



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

# **STRONGER TOGETHER**



**900 E. Church St.  
Pierre, SD 57501  
605.224.1683  
[www.oaheyymca.org](http://www.oaheyymca.org)**

**OAHE FAMILY YMCA  
2017/2018 Winter/Spring  
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

Aaron Fabel - <b>Executive Director</b> .....	ajfabel@oaheymca.org
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Carmen Schwartzkopf - <b>Business Manager</b> .....	carmen@oaheymca.org
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Lisa Maunu - <b>Youth Development Director</b> .....	lisa@oaheymca.org

## 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

## 2017/2018 Board of Directors

<b>President</b> .....Karen Gallagher		
<b>Vice President</b> .....Becky Burke		
<b>Treasurer</b> .....Steve Ahlers		
<b>Secretary</b> .....Betty Hanson		
Austin Bernard	Mike Fugitt	Dick Pibal
Jess Burchill	Neil Fulton	Dudley Rumrill
Derk Campbell	Kacy Gill	Nikki Schnabel
Guiherme Costa	Marva Jones	Melissa Shaffer
Scott Darnall	DT Meyer	Slade Weller
Sue Douglas	Deb Mortenson	

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.

### 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.

## WINTER HOURS

(September 4, 2017 - May 28, 2018)

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

**Closed all day on:** Dec. 25, April 1, May 28  
**Limited Hours:** 10:00 am-2pm Dec. 24 and Dec. 31.  
**Limited Hours:** 8:00 am-Noon Jan. 1, Nov, 23

## 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

Nationwide membership enables Y members to visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost. To find any YMCA in the U.S. Call 1-800-333-9622 or visit [www.ymca.net](http://www.ymca.net).

## 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.

## 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.

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

# CALENDAR OF EVENTS

Oct. 14	Pizza Pool Party (6:15 pm-9:00 pm for 1st-5th graders)
Oct. 17	Pizza Ranch Fundraiser (5:00 pm-8:00pm)
Oct.28	Monster Mash Family Dance
Oct. 25	Senior Day (Free to all seniors)
Oct. 29	Underwater Pumpkin Patch 12-1pm (Aquatic Center)
Nov 4-5	Swim Meet
Nov. 18	Pizza Pool Party (6:15 pm-9:15 pm for 1st-5th graders)
Dec. 1,2,3	Swim Meet
Dec. 16	Pizza Pool Party (6:15 pm-9:00 pm for 1st-5th graders)
Jan. 20	Pizza Pool Party (6:15 pm-9:15 pm for 1st-5th graders)
Feb. 10-11	Swim Meet
Feb. 24	Pizza Pool Party (6:15 pm-9:15 pm for 1st-5th graders)
Mar. 2, 3, 4	State Swim Meet (Pierre)
Mar. 24	Pizza Pool Party (6:15 pm-9:15 pm for 1st-5th graders)

*Check out the Y's website for more details*

## We've Gone Mobile

For Members, Guests & Program Participants

Have you downloaded the new 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@oaheyymca.org

## Masters Swimming Program

Masters swimming is for adults 18 and over. This program is for anyone trying to improve their fitness level through swimming. This includes fitness lap swimmers, triathletes, those who wish to compete and those who don't. If you want to improve technique, take your workout to the next level or like the motivation of swimming with a group this is the program for you. Attend as many or as few practices as you like. All practices in the Aquatic Center.

Tues & Thurs. 7:30-8:45pm and Sat. 11:30am-1:00pm

Masters is now included in your base membership fee!

\$76/non-members per session.

## 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](http://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!



## 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.

## \*New Water Fitness Class\*

**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

Our five areas of focus for YMCA Swim Lessons are Personal Safety, Personal Growth, Stroke Development, Rescue and Water Sports & Games. If you need assistance in the placement of your child in YMCA Swim Lessons, please don't hesitate to contact Holly Hardy, Aquatic Director at 224-1683 or holly@oaheyymca.org.

## PRE-SCHOOL LESSONS (ages 3-5)

### PIKE ( P r e s c h o o l 1 )

Little swimmers develop safe pool habits, adjust to the water, and basic paddle stroke. To progress, child must feel comfortable holding face in water while blowing bubbles, and must be able to float on their back.

### EEL (Preschool 2)

Child is comfortable in the water. Swimmer is taught to kick, dive, float and paddle stroke. To progress, child must swim across the pool without assistance with their face in the water.

### RAY (Preschool 3)

Child can briefly swim independently without a floatation device.

### STARFISH (Preschool 4)

Child improves stroke skills, builds endurance, and treads water. Child can swim on their front and back without assistance.

## YOUTH LESSONS (ages 6-14)

### POLLIWOG ( L e v e l 1 )

Students become acquainted with the water, floatation devices, and pool. Students will learn paddle stroke, side and back paddle. To move to the next level they will need to swim across the pool with assistance with their face in the water.

### GUPPY ( L e v e l 2 )

Students are introduced to lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. Before moving on students must swim the length of the pool without assistance.

### MINNOW ( L e v e l 3 )

Students further refine the lead-up strokes: Front and back crawl, sidestroke, breaststroke, and elementary backstroke. To move to the next level they need to be comfortable swimming all strokes 25 yards.

### FISH ( L e v e l 4 )

Students work to perform the crawl stroke, elementary backstroke, back crawl stroke, and side stroke with turns. They are introduced to butterfly stroke. To advance, students must be able to swim all strokes 50 yards without stopping.

### FLYING FISH ( L e v e l 5 )

Perform the front crawl, back stroke, elementary backstroke, side-stroke, & breast-stroke; to advance student needs tread water for three minutes with combination kicks plus swim all strokes 100 yards.

### SHARK ( L e v e l 6 )

Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in boating, safety, and rescues. Perform front crawl, breaststroke, elementary backstroke, & sidestroke with open turns; perform the butterfly.

# Swim Lesson Sessions / Registrations

## Winter Session 1: (6 weeks)

Members begin to register on November 6, 2017.  
Non-members begin to register on November 8.  
Classes begin the week of November 13.

## Winter Session 2: (7 weeks)

Members begin to register on December 18, 2017.  
Non-members begin to register on December 20, 2017.  
Classes begin the week of January 8, 2018.

## Spring Session 1: (7 weeks)

Members begin to register on February 19, 2018.  
Non-members begin to register on February 21, 2018.  
Classes begin the week of February 26, 2018.

## Spring Session 2: (7 weeks)

Members begin to register on April 9, 2018.  
Non-members begin to register on April 11, 2018.  
Classes begin the week of April 16, 2018.

# Swimming Lesson Schedule

(Schedule subject to change. All classes held in Y pool)

Class	Day	Times	Member	Non-member
Parent/Child	Mon	6:30-7pm	\$19	\$38
Pike	Mon/Wed	6:15-6:45pm	\$38	\$76
Pike	Mon/Wed	6:45-7:15pm	\$38	\$76
Eel	Mon/Wed	6:15-6:45pm	\$38	\$76
Ray/Starfish	Mon/Wed	6:45-7:15pm	\$38	\$76
Polliwog/Guppy	Mon/Wed	6:15-6:45pm	\$38	\$76
Minnow	Mon/Wed	3:45-4:25pm	\$38	\$76
Fish/Flying Fish/Shark	Mon/Wed	4:30-5:10pm	\$38	\$76
Pike/Eel	Tues/Thurs	9:15-9:45am	\$38	\$76
Pike	Tues/Thurs	6:15-6:45pm	\$38	\$76
Pike	Tues/Thurs	6:45-7:15pm	\$38	\$76
Eel	Tues/Thurs	6:15-6:45pm	\$38	\$76
Ray/Starfish	Tues/Thurs	6:45-7:15pm	\$38	\$76
Polliwog/Guppy	Tues/Thurs	4:00-4:40pm	\$38	\$76
Minnow	Tues/Thurs	4:40-5:20pm	\$38	\$76
Polliwog/Guppy	Tues/Thurs	6:15-6:55pm	\$38	\$76
Fish/Flying Fish/Shark	Tues/Thurs	7:00-7:40pm	\$38	\$76
Pike	Sat.	9:30-10:00am	\$19	\$38
Eel	Sat.	10:00-10:30am	\$19	\$38
Ray	Sat.	10:30-11:00am	\$19	\$38
Guppy/Minnow	Sat.	9:30-10:10am	\$19	\$38
Fish/Flying Fish/Shark	Sat.	10:10-10:50am	\$19	\$38

# KIDS TIME!

Located at the YMCA, we provide family-centered, values-based programs to nurture children's healthy development!

## KidStop Afterschool Program

Children grades K-5th join us each afternoon from the end of school until 5:30 pm for a balance of structured and unstructured time with large motor games, classroom activities, swimming at the aquatic center and character building curriculum. This program does include early-release days each month as well as transportation from the school to the YMCA. Our program is licensed by the State of South Dakota Department of Social Services and children are supervised by trained YMCA child care staff members. Cost is \$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@oaheymca.org](mailto:lisa@oaheymca.org).

## School's Out Program

The YMCA's School's Out Fun Club is offered on days that school does not meet at all for children in grades K-5. The program includes crafts, gym games, movies, Kid Center Play-land, swimming, field trips, friendship and more importantly a day filled with fun. The program runs throughout the day from 7:45am-5:30pm. Children may come late or leave early, however price does not vary. Participants need to bring their own lunch, swimsuit, towel and wear close-toed shoes. Weather permitting we will spend time outside so please have your child dressed appropriately. Space is limited depending on the availability of child-care staff members and is on a "first come, first serve" basis. Cost is \$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.

Dates: Sept.28, 29, Oct.9 Nov.24 Dec.26,27,28,29, Jan.2,15 Feb. 16,19 Mar.16, 30 April 2

For more information contact Lisa Maunu, Youth Development Director, at 224-1683 or [lisa@oaheymca.org](mailto:lisa@oaheymca.org)

A fun preschool movement program for 3-5 year olds. This exciting class include a variety of games, exercise movements, swime time and so much more!

~Children MUST be out of diapers~

Monday & Wednesday class is 9 am-10 am. \$24.00 members/\$48 non-members

## Kinder Dance

A fun-filled class that allows students and parents to interact in a playful environment. Through stretching and movement exercises, children will improve their gross motor skills and musicality. Parents and Guardians of all children are welcome to attend this class. 2 to 3-year old's must be accompanied by an adult. Friday 9:30 am-10:00 am. \$24. members/ \$48 non-members

## YMCA Nursery

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

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.



## Kindergym

## Mini & Mighty Mites Basketball

The YMCA youth basketball program is for boys and girls in Kindergarten - 2nd grade. Players participate in every game and receive equal playing time, regardless of skill level. Our Youth Sports program encourage and strengthen communities by placing a priority on family involvement, healthy competition rather than rivalry, team building as well as individual development and character building.

Registratin Begins: Feb. 12

Season Begins: March 5 & 6

\*Includes basketball for kindergarteners.

## Youth Volleyball

Open to boys and girls in 3rd - 6th grade. Volleyball at the Y emphasizes teamwork and teaches the fundamentals of the game.

Spring 2017

\*Includes volleyball for 3rd and 4th graders.

## Spring Soccer

YMCA Soccer is for boys and girls in preschool - 3rd grade.

Registratin Begins: March 19

Season Begins: April 16 for K-3; April 10 for preschool

\*Includes soccerball for preschoolers.

## Home School Swim

Swimming lessons, water safety, and water recreation for home-schooled students age 6 and up. A great way to fulfill P.E. requirements. Beginners will get comfortable in the water and learn basic skills. Intermediate will add more skills and strokes and refine basic skills. Advanced will refine technique and work on fitness principles. Water Safety and recreation explored at all levels.

\$19 members / \$38 non-members

## Pizza Pool Parties

Party for the kids at the YMCA = Free time for the parents somewhere else! 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. Norbert, our 14 ft. inflatable dragon adds to the pool fun. Invite friends to make it a play night and meet new friends. Bring your swimsuit and a towel in a bag with your name on it.

Registration forms go out to the schools prior to the event and can also be picked up at the front desk. Contact Lisa for more information at 224-1683 or [lisa@oaheymca.org](mailto:lisa@oaheymca.org).

Volunteer help is welcome.

Saturdays from 6:15 pm-9:00 pm. Cost: \$10 per-child/member; \$15 per-child/non-member.

Winter/Spring dates are Oct 14, Nov. 18, Dec 16

## Teen Night Dances

Get your groove on with your friends at the YMCA TEEN DANCE PARTY. Show off your dance moves along with a positive competitive attitude with contest and other fun games throughout the night. We will provide some snacks, beverages, and glow items in the classroom for purchase.

Cost: Members \$6/Non-members \$8; \$1 off with two canned goods at door.

Dance will begin at 7:00 p m and end at 9:30 pm. For grades 6-8. Contact Lisa for more information or to volunteer by phone 224-1683 or [lisa@oaheymca.org](mailto:lisa@oaheymca.org).

## Youth Cardio Club (Grades 4-6)

This is a great afterschool opportunity for youth to use the track, cardio machines, weight room, and aerobic studio.

Because it is under supervision and instruction these younger ages are allowed to use these areas to learn wellness through movement and education. Weekly prizes awarded, and a final party on the last day of class.

6 week sessions. Tues. & Thurs. 4:00 to 4:45 pm

\$35 members & \$50 non-members

Session 1: TBD

# 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

### **BarYoLaties 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.

### **Yoga Excel**

Not recommended for someone new to yoga. This class will have a challenging flow for those with a stronger yoga practice. (1 hr plus 30 min. Meditation)

### **Yogalaties**

Combination of yoga, Pilates and traditional core exercises.

### **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.

## 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 -Core. Super Fun!

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 more information:

contact Karla at [karla@oaheyymca.org](mailto:karla@oaheyymca.org)

### Y-FIT

This is an early bird class to up your strength while increasing your endurance and conditioning 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.

### Challenge Condition

Intense cardio, endurance and conditioning exercises. Bootcamp style variety and so much more.

### Step/Condition/Core

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

### Core Max

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

### 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 workout, done in half the time. No weight machines, just you and the pump bars, tubing bands, kettlebells, fit balls, dumbbells.



**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!**

## **FACILITY & AMENITIES**

The YMCA fitness rooms are packed with a wide variety of cardio and strength training equipment. We offer a full line of nautilus strength equipment 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 strength training equipment, you can achieve your goals at the Y. Dry saunas are also available to use in both the mens and womens locker rooms.

## **CO-ED VOLLEYBALL LEAGUE**

This group meets Sunday night for 16 weeks beginning January 7 and ends April 29. 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! \$200 team fee for the 16 week season. The fee must be paid and your team registered by January 3rd. 24 team limit so register early!!

## **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.

## **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 Sat. from 7:00 am-9:00 am.

&

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

## **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.

## **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 and Tuesday & Thursday at noon.

## **LAZY MAN TRIATHLON**

Participants will have 5 weeks to complete these Iron Man Triathlon Distances: Swim – 2.4 Miles, Bike – 112 Miles and Run/Walk – 26.2 Miles. A record sheet will be given to you when you register to record the distances accomplished. Registration begins December 18. Triathlon begins January 8 and ends on February 12. Cost: \$15 for Y members and \$50 for non-members (Non-Member fee includes use of the YMCA and Aquatic Center for 5 weeks.) If you wish to purchase a cotton t-shirt it will be an additional \$10.00 (2x-large \$11.00) or to purchase a wicking t-shirt an additional \$15.00 (2x-large \$16.00). Sign up at the YMCA Front Desk. A drawing will be held from those who complete the triathlon & the winner of the drawing will be awarded a gift card. (A completed form must be turned in to qualify for drawing.)

# Special Events & Rentals

## COME CELEBRATE WITH US



### 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](http://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.

### Pool and Gym

#### Schedules

Check with the front desk, download our mobile app or go online at [www.oaheyymca.org](http://www.oaheyymca.org) for the most current pool and gym schedules.

### Coffee and Social Time

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





# CHANGING LIVES FOR THE BETTER



## Y PARTNERS CAMPAIGN

At the Y, 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.

The Y is so much more than a gym. It's 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!

### YMCA SUMMER DAY CAMP

(Youth going into 1st—4th grades)

Register early for this popular summer program as many weeks fill early. At the heart of our program is our outstanding camp counselors who connect with the campers to make their summer fun & meaningful. Day camp is full days of games, crafts, going to the park, playing at the beach, swimming in the pools, character development and service learning.

\$111.00/week for members/\$99 for automatic withdrawal and  
\$131.00/week for non-members.

**Registration for Day Camp begins March 6.**

### PRE-SCHOOL ADVENTURE CAMP

(Youth ages 3-5)

A great half-day introduction to summer camp for preschoolers. The format is similar to day camp, but with age appropriate activities. Adventure Camp runs from 8:00 am to 12:00 pm. Watch for dates/fees in our summer brochure.

### 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

### ALSO COMING THIS SUMMER!

Fitness Camps (grades 2-4 and 5-9)  
Football Camps (grades 3-6)  
Soccer Camps (4-12 yr. olds)