



ABERDEEN FAMILY YMCA, YOUTH SUMMER GUIDE 2017

Y HOURS (effective Tuesday, May 31)

BUILDING HOURS

Monday–Friday: 5am–9pm
Saturday: 7am–6pm
Sunday: 12pm–6pm

SUMMER YOUTH HOURS

Monday–Friday: 1–7pm
Saturday & Sunday: 12–5pm

SUMMER OPEN SWIM HOURS

Monday, Wednesday, & Friday: 1–6pm
Tuesday & Thursday: 1–4pm
Saturday & Sunday: 1–4pm

ACTIVITY CENTER HOURS

Monday–Friday: 1–4pm
Saturday & Sunday: 12–4pm

CLIMBING WALL HOURS

Everyday: 4–5pm

WELLNESS CENTER POLICY
Youth must be 13 years of age or older to workout in the Wellness Center. Youth ages 9–12 can workout in the Healthy Living Center, Monday–Sunday from 3–5pm. During non-youth hours, 9–12 year olds can workout in the Healthy Living Center provided that a parent will supervise their youth during their workout.

YOUTH POLICY
Youth must be 13 years of age or older to be in the Y without supervision during non-youth hours. If youth want to attend outside youth hours, a parent or guardian must be present.

SWIM LESSONS

Please see the Swim Lesson flyers for details
MONDAY & WEDNESDAY MORNINGS
(3 Week, 6 Lesson Session)
Session 1: June 12–28
Session 2: July 10–26


TUESDAY & THURSDAY EVENINGS
Session 1: June 13–29
Session 2: July 11–27

Registration starts May 15 for all sessions

FIT, FLOAT & FUN

Fit, Float & Fun focuses on keeping children active throughout the summer months. We will spend time in the gym, learning different sports techniques and playing large group games. The second half of our time together will be spent in our Aquatic Center, playing and learning about water safety. In addition to the gym and pool recreational time, we will explore some different cooking (and eating!) techniques, and create some pretty fabulous art projects. For kids ages 3–9. (Children must be able to change themselves for swimming.)

TUESDAY & THURSDAY MORNINGS
Session 1: June 20–29 (9–11am)
Session 2: July 11–20 (9–11am)
Session 3: August 1–10 (9–11am)
Registration starts May 15 for all sessions

NEW! 

SAFETY AROUND WATER

The Y is excited to announce the launch of Safety Around Water, a program to engage and educate little swimmers and parents about the importance of water safety skills and provide more of America’s youth access to water safety lessons. During this course, children will learn how to respond if they find themselves in unexpected water situations -- from how to reach the water’s surface if they submerge to safely reaching a pool’s edge or exiting any body of water.

Parental involvement in this program is strongly encouraged. The program is available for children ages 3 to 5 and 6 to 12 and is free and open to the public. Registration can be completed online or at Member Services.

MONDAY-FRIDAY
Session 1: May 22–26 (12:00–12:45pm)
Session 2: August 7–11 (12:00–12:45pm)
Registration starts May 8.

YOUTH FITNESS

STRENGTH & SKILLS CAMP

Grades: 3rd - 6th

This one week specialty camp will have instruction every day on basketball, speed, strength, conditioning, plyometrics, and flexibility. Other times will be devoted to basketball drills and skills along with competitive games.

Monday-Friday, June 19-23 9-10:30am

Registration runs May 8-June 17.

NEXT LEVEL TRAINING

Ages: 12-18

These 75-minute strength and conditioning personal training sessions will allow you to gain strength, speed, and agility. Sports specific training can also be done during this time. Scheduled around your availability - must be in groups of 2-4.

Summer Special June-August

10 Sessions \$360 (10% discount)

1 Session \$40

Contact Jussy Smith at jsmith@aberdeenymca.org or

605.225.4910 to register today!

FAMILY FRIENDLY GROUP FITNESS

Youth from the age of 13 and above are invited to ALL Group Fitness classes. Youth 8-12 years old that are accompanied by a parent may attend the classes listed below. Families are encouraged!

ZUMBA

Tuesdays, Thursdays, & Friday, 4:15pm

Sundays, 1:15pm

ZUMBA GOLD

Tuesdays, 10:30am

Tuesdays, 4:30pm

Wednesdays, 10:00am

*All classes are subject to change at any time. Please

check our website for the most current scheduling.

Y SPORTS

BOYS TACKLE FOOTBALL

Grades: 3rd through 6th

Season starts August 16

Registration is May 8-July 17



BOYS FLAG FOOTBALL

Grades: 1st through 2nd

Season starts August 21

Registration is May 8-July 17

TAEKWONDO

LOWER RANKS (6-13 yrs. old)

White, Orange, Yellow Belts

Tuesdays, 6:15-7pm (Studio 1)

HIGHER RANKS (6-13 yrs. old)

Camel through Black Belt

Tuesdays, 7-7:45pm (Studio 1 & 2)

ADULT CLASS (13 yrs. old and up)

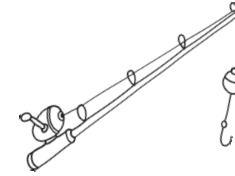
Tuesdays, 7:45-8:30pm (Studio 1 & 2)

*Registration is on-going and by the month.

See Member Services for details!



MARK YOUR CALENDARS



KIDS FISHING DERBY

Saturday, June 3rd

Sponsored by Reach & Rise Youth Mentoring

GLOW RUN

Friday, July 28

5K Walk/Run

Family Friendly Event



YMCA BULL RUN

Saturday, July 29

5K, 10K, 1/2M, Fun Walk & Munchkin Run

CHILD WATCH

Child Watch is **short-term childcare** available to parents participating in YMCA activities or programs. We provide care for children from six weeks to six years old. Children may attend our facility for a maximum 2 hours per day and parents must remain in the YMCA and be accessible in the event of an emergency.

HOURS

Monday & Wednesday: 8am - 1pm & 4pm - 7:45pm

Tuesday & Thursday: 8am - 1pm & 4pm - 7:30pm

Friday: 8am - 1pm



ABERDEEN FAMILY YMCA & YOUTH DEVELOPMENT CENTER

5 S. State Street, Aberdeen, SD 57401 • 605.225.4910 • www.aberdeenymca.org