



**Celebrating
50 years!
1971 - 2021**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OAHE FAMILY YMCA

**2021
SUMMER & FALL PROGRAM GUIDE**

Oahe Family YMCA Mission Statement

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

YMCA STAFF

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 Karla Seyer - Health & Wellness Director.....karla@oaheymca.org
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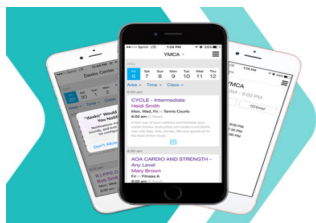
BUILDING HOURS

(June 1, 2021 - Sept. 7, 2021)

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
 Mobile App: Search “Daxko”



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Corporate Membership

Businesses may receive a discount for their employees by sending in the employees membership dues in one lump sum. A 10% discount is given if the business sends the dues once a month. A 15% discount is given if the business sends the dues once a year. Must have at least five employees participating to qualify.

Active Military and Veteran Discounts

We salute the men and women who selflessly serve in the armed forces. Active duty and veterans receive a discounted rate at the Y. Stop by for more information.



**THANK
YOU
TO OUR
VETERANS**

Membership Fees

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

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

Daily Guest Pass Fees

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

Nationwide Membership

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

Financial Assistance

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

Silver Sneakers and Silver & Fit Discounts

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

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 \$40 for YMCA members and \$55 for non-members. Call Carmen at 224-1683 for more details.

Pizza Pool Parties

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

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 /Tuesday/Thursday: 5:30 pm-7:30 pm.
Saturday: 8:00 am-11:00 am.

Cost is free for Y members 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.

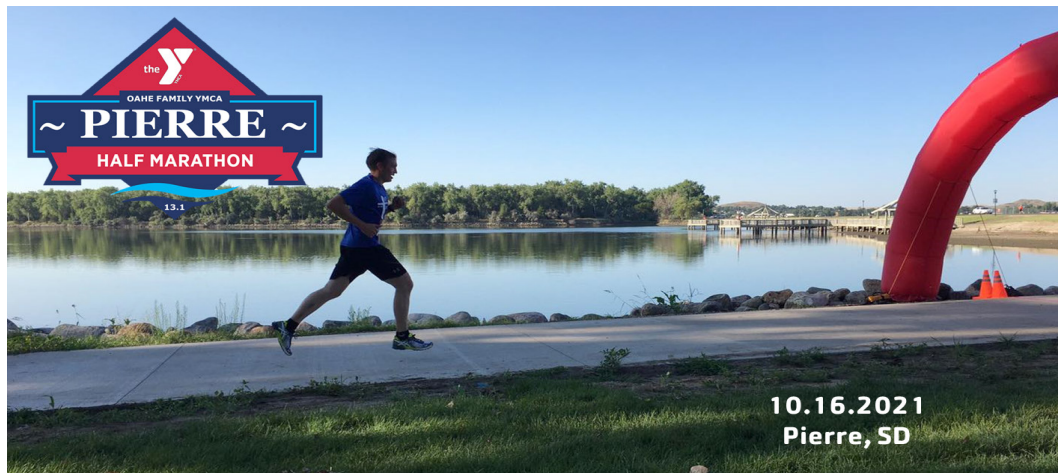
CALENDAR OF EVENTS

March 8	Summer Camp Registration Opens (1st - 5th)
March 27	Pizza Pool Party (6:30-9pm for 1st - 5th)
April 4	Easter - YMCA Closed
April 10	Pizza Pool Party (6:30-9pm for 1st - 5th)
May 1	Youth Tackle Football Registraion Opens (3rd - 6th)
May 8	Pizza Pool Party (6:30-9pm for 1st - 5th)
May 24	Summer Session 1 Swimming Lessons Registration
May 31	Memorial Day - YMCA Open 8-Noon
June 14	International Soccer Camp Begins
July 4	Independence Day - YMCA Closed
July 12	KidStop (2021-2022) Registration Opens
July 12	Summer Session 2 Swimming Lessons Registration
Aug 30	Fall Session 1 Swimming Lessons Registration
Sept 6	Labor Day - YMCA open 8-Noon
Oct 16	YMCA Half Marathon

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

Pierre Half Marathon

Join us Saturday October 16th, 2021 for our second annual Pierre Half Marathon. This 13.1 mile course runs along the beautiful Missouri River and through parts of the Lewis and Clark trail. Walkers are also welcome! For more information and to register visit our website at www.oaheyymca.org.



10.16.2021
Pierre, SD

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@oaheimca.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 24.

Non-members begin to register on Wednesday, May 26.

Classes begin the week of June 1.

Summer Session 2: (7 weeks)

Members begin to register on Monday, July 12.

Non-members begin to register on Wednesday July 14.

Classes begin the week of July 19.

Fall Session 1: (7 weeks)

Members begin to register on Monday, August 30.

Non-members begin to register on Wednesday, September 1.

Classes begin the week of September 7.

Fall Session 2: (7 weeks)

Members begin to register on Monday, October 18.

Non-members begin to register on Wednesday, October 20.

Classes begin the week of October 25.

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

GREAT SUMMERS START HERE!

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 2021

- Week 1: 5/25-5/28 -Summer's Here!** -Campers and counselors will get to know each other through a variety of ice breakers, games, theme days and other activities.
- Week 2: 6/1-4 - Our Heros** - Let's learn about the first responders that keep us all safe and give them a big thank you. No camp May 31st.
- Week 3: 6/7-11 - All about Animals** - Let's learn about our animal friends in South Dakota. We will end the week with a trip to Bear County in Rapid City.
- Week 4: 6/14-18 - Around the World**- We will learn about different countries from a different continent each day of camp.
- Week 5: 6/21-25 - Minute to Win it** - 1,440 minutes in a day. How many games can we play during that time? Join us at camp for a fun and fast week!
- Week 6: 6/28-7/2 - Minions** - Those minions are mischievous, marvelous and downright silly. We can't get enough of them! We will be playing with clay, paint on canvas, turn ourselves into minions and more!
- Week 7: 7/5-9 - Story Book** - Look out for giants, wizards and elves. In the realm of mythical creatures, anything could happen. Join us for fairy tales, dragon races, castle designing wizard code cracking and elf tag. We might even search for big foot! We will end the week at story book island in Aberdeen.
- Week 8: 7/12-16 - Flash Back** - Pull out those bell bottoms and neon leggings. Each day we will flash back to another era. It's the 60's, 70's, 80's, 90's and 00's at the Y.
- Week 9: 7/19-23 - Gross Out** - Let the mad scientist come out. We are making slime of every type, growing crystals and sending rockets flying. Our motto this week is: if it's messy, it's fun.
- Week 10: 7/26-30 - Jungle Cruise** - Let's take an adventure into the jungle. Put on your hat and grab your binoculars because it's about to get wild in here.
- Week 11: 8/2-6 - H2O** - Those are the sounds you will hear when we get wet n' wild the entire week while playing water games. We will end the week swimming at Splash Central in Huron!
- Week 12: 8/9-13 - Kids Choice** - We replay some of the favorite things from the 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. Please have your children wear tennis shoes, no sandals.



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 2021 Kids Stop begins on July 12 for members and current campers and July 19 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.

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 14-18, July 12-16, and August 9-13. Cost \$35/Member and \$50/Non-member per session. For more info contact Lisa Maunu, Youth Development Director.

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: TBD - June, 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.

International Soccer Camp

The #1 Soccer Camp in the U.S. and Canada is coming to the Oahe Family YMCA! Dates: June 14th – 18th

Ages: 3 - 14

Register online at www.challengersports.com

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 for other class formats.

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!

Strong Nation

If you've got 30-minutes, you've got time to crush the only music led HIIT workout. Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music specifically designed to match every move.

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@oaheyymca.org

Y-FIT/Challenge Condition

This is a class to up your strength while increasing your endurance levels. Bootcamp and intervals. (Not recommended for those newer to exercising).

Split

Strength segments using dumbbells, weighted bars, kettlebells, TRX, along with cardio segments including: step, kickbox, condition, cycling and freestyle.

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.

Lift

Strength training everytime! Never get bored with the number one method of changing your shape and metabolism. Classes are always fresh with all the strength equipment available for class.

TRX

Anchored straps used for strength training exercises while using your own body weight. Expect to challenge your core while strengthening additional key muscle groups.

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.

Core Max

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



Active Older Adults/Yoga/Personal Training

POSTURE, CORE STRENGTHENING, FLEXIBILITY & BALANCE

Pilates Plus:

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

Barre Toning:

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

Silver Sneakers Classic:

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

Strength Condition Basics:

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

Roll & Release:

A treatment for releasing the tension in the fascia tissue that may be due to trauma, posture or inflammation. Rolling, stretching so your body may feel better and reduce aches. Class uses regular rollers, the Intellroll rollers and tune up balls.

Equipment Orientations & Personal Training

Equipment Orientations

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

Personal Training Sessions

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

YMCA YOGA WELLNESS

Chair Yoga

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

Yoga & Stretch

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

Yoga (Yin)

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

Yoga (Hatha)

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

Yoga (Restorative)

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

Yoga (Nidra)

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

Yoga (Fascia Release)

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

Yoga Basics

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

Kid's Yoga

Coming soon! Please contact Karla at karla@oaheymca.org for more info.

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 VOLLYBALL LEAGUE

This group meets Sunday night for 11 weeks beginning October 3 and ends December 19. 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 1, deadline is September 29.

WALLYBALL

Take your volleyball game into the racquetball court with our Wallyball equipment. Reserve the west racquetball court (no more than 48 hours in advance) and bring in your group. Pick up the equipment at the front desk, set up the net and you are ready for the most exciting game of volleyball you’ve ever played. Call 224-1683 to reserve a court time.

RACQUETBALL

Break away from your regular workout schedule and play a game of racquetball. It’s a great workout and a fun way to get some exercise. The YMCA has racquets and eye protection to check out.

Members can reserve a 45 minute court time up to 48 hours in advance at 224-1683.

FACILITY & AMENITIES

The YMCA fitness rooms are filled with a wide variety of cardio and strength training equipment. We offer a full line of Cybex and Nautilus strength machines as well as Matrix and free weights. Whether you prefer running on a treadmill, walking on the track, cycling beside a friend, reading while on an elliptical trainer, lifting free weights or using selectorized strength equipment, you can achieve your goals at the Y.

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

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.

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!



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 - 6th. 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 9th and runs through October 21st. 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. 14 - Oct. 5; Tuesdays, 5:45-6:30pm

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. All players will receive a free ball with this program.

Sept. 21 - Oct. 5; Tuesdays, 6:30-7:15pm

Cost:

\$24.00 members/\$36.00

Registration begins Aug 9th .

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. 14 - Oct. 19; Tuesdays, 6:45-7:45pm

Cost:

\$24.00 members/\$36.00

Registration begins Aug 9th



Y PARTNERS CAMPAIGN

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Everyday, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. The Y is a place where kids find direction, families come together and people rally to make a difference.

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

Did you know that the Oahe Family YMCA never turns a person away if they are unable to pay? As a charitable nonprofit organization, we offer financial assistance to individuals and families who cannot afford our services. Each year we help countless families and children, as well as partner with various organizations in our community focusing on youth development, healthy living and social responsibility.

The Y is proud to offer a safe place for everyone, with a wide range of activities that give the opportunity to make friends, have fun, get active and discover who they are and what they can achieve. When you give to our annual campaign, you help us provide services that nurture the potential of youth.

THE UNITED WAY & THE YMCA

The Oahe Family YMCA is a proud partner agency of the Capital Area United Way. The United Way supports the YMCA with yearly funding that is used in the Y Partners financial assistance program. This program provides financial assistance for those who would like to participate in YMCA membership and/or program activities but may not be able to afford it.

Thank you for supporting the Capitol Area United Way and the Y Partners Campaign!



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