



WINTER 2024
PROGRAM
GUIDE

JANUARY 1 – FEBRUARY 25

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815 Kansas City Street, Rapid City, SD 57701

☎ 605.718.9622 |   @rcymca

Monday - Friday 5:00 am - 9:00 pm

Saturday 7:00 am - 5:00 pm

 Night Owl Only:

Monday - Friday 9:00 pm - 10:00 pm

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401 Main Street | Box Elder, SD 57719

☎ 605.791.0400 |    @libertycenterymca

Monday - Friday 5:00 am - 8:00 pm

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644 Crook Street | Custer, SD 57730

☎ 605.673.5134 |  @CusterY  @custerymca

Monday - Friday 5:00 am - 7:00 pm

Saturday 7:00 am - 12:00 pm

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715 Mogul Way | Edgemont, SD 57735

☎ 605.662.7999 |  @EdgemontYMCA

Monday - Thursday 7:30 am - 6:30 pm

Friday 7:30 am - 2:00 pm

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CONTACT US

YMCA OF RAPID CITY

LEADERSHIP

Keiz Larson, Executive Director & CEO
keiz@rcymca.org

Chris Russo, Operations Director
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LIBERTY CENTER YMCA

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PROGRAMS

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YMCA OF CUSTER

LEADERSHIP

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PROGRAMS

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CHILDCARE

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YMCA OF EDGEMONT

LEADERSHIP

Kelsey Trotter, Branch Director
kelsey@rcymca.org

DISCOVER MEMBERSHIP

At the Y, your membership is so much more than just a discounted camp enrollment. Discover the unique community and all that the Y has to offer. Connect, play, and discover new things! We offer comprehensive healthy living and learning experiences for kids, adults, active older adults, and families.

Membership benefits include:

Offerings may vary by branch.

- Early registration and reduced rates for programs
- Economic membership rate options
- FREE group fitness classes
- FREE enrichment programs
- Affordable childcare
- NO annual contracts

Membership for All

At the Y, we want to make it easy and affordable for you and your family to stay healthy together. We offer a variety of affordable options for membership and programs. Financial aid and scholarships are also available through the Y For All Campaign.

STAY CONNECTED!

Make the most of your Y membership with the YMCA Universal mobile app! Easily check in to the Y, browse the latest program guides, register for classes, track your workouts, set personal goals, and connect with other members!

**DOWNLOAD APP
ON GOOGLE PLAY STORE**

**DOWNLOAD APP
ON APPLE STORE**



Donate

You can support your community in a lasting and meaningful way. Support your local Y today by giving to the Annual Campaign.



GIVE TODAY

Volunteer

As a nonprofit, the Y is able to strengthen community because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives. They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own. through the Y.



**CLICK HERE
TO VOLUNTEER NOW**



OPEN THE DOOR TO NEW POSSIBILITIES

OPEN HOUSE

JAN 2 | OPEN TO CLOSE
ALL BRANCHES

JAN 6 | 10AM-2PM
RAPID CITY & LIBERTY CENTER

*Family
Open
House*

BECOME A NEW MEMBER during the month of January and pay no joiner fee! Enjoy our many amenities as well as some fabulous new member perks. Additionally, join during one of our two open house events and receive 25% off your January membership rate.

MEMBER APPRECIATION

CURRENT MEMBERS receive 50% off personal training packages purchased in the month of January or may choose a free Wellness Orientation.



MEMBERSHIP RATES

RAPID CITY MEMBERSHIP	JOINER FEE	MONTHLY RATE
YOUTH Individual Ages 6 - 12 years.	\$0	\$20
TEEN Individual Ages 13 - 19 years.	\$0	\$26
YOUNG ADULT Individual Ages 20 - 29 years.	\$30	\$48
SENIOR Individual Ages 65+ years.	\$50	\$59
YOUNG ADULT Household Two adults under 30 years of age living at a single address plus dependents up to age 26.	\$30	\$65
ADULT Individual Ages 30 - 64 years.	\$50	\$65
ONE ADULT Household One adult ages 30-64 years plus dependents living at the same address up to age 26.	\$50	\$65
SENIOR Household Two adults (one being 65+ years old) living at the same address, plus dependents, including children up to age 26.	\$50	\$81
FAMILY Household Two adults and dependents, including children up to age 26, living at the same address.	\$50	\$94
LIBERTY CENTER MEMBERSHIP	JOINER FEE	MONTHLY RATE
YOUTH Individual Ages 6 - 12 years.	\$0	\$14
TEEN Individual Ages 13 - 19 years.	\$0	\$18
SERVICE MEMBER Individual Must be active duty assigned to Ellsworth Air Force Base.	\$30	\$18
SERVICE MEMBER Household One or two adults (one of which must be active duty assigned to Ellsworth Air Force Base) living at a single address plus dependents up to age 26.	\$30	\$30
YOUNG ADULT Individual Ages 20 - 29 years.	\$30	\$35
SENIOR Individual Ages 65+ years.	\$50	\$41
YOUNG ADULT Household Two adults under 30 years of age living at a single address plus dependents up to age 26.	\$30	\$44
ADULT Individual Ages 30 - 64 years.	\$50	\$44
ONE ADULT Household One adult ages 30-64 years plus dependents living at the same address up to age 26.	\$50	\$49
SENIOR Household Two adults (one being 65+ years old) living at the same address, plus dependents, including children up to age 26.	\$50	\$56
FAMILY Household Two adults and dependents, including children up to age 26, living at the same address.	\$50	\$68



NEW MEMBER JANUARY PROMO

JOIN IN THE MONTH OF JANUARY
AND PAY NO JOINER FEE!

CUSTER MEMBERSHIP	JOINER FEE	MONTHLY RATE
YOUTH Individual Ages 6 - 12 years.	\$0	\$9
TEEN Individual Ages 13 - 19 years.	\$0	\$14
YOUNG ADULT Individual Ages 20 - 29 years.	\$26	\$34
ADULT Individual Ages 30 - 64 years.	\$26	\$46
ONE ADULT Household One adult plus dependents living at the same address up to age 26.	\$26	\$55
COUPLE Household Two adults residing at the same address.	\$26	\$56
FAMILY Household Two adults and dependents, including children up to age 26, living at the same address.	\$26	\$62
EDGEMONT MEMBERSHIP	JOINER FEE	MONTHLY RATE
SENIOR Individual Ages 60+ years.	\$0	\$8
YOUTH Individual Ages 4 - 17 years.	\$0	\$9
ADULT Individual Ages 18 - 59 years.	\$0	\$17
FAMILY Household Two adults and dependents, including children up to age 26, living at the same address.	\$0	\$29



**FIND YOUR
COMMUNITY.
FIND YOUR Y.**

PLAY. LAUGH. GROW.

CHILD WATCH

Children 6 weeks – 6 years old can visit Child Watch for up to two hours each day while their guardians utilize YMCA facilities.

LIBERTY CENTER YMCA | 605.791.0400

HOURS

MONDAY – FRIDAY | 8:30 AM – 12:30 PM & 3:30 PM – 6:30 PM

PRICING

MEMBERS | FREE

NON-MEMBERS | \$3.00 PER HOUR

Susan Walburg, Child Watch Coordinator
605.718.9622 | susanw@rcymca.org

YMCA OF RAPID CITY | 605.718.9622

HOURS

MONDAY – THURSDAY | 8:00 AM – 1:15 PM & 3:30 PM – 7:30 PM

FRIDAY | 8:00 AM – 1:15 PM

SATURDAY | 8:00 AM – 12:00 PM

PRICING

8 HOUR PUNCH CARD | \$16.00

15 HOUR PUNCH CARD | \$30.00

SINGLE CHILD MONTHLY UNLIMITED | \$32.00

MULTIPLE CHILDREN MONTHLY UNLIMITED | \$48.00

Susan Walburg, Child Watch Coordinator
susanw@rcymca.org

EARLY LEARNING CENTER

Registration for the YMCA Early Learning Program is ongoing on a space-available basis.



YMCA OF CUSTER | 605.673.2222

INFANT – PRESCHOOL | 6 WEEKS – 15 YEARS

Custer YMCA Childcare Center | 833 Bluebell Ln.

Monique Smith, Child Care Director
moniques@rcymca.org

YMCA OF RAPID CITY | 605.718.5437

INFANT | 6 WEEKS – 18 MONTHS

Rapid City Education Center | 625 9th St.

Jump Start Rapid City Highschool | 601 Columbus St.

Horizon Point | 7001 Mt. Rushmore Rd.

TODDLER | 18 MONTHS – 3 YEARS

Downtown YMCA | 815 Kansas City St.

Rapid City Education Center | 625 9th St.

Jumpstart Rapid City Highschool | 601 Columbus St.

Horizon Point | 7001 Mt. Rushmore Rd.

PRESCHOOL | 3 – 5 YEARS

Downtown YMCA | 815 Kansas City St.

Rapid City Education Center | 625 9th St.

Jumpstart Rapid City Highschool | 601 Columbus St.

Horizon Point | 7001 Mt. Rushmore Rd.

Nicole Weiss, Early Learning Director
nicolew@rcymca.org

All Early Learning & School Age Care locations will be closed on **JANUARY 1 & FEBRUARY 19.**

EXCEL AFTER THE BELL.

SCHOOL AGE CARE

**CLICK HERE
TO LEARN MORE ABOUT
OUR CHILD CARE PROGRAMS.**

YMCA OF RAPID CITY | 605.718.5437

AFTERSCHOOL | OPEN UNTIL 6:00 PM

Kidstop On-Site Locations | Grades K - 5

Canyon Lake | 1500 Evergreen Dr.

Corral Drive | 4503 Park Dr.

Douglas | 441 Don Williams Dr.

Grandview | 3301 Grandview Dr.

Meadowbrook | 3125 Flormann St.

Robbinsdale | 424 East Indiana St.

Wilson | 827 Franklin St.

Sundowners 625 9th St. | Grades K - 5

Busing available from following locations*:

Black Hawk | 7108 Seeaire St.

Corral Drive | 4503 Park Dr.

Pinedale | 4901 West Chicago St.

Rapid Valley | 2601 Covington St.

Valley View | 4840 Homestead St.

*Busing from alternate locations may be available upon request.

Teen Center 830 Quincy St. | Grades 6 - 12

Busing available from following locations:

South Middle School | 2 Indiana St.

Southwest Middle School | 4501 Park Dr.

Stevens High School | 4215 Raider Rd.

West Middle School | 625 9th St.

ALL DAY PROGRAMS*

Grades K - 5 | 7:30 AM - 5:30 PM

January 12 January 15 January 16 February 6

March 22

*Must be enrolled in Kidstop or Sundowners to be eligible.

Alisa Cunningham, Youth Development Director

alisac@rcymca.org



YMCA OF CUSTER | 605.673.2222

AFTERSCHOOL | OPEN UNTIL 6:00 PM

Kidstop On-Site Locations | Grades K - 5

Custer | 1415 Wildcat Ln.

Hermosa | 11 4th St.

ALL DAY PROGRAMS | 7:30 AM - 5:30 PM

January 12

March 22

Monique Smith, Childcare Director

moniques@rcymca.org

YMCA OF EDGEMONT | 605.662.7999

AFTERSCHOOL | OPEN UNTIL 5:30 PM

Kidstop On-Site Location | Grades K - 5

Edgemont School | 715 Mogul Way

ALL DAY PROGRAMS | 8:00 AM - 4:00 PM

January 19

February 16

Kelsey Trotter, Branch Director

kelsey@rcymca.org

All Early Learning & School Age Care locations will be closed on **JANUARY 1 & FEBRUARY 19.**



YMCA OF RAPID CITY COMMUNITY UPDATES



PARKING LOT ACCESS

Starting in 2024, the YMCA of Rapid City parking lot will only be accessible with purchase of an annual parking pass and fob. The cost of a parking pass is \$60 annually and may be purchased at the front desk on a first come, first serve basis.

EXTENDED OPERATING HOURS COMING IN FEBRUARY!

Starting in February 2024, the YMCA of Rapid City will be open seven days per week! Operating hours for Sundays will be from 8AM - 2PM with open gym time, family pool hours, and new programming. All other operating hours will remain unchanged.





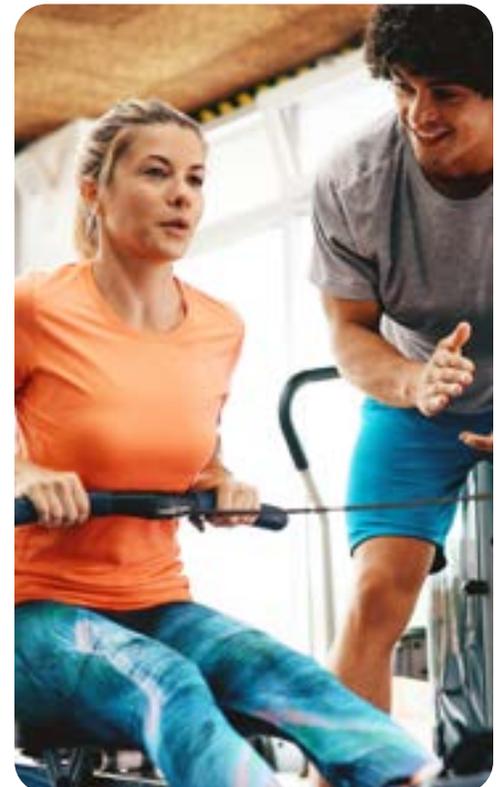
YMCA OF RAPID CITY

815 KANSAS CITY STREET
RAPID CITY, SD 57701
605.718.9622

HEALTH & WELLNESS

Be your best you! Jump-start a new fitness plan or refresh your old routine with the help of a Certified Personal Trainer today! Our trainers will help you develop a customized workout program that meets your specific wellness goals, help you stay encouraged and accountable, and use pre- and post-assessments to track your success! Individual and group sessions available to those 12 years and older, however 12 and 13 year olds must be accompanied by a guardian. *Package expiration varies.

CURRENT MEMBER JANUARY PROMO			
PERSONAL TRAINING	MEMBER	NON MEMBER	REGISTRATION
(1) 30-Minute Individual Session	\$25.00	\$35.00	REGISTER
(4) 30-Minute Individual Sessions	\$90.00	\$140.00	REGISTER
(8) 30-Minute Individual Sessions	\$160.00	\$280.00	REGISTER
(1) 30-Minute Group Session	\$35.00	\$50.00	REGISTER
(4) 30-Minute Group Sessions	\$130.00	\$200.00	REGISTER
(8) 30-Minute Group Sessions	\$240.00	\$400.00	REGISTER



PROGRAM	TYPE	DAY	TIME	MEMBER	REGISTRATION
Wellness Orientation Two 60-minute orientation sessions that include an introduction to equipment and etiquette in the Wellness Center, training with a Certified Personal Trainer, and InBody assessment. Upon passing course, students will be able to access select areas of the Wellness Center with supervision (ages 10-11) or without supervision (ages 12+).	Group Session (Ages 12+)	JAN 23 - 25	5:30 PM - 6:30 PM	\$49.00	REGISTER
	Youth (Ages 12-17)	Self-schedule	Self-schedule	\$49.00	REGISTER
	Family (Ages 10+)	Self-schedule	Self-schedule	\$90.00	REGISTER



HEALTH & WELLNESS

PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Family Fun Night (Ages 5+) Developing coordination requires a lot of experience with a wide variety of physical activities, starting at a young age. Come learn how to engage your sensory and reaction systems in this fun, active Friday night.	JAN 12	4:30 PM - 5:30 PM	FREE	\$12.00	REGISTER
	JAN 19	4:30 PM - 5:30 PM	FREE	\$12.00	REGISTER
	FEB 2	4:30 PM - 5:30 PM	FREE	\$12.00	REGISTER
	FEB 9	4:30 PM - 5:30 PM	FREE	\$12.00	REGISTER
Grit n' Grind (Ages 16+) JANUARY 8 - FEBRUARY 16 A 6-week intensive training program led by a certified personal trainer. Increase muscle strength, drop body fat, improve posture and balance.. All fitness levels welcome. Includes: (18) 1hr workouts, pre and post- program assessments, measurements, and pictures, food log and education, awesome apparel, encouragement and motivation.	MON WED FRI	5:15 AM - 6:15 AM	\$85.00	\$149.00	REGISTER
Group Exercise Challenge: Walk/Run/Bike/Swim Accross South Dakota (Ages 14+) FEBRUARY 1 - APRIL 30 Walk, run, bike, or swim your way across SoDak along the virtual I-90 route covering 410 miles of "staycation" fun! You'll have 3 months to make your way from east to west, ending in the beautiful Black Hills. Visit the best tourist spots along the way and keep track of your travels. Participants will receive an INBODY assessment, a Limited Edition SoDak sweatshirt, and be entered into a drawing for fabulous prizes!	N/A	Self-Paced	\$27.00	\$82.00	REGISTER





DANCE FLEX MOVE

- BALANCE & FLEX
- BARRE BEATZ
- BOOT CAMP
- BOXING 101
- CYCLE & STRENGTH
- PILATES
- YOGA
- ZUMBA

AND MUCH MORE!!!



DOZENS OF
CLASSES
INCLUDED
WITH YOUR
MEMBERSHIP

CHECK OUT THE GROUP EXERCISE SCHEDULE TODAY!



[CLICK HERE
FOR CLASSES](#)

HEALTH & WELLNESS



PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
<p>INBODY Full-Body Composition Assessments (Ages 3+)</p> <p>Advanced bioelectrical impedance (BIA) machine that analyzes your weight, body mass index, percent body fat, skeletal muscle mass, lean mass, and basal metabolic rate in 15 seconds!</p>	N/A	ANY	\$25.00	\$35.00	See Any Wellness Associate.
<p>Livestrong (Ages 14+)</p> <p>JANUARY 23 - APRIL 11</p> <p>Livestrong at the YMCA is a FREE 12-week small-group fitness program for adult cancer survivors who have become deconditioned or chronically fatigued from their treatment and/or disease. Participants will receive a YMCA membership, fitness assessments, individualized instruction and group support.</p>	WED	2:00 PM - 3:30 PM	FREE	FREE	REGISTER
<p>Yoga: Youth & Family Series (Ages 5-11)</p> <p>JANUARY 6 - JANUARY 20</p> <p>A 3-part introduction to yoga for youth and families that will take them through poses while inspiring and giving them courage, peace, and a sense of who they are. Non-members must register in person. Price includes entire family.</p>	SAT	9:00 AM - 9:45 AM	FREE	\$36.00	REGISTER

YOUTH SPORTS

**BE ACTIVE. BE YOURSELF.
BELONG.**



PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Tiny Tots Basketball (Ages 3-5) JANUARY 17 - FEBRUARY 7 This clinic is designed to teach the basketball basics of passing, dribbling, shooting, defense, and teamwork in a fun and entertaining instructional class setting.	WED	4:30 PM - 5:15 PM	\$21.00	\$34.00	REGISTER
Tiny Tots Soccer (Ages 3-5) FEBRUARY 14 - MARCH 6 This clinic is designed to teach soccer basics including foot control, passing, scoring, and teamwork in a fun and entertaining instructional class setting.	WED	4:30 PM - 5:15 PM	\$21.00	\$34.00	REGISTER

PROGRAM	PRACTICE	GAMES	MEMBER	NON MEMBER	REGISTRATION
Youth Co-Ed Basketball League (K - 5th Grade) JANUARY 29 - MARCH 16 Designed to help kids develop fundamental skills in a safe, fun, and organized environment.. Programs focus on skill development through instruction, drills, games, and matches with an emphasis on sportsmanship.					
Kindergarten & 1st Grades Practice & games weekly on Saturday mornings.	SAT 8:30 AM - 9:30 AM	N/A	\$48.00	\$72.00	REGISTER
2nd & 3rd Grades Practice & games weekly on Saturday mornings.	MON TUE WED *THU 4:30 PM - 5:30 PM	10:00 AM February 10th, 17th, 24th March 4th, 11th, 18th	\$87.00	\$118.00	REGISTER
4th & 5th Grades Practice & games weekly on Saturday mornings.	MON TUE WED *THU 4:30 PM - 5:30 PM	11:30 AM February 10th, 17th, 24th March 4th, 11th, 18th	\$87.00	\$118.00	REGISTER

YOUTH SPORTS

PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Homeschool Physical Education (Ages 5-16) FEBRUARY 6 - MARCH 14 A structured class for school-aged kids consisting of a warm-up, games, exercises, and free play.	TUE THU	9:00 AM - 10:00 AM	\$42.00	\$67.00	REGISTER
Kung Fu: Basic Ving Tsun (Ages 10+) JANUARY 16 - FEBRUARY 22 Work on footwork, punching, kicking, and blocks while gaining increased confidence, self-discipline, awareness, health, personal growth, self-defense skills, and new friendships.	TUE THU	5:30 PM - 6:30 PM	\$54.00	\$97.00	REGISTER
Kung Fu: Intermediate Ving Tsun (Ages 10+) FEBRUARY 27 - APRIL 4 Students will continue to build skills in footwork, punching, kicking, and blocks. while reviewing cultural aspects and customs.	TUE THU	5:30 PM - 6:30 PM	\$54.00	\$97.00	REGISTER
Kung Fu: Family Ving Tsun (Ages 5+) JANUARY 17 - MARCH 6 A family drop-in course designed to empower your entire family!	WED	4:30 PM - 5:15 PM	\$16.00 per Family	\$27.00 per Family	REGISTER

the **Y** YMCA

PARENTS' NIGHT OUT!

at the YMCA
5:30-8:30 PM

JANUARY 5
FEBRUARY 2

[CLICK HERE TO REGISTER](#)

ADULT SPORTS



PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Kung Fu: Basic Ving Tsun (Ages 10+) JANUARY 16 - FEBRUARY 22 Students will work on footwork, punching, kicking, and blocks. The benefits of studying kung fu are increased confidence, self-discipline, awareness, health, personal growth, self-defense skills, and new friendships.	TUE THU	5:30 PM - 6:30 PM	\$54.00	\$97.00	REGISTER
Kung Fu: Intermediate Ving Tsun (Ages 10+) FEBRUARY 27 - APRIL 4 Students will continue to build skills in footwork, punching, kicking, and blocks. while reviewing cultural aspects and customs.	TUE THU	5:30 PM - 6:30 PM	\$54.00	\$97.00	REGISTER
Kung Fu: Family Ving Tsun (Ages 5+) JANUARY 17 - MARCH 6 A family drop-in course in Ving Tsun Kung Fu designed to empower your entire family! Registration fee covers your entire family.	WED	4:30 PM - 5:15 PM	\$16.00	\$27.00	REGISTER
Pickleball: Drop-In (Ages 18+) Drop in and join other pickleball players in practicing skills or playing games.	TUE THU FRI	9:00 AM - 12:00 PM	FREE	Not Available	Drop-In
Pickleball: Fun League (Ages 18+) JANUARY 16 - FEBRUARY 20 This program is for those beginners to intermediate that are after a fun night of pickleball and friendship.	TUE	6:00 PM - 7:30 PM	\$21.00	\$36.00	REGISTER
Pickleball: Competitive League (Ages 18+) JANUARY 18 - FEBRUARY 22 This league is for those players wanting a more competitive atmosphere and tournament play.	THU	6:00 PM - 7:30 PM	\$21.00	\$36.00	REGISTER



AQUATICS



PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Aqua Rock (Ages 18+) A high intensity aerobic section followed by stretching and strengthening exercises for a total body workout.	MON WED	8:30 AM - 9:30 AM	FREE	Not Available	Drop-In
Range of Motion (Ages 18+) This class is perfect to work into your body's own range of motion. The movements allow you to explore and improve your mobility and flexibility without getting your hair wet.	TUE THU	10:00 AM - 11:00 AM	FREE	Not Available	Drop-In
Master Swim (Ages 18+) A weekly workout to practice and perfect your advanced technique with other swim enthusiasts.	SAT	8:00 AM - 9:00 AM	FREE	Not Available	Drop-In

**LEND A HAND.
FILL YOUR HEART.**

**CLICK HERE
TO VOLUNTEER NOW**



AQUATICS

PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Preschool Swim: Parent and Child Level A/B (Ages 0-2) JANUARY 19 - FEBRUARY 24 Introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water. Adult must accompany child.	FRI	10:00 AM - 10:30 AM	\$42.00	\$67.00	REGISTER
	SAT	8:30 AM - 9:00 AM	\$42.00	\$67.00	REGISTER
Preschool Swim: Level 1 (Ages 3-5) JANUARY 20 - FEBRUARY 24 Preschoolers will develop comfort with underwater exploration and learn to perform basic self-rescue skills with assistance. Preschool Swim Level 1 is for students who aren't yet comfortable going underwater voluntarily.	SAT	8:30 AM - 9:00 AM	\$42.00	\$67.00	REGISTER
	SAT	9:00 AM - 9:30 AM	\$42.00	\$67.00	REGISTER
Preschool Swim: Level 2 (Ages 3-5) JANUARY 20 - FEBRUARY 24 Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit if they would fall into a body of water.	SAT	9:00 AM - 9:30 AM	\$42.00	\$67.00	REGISTER



AQUATICS

PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
<p>School Age Swim: Level 1 (Ages 6-14) JANUARY 20 - FEBRUARY 24</p> <p>Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.</p>	SAT	9:30 AM - 10:10 AM	\$42.00	\$67.00	REGISTER
<p>School Age Swim: Level 2 (Ages 6-14) JANUARY 20 - FEBRUARY 24</p> <p>Students focus on body position and control, directional change, and forward movement in the water while continuing to practice how to safely exit if they would fall into a body of water.</p>	SAT	9:30 AM - 10:10 AM	\$42.00	\$67.00	REGISTER
<p>Youth Fit Swim (Ages 6-18) JANUARY 25 - FEBRUARY 24</p> <p>Must be able to swim at least 50 yards nonstop. Coaches will work with students at their level to provide a progressive workout to develop swim strokes and increase fitness. A perfect option for those wishing to enjoy the benefits of swimming for exercise without joining a competitive team. Swimmers may attend one or both of the practices each week.</p>	THU SAT	6:00 PM - 7:00 PM 11:00 AM - 12:00 PM	\$72.00	\$108.00	REGISTER

PRIVATE & SEMI-PRIVATE SWIM LESSONS	MEMBER	NON MEMBER	INQUIRE
<p>Private Swim Lessons (Ages 3+) Four Lessons 30 minutes</p>	\$120.00	\$180.00	CLICK HERE
<p>Semi-Private Swim Lessons (Ages 3+) Four Lessons 30 minutes</p>	\$100.00	\$150.00	CLICK HERE



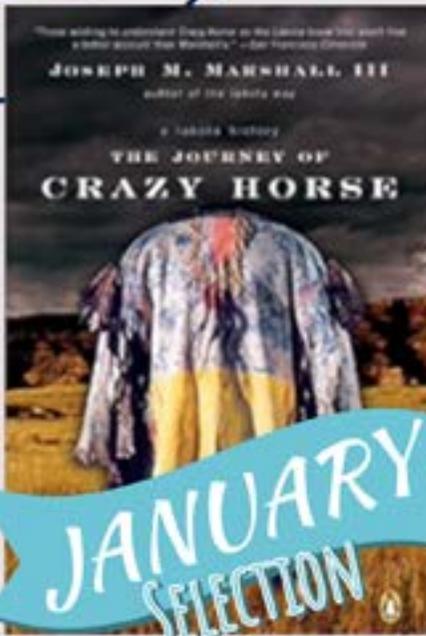
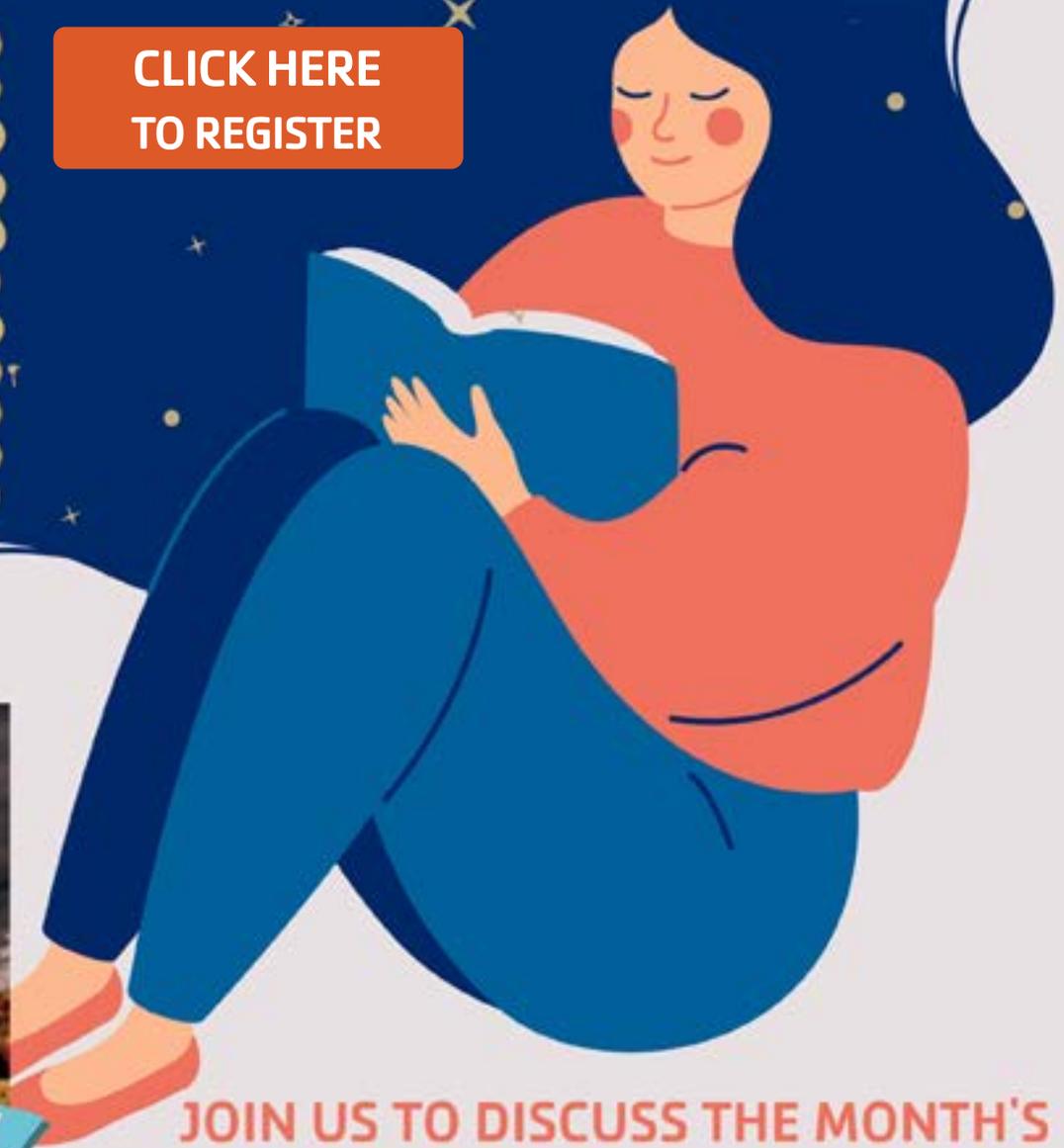
**STRONG SWIMMERS.
CONFIDENT KIDS.**

PAGE-TURNER'S BOOK CLUB

4TH FRIDAY
OF EACH
MONTH

9:30 AM

[CLICK HERE
TO REGISTER](#)



JOIN US TO DISCUSS THE MONTH'S
BOOK SELECTION - COFFEE AND
PASTRIES PROVIDED!

YMCA TEEN HOUSE | 830 QUINCY STREET

*Limited books available for checkout at the YMCA and at the Rapid City Public Library. Free to participate and attend, everyone 18+ is welcome!



ENRICHMENT

PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION & INFORMATION
<p>Walking Club (All Ages) STARTING JANUARY 2</p> <p>Join us for exercise and socialization by joining the YMCA walking club today! Walk the Rapid City Gym or the Indoor Track with other participants between 6am-8am Monday through Friday. This Program is FREE to Y Members just sign up at the desk or online and you will also receive a FREE Walking Club T-shirt!</p>	<p>MON TUE WED THU FRI</p>	6:00 AM - 8:00 AM	FREE	Not Available	See Any Member Services Associate
<p>Page-Turner's Book Club (Ages 18+) JANUARY 26 & FEBRUARY 23</p> <p>Join us the 4th Friday of every month to discuss the current month's book selection – coffee and pastries provided! Books available for checkout at the YMCA front desk and at the Rapid City Public Library.</p>	FRI	9:30 AM - 10:30 AM	FREE	FREE	JANUARY BOOK
<p>In The Kitchen (Families with Youth Ages 5-11) JANUARY 16 - FEBRUARY 20</p> <p>Release your inner chef and blow off steam in our family hands-on cooking class. This class is for kids 5-11 years of age along with their parents or guardians.</p>	TUES	4:30 PM - 6:00 PM	FREE	FREE	REGISTER
<p>In The Kitchen (Families with Youth Ages 12-17) JANUARY 18 - FEBRUARY 22</p> <p>Release your inner chef and blow off steam in our family hands-on cooking class. This class is for youth 12-17 years of age along with their parents or guardians.</p>	THU	4:30 PM - 6:00 PM	FREE	FREE	REGISTER
<p>Love Your Heart Dance Party (Ages 10+) FEBRUARY 16</p> <p>Join us for one and a half hours of heart-pounding fun! Come for a bit or stay for the whole thing! Experience Zumba, Dance Fitness, and ReFit! You bring the family, we'll bring the fun!</p>	FRI	5:30 PM - 7:00 PM	FREE	FREE	REGISTER

YOUTH OUTREACH

PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION & INFORMATION
<p>Homeschool Photography (Ages 11-18) FEBRUARY 6 - MARCH 16</p> <p>An engaging class designed to teach the basics of photography or focus on developing existing skills.</p>	TUE THU	10:30 AM - 11:30 AM	\$30.00	\$38.00	REGISTER
<p>Youth Institute (Ages 11-18)</p> <p>Youth Institute (YI) is a character development and digital media program for teens in middle school and high school in the Rapid City area. Teens who join YI gain a place where they can practice digital media arts such as filming, video editing, photography, graphic design, and other digital content creation all while finding friends, mentors, and a community to journey with them along the way!</p>	MON TUE WED THU FRI	3:00 PM - 6:00 PM	FREE	Not Available	APPLY NOW



MAKE A SPLASH IN THE FAMILY POOL!



[VIEW POOL HOURS](#)





YMCA HERO FUND

Make a difference in the lives of active duty military members and their families by sponsoring a hero.

CLICK HERE
TO LEARN MORE OR
SPONSOR A LOCAL HERO





**GIVE A LITTLE.
GET A LOT.**

**CLICK HERE
TO VOLUNTEER NOW**

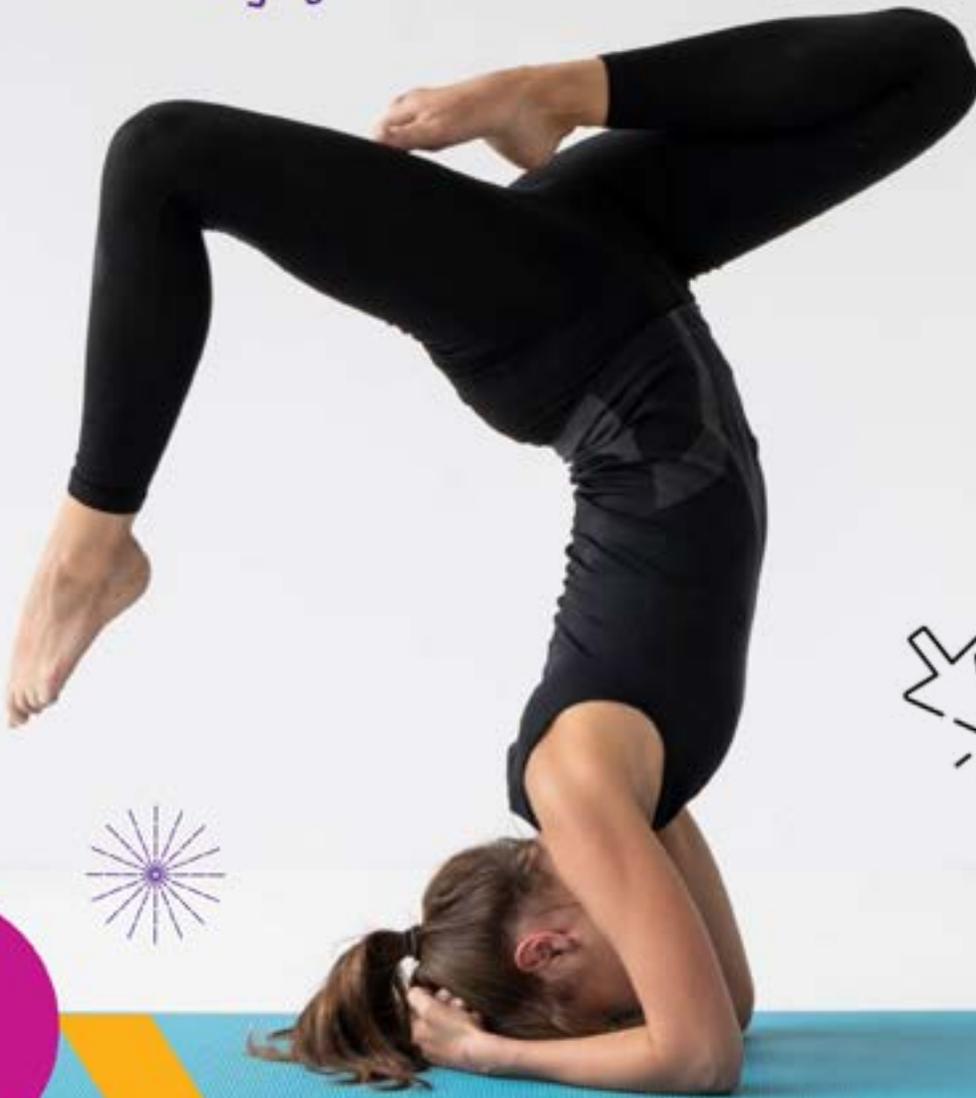
LIBERTY CENTER YMCA

**401 MAIN STREET
BOX ELDER, SD 57719
605.791.0400**

FIND YOUR BALANCE



SOUL FOR MIND
& BODY



FIND YOUR CREW

- BOOT CAMP
- FIT CREW
- FIT KIDS
- SPORTS
CONDITIONING
- YOGA



CLICK HERE
TO EXPLORE CLASSES

FIND YOUR Y

HEALTH & WELLNESS



PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Express Cycle (Ages 14+) JANUARY 4 - FEBRUARY 29 Join us for a heart-pumping, calorie-burning express cycling class designed to get you in and out of the saddle in no time! These short sessions are perfect for those on a tight schedule but still looking to maximize their fitness gains.	THU	11:45 AM -12:15 PM	FREE	FREE	REGISTER
	SAT	8:30 AM -9:15 AM	FREE	FREE	REGISTER
Fat Burn 101 (Ages 14+) FEBRUARY 7 - FEBRUARY 28 Unlock the secrets of optimal fat burn in this educational class. Over four weeks, we'll guide you through foundations of a healthier you by incorporating nutrition, body symmetry, lifting, and dynamic exercises.	WED	5:30 PM -6:30 PM	\$11.00	\$22.00	REGISTER
Fit Crew (Ages 14+) JANUARY 8 - FEBRUARY 17 A dynamic six-week training program led by a certified personal trainer. The program includes 18 one-hour training sessions, pre- and post-program weight measurements, nutritional guidance, stylish workout apparel, and ongoing motivation.	MON WED FRI	5:15 AM -6:15 AM	\$85.00	\$149.00	REGISTER
	TUE THU SAT	5:15 AM -6:15 AM 8:00 AM - 9:00 AM	\$85.00	\$149.00	REGISTER
	TUE THU SAT	5:30 PM -6:30 PM 8:00 AM - 9:00 AM	\$85.00	\$149.00	REGISTER
Flex Foundation (Ages 55+) FEBRUARY 5 - MARCH 27 It's never too late to prioritize your health and well-being. In this class for active older adults, you'll work on achieving flexibility, mobility, and a strong foundation on which to build strength..	MON WED	1:00 PM -2:00 PM	FREE	FREE	REGISTER

SPORTS & ADVENTURE

PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
<p>Basketball: Adult 3 vs.3 (Ages 18+) FEBRUARY 6 - MARCH 12</p> <p>Experience the thrill of fast-paced, 3v3 adult basketball! Engage in friendly competition and showcase your skills on the hardwood in a dynamic and supportive environment.</p>	TUE	6:30 PM - 7:30 PM	\$49.00	\$74.00	REGISTER
<p>Kickboxing (Ages 10+) JANUARY 9 - FEBRUARY 15</p> <p>Learn the ropes of using specialized boxing equipment and progressive techniques for an engaging aerobic and strength-building experience, all without any physical contact. Participants of all fitness levels welcome. Students age 10-13 years must attend with an adult.</p>	TUE THU	6:30 PM - 7:30 PM	\$30.00	\$99.00	REGISTER
<p>Kung Fu: Basic Ving Tsun (Ages 14+) JANUARY 24 - MARCH 1</p> <p>Students will work on footwork, punching, kicking, and blocks. Chinese Culture will also be discussed throughout the course. The benefits of studying kung fu are increased confidence, self-discipline, awareness, health, personal growth, self-defense skills, and new friendships.</p>	WED FRI	6:30 PM - 7:30 PM	\$54.00	\$97.00	REGISTER
<p>Pickleball: Fun League (Ages 14+) FEBRUARY 5 - MARCH 11</p> <p>This program is for those beginners to intermediate that are after a fun night of pickleball and friendship.</p>	MON	6:00 PM - 8:00 PM	\$21.00	\$36.00	REGISTER
<p>Volleyball: Adult 6 vs.6 (Ages 18+) FEBRUARY 8 - MARCH 14</p> <p>Experience the thrill of the game as you set, spike, and serve your way through exciting matches. Whether you're a seasoned player or a newcomer to the sport, our program welcomes all skill levels. Enjoy the camaraderie of a team sport in a welcoming and inclusive environment.</p>	THU	6:00 PM - 8:00 PM	\$99.00 per Team	\$149.00 per Team	REGISTER

ENRICHMENT

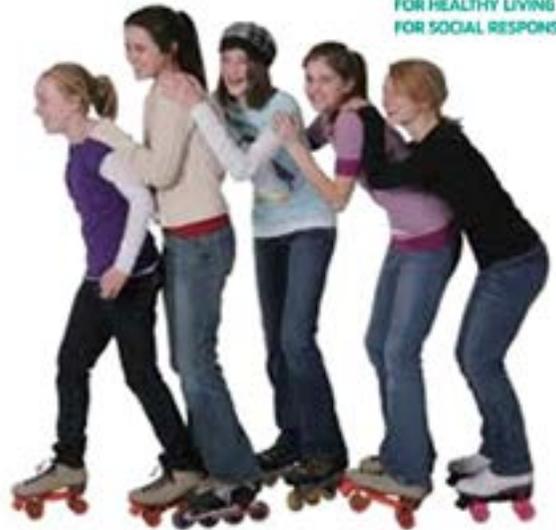


PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
<p>Knit & Crochet Class (Ages 6+) JANUARY 4 - JANUARY 25</p> <p>Come learn with us! From beginners to advanced, we cover it all. Bring your own supplies or current projects, or let us provide you with supplies and ideas if you are a beginner. In this group setting we will teach each other and provide small group support and guidance. Let's knit and crochet together as a family!</p>	THU	5:30 PM -6:15 PM	\$8.00	\$18.00	REGISTER
<p>Family Self-Defense (Ages 10+) JANUARY 6</p> <p>Join our Family Self-Defense Workshop with Martial Artist Pete Peterson! This workshop is designed to empower families of all abilities to protect themselves. You'll learn valuable self-defense techniques including pre-indicators of a possible assault or theft, verbal Jiu Jitsu, de-escalation, and self-defense stances and maneuvers.</p>	SAT	10:00 AM -12:00 PM	\$27.00	\$54.00	REGISTER
<p>Women's Self-Defense (Ages 14+) FEBRUARY 24</p> <p>Join our Women's Self-Defense Workshop with Martial Artist Pete Peterson! This workshop is designed to empower women of all abilities to protect themselves. You'll learn valuable self-defense techniques including pre-indicators of a possible assault or theft, verbal Jiu Jitsu, de-escalation, and self-defense stances and maneuvers.</p>	SAT	10:00 AM -12:00 PM	\$27.00	\$54.00	REGISTER



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE FUN LET LOOSE MAKE FRIENDS



2023-2024 Skate Night Schedule CUSTER YMCA

The Custer YMCA is hosting monthly Skate Nights! Drop your kids off for a night of fun in a safe, semi-structured environment. Come just as you are, or dress to impress for the current themed Skate! Check out our web site or Face Book page for current Skate Night themes & programs!

*Develop Stability, Balance, Hand & Eye Coordination—Great Exercise!

*Fun Atmosphere

*Games & Group Dances

*Concessions Available

WHEN:

October 2023
November 2023
December 2023

FRIDAY NIGHTS

6, 20
3, 17
1, 15

TIME:

January 2024
February 2024
March 2024
April 2024

5:30 – 8:30 p.m.

12, 26
9, 23
8, 22
5, 19



YOUR TIME. OUR PLACE.

[CLICK HERE
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YMCA OF CUSTER

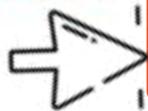
644 CROOK STREET
CUSTER, SD 57730
605.673.5134



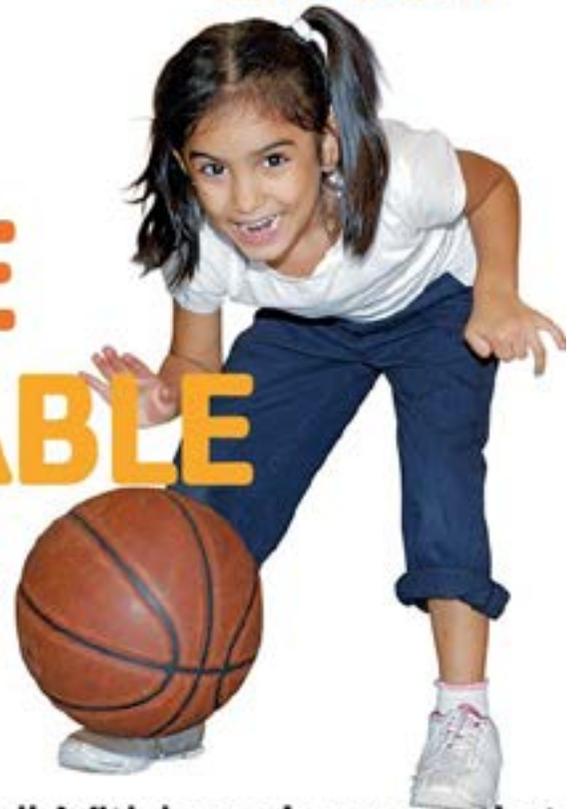
FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE ALL PLAYERS ARE MOST VALUABLE

Tiny Tots Co-Ed Basketball
CUSTER YMCA



**CLICK TO
REGISTER**



Youth will learn the fundamentals of basketball. With lower hoops so that all may actively participate in the enjoyment of the game.

**Did you know that Basketball was invented at the YMCA?
There's no better place to learn the game!**

**FUN
FACT!**

REGISTRATION: DECEMBER 1ST-FEBRUARY 1ST OR UNTIL TEAMS FILL
FEE: MEMBER: \$25 NON-MEMBER: \$35
WHEN: Tuesday/Thursday
AGES: 3-6 Year Old Youths
CLASS LIMIT: 15 Participants
LENGTH: 6 Weeks Beginning February 26th - April 4th
TIME: 4:30-5:00PM
LOCATION: CUSTER YMCA GYMNASIUM
644 CROOK ST
Custer South Dakota 57730
605.673.5134
<http://www.rcymca.org/locations/custer-south-dakota/>

WELLNESS & SPORTS

The YMCA of Custer, located in the beautiful southern hills, serves as a vital hub within the community. Located in the historic log building on Crook Street, the YMCA of Custer functions as a catalyst for positive change, nurturing the growth of individuals and families alike. Through innovative programs, early learning and afterschool programs, youth sports, and wellness offerings, the Y empowers every member of its community to unlock their full potential. Explore the programs that the YMCA of Custer offers and join the fun through one of the programs listed below:



- Soccer
- Taekwondo
- Volleyball
- Yoga
- Archery
- Basketball
- Cornhole
- Cycling
- Kickboxing
- Open Gym
- Pickleball
- Roller
- Skating

STRONG COMMUNITIES THRIVE TOGETHER



Every day the Y works side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. When you give to the YMCA Kids Campaign, 100% of your gift goes toward providing YMCA memberships for kids in need. By doing so, you continue to strengthen community and move us all forward.

Youth sponsorship memberships keep the Y available for kids who need us most. We count on the generosity of our community to help all kids from all walks of life be more healthy, confident, connected and secure. When you give to the Y, you nurture the potential of kids and teens in your own community. Whether in youth sports, summer day camp, or our afterschool program, the Y provides fun and interactive activities that help kids develop academic skills, leadership and social skills, self-esteem, conflict resolution abilities and hobbies.

DID YOU KNOW...

Your gift makes it possible for all kids in Edgemont to participate in Y programming. A Y membership connects kids with afterschool care, summer day camp, swimming, sports, golf and so much more. The result is positive, healthy and engaged kids and teens.

[CLICK HERE
TO SPONSOR
A KID TODAY](#)

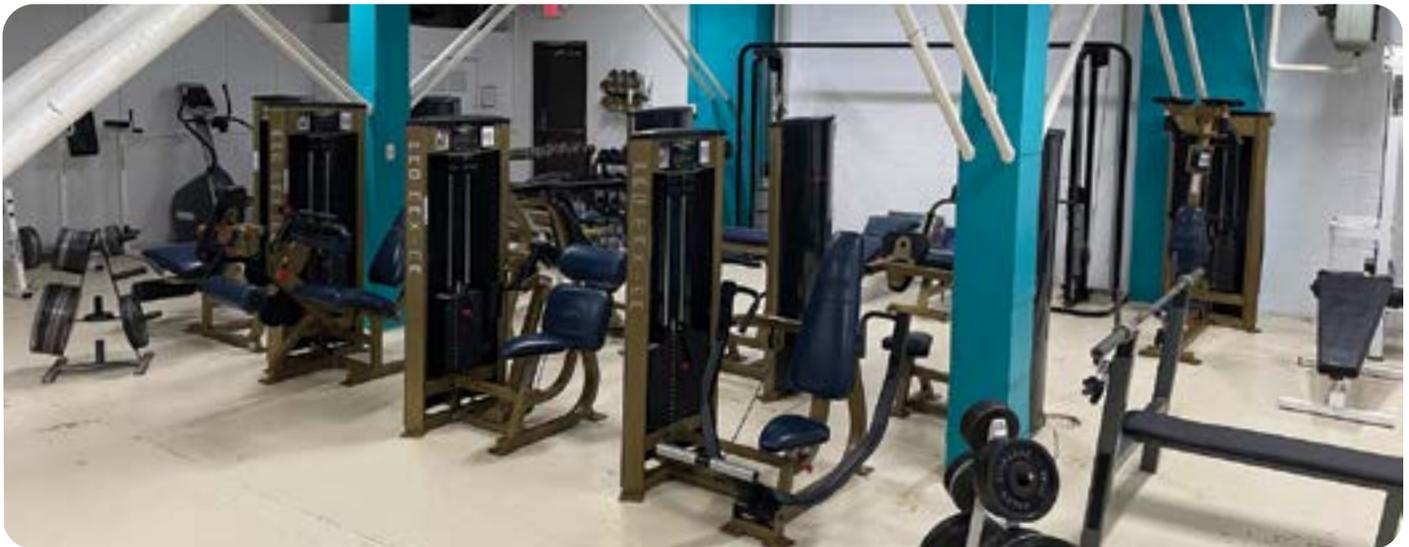


YMCA OF EDGEMONT

715 MOGUL WAY
EDGEMONT, SD 57735
605.662.7999

WELLNESS & SPORTS

The YMCA of Edgemont is a dynamic community center fostering positive change and the growth of individuals and families. Committed to innovation and partnership, our YMCA is housed within the Edgemont School and offers a range of programs and facilities, including afterschool care, dance, youth sports, and a fitness center. At the YMCA of Edgemont, we strive to empower every child to reach their full potential.



PROGRAM	DAY	TIME	MEMBER	NON MEMBER	REGISTRATION
Mini Mogul Basketball (Ages 8-12) FEBRUARY 20 - MARCH 21 Designed to help kids develop fundamental skills in a safe, fun, and organized environment.. Programs focus on skill development through instruction, drills, games, and matches with an emphasis on sportsmanship.	TUE WED THU	4:00 PM - 5:00 PM	\$30.00	\$40.00	Register In-House

**GIVE A LITTLE.
GET A LOT.**

**CLICK HERE
TO VOLUNTEER NOW**



LEARN | GROW | THRIVE

YMCA KIDSTOP

FEATURING:

- ON-SITE AFTERSCHOOL CARE
- SAFE ENVIRONMENT
- ENGAGING ACTIVITIES
- HEALTHY SNACKS
- READING & LITERACY
- PLAY & ADVENTURE
- ARTS & CRAFTS
- ENHANCED LEARNING FIELD TRIPS
- FREE TO EDGEMONT STUDENTS
- ALL-DAY PROGRAMS

CALL 605.662.7999 TO INQUIRE OR REGISTER

