.

Active Older Adult Cardio Class

Simple cardio movements, geared to elevate the heart rate, improve coordination & balance. This is a non impact class, great for seniors or those with injuries & limitations.

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 & CORE

BarYoLaties or Core Max

This express class combines Barre, traditional & modern Pilates or core exercises. Noon class has a touch of yoga.

Yin Yoga

Poses held longer to promote greater joint mobility, stress & anxiety reduction, increased circulation & flexibility, fascia release & so much more

Hatha Yoga

This form of yoga embraces most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and stretches in combination with pranayama (yoga breathing exercises), to develop flexibility and relaxation.

Yoga Excel

Not recommended for someone new to yoga. This class will

have a challenging flow for those with a stronger yoga practice. (1 hr plus 30 min. Meditation)

Yogalaties

Combination of yoga, Pilates and traditional core exercises.

Vinyasa Yoga

Wonderful flowing yoga, that will challenge you to improve, moving from pose to pose, gracefully.

Yoga & Stretch

All levels love this class which provides traditional stretching, yoga strength challenges & meditation. It's not just for seniors.

Learn It Yoga

For newer and all yoga levels. More teaching detail for yoga poses by allowing you to comfortably, experience a great yoga practice.

Flow & Relaxation Yoga

Gentle form of yoga poses, providing an easy flow of poses, stretching, breathing and meditation.

Equipment Orientations & Personal Training

Equipment Orientations

All members are highly encouraged to get a FREE, orientation on our equipment. Stop at the front desk, or call, to make an appointment.

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. Personal Training comes in all forms...Kettlebells, Cycling, Yoga, Core, Boxing, Conditioning and combinations of these formats.

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

CARDIO & STRENGTH TRAINING CLASSES

Kick Start Class

If you are new to classes, or wanting a slower paced class, then this Kick Start class will be perfect for you. Each week will be little different to give you experience in many class formats.

Tuesdays 6:30-7:15pm

Kettlebells

If you like strength, you will love the kettlebell workouts. YMCA instructors have attended two workshops on kettlebells plus in house training sessions and we use them in many of the other classes along with dumbbells and bars.

Chisel

This class repeats a strength workout, 5 weeks, before it changes to a new routine. Lots of sets and reps for great muscle toning results.

Trio Class Formats

Combination of three workouts all in one class. Some classes may be 75 minutes.

Kickbox/Core Combo

Freestyle kickboxing followed by core exercise, for deep muscle toning using Pilates, traditional & modern core format.

Cardio/Strenth/Core

Cardio for 20 minutes, Strenth for 20 minutes, and core for 30 minutes.

Step/Kickbix/Core

Cardio step for 20 minutes, cardio kickbox for 20 minutes, and core for 20 minutes.

Step/Condition/Core

Free style cardio step patterns and drills for conditioning plus little core strengthening.

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 by beginners. If you have any questions regarding classes do not hesitate to contact our Health & Wellness Director,

Karla Seyer who can help you determine what classes fit your needs. For more information contact Karla at karla@oaheymca.org

Bust

A class that alternates strength & cardio segments, 40 seconds on, 20 seconds rest. This class shows up after a 5 week session of a Chisel class workouts.

Y-FIT

This is a class to up your strength while increasing your endurance levels.

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. The OAHE YMCA has the new Keiser M3i bikes. So smooth, the best there is, with blue tooth.

Cycle/Kettlebell/Core

Awesome class with a trio of workouts. First cycle, then kettlebell strength & third core .

Cycle /Tabata/Barre/Core

This is an express class for Cycling-Tabata -Barre-Core. Super Fun!

Cycling & Core

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



Zumba Cardio Party Time

Latin & hip hop music used to get your cardio and core worked in one intense session. It's so fun you won't even watch the clock.

Cardio Mix Express Class

Different cardio workout each week...kickboxing, step, Tabata, free style & cycling. The variety is the best part, pleasing all!

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, kettlebells, fit balls, dumbbells.
M- Dumbbells/Bars TH- Kettlebells



CO-ED VOLLYBALL LEAGUE

This group meets Sunday night for 10 weeks beginning January 8 and ends April 9. 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! \$165 team fee for the 13 week season. The fee must be paid and your team registered by January 4th. 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.

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 12. Triathlon begins January 9 and ends on February 12. 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

More details coming soon.

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 7:00 am-9:00 am and TH from 6:00 am-9:00 am.
Half-court M-F from 1:00-3:00 pm.
TH evenings from 7:30 pm-10:00 pm.

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 6:00 am and Tuesday & Thursday at noon.

INDOOR TRIATHLON

March 4, 2017. More details coming soon.



KidStop Afterschool Program

Children grades K-5th join us each afternoon from the end of school until 5:30 pm 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 Lisa Maunu, Youth Development Director, at 224-1683 or 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 Playland, 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 26, 27, 28, 29, and Dec. 30; January 2, 3, 16 and 25; February 9, 10, and 20; March 17; April 14, 17.

Dates are subject to change.

Youth Cardio Club (Grades 4-6)

This is a great afterschool opportunity for youth to use the track, cardio machines, weight room, and aerobic studio. Because it is under supervision and instruction these younger ages are allowed to use these areas to learn wellness through movement and education. Weekly prizes awarded, and a final party on the last day of class.

6 week sessions. Tues. & Thurs. 4:00 to 4:45 pm

\$35 members & \$50 non-members

Important to Pre Register

Session 1: Jan.10 - Feb.16

Session 2: Feb.21 - Mar.30

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 9 am-10:15 am. \$24.50 members/\$49 non-members

Kinder Dance

A fun-filled class that allows students and parents to interact in a playful environment. Through stretching and movement exercises, children will improve their gross motor skills and musicality. Parents and Guardians of all children are welcome to attend this class. 2 to 3-year old's must be accompanied by an adult.

Friday 9:15 am-9:45 am. \$24.50 members/ \$29 non-members

YMCA Nursery

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

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

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

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

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.



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 6.

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 8:00 am to 12:00 pm. Watch for dates/fees in our summer brochure.



THE UNITED WAY & THE YMCA

The Oahe Family YMCA is a proud partner agency of the Capital Area United Way. The United Way supports the YMCA with yearly funding that is used in the Y Partners financial assistance program. This program provides financial assistance for those who would like to participate in YMCA membership and/or program activities but may not be able to afford it.

TACKLE FOOTBALL
 (Grades 3-7 in the fall of 2017)

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)

Y PARTNERS CAMPAIGN

At the Y, we know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Everyday, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. The Y is a place where kids find direction, families come together and people rally to make a difference.

The Y is so much more than a gym. It's a cause, dedicated to youth development, healthy living and social responsibility. For years, we've been proud to help our neighbors learn, grow and thrive. Yet we're called to do so much more.

Did you know that the Oahe Family YMCA never turns a person away if they are unable to pay? As a charitable nonprofit organization, we offer financial assistance to individuals and families who cannot afford our services. Each year we help countless families and children as well as partner with various organizations in our community focusing on youth development, healthy living and social responsibility.

The Y is proud to offer a safe place for everyone, with a wide range of activities that give the opportunity to make friends, have fun, get active and discover who they are and what they can achieve. When you give to our annual campaign, you help us provide services that nurture the potential of youth.



Thank you for supporting the Capitol Area United Way and the Y Partners Campaign!