

the



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER WHAT YOU CAN DO

Summer & Fall 2018 Program Guide
Oahe Family YMCA

Oahe Family YMCA Mission Statement

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

YMCA STAFF

Aaron Fabel - Executive Director	ajfabel@oaheymca.org
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Karla Seyer - Health & Wellness Director	karla@oaheymca.org
Lisa Maunu - Youth Development Director	lisa@oaheymca.org

SUMMER HOURS

(May 28 - September 3, 2018)

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

The Y will be closed all day on July 4.

CONTACT INFO

Website: www.oaheymca.org
Phone: 605-224-1683
Mail: 900 E. Church St. Pierre, SD



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, gym, track, weight room, YMCA warm water pool, Pierre Aquatic Center pool, saunas, showers/locker rooms, Kid center playroom, racquetball courts, cardio area with treadmills, bikes, cross-trainers, steppers, etc.

Nationwide Membership

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

Financial Assistance

As a charitable organization, the YMCA turns no one away for their inability to pay. We want everyone to experience the opportunities the Y provides. Each year scholarship funds are raised through our Y Partners Campaign and the United Way to help make this possible. Youth scholarships are also available for children wanting to participate in camp, sports, swim lessons, and other activities. Please let us know how we may serve you or your family.

Silver Sneakers and Silver & Fit Discounts

Some older adults may qualify for these discounts. Check with your health insurance representative to see if you qualify.

Daily Guest Pass Fees

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

Sports & Camp Registration Dates

YMCA Summer Day Camp & Preschool Camp

Registration is currently open while spots are available.

Avera Sports Training, Football & Soccer Camps

Registration is currently open while spots are available

Youth Tackle Football League:

Early Bird registration is May 2nd-May 31st. Regular registration is June 1st-July 31st. Late registration is August 1st-August 7th.

Youth Flag Football and Preschool Soccer:

Registration begins on August 13th.

CALENDAR OF EVENTS

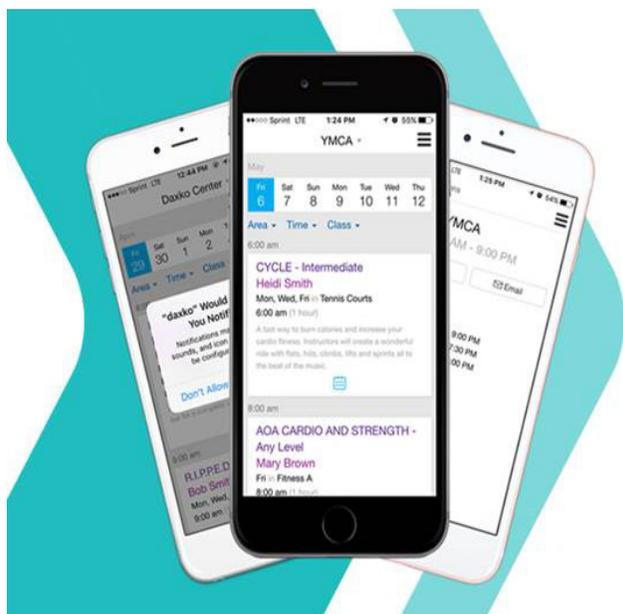
April 21	Healthy Kids Venture Day FREE event at Y 10-2
May 22	Registration for swimming lessons
May 28	Open 8-Noon for Memorial Day
June 4	Swimming lessons begin
June 5	Football Camp begins
June 11	Avera Sports Performance Camp begins
June 18	British Soccer Camp begins
July 9	Registration for KidStop (2018-2019) program begins
July 16	Registration for swimming lessons
Sept 3	Registration for swimming lessons
Sept 3	Open 8-Noon for Labor Day

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

We've Gone Mobile

For Members, Guests & Program Participants

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



WE'RE MOBILE FOR A BETTER YOU

DOWNLOAD OUR APP FOR FREE TODAY!



Available on the
App Store



ANDROID APP ON
Google play

Adult Swimming Lessons

Are you afraid to put your face in the water? Have you had lessons but still don't think you are a swimmer? Can you swim but never got the hang of the breathing? Do you think you will sink like rock? Come and try a whole new way of learning to swim. Guaranteed to conquer your fear of water at your own pace.

Contact Holly at 224-1683 or holly@oaheymca.org

Pierre Swim Team

The Pierre Swim Team offers swimmers of all abilities the opportunity to have fun and compete statewide. If you can swim the length of the pool, come experience PST with a 2 week trial period at no cost. Check www.pierreswimteam.com for starting dates, practice times and fees. All swimmers must be members of the YMCA. Get involved in a healthy, fun sport where everyone can be a winner!

**TRAINED
TO SAVE**



Lifeguard Training

This training is required of anyone who wants to become a lifeguard.

Prerequisites: minimum age of 15, ability to swim 6 laps continuously, retrieve a 10 lb. object from a minimum depth of 7 ft. and swim 20 yards with it. CPR for the Professional Rescuer & Community First Aid & Safety also included in this class.

You must pre-register. Books included in the price of the class.

Dates to be announced. Call Holly at the (224-1683) for more info.



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

Water Fitness Classes

AI CHI— Research has shown that being submerged in water at neck-depth increases oxygen consumption by 7%-25%. Ai Chi uses a combination of deep breathing and slow, broad movements of arms, legs, and torso to provide exercise and relaxation.

AQUACISE— A shallow water workout easy on the joints yet provides great toning and increases flexibility. This class utilizes various aquatic equipment to get the most benefit from each class.

AQUA-COMBO— Cardiovascular benefits of Aqua-jog combined with the flexibility of Aquacise, make this a popular class! Participants should be comfortable in deep water with a noodle and/or flotation belt.

DEEP WATER AEROBICS— An aerobic class in the deep water to provide a non-impact workout. Participants wear an aqua jogger float belt for maximum buoyancy and movement. Need not be a swimmer but should be comfortable in deeper water.

AQUA POWER— Similar to Aquacise, this class provides a higher intensity aerobic workout combined with the joint protection that comes with exercising in the water.

AQUA ZUMBA®— Looking to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine? Aqua Zumba® blends the Zumba® philosophy with water resistance, for one fun pool party! There is less impact on your joints during Aqua Zumba® so you can really let loose. Just add water and shake.

ARTHRITIS BASIC— This warm water workout is designed and promoted by the Arthritis Foundation. It combines an aerobic workout with low impact joint protection.

ARTHRITIS PLUS— An advanced version of the Arthritis basic incorporating aerobic, strength and stretching components with the low impact exercise of the basic class.

H2O KICK-BOXING— Think kick-boxing sounds fun but a little too rough on land? Try this water version that combines upper body and lower body moves in the water's high resistance environment.

H2O PILATES— Pilates works the body's core group of muscles to help you keep overall strength where we need it most. Try this water version and see how good it can feel.

NIFTY NOODLE— This class focuses on muscle endurance & strengthening while using a noodle and a variety of "toys" in the deep water for ultimate joint protection. Participants should be comfortable in deep water. A great workout & all round body toning.

BASIC WATER EXERCISE— Exercises for core strengthening and overall toning while placing an emphasis on protecting the back. This is a no-impact class done in shallow water. All levels and non-swimmers welcome.

WATER TABATA— More intense, challenging water exercise class. The same short, high intensity interval training you will find in the land version, done in a lower impact water environment.

YMCA Swim Lesson Descriptions

Swim Lesson Sessions / Registrations

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.

Summer Session 1: (7 weeks)

Members begin to register on Monday, May 28.
Non-members begin to register on Wednesday, May 30.
Classes begin the week of June 4.

Summer Session 2: (7 weeks)

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

Fall Session 1: (7 weeks)

Members begin to register on Monday, September 3.
Non-members begin to register on Wednesday, September 5.
Classes begin the week of September 10

Fall Session 2: (7 weeks)

Members begin to register on Monday, October 22.
Non-members begin to register on Wednesday, October 24.
Classes begin the week of October 29.

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 2018

Week 1: 5/29-6/1 - Shout Out To Summer - Put your hands up and shout for summer! Celebrate every day this week as we kick off our exciting summer camp season. Learn, laugh and make friends playing traditional and new camp games this week.

Week 2: 6/4-8 - Bugs and Camping - Pitch a tent, roast marshmallows, release butterflies, and build a worm habitat! This week is all about hanging out at the campground.

Week 3: 6/11-15 - Treasure Hunters - Indiana Jones and the Pirates of the Seven Seas have nothing on us. We are digging up treasure all week long.

Week 4: 6/18-22 - Ooey Gooley - Wear play clothes, its going to get messy. Elephant tooth paste, rockets and lots of slime. Science at its sloppiest.

Week 5: 6/25-29 - Barnyard Palooza - Old McDonald has gone a bit hippie. We are learning all about farming, animals, recycling with compost, and clean water.

Week 6: 7/2-6 - Party in the USA - Its our nations birthday! And you get a day off too! We are having a week long birthday party.

Week 7: 7/9-13 - World Travel - Learn about the wonders of the world. Learn about games, and cultures of children from other countries.

Week 8: 7/16-20 - Y's Got Talent - Plays, singing, art, and a show. Show us what you've got with a show at the end of the week.

Week 9: 7/23-27 - Hiss, Slither and Hop - Snakes, frogs, and lizards oh my! We are leaning about our scaly friends, We will end this week with a trip to Reptile Gardens. (Field Trip is subject to change).

Week 10: 7/30-8/3 - Music, Music, Music - Learn about instruments and other types of music.

Week 11: 8/6-10 - H2O - It's time to cool off with water games! Balloon fights, sponge relay races, and lots of swimming. We will end this week with a trip to Huron's Splash Central. (Field Trip is subject to change)

Week 12: 8/13-17 - Aloha Summer - Time to say goodbye. We will be having a Hawaiian theme week to say aloha to the best summer ever!

Program Information:

Open to all boys and girls in Kindergarten - 5th grade.

Each day runs from 7:45am to 5:30pm Monday through Friday.

The program includes a morning and afternoon snack. Children

will need to bring a sack lunch, swim suit, towel, and a water

bottle. We ask that you supply two bottles of sunblock.

Please have your children wear tennis shoes, no sandals. Mark

all your children's belongings with their first and last name.

Cost:

YMCA Members: \$111 a week. For those using an automatic bank draft there is a 10% discount, which brings the cost to \$99.

Non Members: \$131, for those using an automatic bank draft the cost will be \$111.

Fees will be collected on Monday morning of each camp week unless prepaid in full.

There is a \$15 deposit for each week of camp which is applied to the cost of camp. Only refundable before the first day of camp.



KidStop Afterschool Program

Children grades K-5th join us each afternoon from the end of school until 5:30 pm for a balance of structured and unstructured time with large motor games, classroom activities, swimming at the Aquatic Center and character building curriculum. This program does include early-release days each month as well as transportation from the school to the YMCA. Our program is licensed by the State of South Dakota Department of Social Services and children are supervised by trained YMCA child care staff members. Cost is \$111 per month per child for YMCA members and \$131 per month per child for non-members. A 10% discount is applied to those parents who pay by a monthly bank draft. Enrollment is limited and available on a "first come, first serve" basis.

For more information contact Lisa Maunu, Youth Development Director, at 224-1683 or lisa@oaheyymca.org. Registration for Fall 2018 Kids Stop begins on July 9 for members and current campers and July 16 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 and is on a "first come, first serve" basis. Cost is \$15 a day for KidStop participants, \$20/members and \$25/non-members. Registration is for one single day and required, drop-offs are not allowed. For more information contact our Youth Development Director Lisa Maunu at 224-1683. Dates subject to change. There must be a minimum of 10 registered to run the program.

Fall Dates: Sept.3, 27, 28, Oct.8 Nov.23 Dec.26,27,28,31, Jan.2, 21 Feb. 15,18 Mar.15 April 19

Pre-school Adventure Camp

A great half-day introduction to summer camp for children in pre-school, ages 3-5. Our trained preschool camp staff will be leading the campers on a week with adventures full of fun!! We will take field trips to local attractions, swim at the aquatic center, beach play, themed activities for the week, growth in all areas and more fun and excitement. Adventure camp runs one week a month from 8:00am-Noon, Monday- Friday. Dates: June 18-22, July 16-20, and July 30 - August 3. Cost \$35/Member and \$50/Non-member per session. For more info contact Lisa Maunu, Youth Development Director.

Avera Performance Enhancement Camp

This camp is an 8-week group training program to improve fundamental movement, speed, agility, flexibility, and core strength. Camp will meet on Mondays, Wednesdays and Fridays at various times. Camp begins Monday, June 5th and runs thru Thursday, July 27th.

DEADLINE: Monday, May 29th.

COST: \$150.00 members/\$170.00 non-members.

Learn to Train Camp

Camp will be a group training program introducing general fundamental movement, speed, agility and flexibility skills.

More information to come.

Football Camp

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

Dates: June 5-28 on Tuesdays, Wednesdays and Thursdays.

Times: 9:30am - 10:30am for 3rd and 4th graders

10:45am - 11:45am for 5th and 6th graders

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

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

Players must be pre-registered for camp.

Deadline for camp is May 29.

British Soccer

The #1 Soccer Camp in the U.S. and Canada is coming to the Oahe Family YMCA! Dates: June 18th - 22nd

Ages: 3 - 14

Register online at www.challengersports.com or pick up a registration form at the YMCA. Includes a FREE ball and t-shirt.

Sign-up online at www.challengersports.com and also receive a FREE replica jersey.

Land Fitness Class Descriptions

GREAT OPTIONS FOR OLDER ADULTS!

Senior Strength & Condition

Variety of exercises for strength, cardiovascular health, flexibility, balance & endurance. This class uses many forms of exercise equipment...chairs, dumbbells, tubing bands, fit & medicine balls.

Active Older Adult Cardio Class

Simple cardio movements, geared to elevate the heart rate, improve coordination & balance. This is a non impact class, great for seniors or those with injuries & limitations.

SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, Silver Sneakers balls are offered for resistance, and a chair is used for seated and/or standing support. Stop by the front desk to see if you have the right insurance that will qualify you for a free YMCA membership and this wonderful class.

Yoga & Stretch– great for seniors & younger

YOGA , PILATES & CORE

PiYo

Combination class for yoga, pilates, and core. This class has a steady flow, moving from lunges to various yoga poses to plank and pushups.

Core-Laties or Core Max

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

Yin Yoga

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

Hatha Yoga

This form of yoga embraces most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and stretches in combination with pranayama (yoga breathing exercises), to develop flexibility and relaxation.

Vinyasa Yoga

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

Yoga & Stretch

All levels love this class which provides traditional stretching, yoga strength challenges & meditation. It's not just for seniors.

Yoga Basics

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

Chair Yoga

Sit or stand with awesome yoga and breathing exercises.

Equipment Orientations & Personal Training

Equipment Orientations

All members are highly encouraged to get a FREE, orientation on our equipment. Stop at the front desk, or call, to make an appointment.

Personal Training Sessions

Want to take your fitness to the next level? Talk with Health & Wellness Director, Karla Seyer, about personal training. One on one strength training sessions held in the weight room or aerobic studio. Let a trainer help you reach your goals to improve your health and muscle tone. Personal Training comes in all forms...Kettlebells, Cycling, Yoga, Core, Boxing, Conditioning and combinations of these formats.



*Note: Please check at the front desk or the Y's website or mobile app for up-to-date class schedules.

CARDIO & STRENGTH TRAINING CLASSES

Kick Start Class

If you are new to classes, or wanting a slower paced class, then this Kick Start class will be perfect for you. Each week will be little different to give you experience in many class formats. Tuesdays 6:30-7:15pm

Kettlebells

If you like strength, you will love the kettlebell workouts. YMCA instructors have attended two workshops on kettlebells plus in house training sessions and we use them in many of the other classes along with dumbbells and bars.

Chisel

This class repeats a strength workout, 5 weeks, before it changes to a new routine. Lots of sets and reps for great muscle toning results.

Trio Class Formats

Combination of three workouts all in one class. Some classes may be 75 minutes.

Kickbox/Core Combo

Freestyle kickboxing followed by core exercise, for deep muscle toning using Pilates, traditional & modern core format.

Cycle /Tabata/Core

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

Y-FIT

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

Chisel Express w/Tabata

Shorter Chisel segment followed by 10 minutes Tabata (conditioning drills).

Cycling

This is the greatest cardiovascular workout and no impact to the joints. Recharge your fitness levels with this class. The OAHE YMCA has the new Keiser M3i bikes. So smooth, the best there is, with blue tooth.

Cycle/Kettlebell/Core

Awesome class with a trio of workouts. First cycle, then kettlebell strength & third core.

Cardio/Strength/Core

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

Step/Kickbox/Core

Cardio step for 20 minutes, cardio kickbox for 20 minutes, and core for 20 minutes.

Step/Condition/Core

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

PiYo

Yoga, pilates, stretch and endurance all combined to challenge your current levels.

Cycling & Core

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

Bust

A class that alternates strength & cardio segments, 40 seconds on, 20 seconds rest. This class shows up after a 5 week session of a Chisel class workouts.

Zumba Cardio Party Time

Latin & hip hop music used to get your cardio and core worked in one intense session. It's so fun you won't even watch the clock.

Cardio Mix Express Class

Different cardio workout each week...kickboxing, step, Tabata, free style & cycling. The variety is the best part, pleasing all!

Noon Group Strength Express Class

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

Core Max

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

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



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 night for 11 weeks beginning October 7 and ends December 16. 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 10th, deadline is September 26th.

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.

Pool and Gym Schedules

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

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!

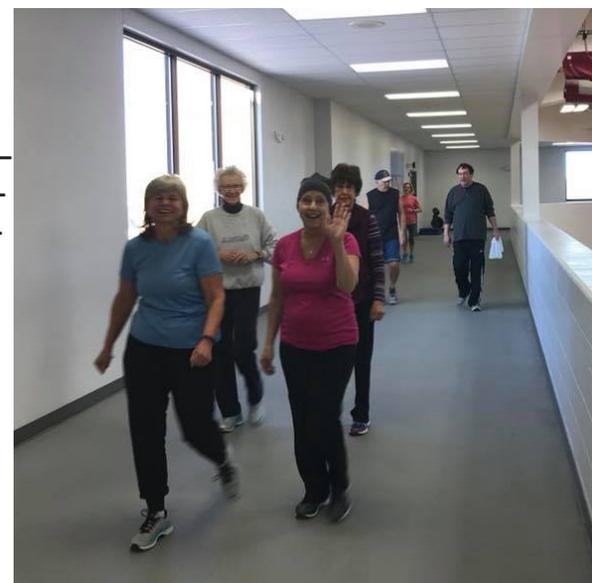
M, Tu, W, F from 7:00 am-9:00 am.

&

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

BASKETBALL

The YMCA offers times for adult pick-up games. There is no additional cost to play except you must be a member of the Y or pay a guest fee. Monday, Tuesday, Wednesday, and Friday at 6:00 am.



YMCA Nursery

A great opportunity for young children to have fun in our Nursery/Kids Center while you workout!

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

Monday - Thursday from 5:25 pm-7:30 pm.

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

Cost is \$1.00 per hour per child (a minimum of \$1.00 required) and the parents must be in the facility to take advantage of this service. Children must be in good health.

Special Events & Rentals

Birthday Parties and Group Rentals

Don't forget you can have your birthday party or group party at the Oahe Family YMCA and Pierre Aquatic Center. Call 224-1683 to reserve times or go to www.oaheyymca.org for information and to download birthday and rental forms.

Birthday Parties are a flat rate of \$30 for YMCA members and \$40 for non-members. Having an exclusive room for your party is an additional cost.



Coffee and Social Time

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

COMING THIS FALL/WINTER!

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



TACKLE FOOTBALL

(Grades 3-7 in the fall of 2018)

Registration will begin in May for this popular program, even though it will not begin until September. We have registration this early to give us time to order additional equipment that may be needed. Once registered your child will be in the program and there will be no additional registration in the fall. Watch the school for registration forms or pick one up at the YMCA.



Y PARTNERS CAMPAIGN

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.

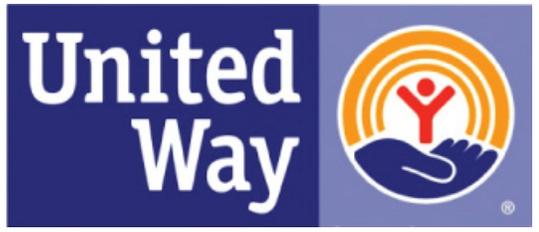
We are so much more than a gym. We are a cause, dedicated to youth development, healthy living and social responsibility. For years, we’ve been proud to help our neighbors learn, grow and thrive. Yet we’re called to do so much more.

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!