

WHERE EVERYBODY BELONGS



Winter & Spring 2019 Program Guide
Oahe Family YMCA

Oahe Family YMCA Mission Statement

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

YMCA STAFF

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Lisa Maunu - Youth Development Director.....	lisa@oaheymca.org

BUILDING HOURS

(September 4, 2018 - May 28, 2019)

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

CONTACT INFO

Website: www.oaheymca.org
 Phone: 605-224-1683
 Mail: 900 E. Church St. Pierre, SD
 Social Media: Facebook & Twitter

WE'RE MOBILE!

Stay Connected! Updated & User Friendly



Search
"Oahe YMCA"
in the app store.



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.

Active Military and Veteran Discounts

We salute the men and women who selflessly serve in the armed forces. Active duty and veterans receive a discounted rate at the Y. Stop by for more information.



**THANK
YOU
TO OUR
VETERANS**

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
Older Adult Couple	\$52	\$48	\$528

Included in your membership are adult land & water fitness classes, basketball court, 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.

Nationwide Membership

Your membership is nationwide! Nationwide membership enables Y members to visit any participating Y in the United States and Puerto Rico through your Oahe Y membership, at no additional cost. To find any YMCA in the U.S. Call 1-800-333-9622 or visit www.ymca.net.

Financial Assistance

As a charitable organization, the YMCA turns no one away for the 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.

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



CALENDAR OF EVENTS

- Oct. 20** **Pizza Pool Party** (6:30 pm-9:00 pm for 1st-5th graders)
- Oct. 23** **Pizza Ranch Football Fundraiser** 5:00 pm-8:00 pm
- Oct. 28** Underwater Pumpkin Patch 12-1pm (Aquatic Center)
- Nov 3-4** Swim Meet
- Nov. 17** **Pizza Pool Party** (6:30 pm-9:00 pm for 1st-5th graders)
- Dec. 8** **Pizza Pool Party** (6:30 pm-9:00 pm for 1st-5th graders)
- January 12** **Pizza Pool Party** (6:30 pm-9:00 pm for 1st-5th graders)
- Feb. 2** **Pizza Pool Party** (6:30 pm-9:00 pm for 1st-5th graders)
- Feb. 9-10** Swim Meet
- Mar. 4** **Summer Camp Registraion** (1st-5th graders)
- Mar. 9** **Pizza Pool Party** (6:30 pm-9:15 pm for 1st-5th graders)
- Apr. 13** **Pizza Pool Party** (6:30 pm-9:15 pm for 1st-5th graders)

Check out the Y's website for more details

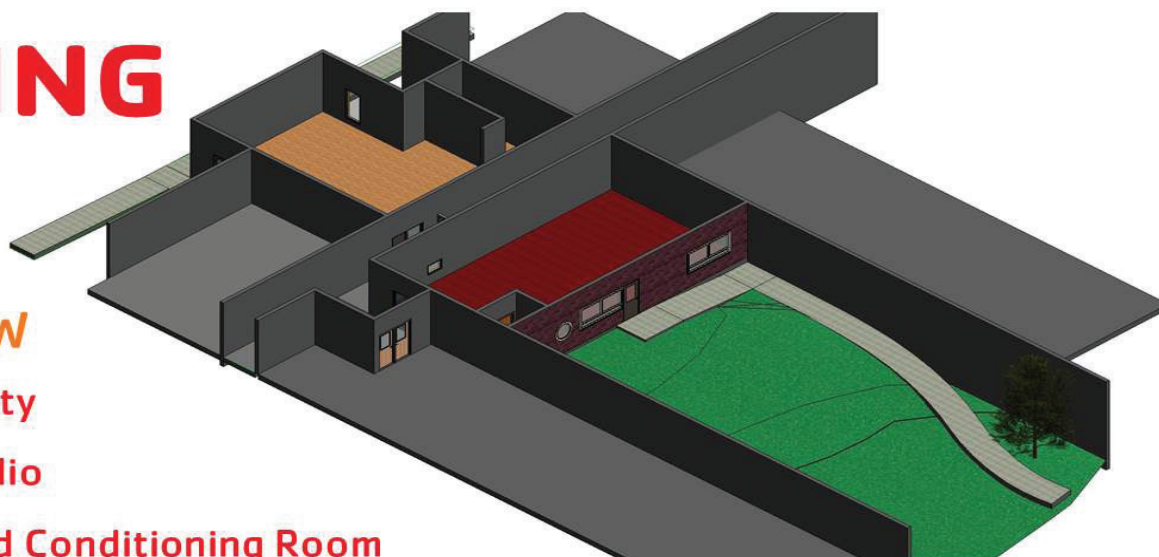
OAHE FAMILY YMCA EXPANSION PROJECT

Our eyes are on the future at the Oahe Family YMCA! Our Y has been a vital part of the Pierre/Ft. Pierre community since 1971. Over the years, we've grown and changed thousands of lives in our community. Because of our growth, we are starting a multi-phase expansion and renovation of our current facility! Phase 1 is expected to be completed early 2019.

WE'RE EXPANDING

PROJECT OVERVIEW

- **New Child Watch Facility**
- **New 2ND Aerobics Studio**
- **Expanded Strength and Conditioning Room**



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@oaheymca.org

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!

**TRAINED
TO SAVE**



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.



PADDLEBOARD – A creative way to enhance your balance while working your core and using your paddleboard to get a high intensity - low impact workout. This exciting class is held Saturday mornings in the Aquatic Center. Boards are available in both deep and shallow water. Contact the Y for more information.

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

As America's Swim Instructor, the Y is the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming—teaching more than one million kids a year swimming and water safety skills.

The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers' progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime. 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.

Swim Starters

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A/Water Discovery - Introduces infants and toddlers to the aquatic environment.

B/Water Exploration - Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Swim basics for preschool, school age, teen, and adult

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit—and jump, push, turn, grab.

1/Water Acclimation - Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

2/Water Movement - Encourages forward movement in water and basic self-rescue skills performed independently.

3/Water Stamina - Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Swim strokes for preschool, school age, teen, and adult

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

4/Stroke Introduction - Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5/Stroke Development - Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.

6/Stroke Mechanics - Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Swim Lesson Sessions / Registrations

Fall Session 2: (7 weeks)

Members begin to register on Monday Oct. 22.

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

Classes begin the week of October 29.

Winter Session 1: (7 weeks)

Members begin to register on Monday, Dec. 10.

Non-members begin to register on Wednesday Dec. 12.

Classes begin the week of January 7.

Winter Session 2: (7 weeks)

Members begin to register on Monday, Feb. 18, 2019.

Non-members begin to register on Wednesday, Feb. 20, 2019.

Classes begin the week of February 25.

Spring Session 1: (7 weeks)

Members begin to register on Monday, April 8, 2019.

Non-members begin to register on Wednesday, April 10, 2019.

Classes begin the week of April 15.

Swimming Lesson Schedule

(Schedule subject to change)

<u>Class</u>	<u>Day</u>	<u>Time</u>
Youth 1, 2, 3	M/W	6:15-6:45pm
Preschool 1 & 2	M/W	6:15-6:45pm
Preschool 1 & 2	M/W	6:45-7:15pm
Preschool 4	M/W	6:45-7:15pm
Parent/Child A & B	M/W	6:30-7:00pm
Adult	M/W	7:15-8:00pm
Youth 1, 2, 3	T/Th	3:45-4:25pm
Youth 4 & 5	T/Th	4:30-5:10pm
Preschool 3	T/Th	6:15-6:45pm
Preschool 1 & 2	T/Th	6:15-6:45pm
Preschool 1 & 2	T/Th	6:45-7:15pm
Preschool 4	T/Th	6:45-7:15pm
Preschool 1 & 2	Sat	9:30-10:00am
Youth 1, 2, 3	Sat	9:30-10:10am
Preschool 3	Sat	10:00-10:30am
Preschool 4	Sat	10:30-11:00am
Youth 6	Sat	10:10-10:50am

Cost:

Members: \$38 M/W or T/TH

\$19 Sat

Non-member: \$76 M/W or T/TH

\$38 Sat

KIDS TIME!

Located at the YMCA, we provide family-centered, values-based programs to nurture children's healthy development!

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. Registration for Fall 2019 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.

Dates: Sept.27, 28, Oct.8 Nov.23 Dec.26,27,28,31, Jan.2,21 Feb. 15,18 Mar.15 April 19, 22

For more information contact Lisa Maunu, Youth Development Director, at 224-1683 or lisa@oaheyymca.org

Kinder Gym

A fun preschool movement program for 3-5 year olds. Monday is filled with games in the gym, exercise, ball handling, and more. Wednesday is instruction and play time in the 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

We offer on-site childcare for your family while enjoying our facilities. Our goal is to provide a positive experience for children in a safe and secure environment during your visit to our YMCA. We offer interesting and inviting age-appropriate activities implemented by warm, caring, and fun staff members.

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.



YOUTH SPORTS!

Improve your skills, make new friends, be active with other kids and learn to love a sport at the Y. Youth sports are a fun and engaging way to practice our core values of caring, honesty, respect and responsibility. Develop important life lessons, including positive competition, fair play, the value of participation over winning, team building and mutual respect for others in a fun and engaging environment.

Mini & Mighty Mites Basketball

The YMCA youth basketball program is for boys and girls in Kindergarten - 2nd grade. Players participate in every game and receive equal playing time, regardless of skill level. Our Youth Sports program encourages and strengthens communities by placing a priority on family involvement, healthy competition rather than rivalry, team building as well as individual development and character building.

Registration Begins: Oct. 22 & Feb. 11

Season Begins Week of: Nov. 5 & March 4

Includes basketball for kindergarteners.



TACKLE FOOTBALL

(Grades 3-7 in the fall of 2019)

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

Youth Volleyball

Open to boys and girls in 3rd - 6th grade. Volleyball at the Y emphasizes teamwork and teaches the fundamentals of the game.

Registration Begins: TBA

Season Begins: TBA

*Includes volleyball for 3rd & 4th graders.

Spring Soccer

YMCA Soccer is for boys and girls in preschool - 3rd grade.

Registration Begins: March 11

Season Begins: April 9 for K-3; April 15 for preschool

*Includes soccerball for preschoolers.

Healthy & Fit Youth - Coming Soon!

We believe people of all ages should have access to healthy activities. With the new additions being added to the Y, we will have more space to offer more youth specific training. This program will focus on strength and conditioning training and techniques as well as improving overall fitness. Contact Karla for more information.

New youth sports training starts October 22nd.

Times: Mon/Wed/Thurs. at 6:30 pm

Home School Swimming

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

GROUP EXERCISE CLASSES

Ready, Sweat, Go! Break a sweat, chat with a friend, relax your mind, challenge your body or reconnect and recharge! Free classes of varieties are offered every day for members.

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.

Core De Force

Packed with the best mixed martial arts inspired training. In 3-minute "rounds" you'll get boxing, kickboxing, and muay tai combinations, bodyweight training and cardio spikes. All designed to help you shred the body fat.

Barre Intensity

Combine the attributes of Pilates, dance and functional fitness training. We incorporate small isolated movements to fatigue the muscles, large range of motion to elevate the heart rate and sequencing that incorporates upper and lower body to make every minute count. This total body workout will leave you feeling mentally strong and accomplished.

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 question or more information:
contact Karla at karla@oaheyymca.org

Y-FIT/Challenge Condition

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/Strength/Core

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

Step/Kickbox/Core

Cardio step for 15 minutes, cardio kickbox for 15 minutes, and tabata for 15 minutes.

Step/Condition/Core

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

Core Max

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

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 workout, done in half the time. No weight machines, just you and the pump bars, tubing bands, kettlebells, fit balls, dumbbells.

TSN

Cardio/Strength/Isometrics performed in intervals of T-Thirty seconds rest, S-Sixty seconds rest and N-Ninety seconds rest. Format allows for high or low impact choices.



Active Older Adults/Yoga/Personal Training

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

Coffee and Social Time

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



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.

YOGA, PILATES & CORE

Core-Laties or Core Max

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

PiYo

A challenging flow of yoga, pilates and strength.

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.

Vinyasa Yoga

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

Ashtanga Yoga

A highly structured vinyasa-style class based on sun salutations. It is a more rigorous style of yoga which lasts 60-90 minutes. Consists of synchronizing your breath with flows and poses which are done in the same sequence every sequence every time. Be prepared to sweat (not recommended for those new to yoga)

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.

Chair Yoga

Sit or stand with awesome yoga and breathing exercises.



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!

FACILITY & AMENITIES

The YMCA fitness rooms are filled 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. Try our new interactive upright bikes! Dry saunas are also available to use in both the mens and womens locker rooms.

CO-ED VOLLYBALL LEAGUE

This group meets Sunday night for 14 weeks beginning January 13 and ends April 14. We will offer two leagues this season, an "A" league which will be a competitive league and a "B" league which will be the recreational league. Get your team of men and women together and start getting some exercise combined with a real good time. No records are kept, but don't let that fool you into thinking that these teams don't play to win! \$175 team fee for the 14 week season. The fee must be paid and your team registered by January 2. 24 team limit so register early!!

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!

Contact the Y for available times.

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.

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, Wednesday, and Friday at 6:00 am

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 10. Triathlon begins January 7 and ends on February 11. 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.)

Pool and Gym Schedules

Check with the front desk, download our mobile app or go online at www.oaheyymca.org for the most current pool and gym schedules.

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 Sept. 22, Oct. 20, Nov. 10, Dec. 8, Jan. 12, Feb. 2, Mar. 9, Apr. 13, May 11

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.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.

**COME
CELEBRATE
WITH US**

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.





Y PARTNERS CAMPAIGN

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!