



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING/SUMMER 2017

## Program Guide

# SPRING INTO A SUPERCHARGED SUMMER

### SPRING SESSION BEGINS APRIL 17

- Member registration begins April 5
- Community participant registration begins April 10

### SUMMER SESSION BEGINS JUNE 5

- Member registration begins April 12
- Community participant registration begins April 17



# EXPERIENCE THE Y

Enjoy these features with a Y membership...

## ADULT FITNESS

- **Randy Travis Wellness Center**

- State-of-the-art treadmills, exercise bikes, elliptical and rowing machines

- High quality strength training equipment for all abilities and free weights

- Personal trainers

- **Indoor running track**

- **Group exercise classes**

- Together series exercise classes

- Pilates, Yoga, Boot Camp

- Parkinson's Wellness Classes

- **3 Swimming Pools**

- Open Swim, Family Swim, Lap swimming

- Swim lessons for all ages

- Water exercise classes, arthritis relief classes

- **3 Gymnasiums for basketball or volleyball**

- **2 Racquetball courts**

- **Full locker rooms**

- with hot tub, steam room, shower facilities, soap & towel service

- **Courtyard Café**

- for breakfast, a light lunch or a post-workout snack

- **LaCroix Links Golf Course**



## CHILD CARE

- **Child Watch (6 weeks – 6-1/2 years)** FREE drop-in nursery for members

- **Toddler/Preschool Care** licensed all-day care

- **Kidstop (K-Grade 5)** afterschool at 11 school sites

- **Giraffic Park Day Camp/Jungle Kids** summer all-day care

## CORPORATE PARTNERSHIPS

We make it easier for you to promote wellness in the workplace.

A Corporate Partnership with the YMCA is an agreement to help promote healthy lifestyles within the workforce. You only need five employees that are Y members to attain the benefits of a Corporate Partnership such as corporate rates, use of our facility for team building opportunities and attendance at your organization's health or wellness events. Mostly we'll help you protect your business' most important assets: your staff. Call us at 605-718-9622 for more information.

**...and even more for teens, youth and families!**

## **YOUTH ACTIVITIES**

### **• Youth Sports & activities**

Basketball, flag football, unicycle club, golf lessons, volleyball, FootGolf, swimming lessons, racquetball and dance classes

- **Jerry Smith Youth Center** afterschool activities
- **North Teen Center** afterschool activities
- **Youth Institute**
- **Open swim and open gym times**

## **SPECIAL FAMILY ACTIVITIES/AREAS**

- **Parent/Child Swim**
- **Family swim & family gym times**  
Every Friday evening and Sunday afternoon
- **Family unicycle**
- **Family locker room**



## **Open for your convenience:**

**Monday-Friday 5 am-10 pm**

**Saturday 7 am-6 pm**

**Sunday 12-6 pm**



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## **YMCA Mission:**

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

# MEMBERSHIP INFO

Like to see our facility? Stop at the member experience desk to take a tour with one of our staff. There's a lot to see!

You may also sign up for a membership or register for any of the programs at the desk.



## RATES:

Monthly  
Bank Draft

Youth (6½-12 yrs)	\$14
Teen (13-19 yrs)	\$20
Young Adult (20-25 yrs)	\$39
Young Adult Family (under 26)	\$54
Adult	\$54
Family	\$79
Single-Parent Family	\$54
Senior (65 yrs and older)	\$49
Senior Family (65 yrs and older)	\$69

## SESSION & REGISTRATION DATES:

### Spring Session

April 17-May 27

- Member registration begins April 5
- Community participant registration begins April 10

### Summer Session

June 5-August 19

- Member registration begins April 12
- Community participant registration begins April 17

- Annual fees also available. There is a joiner fee of \$50 for continuous adult/family memberships and \$30 for young adult memberships. Sponsorships are available for those that qualify for financial assistance. Memberships are nonrefundable and non-transferable.
- Kids age 6½ until they turn 12-years-old that are in the YMCA without an adult may be in the YMCA building for up to 4 hours each day. During the 4 hour period the kids must be in the youth center, enrolled in a class or attending open swim.

## PROGRAM TRANSFERS & CANCELLATIONS

- If the class you want is full, and no other time is available for you, please sign up for the waiting list.
- There is a \$5 administration fee for any transfer or cancellation. Program credits may be issued until 5 pm, 7 days prior to scheduled start of a program. No credits or transfers after this time.

**No one is turned away for inability to pay. Financial assistance is available. Visit the member experience desk or call us at 605.718.YMCA for more information.**

## KIT LOCKERS

Even though you're coming in to workout, carrying your gym bag should not be a workout. We currently have kit lockers available for rent at only \$5 per month in the men's and women's locker rooms. (An even better deal if you and your spouse both get a kit locker—it's \$5 for the first one and \$2.50 for the second!) Kit lockers are the perfect place to store your shampoo, conditioner, deodorant—even your shoes! Check with the membership desk today to rent your own kit locker.

## AWAY PROGRAM

Do you travel a lot? The AWAY program allows Y members to use their memberships at most YMCAs free of charge or at a reduced rate. The YMCA of Rapid City is a participant in this program. Visit [www.ymca.net](http://www.ymca.net) to find the location that you are visiting.

**Hours: Monday-Friday 5 am-10 pm Saturday 7 am-6 pm Sunday 12-6 pm**

Reach us at 605.718.YMCA. Find program info at [www.rcymca.org](http://www.rcymca.org). Follow us: [facebook.com/rcymca](https://www.facebook.com/rcymca).

# SOCIAL RESPONSIBILITY

## OUTREACH, YOUTH INSTITUTE & UNICYCLE

### OUTREACH CENTERS

The outreach team believes that our centers are more than drop-in recreation centers for youth. Our team's focus is on building positive relationships between adults and youth through a variety of enriching and educational activities. Activities include: billiards, group games, arts and crafts, and cooking projects with a nutritional emphasis. While these activities are fun and action packed, they are intended to teach social responsibility, relational boundaries, and life skills that support the YMCA's mission to promote Christian values to the youth in our community.

### YOUTH CENTER

The Jerry Smith Youth Center, located downstairs in the YMCA, is for ages 6½ to 18.

Hours until the end of RC public school year:

M, T, Th, F: 3-8 pm Wed\*: 1-8 pm

Sat: 9:30 am-5:30 pm

Summer hours start at the end of school year:

Monday-Friday: 7 am-8 pm,

Saturday: 9:30 am-5:30 pm

### NORTH TEEN CENTER

(Open school year only)

This is a middle school focused center, across from North Middle School at Bethel Assembly.

M, T, Th, F: 3-6 pm Wed\*: 1-6 pm

Cell: 431-0993

\*Contingent on RC public school early Wednesday release

### UNICYCLE

Come try out unicycling and learn how to ride. The beginner class is the best place for those who really want to learn. This activity is a unique approach to exercise, concentration and balance. The program is open to anyone of any age. A beginner's first 6-week session is free for members and all equipment is supplied.

Beginners: Tuesday: 3:30-5 pm

Level 3 and up: Thursday: 3:30-5 pm

Session fees:

Member: \$15 Community participant: \$30

### FAMILY UNICYCLE (Spring Session)

Any level of unicycle interest—from someone that has never tried it to world champions. This is an open gym with people here to help. This is free to members.

Thursdays, 6:30-8:30 pm in the North Gym.

### HOME SCHOOL UNICYCLE

(Spring Session)

For beginners and experienced riders. In this 6-week class you'll have the opportunity to learn to ride and continue to improve your riding skills.

Tuesday: 2-3 pm

Member: \$10 Community participant: \$20

### YOUTH INSTITUTE MEDIA

Are you currently a 6<sup>th</sup>-9<sup>th</sup> grader? Apply to the summer YMCA Youth Institute Media program! You'll learn valuable computer/multi-media skills such as: Adobe Illustrator & Photoshop, short films, photography and digital music creation. You will gain important life skills, make new friends, and have a week long camping team-building experience. Upon successful graduation from the eight-week summer program, you can participate in the year-round, after school program. Apply now, space is limited. Go to [goo.gl/8x91BN](http://goo.gl/8x91BN). Check our Facebook page at [www.facebook.com/rapidcitysydi](http://www.facebook.com/rapidcitysydi) to see what Youth Institute Media teens are currently doing!

Contact Outreach Director at [shawn@rcymca.org](mailto:shawn@rcymca.org) for more information.



### UNICYCLE RENTALS:

(If new, see to left) Rent a unicycle for just \$5 per week. Rental not required for class. For more information on classes or rentals, please contact Shawn at 605.718.9622.



# YOUTH DEVELOPMENT

## YOUTH SPORTS - BASKETBALL & VOLLEYBALL CAMPS

### BASKETBALL

#### Kindergarten - 3rd Grade Basketball Camp and 4th Grade - 6th Grade Basketball Camp

The best way to learn any activity is through learning the fundamentals. The YMCA sports programs are all based on a progression system that promotes sportsmanship and having fun, our 2 basic rules. We think that if a participant has fun in an activity, the more that participant will want to get involved in other things, and not just a sporting activity.

These camps are for boys and girls enrolled in kindergarten through 3rd grade and 4th through 6th grade. These 3-day basketball camps instruct players about the game by focusing on the fundamentals of basketball including dribbling, passing, and shooting, through drills and educational games. The basketball camp will be held in the YMCA Rapid City Gym.



#### Kindergarten - 3rd Grade:

**Monday-Wednesday, July 10-12, 9:30-11 am  
YMCA RC Gym**

Registration closes on July 3 or when camp reaches a maximum of 30 registrations.

#### 4th Grade - 6th Grade:

**Monday-Wednesday, July 17-19, 9:30-11 am  
YMCA RC Gym**

Registration closes on July 3 or when camp reaches a maximum of 30 registrations.

**Join us!**

Free breakfast, 8-9:30 am,  
Free lunch, 11:15 am-2:15 pm  
in the Courtyard.  
See details on page 19.

**Member: \$46**

**Community participant: \$ 60**

No program credits issued after 7 days prior to the start of the camp.

### VOLLEYBALL

#### 3rd - 8th Grade Volleyball Camp

Our philosophy is similar with our volleyball camp - make it fun and they will improve much faster. We want the participants to have fun and continue to learn a popular sport that is played at the middle school and high school levels.

This volleyball camp is open to 3rd to 8th graders who want to improve their volleyball skills. The younger campers will be separated from the older campers for their drills to insure the level of teaching reaches all ages. The camp teaches and enhances the basic volleyball fundamentals that include serving, setting, and spiking. This camp will run three evenings in the Rapid City Gym at the YMCA.

**Monday-Wednesday, July 24-26 \*New Time: 6-7:30 pm  
YMCA RC Gym**

Registration closes on July 17 or when camp reaches a maximum of 30 registrations.

**Member: \$ 46    Community participant: \$ 60**

No program credits issued after 7 days prior to the start of the camp.



## FOOTBALL

### Kindergarten – 6th Grade Flag Football Camp

Campers get to learn fundamentals of youth football from some of the top volunteers in town. This camp is conducted by staff and students at St. Thomas More High School. These camp clinicians will run the players through age appropriate drills and strategies. Learning to pass, block, catch and run the football are all integral parts to becoming a football player at the next levels.



This camp is for K-6th graders and campers will be grouped by age/grade levels. This camp is conducted entirely by volunteers focused on providing a service to the community by giving of their time to improve the community. The camp is three days and is held at the St. Thomas More High School football field.

Camp Dates:  
**Monday–Wednesday, June 5-7**  
**9-10:30 am**  
**St. Thomas More Field**  
**Member: \$46 Community participant: \$60**

Registration closes on May 29 or when camp reaches a maximum of 30 registrations. No program credits issued after 7 days prior to the start of the camp.

## CPR/FIRST AID BLENDED LEARNING CLASS

We are offering you a chance to learn CPR/First Aid or CPR PRO through the ASHI (American Safety and Health Institute). This is not an online CPR course! While the classroom work is done online, the skills testing is done in the classroom with a certified instructor. Students must pass both a written and a performance evaluation to receive a 2-year certification.

Welcome to first time students or those needing a review! Contact Frances at frances@rcymca.org for more information and monthly skills training and test dates.

Members: \$50 Community participant: \$60



## BIRTHDAY PARTIES AT THE Y

Keep the birthday party chaos out of your house by renting the Courtyard at the YMCA. We'll provide the space with plenty of tables and chairs...all you have to bring is your party supplies: food, decorations and cake! You can create the whole party package by adding on swimming time in our family pool, reserving a gym to host your own games or spending some time in our Youth Center – all at an affordable price. For pricing information or to schedule your birthday party, call the Y at 605.718.9622.



## WORLD SERVICE

The YMCA of Rapid City extends well beyond our community. Through cultural exchange programs the YMCA is able to reach out to other countries and provide services and support to children worldwide. Plans are being made to host a group from Brazil this summer.

The Y has an exchange program with the Sioux YMCA in Dupree, SD. During the holiday season, YMCA members donated over 50 Christmas presents for youth at the Sioux YMCA.

If you are interested in learning more about the visit of the Brazilians or the World Service Committee please contact Shawn Hayford at Shawn@rcymca.org or 605.718.9622.

# YOUTH DEVELOPMENT

## SWIMMING LESSONS

It is important for children to be in the correct level. *Please don't guess.* If your child is new to our program, or you can't remember what level they should be in, a quick e-mail to [frances@rcymca.org](mailto:frances@rcymca.org) will get you the answer generally within 24 hours. You may be asked to bring your child in for an in-the-water evaluation. To eliminate the risk of your child being removed from the wrong level, with no spots available in the correct level/time of your choice, please be sure you are signing your child up for the correct level. **Please refer to page 4 for details on our transfer/cancellation policy. Make ups are not provided if your child is absent or if we are closed due to unforeseen circumstances.**

## YOUTH SWIM LESSONS

This progressive program is designed to help youth develop and improve water skills. Youth will be taught at their own ability and "progressed up" when they have developed and mastered all skills for the current level. To build self-esteem and maintain consistency, instructors will not progress any child before he/she is ready. Each level has land and water time to develop youth by increasing their safety knowledge in and around the water and to promote healthy living now and in their future!

### P – POLLIWOG

To complete this level, student will swim a rudimentary crawl stroke 20 feet comfortably, front and back float 10 seconds each and perform other required skills.

### G – GUPPY

To complete this level, student will swim 25 yards of crawl stroke while breathing to the side each time. Tread water 1 minute, be comfortable in the deep water and perform other required skills.

### M-MINNOW

To complete this level, student will swim 25 yards of "good form" crawl stroke (while breathing to the side each time). Students will perform front dive and then swim 25 yards each of front and back crawl. Survival float (relaxed) 3 minutes, and perform other required skills.



### F – FISH

To complete this level, student will have required swims using front crawl, back crawl and breast stroke. Endurance swims of 75 yards, treading water using arms only then legs only, survival float 7 minutes, surface dive.

### FF/S-FLYING FISH/SHARK

These two levels are very stroke, endurance, and safety/rescue intensive. You may request a progress report sheet from [frances@rcymca.org](mailto:frances@rcymca.org) to see the exact list of completion requirements.

## Spring Session Schedule

Day & Time	Class	P	G	M	F	FF/S
Mon & Wed 4:15-4:55 pm		X	X	X		
Mon & Wed 5:00-5:40 pm		X	X		X	X
Tues & Thurs 4:15-4:55 pm		X	X		X	X
Tues & Thurs 5:00-5:40 pm		X	X	X		
Friday 4:15-4:55 pm		X	X		X	X
Friday 5-5:40 pm		X	X	X		
Saturday 9:45-10:25 am		X	X	X		
Saturday 10:30-11:10 am		X	X		X	X

### Youth Lessons

2 days per week class  
Member: \$36  
Community participant: \$51

1 day per week class  
Member: \$29  
Community participant: \$45

**Please use the wait list if the day/time you want is full – we do our best to accommodate.**



## SUMMER SESSION SCHEDULE

Level, Time & Sessions	P	G	M	F	FF/S
8:15 am	1-5	1-5	1-4		
9:15 am	1-5	1-5	1-5	1-5	1-5
11:05 am	1-5	1-5	1-5	1-5	1-5
4:15 pm	1-5	1-5	1,3,5	1,2,4	1,2,4
5:00 pm	1-5	1-5	1,2,4	1,3,5	1,3,5

## SUMMER

### SESSIONS

- June 5-15
- June 19-29
- July 3-13  
No lesson July 4
- July 17-27
- July 31-Aug 10

**Monday-Thursday**  
40 minute lessons

Member \$36

Community participant \$51



## PARENT/CHILD SWIM LESSONS

(Age: 6 months to 3 years old)

This is a water enrichment class for parents who want to get their children acquainted with the water and learn that water is fun. Moms and dads are both welcome.

Tuesday: 9:30-10 am

Saturday: 9-9:30am

Member: \$28 Community participant: \$47

## PRIVATE SWIM LESSONS

Private (ratio 1:1) 2 half-hour classes

To learn of available times and to register, contact Frances at frances@rcymca.org.

Member: \$30 Community participant: \$55

## SPRING SESSION AQUATIC SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT LAP SWIM		5 am-8:45 pm	5 am-8:45 pm	5 am-8:45 pm	5 am-8:45 pm	5 am-8:45 pm	7 am-5:30 pm
YOUTH/ADULT LAP SWIM	12-5:30 pm	2-4:15 pm 6:15-8:45 pm	2-4:15 pm 6:15-8:45 pm	2-4:15 pm 6:15-8:45 pm	2-4:15 pm 6:15-8:45 pm	2-4:15 pm 6:15-8:45 pm	12:30-5:30 pm
SIS*		12:50-3:30 pm	12:50-3:30 pm	**See Below	12:50-3:30 pm	12:50-3:30 pm	
FAMILY SWIM	12:05-5:30 pm					5:30-8:30 pm	
OPEN** SWIM		5:30-8:30 pm	5:30-8:30 pm	**12:50-2:25 pm 5:30-8:30 pm	5:30-8:30 pm		12:30-5:30 pm

\*SIS swim-School's in Session-all Family Swim rules apply, but groups may arrange (1 week in advance) to swim during this time \*\*Wednesday: 12:50-2:25 pm, early out Wednesday for Rapid City schools is Open Swim. When no RCAS early release (on 4/12, 4/19, 5/17, 5/24) this is SIS swim 12:50-2:25 pm.

## SUMMER SESSION AQUATIC SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT LAP SWIM		5am-8:45pm	5am-8:45pm	5am-8:45pm	5am-8:45pm	5am-8:45pm	7am-5:30pm
YOUTH/ADULT LAP SWIM	12-5:30pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	2-4:15pm 6:15-8:45pm	12:30-5:30pm
FAMILY SWIM	12-5:30pm					5:30-8:30pm	
OPEN SWIM		11:50-1:50pm 5:30-8:30pm	11:50-1:50pm 5:30-8:30pm	11:50-1:50pm 5:30-8:30pm	11:50-1:50pm 5:30-8:30pm	11:50-1:50pm	12:30-5:30pm

# PRESCHOOL LESSONS

## PARENTS MUST STAY IN THE AQUATICS CENTER DURING LESSONS

This progressive program is designed to develop and improve confidence and skills in the water. Students will be taught at their own ability and "progressed up" when they have developed and mastered all skills for their current level. Each class has land and water time to develop swimmers by increasing their safety knowledge in and around the water and to promote healthy living now and in their future!



### PIKE (Age: 3 to 5 years old)

Please enroll your preschooler in Pike if he or she has never had individual lessons without a parent. Pikes who have had previous individual lessons may be enrolled in Pike or Pike/Eel. Successful completion of this level includes front and back float for 5 seconds, swim 6 feet head down, pool rules and safe behavior around the water.

### PIKE/EEL COMBINED

(Age: 3 to 5 years old)

Each student will be taught at his or her own level. *Only Pikes who have had Pike before may take this combined course.*

Successful completion of Eel level includes (without assistance) front and back float 10 seconds, sit, dive and swim 12 feet, back scull 12 feet and swim 12 feet with correct breathing and good arm pulls.

### RAY & STARFISH

(Age: 3 to 5 years old)

Due to the limited number of students ready for the intricacies of these levels, classes only offered limited times and days. If your child progresses to Ray, please send an e-mail to frances@rcymca.org to discuss swim time/day options. E-mail inquiries are generally answered within 24 hours.

#### Summer Sessions

Preschool Lessons Monday-Thursday

- 1 June 5-15                      4 July 17-27
- 2 June 19-29                 5 July 31-Aug 10
- 3 July 3-13 (No lesson July 4)

30 Minute lessons

Member: \$36      Community participant: \$57

**Please use the wait list if the day/time you want is full – we do our best to accommodate.**

Day & Time	Class	Pike	Pike/Eel Combo
Mon & Wed	4-4:30 pm		X
Mon & Wed	4:30-5 pm	X	X
Mon & Wed	5-5:30 pm	X	
Tues & Thur	4-4:30 pm		X
Tues & Thur	4:30-5 pm	X	
Tues & Thur	5-5:30 pm		X
Friday,	4-4:30 pm	X	X
Friday,	4:30-5 pm	X	
Friday,	5-5:30 pm		X
Saturday,	9:30-10 am	X	
Saturday,	10-10:30 am		X
Saturday,	10:30-11 am	X	
Saturday,	11-11:30 am	X	X

#### Spring Session April 17-May 28 Preschool Lessons

2 days per week class

Member: \$36      Community participant: \$57

1 day per week class

Member: \$29      Community participant: \$48

**Please use the wait list if the day/time you want is full – we do our best to accommodate.**

Day & Time	Class	Pike	Eel
8:15-8:45 am		X	X
9:15-9:45 am		X	X
11-11:30 am		X	X
4-4:30 pm		X	X
4:30-5 pm		X	X
5-5:30 pm		X	X
5:30-6 pm		X	X

**4-Week Preschool Lessons - 1 day per week**

Pike/Eel Saturday 9:30-10 am

Pike/Eel Saturday 10-10:30 am

Session 1: June 10-July 8 (no lesson July 1)

Session 2: July 15-August 5

Member: \$27      Community participant: \$48

**4-Week Parent/Child Swim Lessons**

This is a water enrichment class for parents who want to get their children acquainted with the water and learn that water is fun. Mom and dad both welcome.

**Tuesday, 10-10:30 am, June 6-June 27 or July 11-Aug 1**

**Saturday, 9-9:30 am, June 10-July 8 (no lesson July 1) or July 15-Aug 5**

Member: \$27      Community participant: \$48

## AQUATIC NOTES & SCHEDULES

In the event any pool needs to be closed we will make a concerted effort to accommodate all scheduled groups into the remaining pools. Children 5-years-old and under, or those in a float belt, must have a parent in the water with them at all times.

### General Pool Rules

- Any person wanting to swim in the deep end must be able to swim one length of lap pool.
- Those 5-years-old and under, regardless of their swimming ability, must have an adult in the water with them.
- Children 6-6½ must have a parent with them on deck or in the pool.
- Those, ages of 6½ and 11, who cannot swim 1 length of the lap pool must be with a responsible person, 12 years or older.
- Accidents do happen - please use swim diapers on those under 3 years of age.
- Goggles are welcome. Masks will not be allowed in either pool for play time.
- Mask, snorkels and fins may be used only for surface lap swimming in lap pool only.
- Non-inflatable flotation devices may be brought in by individual families. This is limited to attached devices, such as, float belts, and USCG life preservers. These will only be allowed in the family pool and the shallow end of the 8 lane pool. All devices must be approved by the lifeguard on duty.
- Underwater swimming and breath holding is not allowed in any of our pools!

### SIS (Schools in Session) Rules

#### Spring Session Only

- All Family Swim rules apply.
- School or private groups may make prior arrangements to swim during this time.
- Pool breaks are 1:50 pm and 2:50 pm. (Unaccompanied adults exercising during this time will not be required to get out at pool breaks.)

### Waterslide Rules

You must be at least 48" tall or pass the safety swim test to ride the waterslide.

(Visit with a lifeguard for more information.)



## Want to bring a group to the pool?

To ensure your swim, please call Frances one week in advance to reserve a pool for a group of 8 or more.

### Family Swim Rules

- **NO GROUPS** - to honor family togetherness, groups will not be allowed during Family Swim. This applies to member birthday parties.
- Safe games may be organized and played. Lifeguard will determine safety of any game.
- Children under the age of 16 must be accompanied by a parent (in the pool area) or sibling, age 18+.
- We encourage adults to participate in the aquatic activities with their children.
- Nerf balls are welcome. Hard and small balls are not permitted.
- Please respect the YMCA by only bringing those persons on your own family membership.

### Adult Lap Swim

This time is designated for lap/exercise only. May use pull buoys, kick boards, or jog laps with belts on. Please note that other programs and open swim may be occurring in the pool and that at least two lap lanes will be available. Circle swimming is encouraged.

### Adult/Youth Lap Swim (See schedule for times)

For those under age 14 who can swim 4 consecutive lengths of the pool and are accompanied by a parent. Parent must be on the deck or in the pool with the lapper.

### Mommy/Daddy & Me Swim Spring Session Only

Children, kindergarten and under, may bring their parents to enjoy this time in the 0-depth area only. Please, no children older than 6-years-old.

**M-F: 11:45 am-12:45 pm, Sat: 12-12:30 pm**



## LIFEGUARD COURSE

We are proud to offer the American Red Cross Lifeguard/Waterpark Course (including CPR, AED and First Aid certifications). Participants must be 15-years-old by the last day of the course.

**Course Dates: April 26-30  
May & June: To be announced**

For more information or to get on the "Lifeguard Class Interest Email List," please contact [frances@rcymca.org](mailto:frances@rcymca.org)



# HEALTHY LIVING

## GOLF & FOOTGOLF

### LACROIX LINKS GOLF COURSE

The LaCroix Links Golf Course is a 9-hole short course. Eight of the holes are par 3s with distances from the shortest length of 85 yards to the longest at about 170 yards. With a completed upgrade, the golf course at LaCroix Links looks different. You will notice more green grass with the addition of more sprinklers, a hole that now measure 260+ yards and is a par 4, new sand traps, and reworked tee grounds. We are anxious to get in a full year of enjoying these new upgrades to the golf course.



Playing golf with a soccer ball? It's called FootGolf. Imagine playing the golf course from the regular tee boxes to a flag 170 yards away, but with a soccer ball. Yep, footgolf is a marriage of golf and soccer, played just like a regular golf course with pars and birdies and keeping score just like

golf but instead of golf balls and clubs, you play it by kicking a soccer ball into the hole with the least amount of kicks. Come out and try this new sport, it looks like a lot of fun, and you don't have to carry around that golf bag!

### DAILY FEES FOR 9 HOLES

The fee structure for YMCA adult members has changed for the 2017 summer season. This summer, the fee for adult YMCA members will be \$5 plus the \$1 development fee. YMCA youth members through age 17 can still play for FREE.

	<b>GOLF</b>	<b>FOOTGOLF</b>
YMCA Adult Member	\$6*	\$6*
YMCA Youth/Teen Members	Free	Free
Community participant adult	\$11*	\$7*
Community participant teen	\$7.50	\$6
Community participant youth	\$6	\$6

### PUNCH CARDS

Punch cards are available to Y members and community participants for one 9-hole round per punch. Punch card purchases, used as a substitute for paying daily fees, include free rounds of golf.

	<b>YMCA Adult Member</b>		
5 Punch Card (plus 1 free round)	\$30.00*		
10 Punch Card (plus 1 free round)	\$60.00*		
15 Punch Card (plus 2 free rounds)	\$90.00*		
20 Punch Card (plus 3 free rounds)	\$120.00*		
	<b>Community participant youth (Ages 13 &amp; Under)</b>	<b>Community participant teen (Ages 14-17)</b>	<b>Community participant adult</b>
10 Punch Card (plus 1 free round)	\$60.00	\$75.00	\$110.00*
15 Punch Card (plus 2 free rounds)	\$90.00	\$112.50	\$165.00*
20 Punch Card (plus 3 free rounds)	\$120.00	\$150.00	\$220.00*

\* Includes \$1 development fee. This fee is directly related to the 2012 construction project, as well as any further projects.

# YOUTH DEVELOPMENT

## SUMMER GOLF LESSONS

### Y KIDS ON COURSE YOUTH GOLF

We are proud to continue our youth golf experience at the YMCA with our 2017 Y Kids on Course youth golf program. At the YMCA, we believe that golf is more than just a game. The program helps youth participants discover how the skills essential to success on a golf course can help them flourish in life. The Y Kids on Course program is built on a foundation that begins with the 4 YMCA core values: Honesty, Caring, Respect and Responsibility. Supplementing these core values we will include some other life skills from our previous years' curriculum, such as sportsmanship, integrity and confidence.

Although the name has changed, the approach to teaching the game of golf will remain the same. The lesson format teaches a series of important life rules that are reinforced by teaching the game of golf.

Participants can begin the program at age 7 at the Level 1 experience. From there, participants will be evaluated and placed at the level that best suits their age and golfing ability.

#### Y Kids on Course Program Registration:

Member: \$55

Community participant: \$65

#### Lesson Schedule

Session 1: June 5-July 7

Session 2: July 17-August 18

##### Session 1

Monday:	Level 1	9-10:15 am
	Level 1	10:30-11:45 am
	Level 2	1:30-3 pm
Tuesday:	Level 3	1-2:30 pm
Wednesday:	Level 4	9:30-11:30 am
Thursday:	Level 1	9-10:15 am
	Level 2	10:30 am-12 pm
	Level 1	1:30-2:45 pm

##### Session 2

Monday:	Level 1	9-10:15 am
	Level 1	10:30-11:45 am
	Level 2	1:30-3 pm
Thursday:	Level 1	9-10:15 am
	Level 2	10:30 am-12 pm
	Level 1	1:30-2:45 pm

### TEE WEE FRIDAYS

This program is for 5- and 6-year-olds that want an introduction to golf. These 45-minute classes are offered on four dates and students can register to attend one class or all four.

We supply all of the equipment. This program is an introduction to our Y Kids on Course program and teaches the game of golf using our SNAG golf equipment. These age appropriate clubs and balls give the participants the best opportunity to achieve some success with each golf stroke.

Fee: \$12 per class All classes are 9-9:45 am

#### Class dates:

June 9 July 7  
June 23 July 21

### SUMMER FOOD SERVICE PROGRAM AT LACROIX LINKS

#### FREE Lunch: 11:15 am-1:15 pm at LaCroix Links

The YMCA of Rapid City is participating in the Summer Food Service Program. Meals will be provided FREE of charge to all children 18 years of age and younger. Acceptance and participation requirements for the program and all its activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at LaCroix Links, Monday - Friday, June 5 - August 18, 2017.

To file a complaint of discrimination, write or call immediately to: USDA, Director - Office of Adjudication, 1400 Independence Ave SW, Washington, D.C., 20250-9410, (866) 632.9992 or (800) 877.8339 (TTY) or (800) 845.6136 (Spanish). USDA is an equal opportunity provider and employer.





# YOUTH DEVELOPMENT

## GOLF TOURNAMENTS & SPECIAL EVENTS TOURNAMENTS

Come and play in our youth golf tournaments at the YMCA LaCroix Links Golf Course. These Wednesday morning tournaments will have divisions for girls and boys, ages 8-14. For boys and girls ages 8-11 this will be a 9-hole tournament and for ages 12-14 it will be an 18-hole event. This format is stroke play and there will be no handicaps used.

Trophies and prizes will be available for the winners and maybe even some hole prizes will be given. Lunch is provided between tournament play and the awards presentations.

Come join in the competition and have some fun.

### Divisions:

Boys and Girls ages 8 & under - Play 9 holes starting at approximately 9:30 am

Boys and Girls ages 9-11 - Play 9 holes starting at approximately 9:15 am

Boys and Girls ages 12-14 - Play 18 holes starting at approximately 9 am

**Tournament Dates:** June 14 June 28 July 12 August 2

**Entry Fees:** \$10 for all divisions.

## GLOW BALL TOURNAMENT

Ever thought about playing golf in the dark? Here is your chance on Saturday, Sept. 9.

Bring your flashlight and clubs, we will provide the glow sticks for the tee boxes and flags and the glow in the dark golf balls. The format is being developed but be prepared to start your last round of golf around 8 pm.

## FOOTGOLF TOURNAMENT

FootGolf? What's that?

We introduced this new sport last fall at the YMCA LaCroix Links Golf Course. This sport incorporates the game of golf as played on a true regulation golf course, but uses soccer balls and modified holes to accommodate the bigger ball to play the game just like regular golf.

We offer open FootGolf times and will have one tournament. The FootGolf tournament is Wednesday, Aug. 16 and is limited to the same age groups and divisions as our regular golf tournaments. Watch for more announcements.



## Celebrate Healthy Kids Day 2017

**Saturday, May 6 10 am-2 pm**

**Fun, Free, Family Event to kick off the start of Summer!**

**Come see what all the Y can offer your entire family this summer...everything from golf, to swimming, to group exercise, camp, and unicycle!**

**We're MORE than a gym & swim.  
We're a COMMUNITY that has something for EVERYONE!**

**All activities are free for all ages!**

# HEALTHY LIVING

## ADULT GOLF, BASKETBALL & SWIMMING

### SENIOR MENS GOLF LEAGUE

Take this opportunity to become a part of a great bunch of seniors that like to play golf. Come join the fun and comradery on the golf course a couple times a week. The only criteria is that you have to want to have some fun. Our kick-off meeting is at 9 am on Monday, April 3, at LaCroix Links, 3820 Odde Drive.

On Monday mornings this Senior League plays a 2-person scramble format. Partners are drawn out of a hat and pairs a lower handicap player with a higher handicap player. Play is a scramble format where both partners play a ball from the tee, the best shot of the two is picked and they then both play from that location, this is continued until the ball is holed out. One score for the team is turned in for the daily winnings.

Thursday is singles day where each player plays their own ball. There is a scratch winner and a handicap winner each day. Handicaps are calculated from the score cards turned in during league.

The ability to play well is not part of the criteria to play, the handicap system levels the playing field. So no matter your ability to play, come join the fun.

Prizes are awarded to each day's winners, plus there are mid-season and end of season tournaments with prizes for gross and net winners. So if you are looking for something to do and love to golf, come join this group on Monday and Thursday mornings, enjoy a round of golf and hang out.



### ADULT NOON BASKETBALL

Lunchtime is still noon basketball time, Monday through Saturday, in the South and Rapid City Gyms.

First come, first to play on the courts from 11:30 am-2 pm, Monday-Saturday.

**RESERVED:** the South Gym will have a designated 50 and over noon basketball get-together every Friday from 12-2 pm. Age qualification generally determined by the strength of your knees and how many times you can run up and down the floor or the length of your gym shorts!

These gym times are for MEMBERS ONLY to enjoy the company of other members and to have a little fun playing basketball. Come join the group.



*See the full list of aquatic group exercise classes on next page.*

### ADULT SWIMMING

#### Beginner Swim Lessons

This is your chance to experience the water for the first time or to improve your swimming ability.

**Monday 5:45-6:30 pm**

**Member: \$26 Community participant: \$47**

#### Stroke Improvement

This is a class for those who can swim a length of the pool, but want to work into lap swimming. Improve your strokes, learn flip turns, have fun.

**Monday 6:30-7:15 pm**

**Member: \$26 Community participant: \$47**

These adult swimming classes offered spring session and two summer sessions:  
June 5-26 & July 10-August 7

# WATER | GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 am	Early Birds ▲		Early Birds ▲		Early Birds ▲
Spring 8:30-9:30 am Summer 8:15-9:15 am	Aqua Boot Camp ▲▲		Aqua Boot Camp ▲▲		Aqua Boot Camp ▲▲
Spring 8:45-9:45 am Summer 9-9:45 am	Women's Exercise ▲	Women's Exercise ▲	Women's Exercise ▲	Women's Exercise ▲	Women's Exercise ▲
9:45-10:45 am	Water Lillies & Bullfrogs ▲ ARE ▲▲▲	Water Lillies & Bullfrogs ▲	Water Lillies & Bullfrogs ▲ ARE ▲▲▲	Water Lillies & Bullfrogs ▲	Water Lillies & Bullfrogs ▲ ARE ▲▲▲
10:45-11:45 am	ARE ▲▲▲		ARE ▲▲▲		ARE ▲▲▲
1-2 pm	AOA ▲	AOA ▲	AOA ▲	AOA ▲	AOA ▲
5:45-6:45 pm	Aqua Rock ▲	Aqua Rock ▲	Aqua Boot Camp ▲	Aqua Rock ▲	

**Member: Free**

**Community participant: \$65 per class type /6 weeks**

**Class held in:** ▲ 8-lane Pool  
▲▲ 4-lane Pool  
▲▲▲ Family Pool

**Classes are subject to change, based on participation.**

## WATER GROUP EXERCISE

**Early Birds:** A total body workout including aerobics and overall muscle training without the strain. Workout patterns in shallow and deep water, medium to high cardiovascular exercise.

**Aqua Rock & Aqua Boot Camp:** Begin with a high intensity aerobic section. Then stretching & strengthening exercises for a total body workout.

**Women's Exercise:** Class includes water walking, stretching and low impact aerobics - great for those just getting started.

**Water Lillies & Bullfrogs:** Exercise in the deep end of the pool while wearing a float belt that keeps you upright. Move your arms and legs freely w/no pressure on your legs and feet!

**Active Older Adult Water Exercise (AOA):** Those AOA's who want to keep fit, join us in the 8-lane pool for water exercise classes lead by "seniors". We enjoy working out, spending time with each other, and meeting new people. Program participants \$5 per class.

### Arthritis Relief Exercise (ARE):

This program consists of range of motion, muscle strengthening, and endurance building activities. Runs with 6 week session.



## FAMILY SWIM & OPEN SWIM/GYM

### SPRING FAMILY & OPEN SWIM/GYM TIMES

	SUN	MON	TUES	WED	THURS	FRI	SAT
Family Gym RC Gym	1:05-5:55 pm					6:30-10 pm	
Family Swim	12:05-5:30 pm	-- See page 9 for daytime swim options--				5:30-8:30 pm	
Open Swim		5:30-8:30 pm	5:30-8:30 pm	5:30-8:30 pm	5:30-8:30 pm		12:30-5:30 pm
Open Gym North Gym	1-6 pm	5-9:30 am 12-2 pm 8:30-10 pm	5-9:30 am 12-2 pm 8-10 pm	5-9:30 am 12-2 pm 5:30-10 pm	5-9:30 am 12-2 pm 8:30-10 pm	5-9:30 am 12-2 pm 4:15-10 pm	12:30-2:30 pm
Open Gym South Gym		5-8:30 am 8:30-10 pm	5-8:30 am 8:30-10 pm	5-8:30 am 5:30-10 pm	5-8:30 am 8:30-10 pm	5-8:30 am 5:30-10 pm	
Open Gym RC Gym		5-11:30 am 2-5 pm 8:30-10 pm	5-11:30 am 8:30-10 pm	5-11:30 am 2-10 pm	5-11:30 am 2-5 pm 8:30-10 pm	5-11:30 am 2-5 pm 8:30-10 pm	



### SUMMER FAMILY & OPEN SWIM/GYM TIMES

	SUN	MON	TUES	WED	THURS	FRI	SAT
Family Gym South Gym	1:05-5:55 pm						
Family Gym RC Gym	1:05-5:55 pm					6:30-10 pm	
Family Swim	12:05-5:30 pm					5:30-8:30 pm	
Open Swim		11:50 am- 1:50 pm 5:30-8:30 pm	11:50 am- 1:50 pm 5:30-8:30 pm	11:50 am- 1:50 pm 5:30-8:30 pm	11:50 am- 1:50 pm 5:30-8:30 pm	11:50 am- 1:50 pm	12:30-5:30 pm
Open Gym North Gym	1:05-5:55 pm	5-9:30 am 11-12 pm 6-10 pm	5-9:30 am 11-12 pm 6-10 pm	5-9:30 am 11-12 pm 6-10 pm	5-9:30 am 11-12 pm 6-10 pm	5-10 am 6-10 pm	8 am-6 pm
Open Gym South Gym		5-9 am 5:30-10 pm	5-9 am 5:30-10 pm	5-9 am 5:30-10 pm	5-9 am 5:30-10 pm	5-9 am <b>TEEN GYM</b> 5:30-10 pm	8 am- 12:30 pm 3-6 pm
Open Gym RC Gym	1/2 Open these times	7-8 am 2-4 pm	7-8 am 2-4 pm	7-8 am 2-4 pm	7-8 am 2-4 pm	7-8 am 2-4 pm	8 am- 12:30 pm 3-6 pm
	Full Open these times	8 am-11:15 am* 4-10 pm	8 am-11:15 am* 4-10 pm	8 am-11:15 am* 4-10 pm	8 am-11:15 am 4-10 pm	8 am-11:15 am 4-6:30 pm	

\* No open gym 9:30-11 am on July 10-12 and July 17-19 due to basketball camps.

# YOUTH DEVELOPMENT

## CHILD CARE PROGRAMS AND AFTER SCHOOL SERVICES



### TODDLER/PRESCHOOL CARE

**Monday – Friday 6:30 am–6 pm**

The YMCA Child Care provides full-time care for ages 1 to 5½ years old. Please call 605-718-5437 for further information.

### ZOO CREW (Half Day Preschool–AM and PM)

**For children not in kindergarten**

**AM (3–4 yrs): Monday–Friday 8 am–12 pm**

**PM (4–5 yrs): Monday–Friday 12:30–4:30 pm**

This half day preschool program engages children in a wide variety of activities that prepares them academically, socially, and physically. Swimming lessons, music and movement, field trips, and special projects are part of the program. Zoo Crew runs September–May.

### SUNRISERS

**Location: Y Church Bldg      Level: Grades K–5**

**6:30 am–transported to school, M–F**

Free choice activities are offered to school-age students before school. Breakfast is served daily. Children must arrive by 7:15 am to avoid missing the bus. Transportation provided to most Rapid City area schools. This program runs on the public school schedule.

### SUNDOWNERS

**Location: Y Church Bldg      Level: Grades K–5**

**Pick up from school–6 pm, M–F**

Sundowners offers supervised play, recreation, and learning experiences. Planned activities are offered daily. Electives may include gym activities, arts and crafts, special projects, and swimming. Transportation is provided from most Rapid City area schools. This program runs on the public school schedule.

### KIDSTOP PM

**Level: Grades K–5**

**School dismissal–6 pm, M–F**

A safe place for children to go after school. Promotes self-confidence, trust, education, and character development. Activities include snack time, centers, indoor/outdoor play, homework time, enrichment clubs, and occasional field trips.

Meets on site at the following schools:

Black Hawk • Canyon Lake • Corral Drive  
Grandview • Meadowbrook • Rapid Valley  
Robbinsdale • South Canyon • South Park  
Valley View • Wilson

**Member and community participant rates available.  
DSS Child Care Assistance is accepted.**

## Registration is ongoing

**Registration Requirements** – The following are required at the time of registration:

- Child Information Sheet
- Up-to-date immunization records
- A non-refundable registration fee of \$35

Enrollment is available on a first come, first served basis. All sites have a maximum capacity. All registration is done at the YMCA child care desk.



# YOUTH DEVELOPMENT

## SUMMER CAMP & FALL CHILD CARE PROGRAMS

### CHILD WATCH...WONDER...EXPLORE!

Monday-Thursday 8 am-8 pm • Friday 8 am-3 pm • Saturday 9 am-1 pm

If your child is ages 6 weeks to 6½ years, free from illness or communicable disease, they can visit Child Watch for up to 2½ hours each day while their parents utilize the YMCA.

Open year-round, our summer theme is "Camp Wanna Do." We'll be exploring a variety of things "mini summer camp" style such as different kinds of hobbies that families can to enjoy together. The best part for you? It's free with your Y membership; \$2 per hour/child if you're a community participant. Children are taken on a first come, first served basis. Space is limited. Make sure you bring your Y card with you when you check in and check out. We can't wait to see you here!

## MONTHLY CHILD CARE 2017-18 FEE SCHEDULE

For present fees and additional information contact:

**YMCA Child Development Center**

**605.718.5437**

Please provide the following at the time of registration:

- Up-to-date immunization records
- A \$35.00 non-refundable registration fee

PROGRAM	YMCA MEMBER (per month)	COMMUNITY PARTICIPANT (per month)
Bear Den (Full Day)	\$660	\$739
Doodlebugs (Full Day)	\$660	\$739
Lollipop Kids (Full Day)	\$660	\$739
The Berry Patch (Full Day)	\$549	\$628
Noah's Ark(Full Day)	\$549	\$628
Movers & Shakers (Full Day)	\$549	\$628
Zoo Crew (Half Day AM or PM)	\$235	\$314
Sunrisers (Before School)*	\$120	\$134
Sundowners (After School)	\$268	\$282
Kidstop (After School)*	\$215	\$229
All Day Program		
(School-age Programs)	\$27	\$27

\*Only available at participating schools.

All school-age programs run on the public school schedule. On some school closure dates, all day programs may be scheduled for school-age care at the YMCA Church Building for an additional charge per child, per day.

## SUMMER FOOD SERVICE PROGRAM

**FREE Breakfast: 8 - 9:30am & FREE Lunch: 11:15am - 1:15pm**

The YMCA of Rapid City is participating in the Summer Food Service Program. Meals will be provided FREE of charge to all children 18 years of age and younger. Acceptance and participation requirements for the program and all its activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the YMCA of Rapid City, Monday - Friday, June5-August 18, 2017.

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# 2017 SUMMER

# CAMP



**Giraffic Park Day Camp** is for children who have completed **1st-5th grade by May 2017**. Day camp helps children grow spiritually, mentally and physically by using a natural camp site by providing challenging activities in group settings under the guidance of caring, well-trained staff members. Drop off/pick up locations are yet to be determined.

**Summer Jungle Kids** is for children completing **kindergarten** in May 2017. Campers experience field trips, visit area parks, arts & crafts, character building, as well as attending the YMCA Giraffic Park Day Camp.

## MEMORIES THAT LAST A LIFETIME

2017 SESSION DATES	MEMBER PRICE	COMMUNITY PARTICIPANT
1 June 5-June 16	\$265	\$279
2 June 19-30	\$265	\$279
3 July 3-July 14	\$265	\$279
4 July 17-Aug	\$265	\$279
5 July 31-Aug 11	\$265	\$279
6 August 14-18	\$130	\$144

At time of registration, please bring \$100 deposit and your child's current immunization records. This deposit will be applied to the last session for which your child is enrolled. If you drop any session, the entire deposit will be forfeited. No deposits, camp fees paid, or overnight fees will be refunded or transferred. No exceptions!

If you are only signing up for one session, that session fee is due in full at the time of enrollment. If you drop that session, \$100 will be subtracted from your account. The balance of the fee is due 10 business days prior to the start of each session for which your child is registered. If the payment is not received by the due date, a \$25.00 late fee will be charged. Written notification is required for all cancellations. If written notification is not received 10 business days prior to the session start, full payment of the session is required. If the balance is not paid or written notification is not received 10 business days prior to the session start, all subsequent summer registrations will be automatically filled with other registrants. Outstanding balances will be turned over to a collection agency and you will be responsible for any fees incurred.

### A Typical Day at Camp:

- 6:30-7:45am Drop kids off at designated locations
- 7:45 am Load bus - Kids leave promptly at 8 am
- 8:30-9 am Breakfast
- 9:15-9:40 am Chapel & Announcements
- 10 am Activities Session 1
- 11 am Activities Session 2
- 12 pm Lunch on campus
- 1 pm Activities Session 3
- 2 pm Activities Session 4
- 3 pm Activities Session 5
- 3:45 pm Load bus - Kids leave promptly at 4 pm
- 4:30 pm Approx. arrive time at designated locations
- 4:30-6 pm Afternoon activities and pick-up

**All campers must be picked up by 6 pm.**

## FIND YOUR HAPPY PLACE AT GIRAFFIC PARK

### Activities

- Playground and treehouse
- Field trips/Lake Days
- Waterslide
- Paddleboards **NEW**
- Outdoor Cooking
- Archery/BB guns
- Chapel
- Character building
- Arts & Crafts
- Disc Golf
- Slack Line



Camp, like many Y programs, is about achievements, developing character and building relationships. But few environments are as special as camp, where kids belong to a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.

Camp teaches self-reliance, a love for nature and the outdoors and the development of attitudes and practices that build character and leadership. Y counselors are dedicated to making sure camp is an amazing experience for every camper.

**FOR MORE INFORMATION** please give us a call at 605.718.5437 or visit [www.rcymca.org](http://www.rcymca.org).

# HEALTHY LIVING

## ADULT FITNESS TRAINING & CLASSES



### PERSONAL TRAINING

Personal trainers are available to assist you with an individualized work out and provide the motivation/education you need to reach your fitness goals. Contact Tony in the Wellness Center for more information.

Per Session (one hour): \$28

### PERSONALIZED GROUP TRAINING

*Can't find the class type or time that fits your needs? Try Personalized Group Training!* Personalized Group Training is like having a personal trainer without the whole cost! Split the cost and have a trainer for you and 2-3 of your friends. You choose the trainer and decide what time works best for you and your friends to workout. Along with the training, your trainer can give you tips in exercise basics, like why we need carbs AND cardio! Contact Tony or Nicole in the Wellness Center for more information.

\$35 per session

*Please note: All participants must be a Y member or purchase a day pass.*

### WELLNESS TRAINING 101/ACTIVTRAX

After discussing your health concerns and goals, our wellness staff can get you started on a health and wellness program specifically designed for you by using our ActivTrax system!

ActivTrax will create customized workouts around your goals, strength and fitness experience. Each time you visit the center, you'll receive a new workout that offers you ideas on what you may need to do to get in shape. There is even an app for smartphone users! And...from your home computer, ActivTrax also provides you with an online weight management tool to help keep your healthy lifestyle food choices on track!

Free to YMCA members

### LIVESTRONG AT THE YMCA

The YMCA is excited to partner with LIVESTRONG Foundation to promote the importance of physical activity after a cancer diagnosis. Available in more than 400 locations across the U.S., this 12-week program, offered at no cost, is designed to help survivors improve their strength and quality of life.

New session begins June 6. For more information, contact Tony or Nicole at [nicolec@rcymca.org](mailto:nicolec@rcymca.org).

Tuesday & Thursday, 12-1:30 pm  
in the Wellness Center.

LIVESTRONG®

FOUNDATION

### CHALLENGE OF THE WEEK!

Whether you are just starting out with an exercise program or are a seasoned pro looking for something different, we have the perfect challenge for you! Each week, pick up a new C.o.W. (Challenge of the Week) that has been put together by our expert wellness staff. These challenges will work for any level...beginners do it once while more advanced can try to do them 2-3 times. It's up to you. You have nothing to lose except boredom! Best part? They're **FREE!**

### BETTER CHOICES, BETTER HEALTH

This is a 6-week workshop designed to help those living with a chronic condition make healthier lifestyle choices that may lead to long term better health. You'll gain self-confidence in your ability to manage symptoms related to your chronic condition and understand how health problems affect your life. Class meets once a week for 2½ hours in a group setting.

Contact Nicole for more information.

**Next session: April 24-May 30.**

**Mondays 9:30 am-12 pm**

Register online at

[www.BetterChoicesBetterHealthSD.org](http://www.BetterChoicesBetterHealthSD.org)

**\$10 suggested fee includes materials used for class.**

## LAND | GROUP EXERCISE CLASSES

### GROOVE TOGETHER (starts April 17)

**Move. Sweat. Jam. Repeat.**

Groove Together will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to current hits and energetic songs.

**Monday: 1-2 pm, 7:35-8:35 pm**  
**Tuesday: 12-1 pm, 7:35-8:35 pm**  
**Wednesday: 6:25-7:25 pm**  
**Thursday: 8:15-9:15 am, 7:35-8:35 pm**  
**Saturday: 10:30-11:30 am**  
**Sunday: 1:30-2:30 pm**



### LAND CLASSES

**Active Together:** Cardio, strength, balance & flexibility in just one hour! Adjustable dumbbells, body weight and simple athletic movements will get you Active!

**Balance & Flex Together:** An athletic mind-body program including fundamentals from yoga and pilates set to emotive music.

**Body Sculpt:** Strength training for all fitness levels using a variety of equipment to improve muscle tone, endurance & strength!

**Boot Camp:** Circuit training class that alternates between cardio and strengthening activities.

**Cycle Together:** Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! You'll get all the benefits of authentic interval training!

**Groove Together:** Move in a variety of dance styles with current hits and energetic song tracks that have been expertly choreographed to deliver specific workout and fitness goals.

**Long, Strong, Lean:** Class will combine the use of light weights with a slow yoga flow practice to strengthen and stretch your muscles for a long, strong, lean physique.

**Parkinson's Wellness Classes:** Improving balance and mobility through activities like cycle, Nordic walking and strength exercises.

**Pilates:** Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent back pain, and tone muscles.

**Advanced Pilates:** Designed to challenge endurance & physical condition by improving muscle control, flexibility, coordination & muscle strength using body resistance, light weights & functional training equipment. Not recommended for beginners.

**Strength and Balance:** Improve your strength, balance, flexibility and coordination.

**Strength Train Together:** A results driven strength training workout utilizing an adjustable barbell, plates and body weight.

**Stroke Regrowth:** Specially designed for those that have had strokes to improve balance and coordination.

**TRX:** Cardio and strength segment to improve overall health and endurance using the TRX strength system.

**Gentle Yoga & Yoga:** Class is an introduction of instruction focusing on visualization, breathing techniques and basic yoga poses.

**Specific Needs Yoga:** Gentle yoga class for those with specific needs. Sight or hearing impaired, mobility issues or cognitive concerns – all are welcome.

**Member: Free Community participant: \$65 per class type /6 weeks**

# LAND | GROUP EXERCISE CLASSES

**What is TOGETHER?** Together is our series of new classes that embrace the concept of community while making it YOUR best class. While each class curriculum is similar, regardless of instructor, it is the personality of each instructor that makes them unique. We change up the exercises every 3-8 weeks (depending on class type) to keep things fresh and to allow you to see results and gains in strength AND endurance.



Classes are designed for the beginner to advanced so that all will achieve their desired results. Here's what we offer:

**Strength Train Together**   **Balance and Flex Together**  
**Active Together**   **Cycle Together**   **Groove Together**

See group exercise schedule below for days, times and class locations or see Nicole in Wellness for any questions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 am					Cycle Together ^		
6-7 am	Cycle Together ^	Boot Camp ^	Balance & Flex Together *	Strength Train Together ^			
7:15-8:15 am						Boot Camp ^	
8:15-9:15 am		TRX °		Groove Together ^ TRX °			
8:25-9:25 am	Strength Train Together ^ Strength & Balance *		Strength Train Together ^ Gentle Yoga *		Strength Train Together ^ Strength & Balance *	Balance & Flex Together *	
9:15-10:15 am						Boot Camp ^	
9:35-10:35 am	Body Sculpt ^ Pilates *	Balance & Flex Together *	Body Sculpt ^ Pilates *	Balance & Flex Together *	Pilates *	Yoga *	
10:30-11:30 am						Groove Together ^	
12-1 pm	Active Together ^	Groove Together ^	Active Together ^	Cycle Together ^	Active Together ^ Balance & Flex Together *		
12:10-12:50 pm	Advanced Pilates *	Long, Strong, Lean *	Advanced Pilates *	Long, Strong, Lean *			
1:00-2:00 pm	Groove Together ^ Specific Needs Yoga *		Stroke Regrowth *				
1:30-2:30 pm							Groove Together ^
2:00-3:00 pm	Parkinson's Wellness ^		Parkinson's Wellness ^				
4:30-5:30 pm							
5:15-6:15 pm	Strength Train Together ^	Active Together ^	Cycle Together ^	Strength & Balance ^			
5:30-6:30 pm		Yoga *					
6:25-7:25 pm	Cycle Together ^	Strength Train Together ^	Groove Together ^	Balance & Flex Together ^ Strength Train Together ^			
7:35-8:35 pm	Groove Together ^	Groove Together ^		Groove Together ^			

\* Group Exercise Studio   ^ Loft   ° Zone



# EXPERIENCE THE Y

Whether it's gaining self-confidence, learning new discoveries, making new friends or just plain feeling better, the Y is the place where the community comes together.

Stop in for a tour and experience the YMCA today!

For nearly 70 years the YMCA of Rapid City has served the community by providing programs and services to meet physical, social, mental and spiritual needs. This rich history began with a small downtown building and has expanded to a presence around the city. You won't need to look very far to see YMCA success stories involving members of all ages. By nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, strengthening community is our cause.

We invite you to **EXPERIENCE THE Y**. Check out our programs in this guide.

## SUMMER FOOD SERVICE PROGRAM

**FREE Breakfast: 8 – 9:30am & FREE Lunch: 11:15am – 1:15pm**

The YMCA of Rapid City is participating in the Summer Food Service Program. Meals will be provided FREE of charge to all children 18 years of age and younger. Acceptance and participation requirements for the program and all its activities are the same for all regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the YMCA of Rapid City, Monday – Friday, June 5–August 18, 2017.

To file a complaint of discrimination, write or call immediately to: USDA, Director – Office of Adjudication, 1400 Independence Ave SW, Washington, D.C., 20250-9410, (866) 632-9992 or (800) 877-8339 (TTY) or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



**YMCA of RAPID CITY**  
815 Kansas City Street  
Rapid City, SD 57701



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