



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXPERIENCE THE Y

WINTER 2017 PROGRAM GUIDE

WINTER I SESSION BEGINS JANUARY 9

YMCA Member registration begins December 21

Community participant registration begins December 26

WINTER II SESSION BEGINS FEBRUARY 27

YMCA Member registration begins December 21

Community participant registration begins February 15

WELCOME

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**. Stop in for a tour anytime and let us share the YMCA mission with you.

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**

- Active Together
- Strength Train Together
- Balance & Flex Together
- Zumba, Pilates, Yoga, Boot Camp
- Parkinson's Wellness Classes

- **3 Swimming Pools**

- Open Swim, Family Swim, Lap swimming
- 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



...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 Zumba

• Family locker room

Open for your convenience:

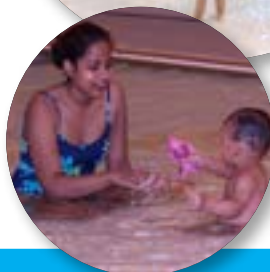
Monday-Friday 5 am-10 pm

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.

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.

Toddler member rate: \$648

Preschool member rate: \$539

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.

Member rate: \$230

SUNRISERS

Location: Y Church Bldg Level: Grades K–5

Monday–Friday, 6:30 am–8 am

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.

Member rate: \$120

CHILD WATCH

Monday–Thursday 8 am–8 pm,

Friday 8 am–3:30 pm, Saturday 9 am–1 pm

Our child care service is free to members and limited to 2½ hours per day. It is available for children ages six weeks until they are 6½ years of age while their parents utilize the YMCA.

Children are taken on a first come, first served basis. Space is limited. You will need to show your Y membership card when checking your children in and out of Child Watch. Stop into Child Watch for more information.



SUNDOWNERS

Location: Y Church Bldg

Level: Grades K–5

Monday–Friday, after school until 6 pm

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.

Member rate: \$263

KIDSTOP PM

Level: Grades K–5

Monday–Friday, after school until 6 pm

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. **Member rate: \$211**

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

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

UNICYCLE, PARTIES & CENTERS HOME SCHOOL UNICYCLE

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

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.

UNICYCLE RENTALS: (If new, see above)

Rent a unicycle for just \$5 per week. Rental not required for class.
For more information on the classes or rentals, please contact Shawn at 605.718.9622.

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.

Offered during Winter II session only.

Tuesday: 2-3 pm

Member: \$10 Community participant: \$20



YMCA BIRTHDAY PARTIES

Keep the birthday party chaos out of your house by renting the Courtyard at the YMCA. You can also add on swimming in our family pool, gym games or time in the youth center.

Call the YMCA for additional information at 605.718.9622.

OUTREACH CENTERS

Our focus is 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 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 youth.

YOUTH CENTER

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

M, T, Th, F: 3-8 pm Wed*: 1-8 pm Sat: 9:30 am-5:30 pm

NORTH TEEN CENTER

This is a middle school focused center, located 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*



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 email to 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 19 for details on our transfer/cancellation policy. Make ups are not provided if your child is absent or if we are closed due to weather.**

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 to see the exact list of completion requirements.

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

SESSIONS

Winter I: January 9-February 18
Winter II: February 27-April 8

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.

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 email to frances@rcymca.org to discuss swim time/day options. Email inquiries are generally answered within 24 hours.

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 (all ages)

Saturday: 9-9:30am (all ages)

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

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

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.



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: Dec. 27-30

Spring dates: To be announced

For more information or to get on the “Lifeguard Class Interest Email List,” please contact frances@rcymca.org



AQUATIC NOTES & SCHEDULES

	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 early release for RCAS (on 1/4, 1/18, 2/22) this is SIS swim 12:50-2:25 pm.

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.

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

- 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.)

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, kickboards, 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

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

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.)

YOUTH DEVELOPMENT

ART, YOUTH INSTITUTE & FLY FISHING

ART

Don't let your creative side take a break this winter. The YMCA is looking forward to seeing you!

POTTERY FOR ALL AGES!

For the beginner to the intermediate there will be something for you. These classes will focus on hand building. Learn from experienced artists and end the class with several finished products. Class will be offered both Winter I & Winter II.

Saturday, 1 pm in the Clubhouse

Member: \$45

Community participant: \$65



YOUTH INSTITUTE MEDIA

Are you currently a 6th-9th 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 also 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. Learn how to run a photo booth, make your own t-shirt, have the opportunity to put your artwork into the gallery, do various service learning projects, get help with your homework and hang out with your new friends. Applications will be available starting in February. Check our Facebook page at www.facebook.com/rapidcitysdyi to see what Youth Institute Media teens are currently doing!



Contact Outreach Director Shawn Hayford at shawn@rcymca.org for more information.

FLY FISHING

Youth learn how to make their own flies, cast and understand the science and art of fly fishing. This activity will further develop a youth's fine and gross motor skills while teaching life skills like patience and perseverance. Contact Outreach Director Shawn Hayford at shawn@rcymca.org for more information.

Participants will need to provide their own transportation on fishing days.

Class is offered during Winter II session.

Tuesday, 4 pm in the Clubhouse

Member: \$15 Community participant: \$25



YOUTH DEVELOPMENT

YOUTH SPORTS - BASKETBALL

BASKETBALL

Boys Tiny Tots Basketball Clinic (for boys ages 5-7)

This is a 4-week clinic on Saturdays that will introduce players to the fundamentals of basketball from volunteer clinicians. These clinicians will teach skills like proper techniques of dribbling, passing and shooting. More emphasis will be put on doing drills to improve ball handling ability than on playing games. The idea is to make it fun for these young players while they learn some basic basketball fundamental skills.

Clinic will take place on Saturday mornings from January 7 through January 28 and will take place in the gyms at the YMCA. There will be 2 sessions to choose from, 8:30-9:15 or 9:30-10:15. To keep each session uniform, players must attend the time slots they are signed up for. Hurry to register early as each session is limited to 25 participants.

Registration is now open and continues until January 5 or session is full.

Member: \$45

Community participant: \$60



Youth Boys and Girls 2nd through 5th Grade Basketball Leagues

(including 7-year-old 1st graders)

This is a league, coached by parent volunteers, for players in 2nd through 5th grades to compete against teams in the same age group. A player that is age 7 and in 1st grade at time of registration may play on a 2nd grade team - contact randy@rcymca.org for details.

Teams are put together by grade, school designation and prior participation. This YMCA basketball program requires that each player get the opportunity to play equal amounts of each game and every position to better learn the fundamentals of basketball. Games will take place at the YMCA on Saturday mornings and players will practice one night a week at a local elementary school gym.

- 2nd grade season games January 28-February 25, 2nd grade plays 3v3 half-court basketball games in the Rapid City Gym
- 3rd grade season games January 28-February 25, 3rd grade plays full court 5v5 on the side courts in the Rapid City Gym
- 4-5th grade season games January 28-March 4, 4-5th grade plays full court in the South Gym

Registration is now open and continues until January 16 or all teams are full. After January 16, fee increases by \$10. Member: \$45 Community participant: \$60

YOUTH DEVELOPMENT

YOUTH SPORTS - VOLLEYBALL & RACQUETBALL

VOLLEYBALL



3rd Grade Girls Volleyball Clinic

This is a 4-week clinic intended as an introduction to the game of volleyball for 3rd grade participants AND their parents. Adding to the learning experience again this year is the opportunity for parents/guardians to learn the skills needed to play and coach volleyball alongside their 3rd grade participant. The parent/guardian will participate in the drills with their child as the instructor leads the group in drills intended to improve volleyball skills such as learning to serve, bump, set and spike along with learning the fundamentals of volleyball, basic techniques, rules and play.

Time: Saturdays, 9-10 am Program dates: March 4-March 25

Place: YMCA North Gym

Registration is now open and will continue until March 3 or limit of 30 is reached.

Member: \$45

Community participant: \$60

Girls 4th-5th Grade Volleyball League

This is an introduction to a competitive league for youth volleyball players in 4th and 5th grades. Players will sign up individually and be placed on teams made up of students that have previously played together or are from the same schools and neighborhoods to promote a team spirit.

The 4th/5th grade volleyball league is completely dependent on parent volunteers needed to coach their team. Parents/guardians will be asked to participate in the coaching of the team their child is placed on. This parent involvement is very important to the league. Team sizes will be capped at 8 participants per team. Practice times are made available on Tuesday evenings at the YMCA.

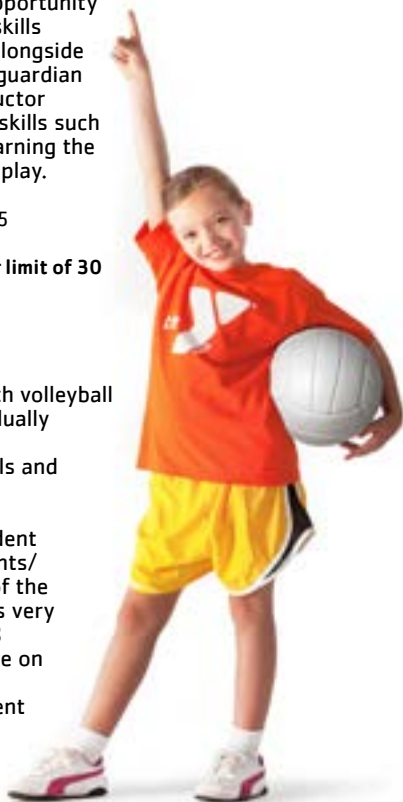
The season will end with a double elimination tournament giving each team more games.

Season: Practices begin February 21. Games are March 11-April 8. Games are Saturdays between 9 am and 12 pm.

Registration is now open and will continue until February 27 or league is full. After February 27, fee increases by \$10.

Member: \$45

Community participant: \$60



YOUTH RACQUETBALL LESSONS

Learn basic racquetball skills from experienced adult players. Participants will be taught basic racquetball skills such as how to hit the serve, forehand shots, backhand shots, overhead shots and that important roll out shot. Speed exercises, rules, stretching and some strategy will also be stressed. Match play and some game time are also included.

The class is open to boys and girls, age 8 through high school.

This 4-week program meets Mondays, 4-4:45 pm, Jan. 23-Feb.13. Maximum enrollment is 8.



Registration is now open and continues until program is full.
Member: \$25 Community participant: \$45

SOCIAL RESPONSIBILITY

OUTREACH CENTERS & PROGRAMS FOR THE COMMUNITY

OUTREACH CENTERS

The outreach team believes that our centers are more than a drop-in recreation center for the youth in our community. Our team's focus is building positive relationships between adults and youth through a variety of enriching and educational activities. Some of our 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.

The outreach department has three centers to provide activities and services to youth from ages 6½ to 18.

YOUTH CENTER

The Youth Center is the main outreach center located downstairs in the YMCA and is for ages 6½ to 18.

M, T, Th, F: 3-8 pm Wed*: 1-8 pm Sat: 9:30 am-5:30 pm

NORTH TEEN CENTER

The North Teen Center is located across from North Middle School at Bethel Assembly, 1202 N Maple Ave. This is middle school focused.

M, T, Th, F: 3-6 pm Wed*: 1-6 pm Cell: 431-0993

**Contingent on RC public school early Wednesday release*

EARLY LEARNING READINESS PROGRAM

As a child caregiver you want to give your best to your child. But as a parent, friend or neighborhood caregiver you're not always sure how to do that.



Our Early Learning Readiness Program is a weekly program that helps caregivers understand the critical role they play in the development and school success for children in their care. You and your child interact together in interest centers while you build and nurture your relationship through educated play. Through the Early Learning Readiness Program, caregivers will get the support and help to encourage appropriate reinforcement and redirection.

Class is ongoing, Tuesday & Thursday, 8:30-10:30 am. Registration fee of \$35. Open to caregivers and their children ages 6-weeks to 5-years-old. To register, call Dennis at 605.394.6937.

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. The Y has an exchange program with the Sioux YMCA in Dupree, SD.

If you are interested in learning more about the World Service Committee please contact Keiz by email at keiz@rcymca.org or phone at 605.718.9622.

YOUTH INSTITUTE MEDIA

Attention all students in 6th-9th grade! You can apply to the YMCA Youth Institute Media. You'll learn valuable computer/multi-media skills, academic skills, make new friends, and have a camping team-building experience. Upon successful graduation from the eight-week summer program, you will get to participate in the year-round Youth Institute Media program and various service learning projects for your community.

See page 9 for more info and contact information.

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



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 January 17. For more information, contact Nicole at nicolec@rcymca.org.

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



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.

Monday 9-11:30 am

\$10 suggested fee includes materials used for class.



HEALTHY LIVING

ADULT RACQUETBALL, BASKETBALL, SWIMMING & POTTERY

ADULT BEGINNER RACQUETBALL CLINIC

Participants will be taught beginning racquetball. Come learn the fundamentals: how to stretch, warm up, how to hit backhand/forehand shots, serving techniques and scoring. This 2-day clinic, is for adults over age 18.

Thursdays, March 9 & 16
7-8 pm

Member: \$25

Community participant:
\$40



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

Active Older Adult Water Exercise

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.

Monday-Friday, 1-2pm

Member: Free

Community participant: \$5 per class

See all the water exercise classes on next page



ART

Don't let your creative side take a break this winter. The YMCA is looking forward to seeing you!

Pottery for ALL AGES!

For the beginner to the intermediate there will be something for you. These classes will focus on hand building. Learn from experienced artists and end the class with several finished products. Class will be offered both Winter I & Winter II.

Saturday, 1 pm in the Clubhouse

Member: \$45

Community participant: \$65

ADULT NOON BASKETBALL

Summer is over! Come back inside for some noon basketball. Revive the lunchtime tradition, 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-Friday. The schedule for Saturday play is dependent on the times scheduled for the YMCA youth basketball programs which begin January 28. A schedule will be posted in the gyms for these times.

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.



WATER | GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 am	Early Birds ▲		Early Birds ▲		
8:30-9:30 am	Aqua Boot Camp ▲▲		Aqua Boot Camp ▲▲		Aqua Boot Camp ▲▲
8:45-9:45 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.

See page 8 for lap swim info and pool rules



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 8 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 2-5 pm 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	

LAND | GROUP EXERCISE CLASSES

ACTIVE TOGETHER (begins January 9)

Start the year off right!

This workout will give you all the fitness training you need: cardio, strength, balance and flexibility—in just one hour!

Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and SIMPLE athletic movements.

Monday/Wednesday/Friday: 12-1 pm

Tuesday: 5:15-6:15 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: Fantastic cardio and strength workout! Perfect for beginner or advanced. Come sweat with the best. Winter I session only.

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.

Ride Together: Debuting Winter II, 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!

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.

Zumba: Aerobic moves in a "dance-like" combination that will get your heart rate up and leave you smiling. A great class for all levels.

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

LAND | GROUP EXERCISE CLASSES

RIDE TOGETHER (begins February 27)

This class is a huge calorie burner that builds stronger legs! It's a 60-minute cycle experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training!



Monday: 6-7 am, 6:25-7:25 pm

Wednesday: 5:15-6:15 pm

Thursday: 12-1 pm

Friday: 5:30-6:30 am

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

* Group Exercise Studio ^ Loft ° Zone (W 1) Session 1 only (W 2) Session 2 only

HEALTHY LIVING

EVENTS



End of Year BlowOut Bash!

End your year with a **BANG!**

Come out on Saturday, Dec. 31,
for one last, "ALL OUT WORKOUT!"

Come for one class or all three!
It's up to you!

10:30-11:30 am: Zumba
11:40 am-12:40 pm: Strength Train Together
12:50-1:50 pm: Balance & Flex Together

Super cool shirt for those that take the three class challenge!
All classes in the Loft

Member: Free Community participant: \$15

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!

10TH ANNUAL RON BENDER MEMORIAL RACQUETBALL TOURNAMENT

Come...play...
remember an old friend.

Ron was one of the first real racquetball players at the YMCA. He is remembered as being part of the group that played a very active role in developing racquetball at the Y, helping raise the funds and assisting with the design to make the existing racquetball courts. Ron was a true friend to the Y and most of the players. Come back and make this memorial tournament a fun time.



Date: February 16-19

Divisions: Men's Singles Open-A-B-C
Women's Singles Open-A-B-C
Doubles Open-A-BC Combined
Mixed Doubles
Women's Doubles
Junior Singles

Registration deadline: Monday, Feb. 13
Tournament fees

Member: 1 event \$30, 2 events \$45
Community participant:
1 event \$45, 2 events \$60

MEMBERSHIP INFO

Like to see our facility? Stop at the member services 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:

Winter Session I

January 9 – February 18

Winter Session II

February 27 – April 8

• Member registration begins

December 21 for Sessions I & II

• Community participant registration begins December 26 for Session I and February 15 for Session II

• 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 non-refundable or 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 after this time.

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

CORPORATE MEMBERSHIPS

Do you have co-workers with Y memberships? Are you and some of your co-workers interested in getting memberships? Is your employer a corporate partner? Be sure to check. Employees of corporate partners are eligible for a corporate rate on their membership fees based on the number of employees with current memberships. Ask at the member services desk if your employer is a corporate partner.

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 to find the location that you are visiting.

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

You can reach us at 605.718.YMCA. You can find program info at www.rcymca.org. Follow us: [facebook.com/rcymca](https://www.facebook.com/rcymca).

YMCA of RAPID CITY

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