



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TAKE ON SUMMER

**HEALTHY
KIDS DAY
IS HERE!
APRIL 27**

See the back page for more
information. Additional activities
for the entire family inside!

Summer & Fall 2019 Program Guide
OAHE FAMILY YMCA

Oahe Family YMCA Mission Statement

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

YMCA STAFF

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

BUILDING HOURS

(May 28, 2019 - Sept. 23, 2019)

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

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.



Membership Fees

Type	Monthly Cash	Monthly Draft	Annual
Youth (ages 0-13)	\$15	\$11	\$99
Student (ages 14-18)	\$23	\$19	\$209
College	\$30	\$26	\$286
Adult (ages 19-64)	\$44	\$40	\$440
Single Parent Family	\$45	\$41	\$451
Family	\$62	\$58	\$638
Older Adult (ages 65 & up)	\$35	\$31	\$341
Older Adult Couple	\$52	\$48	\$528

Included in your membership are adult land & water fitness classes, basketball court, track, weight room, YMCA warm water pool, Pierre Aquatic Center pool, saunas, showers/locker rooms, Kid center playroom, racquetball courts, cardio area with treadmills, bikes, cross-trainers, steppers, etc.

Nationwide Membership

Your membership is 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.

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

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.

Call Carmen at 224-1683 for more details.

Pizza Pool Parties

This is a lock-in event for all children in grades 1-5. The YMCA provides pizza, pop, pool fun and never ending amusement zooming around supervised areas of the YMCA. 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@oaheyymca.org.

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

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

Fall/Winter dates are Sept. 14, Oct. 12, Nov. 9, Dec. 14,

Jan. 11, Feb. 8.

YMCA Child Watch

As a service to our members and program participants, the Oahe Family YMCA Child Watch program provides 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. We offer interesting and inviting age-appropriate activities implemented by caring and energetic staff members.

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

Monday - Thursday: 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. We ask that children are in good health when signed in.

Aerobics Studio #2

At the YMCA, we know fitness involves more than working out. It's about making better choices to live better on the inside and out. You're not only supported by our staff, you're part of a community that helps you be your best self at every age. We are also proud to partner with Avera Physical Therapy to provide space for all your rehabilitation needs.

CALENDAR OF EVENTS

April 27	Healthy Kids Day FREE event at Y 9am - Noon
May 27	Summer Session 1 Swimming Lessons Registration
May 27	Open 8-Noon for Memorial Day
June 3	Summer Session 1 Swimming Lessons begin
June 4	Football Camp begins
June 5	Avera Sports Performance Camp begins
June 17	British Soccer Camp begins
July 8	Registration for KidStop (2019-2020) program begins
July 15	Summer Session 2 Swimming Lessons Registration
Sept 2	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.	

New expanded areas!



Adult Swimming Lessons

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

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

Pierre Swim Team

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

**TRAINED
TO SAVE**



Lifeguard Training

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

You must pre-register. Books included in the price of the class. Dates to be announced. Call Holly at the (224-1683) for more info.



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

Water Fitness Classes

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

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

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

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

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

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

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

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

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

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

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

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

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

YMCA Swim Lesson Descriptions

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

The latest evolution of Y Swim Lessons accommodates varying abilities to help foster a sense of achievement as swimmers' progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime. If you need assistance in the placement of your child in YMCA Swim Lessons, please don't hesitate to contact Holly Hardy, Aquatic Director at 224-1683 or holly@oaheymca.org.

Swim Starters

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

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

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

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

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

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

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

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

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

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

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

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

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

Swim Lesson Sessions / Registrations

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 30.

Swimming Lesson Schedule

(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/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 2019

Week 1: 5/28-5/31 - Summer's Here! - Start the summer off right with the Y camp. Crafts, games and all the things you love about summer!

Week 2: 6/3-7 - Secrets & Spies - Develop disguises for cover, create and break codes, and create and use spy gadgets. Taste of what it's like to be a spy!

Week 3: 6/10-14 - Celebrate Good Times - We will be learning about Valentine's Day, Easter, Halloween, and from around the world this week.

Week 4: 6/17-21 - Cartoonish Creations- Cartoons brought to life in games & crafts. Each day will be a new theme and characters.

Week 5: 6/24-28 - South Dakota/Kindness Matters - South Dakota is more than Great Faces. We have great games, sports and crafts too.
*(Field trip to DeSmit subject to change)

Week 6: 7/1-5 - Red, White & Blue - It's our nation's birthday! And you get a day off too! We are having a week long birthday party. No camp on the 4th of July.

Week 7: 7/8-12 - Out of this World - Blast off & explore space. Once small step for campers, one giant leap for summer.

Week 8: 7/15-19 - Shark Attack - Dun...Dun...Dun...Dun...Do you hear a famous tone? Learn all about the greatest predator of the ocean.

Week 9: 7/22-26 - Dino Days - We know they had scales & disappeared from the Earth due to a meteor. Learn more and see real life Dinos at Reptile Gardens. *(Field Trip is subject to change).

Week 10: 7/29-8/2 - The Round Table - Knights and Princesses will compete in a tournament and hunt for dragons.

Week 11: 8/5-9 - H2O - Water, water every where! Games and crafts all about our most important resource. *(Field trip to splash city subject to change).

Week 12: 8/12-16 - Rewind Summer - Campers pick their favorite parts of summer.

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: \$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 2019 Kids Stop begins on July 8 for members and current campers and July 15 for non-members.

School's Out Program

The YMCA's School's Out Fun Club is offered on days that school does not meet at all for children in grades K-5. The program includes crafts, gym games, movies, Kid Center Play-land, swimming, field trips, friendship and more importantly a day filled with fun. The program runs throughout the day from 7:45am-5:30pm. Children may come late or leave early, however price does not vary. Participants need to bring their own lunch, swimsuit, towel and wear close-toed shoes. Weather permitting we will spend time outside so please have your child dressed appropriately. Space is limited depending on the availability of child-care staff members and is on a "first come, first serve" basis. Cost is \$15 a day for KidStop participants, \$20/members and \$25/non-members. Registration is for one single day and required, drop-offs are not allowed. For more information contact our Youth Development Director Lisa Maunu at 224-1683. Dates subject to change. There must be a minimum of 10 registered to run the program.

Fall Dates: Oct.10,11,14; Nov.29; Dec.23, 24, 26, 27, 30, 31; Jan. 2, 3, 6, 20; Feb. 14,17; Mar.20; April 10, 13

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 10-14, July 15-9, and July 29 - August 2.

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 from 10:00am-11:00am. Camp begins Wednesday, June 5th and runs thru Wednesday, July 24th.

DEADLINE: Monday, May 27th.

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

Youth Sports & Fitness Classes

Speed and endurance training, basic fundamentals with body weight only and stationary plyometrics. This class will help athletes improve in season or off season conditioning, jumping power, muscle strength, agility and lateral explosiveness. Class meets 3 times per week for 6 weeks. Mondays, Tuesdays and Thursdays from 5:30-615pm. Ages 8-13

COST: \$50 Y members/\$70 non-members. Class is limited to 12 participants

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 7-27 on Tuesdays, Wednesdays and Thursdays.

Times: 9:45am – 10:45am for 3rd and 4th graders

11:00am – 12:00pm 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 17th – 21st

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.

GROUP EXERCISE CLASSES

The Y is committed to a better you! With over 75 FREE group fitness classes offered each week, there's something for all fitness levels.

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.

Barre Toning

Class is formatted with a steady flow of intense exercises that any level can follow. Total body toning with precise movements including, Pilates, general strength training, yoga and core. Lighter weights used for higher reps and sets. Come enjoy this new workout!

TSN

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

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

Y-FIT/Challenge Condition

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

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.

Core Max

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

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 Cardio Party Time

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

Cardio Mix Express Class

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

Noon Group Strength Express Class

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



Active Older Adults/Yoga/Personal Training

GREAT OPTIONS FOR OLDER ADULTS!

Senior Strength & Condition

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

Active Older Adult Cardio Class

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

SilverSneakers Classic

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

Yoga & Stretch— great for seniors & younger

Coffee and Social Time

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



Equipment Orientations & Personal Training

Equipment Orientations

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

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.

Ashtanga Yoga

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

Yoga & Stretch

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

Yoga Basics

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

Chair Yoga

Sit or stand with awesome yoga and breathing exercises.

Fitness in the Park Series

Keep an eye out as our popular fitness in the park series will be back this summer! Enjoy Paddle board, Yoga and other group fitness classes held at various parks in our community. Classes are free and open to everyone in the community.

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 11 weeks beginning October 6 and ends December 15. 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 9th, deadline is October 2nd.

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.

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.



Fitness with a Friend

Are you looking for someone to workout with? Maybe you want a running partner, shoot hoops with or someone to help keep you accountable with your fitness goals but don't know anyone in the community. We are excited to announce our new Fitness Friend program at the Y. This program will help you get connected with others at the Y who have similar goals and interests. All you have to do is fill out a simple form at the Y and we will do the rest. The cost is free and open to all adults 18 and older.

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 5th and runs through October 18th. Coaches or the "Y" will call each player with time of practice.

Cost:
 Early Bird: \$60.00 members/\$75.00 (May 1st-31st)
 Regular: \$70.00 members/\$85.00 non-members. (June/July)
 Late: \$80.00 members/\$95.00 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 Beth at 605.224.1683 or beth@oaheymca.org.



Kindergarten Football

A great introduction to the game of football. Players will work on basic skills, positions and introduced to the game of play. Open to all kindergarten boys and girls.
 Sept. 10 - Oct. 1; Tuesdays, 5:45-6:30pm
Cost:
 \$24.00 members/\$36.00
 Registration begins Aug 12th

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. 10 - Oct. 15; Tuesdays, 6:45-7:45pm
Cost:
 \$24.00 members/\$36.00
 Registration begins Aug 12th

Preschool 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. 17 - Oct. 1; Tuesdays, 6:30-7:15pm
Cost:
 \$24.00 members/\$36.00
 Registration begins Aug 12th .



Join us Saturday, April 27, for a FREE community event to inspire more kids to keep their minds and bodies active at the annual YMCA's Healthy Kids Day, the Y's national initiative to improve health and well-being for kids and families. Healthy Kids Day is an opportunity to ignite children's imaginations so that they can imagine what they'll accomplish this summer. The event will feature activities such as a bounce house, strider bikes, face painting, child identification, vision screening, healthy snacks, games and more. Activities and games will be provided by: American Medical Response, Avera St. Mary's Central SD Child Assessment Center, Boys & Girls Club of the Capital Area, Delta Dental of South Dakota, South Dakota Discovery Center/Harvest of the Month, Feeding South Dakota, Growing Up Together, Pierre/Fort Pierre Lions Club, Masons, Missouri Shores Domestic Violence Center, Oahe Child Development Center (Head Start/Early Head Start), Pierre Players Community Theatre, Pierre Youth Orchestra, Rural Health Care, The Right Turn and The YMCA.



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!



ANNUAL Y PARTNERS CAMPAIGN

Since 1971, the Oahe Family YMCA has been a cornerstone of our community. Started by caring community leaders, the Y has a history of responding to the needs of our community. Throughout the years, the Y values of caring, honesty, respect and responsibility and the belief that all people should have the opportunity to reach their full potential, has made the Y a trusted source of support and hope throughout central South Dakota. The Y plays a critical role in giving people of all ages a safe and welcoming place to be healthy, become part of the community and achieve their goals.

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 to learn, grow and thrive.

The Y is at work throughout our community, offering many ways to get healthier, get connected and give back. Our programs and initiatives are the mediums by which we make our mission come to life. We are so much more than a gym. We are a cause, dedicated to youth development, healthy living and social responsibility.

We are 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 you are and what you can achieve. When you give to our annual campaign, you help us provide services that nurture the potential of everyone in our community.

We serve all ages, abilities, incomes and faiths. Financial assistance is available.

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.