



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DISCOVER NEW POSSIBILITIES

**OAHE FAMILY YMCA**

**2017 SUMMER/FALL  
PROGRAM GUIDE**

900 E. Church St.  
Pierre, SD 57501  
605.224.1683  
[www.oaheyymca.org](http://www.oaheyymca.org)



## Oahe Family YMCA Mission Statement

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

### YMCA STAFF

Aaron Fabel - **Executive Director**.....ajfabel@oaheymca.org  
 Beth Giddings - **Program Director**.....beth@oaheymca.org  
 Carmen Schwartzkopf - **Business Manager**.....carmen@oaheymca.org  
 Holly Hardy - **Aquatics Director**.....holly@oaheymca.org  
 Karla Seyer - **Health & Wellness Director**.....karla@oaheymca.org  
 Jeff Hodges - **Building & Grounds Manager**.....hodges@oaheymca.org  
 Lisa Maunu - **Youth Development Director**.....lisa@oaheymca.org



### SUMMER HOURS

(May 30 - September 3, 2017)

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

**Closed all day on: Memorial Day - May 29, Independence Day - July 4 and Labor Day - September 4**

### 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.

### CONTACT INFO

Website: [www.oaheymca.org](http://www.oaheymca.org)  
 Phone: 605-224-1683  
 Mail: 900 E. Church St. Pierre, SD  
 Social Media: Facebook, Twitter and our mobile app.

## 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.

### 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](http://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.

### Daily Guest Pass Fees

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

# 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 is currently open while spots are available

## 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 7th.

## Youth Flag Football and Preschool Soccer:

Registration begins on Aug 14th.

# CALENDAR OF EVENTS

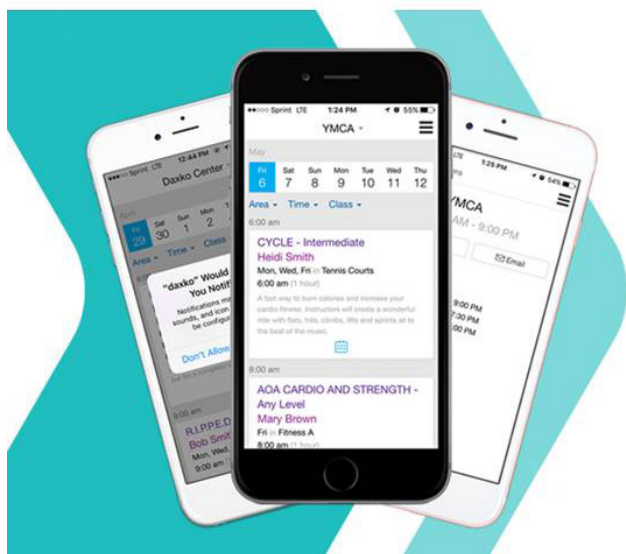
May 22	Registration for swimming lessons
May 29	Closed for Memorial Day
May 30	Swimming lessons begin
June 5	Athletic Performance Camp begins
June 6	Football Camp begins
June 12	Avera Sports Performance Camp begins
June 19	British Soccer Camp begins
July 10	Registration for Swim Lessons
July 10	Registration for KidStop (2017-2018) program begins
August 29	Registration for swimming lessons
Sept 4	Closed for Labor Day

Check out the Y's website or mobile app for more details.

## We've Gone Mobile

For Members, Guests & Program Participants

Have you downloaded the new Y app yet? Find fitness classes, step up your program game, be in the know and have our contact info at your fingertips! Its all there in one place to make the most of your YMCA experience. Search "Oahe YMCA". It's FREE!



# WE'RE MOBILE FOR A BETTER YOU

DOWNLOAD OUR APP FOR FREE TODAY!



Available on the  
App Store



ANDROID APP ON  
Google play

## 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 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@oaheyymca.org

## 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.  
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.

## 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. All swimmers must be members of the YMCA. Get involved in a healthy, fun sport where everyone can be a winner!

## 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.

**TRAINED  
TO SAVE**



## Water Fitness 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.

**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.

**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.

**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.

**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.

**ARTHRITIS BASIC**— This warm water workout is designed and 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 and stretching components 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 water version that combines upper body and 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**— 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.

**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.



# 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@oaheymca.org.

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

### PIKE ( P r e s c h o o l 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 (Preschool 4)

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 ( L e v e l 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 ( L e v e l 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 ( L e v e l 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 ( L e v e l 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 ( L e v e l 5 )

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

### SHARK ( L e v e l 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.

# Swim Lesson Sessions / Registrations

## Summer Session 1: (7 weeks)

Members begin to register on Monday, May 22.  
Non-members begin to register on Wednesday, May 24.  
Classes begin the week of May 30.

## Summer Session 2: (7 weeks)

Members begin to register on Monday, July 10.  
Non-members begin to register on Wednesday July 12.  
Classes begin the week of July 17.

## Fall Session 1: (7 weeks)

Members begin to register on Monday, August 28.  
Non-members begin to register on Wednesday, August 30.  
Classes begin the week of September 5

## Fall Session 2: (7 weeks)

Members begin to register on Monday, October 16.  
Non-members begin to register on Wednesday, October 18.  
Classes begin the week of October 23.

# Swimming Lesson Schedule

(Schedule subject to change)

Class	Day	Time
Polliwog/Guppy	M/W	6:15-6:45pm
Pike	M/W	6:15-6:45pm
Pike	M/W	6:45-7:15pm
Ray/Starfish	M/W	6:45-7:15pm
Parent/Child	M/W	6:30-7:00pm
Adult	M/W	7:15-8:00pm
Polliwog/Guppy	T/Th	3:45-4:25pm
Minnow	T/Th	4:30-5:10pm
Eel	T/Th	6:15-6:45pm
Pike	T/Th	6:15-6:45pm
Pike	T/Th	6:45-7:15pm
Ray/Starfish	T/Th	6:45-7:15pm
Parent/Child	Thurs	9:30-10:00am
Pike	Sat	9:30-10:00am
Polliwog/Guppy	Sat	9:30-10:10am
Eel	Sat	10:00-10:30am
Ray	Sat	10:30-11:00am
Minnow/Fish/Flying F.	Sat	10:10-10:50am

# WHERE SUMMER COMES TO LIFE!

Located at the YMCA, we have developed a comprehensive day camp program that delivers age-appropriate fun and discovery for kids of all ages, throughout the entire year. Our camp grows with your child offering campers a place where friendships are forged, memories are made, and the sense of security to take risks and express their true selves is found. We focus on individuality, creativity, socialization, and fun!

## Theme Weeks 2017

- Week 1: 5/30-6/2 - Ignite Summer** - Start the summer off right with the Y camp. Crafts, games, and all the things you love about summer!
- Week 2: 6/5-9 - Heroes** - Meet heroes in our community. Learn about their jobs and what it takes to be a real life hero. Dress up like your favorite comic hero.
- Week 3: 6/12-16 - Nature** - All Around US. We will learn about nature, and the animals in our area. We will go on a hike and talk about how to preserve the environment.
- Week 4: 6/19-23 - PIRATES!** - Arrrrgh Matey's come join us for treasure hunts, pirate games, and much more. Don't forget your eye patch.
- Week 5: 6/26-30 - Stories & Fairy Tales** - Dress up as your favorite story book character. Princesses and Wizards wander the Y in search of dragons.
- Week 6: 7/3-7 - Stars and Stripes** - Its our nations birthday! And you get a day off too! We are having a week long birthday party.
- Week 7: 7/10-14 - Animals & Pets!** - We love them, so it's time to show them off in a pet parade. Learn about animals all over the world.
- Week 8: 7/17-21 - Wacky Olympics** - Games, Games & more games!
- Week 9: 7/24-28 - Mad Science** - How do you make Elephant tooth paste? Can you cook with a pizza box and tin foil? Come and find out.
- Week 10: 7/31-8/4 - Around the World in 5 Days** - What do kids eat in other countries? What games do they play? Find out this week!
- Week 11: 8/7-11 - Movies/Talent** - What talents do you have? Please share them with us. Dress up as you favorite movie star.
- Week 12: 8/14-18 - H2WOW** - Say aloha to summer with a water week.

## Program Information:

Open to all boys and girls in Kindergarten - 5th grade.  
Each day runs from 7:45am to 5:30pm Monday through Friday.  
The program includes a morning and afternoon snack. Children will need to bring a sack lunch, swim suit, towel, and a water bottle. We ask that you supply two bottles of sunblock.  
Please have your children wear tennis shoes, no sandals. Mark all your children's belongings with their first and last name.

## Cost:

YMCA Members \$111 a week. For those using an automatic bank draft there is a 10% discount, which brings the cost to \$99.  
Non Members \$131, for those using an automatic bank draft the cost will be \$111.  
Fees will be collected on Monday morning of each camp week unless prepaid in full.  
There is a \$15 deposit for each week of camp which is applied to the cost of camp. Only refundable before the first day of camp.



## 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](mailto:lisa@oaheyymca.org). Registration for Fall 2017 Kids Stop begins on July 10 for members and current campers and July 17 for non-members.

## 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. Dates subject to change. There must be a minimum of 10 registered to run the program.

Fall Dates: Sept.29, Oct.9 Nov.24 Dec.26,27,28,29, Jan.2,15 Feb. 16,19 Mar.16, 30 April 2

## Pre-school Adventure Camp

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 12-16, July 17-21, and August 7-11.

Cost \$35/Member and \$50/Non-member per session.

For more info contact Lisa Maunu, Youth Development Director.

## Athletic Performance Enhancement Camp

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 from 10:00am-11:00am. Camp begins Monday, June 5th and runs thru Thursday, July 27th.

DEADLINE: Monday, May 29th.

COST: \$165.00 members/\$180.00 non-members.

## Learn to Train Camp

Camp will be a group training program introducing general fundamental movement, speed, agility and flexibility skills. Mondays & Wednesdays or Tuesdays and Thursdays from 11:15am-Noon for 4 weeks. Session 1: Tuesday /Thursday camp runs June 6th - June 29th Session 2: Monday/ Wednesday camp runs July 3rd - July 27th. Deadline to register for Session 1 is June 1st and deadline for Session 2 is July 1st.

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

## Football Camp

The Oahe YMCA, working with the Governor and Stanley County Football staff and players, are offering YMCA Football Skills Camp to 3rd-6th graders. Coaches from both the Governors and Stanley County's football staff and current players will run this camp which will stress the fundamentals of football and improving the players' fitness level. During the first two weeks of camp, coaches will work on a variety of fundamental skills and concepts. Contact will be minimal during the first two weeks of camp. Pads will be handed out and contact will increase gradually. Skills and concepts covered during the camp: passing, catching, ball handling, tackling, blocking, special teams, position instruction and more.

Dates: June 6-29 on Tuesdays, Wednesdays and Thursdays.

Times: 9:45am - 10:45am for 3rd and 4th graders

11:00am - Noon for 5th and 6th graders

Cost: \$60.00 members/ \$75.00 non-members

Where: Camp will be held at the Riggs lower practice field.

Players must be pre-registered for camp.

Deadline for camp is Monday, May 29.

## British Soccer

The #1 Soccer Camp in the U.S. and Canada is coming to the Oahe Family YMCA! Dates: June 19th - 23rd

Ages: 3 - 14

Register online at [www.challengersports.com](http://www.challengersports.com) or pick up a registration form at the YMCA. Includes a FREE ball and t-shirt.

Sign-up online at [www.challengersports.com](http://www.challengersports.com) and also receive a FREE replica jersey.

# Land Fitness Class Descriptions

## 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

A mix of pilates and yoga with focus building core strength.

### 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.

### Yoga Basics

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

## 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 or mobile app 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.

### Cycle /Tabata/Core

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

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](mailto:karla@oaheymca.org)

### 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.

### Cardio/Strenth/Core

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

### Step/Kickbox/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.

### Cycling & Core

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

### 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.

### 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.

### Core Max

Traditional and modern exercises for core strengthening plus arms and legs.



Game on! YMCA Adult Sports programs offer fun ways for men and women to stay active, get fit and explore new hobbies. Whether you are a seasoned athlete or just looking to explore a new hobby, we have something for you!

## CO-ED VOLLEYBALL LEAGUE

This group meets Sunday night for 11 weeks beginning October 1 and ends December 17. 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! \$140 team fee for the 11 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.

## 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!

Thursdays from 6:00 am-7:30 am.

&

Thursday evenings from 7:30 pm-9:00 pm.

## 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.

## 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.

## FACILITY & AMENITIES

The YMCA fitness rooms are packed with a wide variety of cardio and strength training equipment. We offer a full line of nautilus strength equipment as well as Matrix and free weights. Whether you prefer running on a treadmill, walking on the track, cycling beside a friend, reading while on an elliptical trainer, lifting free weights or using strength training equipment, you can achieve your goals at the Y. Dry saunas are also available to use in both the mens and womens locker rooms.



## 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.



## Special Events & Rentals

### Birthday Parties and 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.oaheyymca.org](http://www.oaheyymca.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 and Social Time

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

### Pool and Gym Schedules

Check with the front desk, download our mobile app or go online at [www.oaheyymca.org](http://www.oaheyymca.org) for the most current pool and gym schedules.

### COMING THIS FALL/ WINTER!

Pre-School Soccer (4-5 year olds)  
Flag Football (Kind-2nd grades)  
Basketball (Kind-6th grades)  
Kindergym (3-5 year olds)  
Kinder Dance (2-5 year olds)

### 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.



## 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.

We are so much more than a gym. We are 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.



### 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.



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