



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Winter | Spring Guide

Oahe Family YMCA **BE ACTIVE**
HAVE FUN

605.224.1683 | oaheymca.org | 900 E. Church St., Pierre SD, 57501

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
Carmen Schwartzkoph - Business Manager.....	carmen@oaheymca.org
Holly Hardy - Aquatics Director.....	holly@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 5th, 2023 - May 26th, 2024)

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 Draft	Monthly Cash	Annual
Youth (ages 0-13)	\$13	\$17	\$143
Student (ages 14-18)	\$21	\$25	\$231
College	\$29	\$33	\$319
Adult (ages 19-64)	\$43	\$47	\$473
Single Parent Family	\$44	\$48	\$484
Family	\$61	\$65	\$671
Older Adult (ages 65 & up)	\$33	\$37	\$363
Older Adult Couple	\$51	\$55	\$561

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	\$5
Adult (ages 19-64)	\$10
Single Parent Family	\$10
Family	\$12
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

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

Oct. 21	Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)
Oct. 28	Underwater Pumpkin Patch 12-1pm (Aquatic Center)
Nov 3-5	Swim Meet
Nov. 18	Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)
Dec. 16	Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)
January 20	Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)
Feb. 2-4	Capital City Qualifier Swim Meet
Feb. TBA	Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)
Mar. 23	Pizza Pool Party (6:30 pm-9:00 pm for 1st-5th graders)
Mar. 11	Summer Camp Registration (1st-5th graders)
May 4	Pizza Pool Party (6:30 pm-9:15 pm for 1st-5th graders)

Check out the Y's website for more details

We're Expanding!

With expected completion by July 2024, our Phase II addition will allow us to provide you with the best possible experience at the Y and we are excited about the opportunities it will bring to our community. Some of the updates include:

- New Senior Workout Room
- Expanded Cardio Area
- New Expanded Weight Room (2nd floor)
- Longer Track
- 2nd Gymnasium
- Additional Afterschool Classrooms
- ...and more!



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@oaheyymca.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 Dec. 4.
Non-members begin to register on Wednesday, Dec. 6.
Classes begin the week of January 8 2024.

Winter Session 2: (7 weeks)
Members begin to register on Monday, Feb. 19.
Non-members begin to register on Wednesday Feb. 21.
Classes begin the week of February 26 2024.

Spring Session 1: (7 weeks)
Members begin to register on Monday, April 8.
Non-members begin to register on Wednesday, April 10.
Classes begin the week of April 15, 2024.

Summer Session 1: (7 weeks)
Members begin to register on Monday, May 27.
Non-members begin to register on Wednesday, May 29.
Classes begin the week of June 3, 2024.

Swimming Lesson Schedule 2024

(Schedule subject to change)

Class	Day	Time
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	7:15-8:00pm
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

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.

Registration Begins: Oct. 2

Season Begins Week of: Nov. 6th

Flag Football

Does your child love to pass, catch and run a football? If so, our flag football youth league is designed to introduce boys and girls in 1st and 2nd grade the fundamental elements of football in a fun, instructional and safe environment. From the moment your child steps on the field, our program is designed to assist each player with the advancement of their individual skill level and football knowledge while enhaning their level of play in a fun and structured environment. Please contact Josh if you are interested in helping as a paid instructor.

May 6 - June 10; Tuesdays, 6:45-7:45pm

Cost: \$26.00 members/\$38.00

Registration begins Aug 6th



Youth Basketball

Open to boys and girls in 3rd - 6th grade. Basketball 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.

Registration Begins: TBA

Season Begins: TBA

Spring Preschool Soccer

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

Registration Begins: Feb. 26

Season Begins: May

Spring Youth Soccer

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

Registration Begins: Feb. 26

Season Begins: May

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. Contact Holly to inquire about days & times.

\$19 members / \$38 non-members

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 \$121 per month, per child for YMCA members and \$141 per month, per child for non-members. A 10% discount is applied to those parents who pay by a monthly bank draft. Enrollment is limited and available on a "first come, first serve" basis.

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

School's Out Program

The YMCA's School's Out Fun Club is offered on days that school does not meet at all for children in grades K-5. The program includes crafts, gym games, movies, Kid Center 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 \$20 a day for KidStop participants, \$25/members and \$30/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. 6,9, Dec.22,26,27,28, 29, Jan. 2, 15, Feb. 16,19 Mar.14, 15, 29, April 1

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

Thursdays 9:45 am-10:30 am.

\$24.50 members/\$29 non-members

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 - Thursday from 8:30 am-10:30 am.

Monday, Tuesday, Thursday from 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.

CARDIO, STRENGTH & CONDITIONING

Pound®

THE WORLD’S FIRST CARDIO JAM SESSION INSPIRED BY THE INFECTIOUS, ENERGIZING AND SWEAT-DRIPPING FUN OF PLAYING THE DRUMS. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

TRX/Kickbox Combo

Intervals or combo formats with kickboxing & TRX strength training. Don’t miss out on this super fun class, getting your heart rate up and total body strengthening using the TRX suspended straps.

Cycling

Nicest Bikes Ever-Keiser M3i!! One of the top cardio workouts around using these best bikes. This class has all the cardio challenges you need and no impact on the body. You have total control over your gear levels, rpms so you can work at a pace that suits you individually.

Sculpt & Shine

Start your day off right with weight and resistance training with pops of cardio to sculpt every inch of your body. Modifications always offered, perfect for any fitness level.

Cardio Mix

Noon Express class Each week is a different form of one or more styles of cardio fitness, such as step with kick boxing, tabata with cycle, free style. The variety pleases all.

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.

Latin Rythms

Wonderful flow of cardio movement to Latin music and more for an awesome workout while having fun.

Tone Boxing/Strength

Intervals of kickboxing and strength using 1–5-pound hand weights during the kickboxing segments. Total body cardio & strength mix.

Advanced Conditioning

Bootcamp conditioning (held in studio 1) with a variety of exercises that build strength, endurance, and plenty of sweating.

Y-Fit

An advanced class (held in the gym) for those that are looking for an “athletic style” challenge. More plyometric and conditioning formats, performing exercises such as pushups, burpees, jumps, pullups, TRX, slam balls etc. This is not recommended for someone new to fitness, but you can certainly put it on your goal list.

TRX

Anchored straps are used for strength training exercises by using your own body weight. Expect to challenge your core and a large variety of other muscles in your body during each class.

TRX & Conditioning

This workout system uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance, while providing a total body workout, we include Hiit training in between sets to burn fat and sculpt lean muscle. This beginner friendly class is ideal for multiple fitness levels.

Cycling Combo or Trio Classes

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

Kettlebell Strength

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 kettle bell workout.

Chisel

Strength training using dumbbells, weighted bars, kettlebells, tubing bands or TRX straps. Total body exercise routines are used for 5 weeks straight. 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.

Express Classes

Shorter classes (30-40 minutes) yet fully loaded. kickboxing segments. Total body cardio & strength mix.

YMCA YOGA CARE & MORE

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.

Flex & Flow Yoga

Intertwining sustained poses with smooth, intentional flow sequences, this class is a perfect union of strength & serenity. The practice aims to enhance mobility & flexibility, increase body awareness and facilitate a sense of rejuvenation & mental calmness.

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.

Yoga (Nidra)

Yoga nidra or yoga sleep is a state of consciousness between waking up and sleeping, typically induced by guided meditation. Helps relieve stress, promoting calmness and peace. Some classes may have hatha poses added to the 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 (Ashtanga)

A type of yoga based on eight principles and consisting of a series of poses executed in a swift succession, combined with deep, controlled breathing. Not for those new to yoga.

Yoga (Vinyasa)

A sequence of poses synchronizing the breath in conjunction with body movement. The fluid movements increase flexibility, strength and stamina as it calms the mind and improves overall health.

Prenatal Yoga

A form of yoga that is designed to complement the growing needs of a pregnant body during all three trimesters. This class is safe for all three trimesters taught by Jess Burchill - Certified Prenatal Yoga

ACTIVE OLDER ADULTS & YOUNGER

SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOVEMENT:

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 is able to attend. Choose the size of weights that work for you and exercise every muscle in your body. It's cardio, balance, flexibility and strength.

Non-Impact Cardio:

35 minutes of simple movements that elevate the heart while having fun with the moves.

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.

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!

Zumba

A class that uses a variety music choices, non-impact choreography suited for all levels, especially seniors. More advanced Zumba classes in the evening.

Redefine what strength looks like to you with Personal Training at the Y! Our Personal Training program is designed to meet you where you're at and help you achieve the results you want. We will be by your side every step of the way, sharing encouragement, feedback, and accountability.

Posture, Core & Total Body Toning

Pilates Mat

Putting a fun, creative spin on the 34 mat exercises developed by Joseph Pilates. Our Pilates mat class focuses on stabilizing the core, improving posture, and strengthening the total body! You can expect to use small props, such as foam rollers, the magic circle, balls, or weights. This beginner friendly class is ideal for multiple fitness levels.

Pilates/Yoga/Rolling

Blending all three formats into one express noon class. Core strengthening through Pilates & Modern core exercises, a segment of yoga and finishing with fascia hydration using foam rollers to massage your muscles and joints.

Coffee & Core

Join us for this chill class and bring your favorite cup of coffee! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. We include a variety of equipment for a well-rounded workout. This beginner friendly class is ideal for multiple fitness levels.

Barre/Yoga Split

Barre workouts for endurance, form & repetition, with a focus on strength & core, plus yoga to enhance flexibility. Props used are weights up to 5 pounds, chairs, blocks, or slides to increase resistance.

Barre Sculpt

This low-impact, combo class for all levels will give you the perfect mix of barre and sculpt, building both muscular endurance and strength. We will push you to get lower and dig deeper in small movements that bring on the "shake" + large movements that increase your power. You'll walk out of class feeling stronger, more toned and accomplished. This beginner friendly class is ideal for multiple fitness levels.

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@oaheymca.org

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 or 605-224-1683 regarding any questions concerning personal training, group classes, weekly exercise guidelines and more.



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 8 and ends April 8. 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. 4 - Deadline January 2. League play begins January 8 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 8th - February 12th

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, we can accomidate up to 3 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.



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!

The Pierre and Stanley County School Districts neither endorse nor sponsor this organization or the activity represented in this document.
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