

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 2015, together with our local United Way we provided over \$95,000 in scholarships and sliding fees to 675 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 2016

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

Beth Giddings- Program Director
Mike Fugitt- Interim Executive Director
Holly Hardy- Aquatics Director
Jeff Hodges- Building Engineer
Lisa Maunu- Youth Development Director
Carmen Schwartzkopf- Business Manager
Karla Seyer- Health & Wellness Director
James Thomas- Custodial Coordinator

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SUMMER HOURS (May 28– Sept. 5 2016)

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 30 July 4 and September 5

FALL HOURS (September 6– Dec. 31, 2016)

Monday - Friday 4:30 am - 10:00 pm
Saturday 6:30 am - 5:00 pm
Sunday 10:00 am - 5:00 pm

Closed all day on: Dec. 25

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

Limited Hours: 9am-12pm: Nov. 24 and Jan. 1

Adult Sports

Co-ed Volleyball League

This group meets Sunday night for 10 weeks beginning October 9th and ends December 18th. 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 October 3rd. 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 1 at Steamboat Park and runs through August 10. 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 Holly at 224-1683 or holly@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: (6 weeks)

Members begin to register on Monday, May 9.

Non-members begin to register on Wednesday, May 11.

Classes begin the week of June 6.

Summer Session 2: (6 weeks)

Members begin to register on Monday, July 11.

Non-members begin to register on Wednesday July 13.

Classes begin the week of July 18.

Fall Session 1: (7 weeks)

Members begin to register on Monday, August 22

Non-members begin to register on Wednesday, August 24.

Classes begin the week of September 12.

Fall Session 2: (7 weeks)

Members begin to register on Monday, October 24.

Non-members begin to register on Wednesday, October 26.

Classes begin the week of October 31.

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 began April 1st.

Youth Tackle Football League:

Early Bird registration is May 2nd-May 31st. Regular registration is June 1st-July 31st. Late registration is August 1st-August 5th.

Youth Flag Football and Preschool Soccer:

Registration begins on Aug 15th.

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 7

June 28

Jul.-22-24

Aug.12

Oct.23

TBD

TBD

Pierre Safe & Healthy Kids Day- (9am-3pm for young families)

YMCA Annual Board Meeting

Gym, Studio & Racquetball Courts closed for maintenance

Aquatic Center Closed for cleaning and new play feature installed

Pumpkin Patch Family Event

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

Swim Meet (Aquatic Center closed)



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

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

SUMMER 2016 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 2016 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. 6 week sessions. M-\$35.00 NM-\$55.00

Tues. & Thurs. 4:00 to 4:45 pm Falls Sessions start 9/13-10/20 & 10/25-12/1/16

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!

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 Holly at the (224-1683) for more info.

Seniors, Yoga & Personal Training

ACTIVE OLDER ADULTS & YOUNGER!

SENIORS STRENGTH/CONDITION Get it all done in this class, three times a week using chairs, steps, weights, bands, medicine & fit balls. Variety of cardio conditioning, flexibility and STRENGTH!

ACTIVE OLDER ADULTS Cardio Class Simple, non impact cardio movement to elevate your heartrate. Good class for those with injuries.

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— All levels love this ...especially the aging adults. This class is super for improving your health through stretching, strengthening, & balance.

YOGA & PILATES

CORE/PILATES MIX Modern core and Pilate exercises and so much more. Strengthen your entire body, while standing or on a mat. This class has been re-designed with some new great exercises!!

STRENGTH/ENDURANCE YOGA Incorporate a new strengthening challenge by holding light hand wts.

YOGALATIES OR BARYOLATIES

Combination of Yoga, Pilates, modern & traditional core exercises.

RELAXATION YOGA Pamper yourself with gentle stretching/breathing and relaxing...you deserve a break.

WARM YOGA Exel (more advanced) Yoga performed in warmer temps of (75-80 degrees.). The warmer temperatures are great on your muscles & joints.

VINYASA YOGA Yoga with a wonderful gentle flow. Don't miss this class that's great for all levels.

LEARN IT YOGA For newer and all Yoga levels. More break downs to learn the flow of many versions of Yoga.

YOGA & STRETCH All levels love this ...especially the aging adults. This class is super for improving your health through stretching, strengthening, & balance.

YOGA For The Youth New times will be posted and emailed.

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 or the aerobic studio. Let a trainer help you reach your goals to improve your health and muscle tone.

Other Personal Training Sessions Include: Boxing / Yoga / Pilates



Land Fitness Class Descriptions

**Note: Please leave your email address at the front desk for weekly class updates and check the website. Some classes may be advanced but most welcome all levels, as long as you perform at a pace that is safe for you.*

CARDIO or STRENGTH TRAINING CLASSES!

Y-FIT “New” Boot Camp format, great for Guys & Gals. Every class is a different challenge of strength and or conditioning. You choose the weights and style of impact.

BARRE “Super New” Combining Pilates, Traditional Core, Modern Core, Ballet and more, for a brand new attack on your body. Formats will be determined differently for each class. Try out this new workout and experience what it can do for you.

KETTLEBELLS “New” Fresh and super fun new way to strengthen the entire body. Everything gets involved while using the bell. Extra strengthening & stabilizing exercises for the core, hips, glutes & legs. Watch for learning sessions.

BUST A class that alternates strength & cardio segments, 40 seconds on—20 seconds rest. Bust classes are held between each 5 week session of a Chisel class.

CHISEL The **BEST**...more sets, less reps, and heavier weights. Every 5 weeks you will be on to a new routine. It's time to step up the body sculpting workout. Open to all levels and you choose the weight loads that personally challenge you.

CHISEL/TABATA Express- Shorter Chisel segments but adding at least 10 minutes Tabata!

CYCLING This is the greatest cardiovascular workout, and no impact to the joints. Recharge your fitness levels with this class that are great for strengthening your legs and easy on the knees. Check out the Cycle/Combo classes!

CYCLE/TABATA/CORE Express This 45 minute class will combine a little Cycling, Tabata & Core. What a deal... variety, challenge and quick!

CYCLING/STRENGTH Cardio Cycling the first 20-30 minutes of class, followed by Total Body Strength for the 2nd half of class. Perfect combo class to pass the time.

CYCLING/CORE Cardio Cycling the first 20-35 minutes of class, followed by intense core strengthening, using Pilates, Traditional & Modern Core 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 levels welcomed.

KICKBOXING or TURBO KICKBOX Super fun way to push the cardio up. Move to easy free style kickboxing moves and enjoy it all. Watch for combo classes

GROUP STRENGTH Noon **Express Class** 35-40 minutes of strength training. A full body work out, done in half the time. No weight machines, just you and the pump bars, tubing bands, fit balls & dumbbells. **Mon. Dumbbells/Bars Thurs. Kettlebells**

CARDIO STEP/COND. Basic to intermediate step patterns, that are super to condition your heart, burn calories and strengthen your lower body. Impact choices!

CARDIO MIX This noon express class, offers something fun and different each week (Step-Kickbox-Cycle-Tabata-Freestyle, Zumba) Longer classes may add a great core work for 20 minutes.



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 Lisa for more info 224-1683 or lisa@oaheyymca.org. Volunteers are welcome. Saturdays from 6:30pm-9:00pm. Cost: \$10 per-child/member; \$15 per-child/non-member. Fall dates are tentative— Oct. 1, Nov. 5 & Dec. 3

Youth Yoga What a healthy benefit, this class has on our youth. **Classes will be posted & flyers taken to the schools for the day, time and grades.**

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 Lisa for more information or to volunteer by phone 224-1683 or email lisa@oaheyymca.org. Fall Dates TBD

Holiday Classic 3-on-3 Basketball Tourney?

5th & 6th Grade Boys and Girls— December 27

7th & 8th Grade Boys and Girls— December 28

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.oaheyymca.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 1st and running through Thursday, October 20th. Coaches or the "Y" will call each player with time of practice. Deadline to register is July 31st. 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. 6th and ending Sept. 27th 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 6th – October 11th 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 13th-27 and meets 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. 24th to Nov. 28th 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. 25th—Nov. 17th. 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 Nov. 1st running through Dec. 15th. Cost: \$31 members/\$46 non-members.

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

This is a basketball specific skills, strength and conditioning program. This program is designed to improve core strength, balance, reactive ability and fundamental basketball skills. Look for more information in the Fall.

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. Coach Bahe will emphasize ball-handling, dribbling, passing, footwork, basic shooting form, balance and reactive ability.

Session 1 is 1 week and will be \$20/members and \$30/non-members.

Session 2 is 4 weeks and will be \$40/members and \$50/non-members.

Session 1:	June 13th – June 16th	11:45am – 12:30	1-2-3 grades	Mon - Thurs
	June 13th – June 16th	1:00pm – 1:45pm	4-5-6 grades	Mon - Thurs
Session 2:	July 11th – Aug 3rd	11:45am – 12:30	4-5-6 grades	Mon/Wed
	July 12th – Aug 4th	11:45am – 12:30	1-2-3 grades	Tues/Thurs
	July 11th – Aug 3rd	1:00pm – 1:45pm	1-2-3 grades	Mon/Wed
	July 12th – Aug 4th	1:00pm – 1:45pm	4-5-6 grades	Tues/Thurs

Afterschool & Summer Camp Programs

KidStop Afterschool Program (Youth K-5 for the 2016-17 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 Lisa Maunu our youth development director at 224-1683. Registration for Fall 2016 Kids Stop begins on July 11 for members and on July 13 for non-members.

School's Out Program (Youth K-5 for the 2016-17 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 Lisa Maunu at 224-1683. Dates are subject to change-check our website!

Fall Dates: Sept.29,30, Oct.10 Nov.25 Dec.26,27,28,29,30, Jan.2,3,16 Feb. 9,10,20 Mar.17 April 14,17

YMCA Summer Day Camp (Youth going into grades 1-5 in fall of 2016)

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 23. Contact Lisa Maunu at lisa@oaheyymca.org or 224-1683.

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 excitement. Adventure camp runs one week a month from 8:00am-Noon, Monday- Friday. Dates: **June 6-10; July 11-15; August 8-12.** Cost \$34/Member and \$50/Non-member per session. For more info contact Lisa Maunu 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: **8:15-9:15am or 9:30-10:30am.** Camp begins Monday, June 13th and runs thru Thursday, August 4th. DEADLINE: Monday, June 6th.

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: Tuesday /Thursday camp runs June 14th – July 7th

Session 2: Monday/Wednesday camp runs July 11th – Aug 3rd

Deadline to register for Session 1 is June 6th and deadline for Session 2 is July 5th.

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