



Spring | Summer Guide

FOR A Oahe Family YMCA
BETTER US

605.224.1683 | oaheyymca.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

Andy Corely- Interim CEO.....interimceo@oaheymca.org
 Carmen Schwartzkopf - Business Manager.....carmen@oaheymca.org
 Holly Hardy - Aquatics Director.....holly@oaheymca.org
 Jeff Hodges -Building & Grounds Manager.....Jeff@oaheymca.org
 Josh Dutt - Program Director.....Joshd@oaheymca.org
 Karla Seyer - Health & Wellness Director.....karla@oaheymca.org
 Lisa Maunu - Youth Development Director.....lisa@oaheymca.org
 Tracy Frost - Membership Engagement Director.....tracy@oaheymca.org

SUMMER BUILDING HOURS

(Starting May 27)

Monday - Friday 4:30 am - 9:00 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

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.



STAY UPDATED WITH THE YMCA MOBILE APP!
 Available on iTunes and Google Play.

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.

Membership Fees

(Subject to Change)

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

(Subject to Change)

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

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.

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 only \$50 for YMCA members and \$80 for non-members for the first 15 kids for 2 hours. Have an exclusive room for! Call Tracy at 224-1683 for more details.

YMCA Child Watch

As a service to our members and program participants, the Oahe Family YMCA Child Watch program provides free on-site child care for your family while enjoying our facility. Our goal is to provide a positive experience for children in a safe, healthy, and secure environment during your visit.

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

Monday, Tuesday, Thursday from 5:30-7:30 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 and have a guardian present.

We're Expanding!

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

CALENDAR OF EVENTS

May 27	Memorial Day - Open 8am to 12pm
May 30	Summer Session 1 Swimming Lessons Begin
June 1	Sports Performance Camp TBD
July 4	Open 8am-Noon for Independence Day
July 22	Registration for KidStop (2024-2025) program begins
July 22	Summer Session 2 Swimming Lessons Begin
Aug 28	Fall Session 1 Swimming Lessons Registration
Sept 2	Open 8-Noon for Labor Day

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

Pizza Pool Parties

This is an evening 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. 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.

Saturdays from 6:30 pm-9:00 pm.

Cost: \$15 per-child/member; \$20 per-child/non-member.

2023/2024 dates TBA



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.

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.

Swim Lesson Sessions / Registrations

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.

Summer Session 2: (7 weeks)

Members begin to register on Monday, July 15.
Non-members begin to register on Wednesday July 17.
Classes begin the week of July 22.

Fall Session 1: (7 weeks)

Members begin to register on Monday, September 2.
Non-members begin to register on Wednesday, September 4.
Classes begin the week of September 9.

Fall Session 2: (7 weeks)

Members begin to register on Monday, October 21.
Non-members begin to register on Wednesday, October 23.
Classes begin the week of October 28.

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

WHERE SUMMER COMES TO LIFE!

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

Theme Weeks 2024

5/28-31: Welcome to Summer Camp, Campers and Counselors will get to know each other through an array of ice breakers, games, and theme days.

6/3-7: Sunny Summer Lemons, This Week is all about the sunny color yellow, art, science, and games about the color of the sun. We will end the week with an old fashion lemonade stand.

6/10-14: Tell Me A Story, What tupe of story do you love best. Let's find out and write them down or act them out. We end this week at Storybook Land in Aberdeen. **Out of Town Field Trip (subject to change).**

6/17-21: Wheel of Themes, Spin the wheel of themes and it could be sharks, Roman history, or Vikings. You just never know what is going to happen.

6/24-28: Stem Weak, the STEM explorers theme opens up the world of science. They can engage in fun scientific experiments, or even mathematical games. This theme caters to tactile, visual, experimental learning styles, and helped nurture logical thinking and problem solvins skills.

7/1-3, 7/5: Red White & Blue, It's loud and it's fun. Find ou how much can go BOOM at the Y... safely. **Out of Town Field Trip (subject to change).**

7/8-12: Wild West, We are turning back the clock to yesteryear. It's all about the Wild West. We will end the week by visiting 1880's Town.

7/15-19: Campers VS Counselors, Who's the Smartest? Who's the strongest? Who can sing the best? Who rules the chekerboard? This week we find out!

7/22-26: Space, We're blasting off to outer space. During Outer Space Week, campers will learn about the solar system. Will will build a rocket ship and see if it will fly.

7/29-8/2: Art, Just about anything messy and colorful. We will be learning about different styles and artist. Please don't wear your nice clothes this week.

8/5-9: H2O, Water is life and we are going to learn about the importance of the water all around us. Then we will play in it. We end the week at a water park.

8/12-8/16: Summer Rewind, Campers pick out their facorite activites of the summer and redo them before the summer ends.

Program Information:

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

Cost:

YMCA Members: \$121 a week, for those using an automatic bank draft cost is \$108.90.

Non Members: \$141 a week, for those using an automatic bank draft the cost is \$126.90.

Fees will be collected on Monday morning of each camp week unless prepaid in full. There is a \$20 deposit for each week of camp which is applied to the cost of camp.



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.

Youth Tackle Football

The Y youth football leagues are geared toward those youth who want to learn how to play, brush up on football rules, tactics, and football drills, and most importantly - HAVE FUN! Youth football is for boys and girls in grades 3rd - 7th. Participants should anticipate a challenging program that focuses on fundamentals, good sportsmanship and fun. Space is limited, so make sure to register early. You can pick up registration forms at the YMCA beginning in May. Games and practices will be held at the Oahe Softball Complex and will meet Monday and Thursday evenings. Season begins September 2nd and runs through October 25th. Coaches or the "Y" will call each player with time of practice.

Cost:

Early Bird: \$65.00 members/\$80.00 (Ends May 31st)

Regular: \$75.00 members/\$90.00 non-members. (June/July)

Late: \$85.00 members/\$99.00 non-members.

EQUIPMENT:

Each player is responsible for providing their mouth piece (required), and shoes. All other equipment is provided by the Oahe Family YMCA but must be returned at the end of the season. Equipment check out will be in August. Equipment must be returned in October or the player will be charged a fee.

For more information contact Josh at 605.224.1683 or josh@oaheyymca.org.

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 enhancing their level of play in a fun and structured environment.

Sept. 9 - Oct. 17; Tuesdays, 6:45-7:45pm

\$26.00 members/\$38.00 non-members

Registration begins May 1st.



Kindergarten Soccer

YMCA Preschool Soccer is designed to introduce the sport in a fun way to the youngest players and then continue to build skills, confidence and teamwork as players grow. This program is open to boys and girls ages 4-6. The field size, ball size and number of players on the field are age appropriate. All players will receive a free ball with this program.

Sept. 19 - Oct. 10; Tuesdays, 6:30-7:15pm

\$26.00 members/\$38.00 non-members

Registration begins July 1st.

Kindergarten Basketball

The YMCA youth basketball program is for boys and girls in Kindergarten. 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.

October 28 - November 11; Tuesdays, 6.30-7:15pm

\$26.00 members/\$38.00 non-members

Registration begins July 1st.

GROUP EXERCISE CLASSES

The Y is committed to a better you! With over 60 FREE group fitness classes offered each week, there's something for all fitness levels.

Barre/Yoga Split

A combination of yoga and barre toning using lighter weights.

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.

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 the "shake" plus large movements that increase your power. This beginner class is ideal for multiple fitness levels.

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. We include a variety of equipment for a well rounded workout. This beginner friendly class is ideal for multiple fitness levels.

Cardio Mix

A class that rotates step, kickboxing, free style, or conditioning.

Lift

All weight lifting for a full body strength session. Awesome strength!

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

Advanced Conditioning

This is a class to up your strength while increasing your endurance levels. Bootcamp and intervals.

Pound

Get your high-intensity cardio and strength training all in one great workout. This class uses special drum sticks and is designed for all fitness levels.

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/Strength

Awesome class with a bit of cycling and strength combined.

Kickbox/Strength

Combo class, alternating strength and cardio kickboxing. Always a different format each week.

Y-Fit Conditioning

Advanced class held in the gym with plenty of space to move using pull-up bars, TRX, plyo-boxes, sled push, slam balls, etc.

Cycling & Core / Tabata

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 or Latin Rhythms

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.

Noon Group Strength

Express Class

35-40 minutes of strength training. Full body work out, done in half the time. No weight machines, just you and the pump bars, tubing bands, kettlebells, fit balls, dumbbells.

TRX Conditioning

TRX is a workout system that uses gravity and body weight to perform exercises to strengthen your core and increase muscular endurance. We include hiit training in between sets to burn fat and sculpt lean muscle.



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.

Non-Impact Cardio

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. Also senior Zumba!

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.

Chair Yoga

Sit or stand with awesome yoga, balance and breathing exercises. Extremely popular!!

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

FREE fitness consultations are provided to all YMCA member to help jumpstart a fitness plan.

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

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

Yoga & Stretch

All levels love this class which provides traditional stretching, yoga strength challenges & meditation.

Yoga Basics

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

Restorative Yoga

Revive and relax through this awesome restorative yoga. You deserve to feel better!

Pilates, Yoga & Roll

Tripple the fun using small props such as foam rollers, the magic circle, balls or weights. This beginner friendly class is ideal for multiple fitness levels.

Prenatal Yoga

A form of yoga that is designed to complement the growing needs of a pregnant body during all three trimesters. The focus is on poses that keep you safe while practicing movement, stretching, deep breathing, mental centering and finding poses that feel good in your body.

Foam Rolling and Stretch

Soothing stretch and roll to hydrate the fascial tissue of the body.

Whether you miss “suing up” or are new to team sports, the Y’s sports leagues provide a perfect opportunity to be active, social and reconnect or start fresh with a sport you love.

CO-ED VOLLEYBALL LEAGUE

This group meets Sunday night for 9 weeks beginning October 8th and ends December 2nd. 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! Registration begins September 5th, deadline is September 29th.

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.

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.

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 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.

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.

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! Stop by the welcome center for more information and current playing times.



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. Registration for Fall 2024 Kids Stop begins on July 15 for members and current campers and July 22 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 \$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. For more information contact our Youth Development Director Lisa Maunu at 224-1683. Dates subject to change. There must be a minimum of 10 registered to run the program. Fall Dates: based on 2023/2024 Pierre School District Calendar.

Youth Strength/Condition & Stretching (Foam Rolling)

Workouts combining strength segment with conditioning and stretching exercises. Tuesdays and Thursdays, June 11-27, Grades 6-8. Members \$30, Nonmembers \$45. Registration Due by June 7th.

Youth Cybex Room Training

Cybex Room - Learning Machines and Free Weights to develop balanced and safe routines.

Tuesdays and Thursdays, July 9-15, Grades 6-8. Members \$30, Nonmembers \$45. Registration Due by June 5th.

Pre-school Adventure Camp

A great half-day introduction to summer camp for children in pre-school, ages 3-5. Our trained preschool camp staff will be leading the campers on a week with adventures full of fun!! We will take field trips to local attractions, swim at the aquatic center, beach play, themed activities for the week, growth in all areas and more fun and excitement. Adventure camp runs one week a month from 8:00am-Noon, Monday- Friday. Cost \$45/Member and \$60/Non-member per session. For more info contact Lisa Maunu, Youth Development Director.

Football Skills Camp

The Oahe YMCA and GMMS football coach, Matt Mancuso, offer a fun summer skills camp. This camp will stress the fundamentals of football and improve players' fitness levels. Skills and concepts covered during the camp: passing, catching, ball handling, tackling, blocking, special teams, position instruction, and more.

Times: 9am - 10:15am for grades 3-4, 10:30am to 11:45am for grades 5 and 6. Cost: \$45 members/\$60 non-members Where: TBD Registration is due May 29, 2024





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.



Capital Area United Way

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. The distribution of this material is provided as a community service.