EVENTS

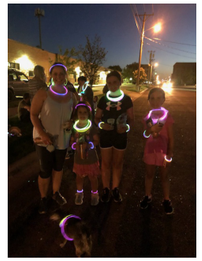
CAMP DREAMMAKERS

This camp is for participants ages 5-21 with hearing, physical, neurological or sensory impairments. The day camp offers various traditional summer activities providing the participant with a positive experience in a supportive environment.

Session 1: June 13 - June 23
Time: 9:00 am - 3:00 pm
Session 2: July 11 - July 21
Time: 9:00 am - 3:00 pm
Cost: $222.00
Limited space available
For more information email campdreammakers@gmail.com

GLOW RUN

5K, 2 mile or 1 mile run/walk
Date: Fri. June 10
Day of registration: 9:00 pm
Race starts: 9:30 pm
Cost: $30.00 family
$15.00 adult
$5.00 youth (4-17 years)
FREE under 4 years
Glow bracelets & necklaces provided. Finishers receive a root beer float at the end of the race!



MOBILE TEXT ALERTS
Receive text message announcements, cancellations and closures from your Aberdeen Family YMCA. Visit www.aberdeenymca.org to sign up.

EVENTS

21ST ANNUAL BULL RUN

5k, 10k, 1/2 Marathon and kids Munchkin Run
Date: Sat. July 30
Day of registration: 6:30 am
Race start times:
1/2 Marathon: 7:00 am
5k & 10K: 8:00 am
Munchkin Run: 9:30 am
Register before July 24:
$70.00 family
$30.00 adult
$20.00 student (4-18 years)
$12.00 Kid's Munchkin Run
Fees increase if register after July 24

ABERDEEN FAMILY YMCA
BULL RUN

RENTALS

YMCA PARTY RENTALS!

Rent a room at the Y for your special event!
The YMCA has room rentals for birthday parties, swim parties or other events. Call the YMCA at 605.225.4910 to reserve your room.

Cost:
Room only rental (2.5 hr max)
Member $80.00 Non-Member $105.00
Room plus one area rental (2.5 hr max)
Member $95.00 Non-Member $140.00
Room Plus 2 areas (2.5 hr max)
Member $110.00 Non Member $155.00
+ 1st choice (1.5 hrs) + 2nd choice (1hr)
Areas to choose from are the pool, gym, activity center and climbing wall.

Aquatics:
aquatics@aberdeenymca.org
CrossFit Rails:
dmccoy@aberdeenymca.org
Membership:
info@aberdeenymca.org
Youth Sports:
emullen@aberdeenymca.org
Youth Development Center:
ydcfrontdesk@aberdeenymca.org

SUMMER HOURS

BUILDING HOURS

Mon. – Thur.	5:00 am - 9:00 pm
Fri.	5:00 am - 9:00 pm
Sat.	7:00 am - 6:00 pm
Sun.	12:00 pm - 6:00 pm

CLIMBING WALL HOURS

Sat. & Sun.	4:00 pm - 5:00 pm

CHILDWATCH HOURS

Mon. & Wed.	8:00 am - 1:00 pm
	4:00 pm - 7:45 pm
Tue. & Thur.	8:00 am - 1:00 pm
	4:00 pm - 7:45 pm
Fri.	8:00 am - 1:00 pm
Sat.	CLOSED
Sun.	CLOSED

YOUTH HOURS

Mon.- Fri.	1:00 pm - 7:00 pm
Sat. & Sun.	12:00 pm - 5:00 pm

OPEN SWIM HOURS

Mon., Wed., Fri.	1:00 pm - 6:00 pm
Sat. & Sun.	1:00 pm - 4:00 pm

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer 2022 Youth Program Guide

FUN
FRIENDS
FUTURE

ABERDEEN FAMILY YMCA
5 S. State Street
Aberdeen, SD 57401
605.225.4910
www.aberdeenymca.org

BUILDING CONFIDENCE, SKILLS AND CHARACTER

YOUTH DEVELOPMENT CENTER

FALL SCHOOL AGE PROGRAMMING UPROAR

Uproar will start taking fall enrollments for after school programming on June 13, 2022. This is a program for children in grades K - 6th. We provide transportation from the schools to the Youth Development Center daily. Children are provided with a snack and structured activities. The program closes daily at 6:00 pm. A "no school day" option is also available for children to attend between the hours of 7:00 am to 6:00 pm when school is not in session due to breaks, snow days, holidays or staff in-service for an additional weekly charge.

EARLY LEARNING CARE

The YDC teachers strive to attain balance and harmony with children's home schedule. Teacher's lesson plans include gross and fine motor skills, social/emotional development, and give them sensory and cognitive experiences. The classrooms experience independent, whole group, and small group activities, go outside daily, and develop a bond with their lead and assistant teachers, as well as the other children.

YOUTH SPORTS

BEGINNER ROCK CLIMBING

4TH – 8TH GRADE

This program focuses on climbing safety, techniques, routes, and other fundamentals to help climbers reach to the top!

Tuesday Evenings 6:00 pm - 7:00 pm
Session: June 7 - July 19 (no class July 5)

Cost:	Household	$35.00
	Member	$45.00
	Non Member	$65.00

Registration for programs can be at the YMCA or online at www.aberdeenymca.org

YOUTH SPORTS

CO-ED FLAG FOOTBALL

1ST - 5TH GRADE

Flag football focuses on safety, fundamentals, skill development and character development. Players will incorporate learned skills into game situations.
Cost: Household $35, Member $45, Non Member $65
Coaches' Meeting: TBD
League Play: Aug. - Sept.
Games: Thur. nights
Practices: Tues. nights

CO-ED TACKLE FOOTBALL

6TH GRADE

This league's focus is on fundamentals, skills and character development, safety and incorporating them into game situations.
Cost: Household $70, Member $80, Non Member $100
Coaches' Meeting: TBD
League Play: Aug. - Sept.
Games: Thur. nights
Practices: Tues. nights

TAEKWONDO

AGES 6 – ADULT

Taekwondo will assist participants in gaining flexibility, strength and skill while incorporating discipline and control into the workout. Students will learn martial arts techniques as well as self-defense maneuvers.

Lower Ranks (6-13 years)
White, Orange & Yellow Belts
Tues. 6:15 pm - 7:00 pm

Higher Ranks (6-13 years)
Camo – Black Belts
Tues. 7:00 pm - 7:45 pm

Adult Class (13 and older)
Tues. 7:45 pm - 8:30 pm

	Member	Non Member
Monthly Fee	$12.00	$24.00
School Year Fee (Sept. - May)	$90.00	$198.00
Summer Fee (June - Aug.)	$25.00	$60.00
Yearly Fee (Sept. 1 - Aug. 31)	$120.00	$264.00

AQUATICS

PRESCHOOL AND YOUTH SWIM LESSONS

Mon./Tues./ Wed./Thur. Evenings:
Session Times: 4:40 pm - 7:00 pm
Session 1: June 6 - June 16

Mon./Tues./ Wed./Thur. Mornings:
Session Times: 9:30 am - 11:50 pm
Session 2: June 11 - July 21

Mon./Tues./ Wed./Thur. Evenings:
Session Times: 4:40 pm - 7:00 pm
Session 3: August 1 - August 11

Cost:	Household	$40.00
	Member	$50.00
	Non Member	$75.00

Visit www.aberdeenymca.org for specific class times

WATER BABIES & AQUA TOTS LESSONS

Parent and child classes that explore introductory swim skills, basic swimming strokes and water safety through instructor led classes where parents learn to positively interact with their child through swimming skill development and water play. Classes are held in the Avera warm water therapy pool.

Mon. & Wed. Evenings:
Session Times: 5:30 pm - 6:00 pm & 6:10 pm - 6:40 pm
Session 1: June 13 - June 29
Session 2: July 11 - July 27

Cost:	Household	$35.00
	Member	$45.00
	Non Member	$65.00

ADULT SWIM LESSONS

Mon. & Wed. Evenings:
Session Times: 6:00 pm - 6:40 pm (Beginner)
6:50 pm - 7:30 pm (Advance)
Session 1: June 13 - June 29
Session 2: July 11 - July 27

Cost:	Household	$35.00
	Member	$45.00
	Non Member	$65.00

For level descriptions and class offerings please visit our website at www.aberdeenymca.org or stop at the YMCA's front desk.

Swim lesson enrollment opens April 6.

The Public and Catholic School Systems neither endorse nor sponsor the organization or activities represented in this document. The distribution of this material is provided as a community service.

SUMMER LEARNING

SPANISH ENRICHMENT PROGRAM

Students will learn basic concepts in Spanish such as colors, numbers and shapes. Students will play games, read books and do some traditional worksheets. Learning will be hands-on and active to keep students engaged and having fun.

Tue. & Thur. Afternoons:
Session Times:
Kindergarten - 2nd grade: 1:00 pm - 2:00 pm
3rd - 5th grade: 2:15 pm - 3:15 pm
Session: June 14 - July 28

Cost: $210.00

FAMILY FITNESS

FAMILY ZUMBA

AGES 8 – ADULT

Youth ages 8-12 years old that are accompanied by an adult, may attend family friendly Zumba classes.
Zumba
Tues., Thur. & Fri. 4:15 pm - 5:00 pm
Zumba Gold
Mon. 5:30 pm - 6:15 pm
Tues. & Thur. 10:30 am - 11:15 am

Full listing of group fitness classes available at www.aberdeenymca.org or in the YMCA lobby.

YOUTH CROSSFIT

Youth Empowerment Systems (Y.E.S.)

Y.E.S. is a character-focused level based system designed to build strong mind-sets and the right physical foundation. By increasing confidence and self-discipline, students can do anything! Coaches empower children to reach their full potential and master the basic skills of movement as well as help accomplish personal fitness goals through a 'star' system.
Ages: 5 years - 12 years
Cost: $55.00
Session: June 6 - June 24
Class times based on level/shirt color

Advantage

Advantage has developed hundreds of student-athletes over the past decade in Aberdeen. Our coaches develop the athletes functional power, speed and strength by utilizing free weight resistance training, plyometric drills, flexibility and core training. We have a wide variety of equipment and will incorporate sport specific speed, agility and metabolic conditioning drills.
Days: Mon., Wed., & Thur.
Junior Advantage (10 - 12 year):
9:30 am - 10:30 am
Cost $100.00
Advantage (13 - 19 year):
7:00 am - 8:30 am,1:00 pm - 2:30 pm or 2:30 pm - 4:00 pm
Cost: $150.00