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FIND YOUR PASSION. FIND YOUR Y.

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the "us" who live in them find the power of their full potential.

For a better us.®

2023 WINTER/SPRING
PROGRAM GUIDE

OAHE FAMILY YMCA

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
Josh Dutt - Program Director.....	joshd@oaheymca.org
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Karla Seyer - Health & Wellness Director.....	karla@oaheymca.org
Lisa Maunu - Youth Development Director.....	lisa@oaheymca.org

BUILDING HOURS

(September 7, 2022 - May. 28, 2023)

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 & Instagram

**INTRODUCING
YOUR NEW YMCA
MOBILE APP**



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, cybex strength room, cardio area with treadmills, bikes, cross-trainers, steppers, NuStep, etc.

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

Nationwide Membership

Your membership is now 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.

CALENDAR OF EVENTS

- Oct. 11 **Pizza Ranch Football Fundraiser 5-8pm**
- Oct. 22 **Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)**
- Oct. 23 **Underwater Pumpkin Patch 12:15pm (Aquatic Center)**
- Nov 4-6 **Swim Meet**
- Dec. 17 **Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)**
- January 21 **Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)**
- Jan. 27-29 **Swim Meet**
- Feb. 25 **Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)**
- Mar. 2-5 **State Swim Meet**
- Mar. 13 **Summer Camp Registration (1st-5th graders)**
- Mar. 25 **Pizza Pool Party (6:30 pm-9:15 pm for 1st-5th graders)**
- April 15 **Pizza Pool Party (6:30 pm-9:15 pm for 1st-5th graders)**



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.



GLIDE FIT – 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

Winter Session 1: (7 weeks)

Members begin to register on Monday Oct. 17.

Non-members begin to register on Wednesday, Oct. 19.

Classes begin the week of October 24 2022.

Winter Session 2: (7 weeks)

Members begin to register on Monday, Dec. 5.

Non-members begin to register on Wednesday Dec. 7.

Classes begin the week of January 2 2023.

Spring Session 1: (7 weeks)

Members begin to register on Monday, Feb. 12

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

Classes begin the week of February 20, 2023.

Spring Session 2: (7 weeks)

Members begin to register on Monday, April 3.

Non-members begin to register on Wednesday, April. 5.

Classes begin the week of April 10, 2023.

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 4 & 5	T/Th	6:45-7:15pm
Preschool 3	T/Th	6:15-6:45pm
Preschool 1 & 2	Sat	9:30-10:00am
Youth 6	Sat	10:00-10:30am

Cost:

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

\$19 Sat

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

\$38 Sat



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, responsibility. Develop important life lessons, including positive competition, fair play, the value of participation over winning, team-building, positive self-image 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 encourage and strengthen communities by placing a priority on family involvement, healthy competition rather than rivalry, team building as well as individual development and character building.

Registratin Begins: Oct. 3 & Jan. 30

Season Begins Week of: Nov. 7 & March 6

*Includes basketball for kindergarteners.



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

Youth Basketball

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

Youth Volleyball

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

Season Begins: TBA

*Includes volleyball for 3rd & 4th graders.

Spring Preschool Soccer

This is an intoduction to the basic skills of soccer for boys and girls ages 4-6 in preschool.

Registratin Begins: Feb. 27

Season Begins: April 18

*Includes soccerball for preschoolers.

Spring Youth Soccer

This is a fast paced game for girls and boys in K - 3rd grade of all abilities.

Registratin Begins: Feb. 27

Season Begins: April 24

TACKLE FOOTBALL

(Grades 3-6 in the fall of 2023)

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

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@oaheymca.org.

School's Out Program

The YMCA's School's Out Fun Club is offered on days that school does not meet at all for children in grades K-5. The program includes crafts, gym games, movies, Kid Center Play-land, swimming, field trips, friendship and more importantly a day filled with fun. The program runs throughout the day from 7:45am-5:30pm. Children may come late or leave early, however price does not vary. Participants need to bring their own lunch, swimsuit, towel and wear close-toed shoes. Weather permitting we will spend time outside so please have your child dressed appropriately. Space is limited depending on the availability of child-care staff members and is on a "first come, first serve" basis. Cost is \$15 a day for KidStop participants, \$20/members and \$25/non-members. Registration is for one single day and required, drop-offs are not allowed. Dates subject to change. There must be a minimum of 10 registered to run the program.

- Dates: Oct. 7, 10, Dec.23, 26, 27, 28, 29, 30, Jan. 3, 16, Feb. 17,20 Mar.16,17 April 7, 10

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

Youth Strength Training

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.

Dates: TBD

Kinder Gym

A fun 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~
Wednesday - 9 am-10:15 am.

YMCA Child Watch

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, Tuesday, Wednesday Thursday; 8:30 am-10:30 am.

Monday, Tuesday, Thursday; 5:30 pm-7:30 pm.

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

Cost is FREE for Y members! Parents must be in the facility to take advantage of this service. Children must be in good health.



GROUP EXERCISE CLASSES

All together better! The Y is committed to a better you. All group fitness classes are included at no extra cost with your membership. There's something for everyone of all fitness levels.

Chisel

Strength training with dumbbells, bars, tubing bands, kettlebells, TRX and more. Total body exercise routines are used for 5 weeks straight. Week 6 is a Bust class. A new routine will start after every 6th week to keep things fresh and challenging. Get toned, cut and strong!

Bust

Intervals of strength and conditioning. You will love the power of each interval and all the choices you have, making it easier to gear this class to your personal fitness needs. A Bust class is generally scheduled right after a 5 week session of Chisel.

Kettlebell

Feel the power of lifting weights with this unique piece of equipment. Kettlebells allow additional methods of lifting you cannot perform with a dumbbell. If you like strength, you will love a kettlebell workout.

Cycling

One of the top cardio workouts around with the top of the line Keiser M3i bikes. This class has all the cardio challenge you need and no impact on the body. You have total control over your gear levels and rpms so you can work at a pace that suits you individually.

Cycle Combo Classes

Cycling is combined with other forms of workouts, such as Cycling/Kettlebells, Cycling/Core, Cycling/Conditioning, Cycling/Tabata, Cycling/TRX. The combinations are endless and these class combinations, will make the time fly by.

Y-Fit

An advanced class for those that are looking for an "athletic style" challenge. More plyometric and conditioning formats, performing exercises such as pushups, burpees, jumps, slam balls...etc. This is not recommended for someone new to fitness, but can certainly be put on your goal list.

TRX

TRX is a suspension strength training workout using your own body weight. Expect to challenge your core and a large variety of other muscles in your body during each class.

Express Classes

Shorter classes (30-40 min.) yet fully loaded. Most express classes are listed during the noon hour, but do not underestimate the power of what you can get out of these classes. Short on time to exercise? These classes are for you.

Zumba

What's not to love! Enjoyable cardio movement, choreographed to great music of all styles. Time flies by in a Zumba class and you'll love every minute of it. We even offer Zumba for active older adults!

Core Max

A great workout that will improve your core strength and flexibility. Modifications and enhancements provided, so everyone will feel challenged safely.

Cardio / Strength

Lots of variety combining cardio and strength segments. This is a total body workout.

Pound

POUND is a cardio jam session inspired by the fun of playing the drums. A full body workout with weighted drumsticks combining cardio, strength training and Pilates inspired movements that is available to all fitness levels! Unleash your inner rockstar and make some noise with us at Pound!



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. Classes are held in Studio 1, Studio 2 or the gymnasium.

contact Karla at karla@oaheymca.org or 605-224-1683

THE NEW Y APP

- ✓ Search class schedules
- ✓ Sync classes to your calendar
- ✓ Mobile check-in
- ✓ Multiple member cards
- ✓ Register for programs



Download on the
App Store



ANDROID APP ON
Google Play



Active Older Adults/Yoga/Personal Training

POSTURE, CORE STRENGTHENING, FLEXIBILITY & BALANCE

Pilates Plus:

Total body toning, using a mat, props such as Pilates rings, balls, bands and light weights. Expect to build total body strength, especially your core and increase your posture, flexibility and endurance.

Non Impact Cardio:

Express cardio “free style” movement, with no impact. Great for active older adults!

Silver Sneakers 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 too.

Strength Condition Basics:

This class has a format that any beginner, senior or person needing rehab. Choose the size of weights that work for you and exercise every muscle in your body. It's cardio, balance, flexibility and strength.

Equipment Orientations & Personal Training

Equipment Orientations

All members are highly encouraged to sign up for a few FREE orientation trainings. These one on one sessions will help you understand the use of the Nautilus and Cybex equipment. The express line routine is a great program to start out with so you are not overwhelmed when you are newer to lifting.

Personal Training Sessions

Personal training sessions are one on one with a trainer that will personalize a routine that is safe and challenging for each unique individual. Having a program guided and personalized is very important for results and your comfort. Stop by the Y to pick up a packet for more information and how to request a trainer for youth or adults. Feel free to reach out to karla@oaheymca.org regarding any questions concerning personal training, group classes, weekly exercise guidelines and more. Youth ages welcome!

YMCA YOGA WELLNESS

Chair Yoga

Most moves are done seated in a chair performing a wide variety of yoga poses, awesome stretching and breathing exercises. Very beneficial for any age or fitness level!

Yoga & Stretch

A traditional yoga format that's always changing, plenty of stretching, meditation and rest. This is a super class for all ages and all fitness levels.

Yoga (Yin)

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

Yoga (Hatha)

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 (Restorative)

Passive stretches, held for several minutes to open up joints, slow down the mind, heal & release. Most positions are lying down or seated on a mat.

Barre/Yoga Split

A non-impact class, that's easy to follow using lighter weights and more reps than traditional lifting class. It can get intense with multiple reps and offers wonderful choices of exercise positions. With so many different formats offered, you will always enjoy every session.

Yoga (Fascia Release)

A treatment for releasing the tension in the fascia tissue that may be due to trauma, posture or inflammation. Your body has a right to feel better and this method can do wonders for many aches and pains. Foam rollers and tune up balls are used in this class.

Yoga Basics

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

Pilates, Yoga, Core

This class will have a mix of all 3 workouts - including pilates, yoga and core.

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 VOLLYBALL LEAGUE

This group meets Sunday nights for 13 weeks beginning January 9 and ends April 10. 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! Winter league registration starts Dec. 6 - Deadline January 5. League play begins January 9 and runs 13 weeks. Cost is \$165 per team.

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 mornings at 6:00 am.

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 224-1683 to reserve a court time.

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 224-1683.

FACILITY & AMENITIES

The YMCA fitness rooms are filled with a wide variety of cardio and strength training equipment. We offer a full line of Cybex and Nautilus strength machines 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 selectorized strength equipment, you can achieve your goals at the Y.

Dry saunas are also available to use in both the mens and womens locker rooms.

Lazy Man Triathlon

January 9th - February 13th

There is nothing lazy about this triathlon! A great event to start the new year and keep you motivated. You have 5 weeks to complete the iron man distance. Swim 2.4 miles; Bike 112 miles; Run/Walk 26.2 miles.

Cost: \$15 Members; \$50 Non-Members

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!



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.

Special Events and Rentals

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 6:30 pm-9:00 pm.

Cost: \$10 per-child/member; \$15 per-child/non-member.

Winter/Spring dates are Oct. 22, Dec. 17, Jan. 21, Feb. 25, Mar.25, Apr. 15



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 \$45 for YMCA members and \$60 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



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!

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