

YOUTH CROSSFIT

CROSSFIT RAILS YOUTH EMPOWERMENT SYSTEM K – 6TH GRADE

This program is a character-focused level based system designed to build strong mindsets 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 them accomplish personal fitness goals through a “star” system.



Registration: Ongoing

Session Dates: Every month

Schedule:

Grades/Dates: Tues. & Thurs. (K – 6th)

Times: 3:40 pm – 4:30 pm

Location: CrossFit Rails

Sessions: Sept. 5 – Sept. 28
Oct. 3 – Oct. 26
Nov. 2 – 30

Cost: \$50.00 monthly



AQUATICS

PRESCHOOL AND SCHOOL AGE SWIM LESSONS

Tues./Thur. Evening Sessions (3 weeks 6 lessons)

Session 1: Sept. 13 – 29

Session 2: Oct. 18 – Nov. 3

Cost: Y Household \$40, Y Mem. \$50 Non-Mem. \$75

Sat. Morning Session (6 weeks 6 lessons)

Session 1: Aug. 27 – Oct. 15*

Session 2: Nov. 5 – Dec. 17*

Cost: Y Household \$40, Y Mem. \$50 Non-Mem. \$75

**No lessons Sept. 3, Oct. 8, Nov. 26*

Sun. Afternoon Sessions (6 weeks 6 lessons)

Session 1: Aug. 28 – Oct. 16*

Session 2: Nov. 6 – Dec. 18*

Cost: Y Household \$40, Y Mem. \$50 Non-Mem. \$75

**No lessons Sept. 4, Oct. 9, Nov. 27*

WATER BABIES, AQUA TOTS & ADULT LESSONS



Mon. & Wed. Evening Sessions (3 weeks 6 lessons)

Session 1: Sept. 12 – Sept. 28

Session 2: Oct. 10 – Oct. 26

Session 3: Nov. 7 – Nov. 28*

Cost: Y Household \$35, Y Mem. \$45 Non-Mem. \$65

**No lessons Nov. 23*

For lesson times & swim level descriptions visit aberdeenymca.org or contact Member Services.

EVENTS

GOLF BALLS FOR SMALLS OPEN TO ALL!



A Camp DreamMakers event that raises funds for the program that is for kids ages 5–21 who have a physical, hearing, speech, vision, gross motor or neurological impairment. The Aberdeen Fire and Rescue team will be dropping numbered golf balls on our mock golf course. Ticket holders have a chance to win one of 17 prizes of \$100 or our grand prize of \$1,000.

When: Sat. Oct. 29, 1:00 pm game at halftime

Where: Dacotah Bank Stadium during NSU Football Game

Tickets: Can be purchased at the YMCA or game day

SPOOKTACULAR FAMILY FUN NIGHT OPEN TO ALL!

Come join us for a night filled with fun, games, prizes, contests, treats and... SO MUCH MORE!

When: Fri., Oct. 28

6:00 pm – 8:00 pm

Cost: Free for YMCA Members

\$10 for a Non-Member Family



PARENTS NIGHT OUT 4 YEARS OLD – 6TH GRADE

Drop the kids off at the Y and enjoy a night out! Your kids will have a great time in a supervised environment to play, create, swim and make new friends!

When: Fri., Dec. 9

5:30 pm – 8:00 pm

Cost: \$5 per Member

\$10 per Non-Member

Location: Aberdeen Family YMCA



BUILDING HOURS

Mon. – Thurs.

5:00 am – 10:00 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. – Thurs.

8:00 am – 1:00 pm &

4:00 pm – 7:45 pm

Fri.

8:00 am – 1:00 pm

Sat.

8:45 am – 11:00 am

Sun.

CLOSED

YOUTH HOURS

Mon.– Fri.

4:00 pm – 9:00 pm

Sat.

12:00 pm – 5:00 pm

Sun.

12:00 pm – 5:00 pm

OPEN SWIM HOURS

Mon., Wed., Fri.

4:00 pm – 7:00 pm

Sat.

12:15 pm – 5:30 pm

Sun.

2:15 pm – 5:30 pm

The Aberdeen 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.

Aquatics: aquatics@aberdeenymca.org

CrossFit Rails: dmccoy@aberdeenymca.org

Membership: info@aberdeenymca.org

Youth Development Center: ydcfrontdesk@aberdeenymca.org

Youth Sports: emullen@aberdeenymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall/Winter 2022–2023



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 SPORTS

GIRLS BASKETBALL 1ST – 6TH GRADE

A league where fundamentals are taught by community coaches to develop skills such as dribbling, shooting, passing and defense. Participants will also learn the importance of character development, teamwork and positive competition.

Registration: Now – Sept. 4
Coaches' Meeting: Sept. 12, 6:00 pm or Sept. 14, 6:00 pm
League Play: Sept. 19 – Nov. 19
Game Days: Sat. Mornings
Practice Times: Coaches' discretion



Household Member \$35
Youth Member \$45
Non-Member \$65

40TH ANNUAL GIRLS INTERSTATE BASKETBALL TOURNAMENT 3RD – 9TH GRADE GIRLS

Tournament Dates: Dec. 2–3

Registration: Sept. 1 – Nov. 20
Registration available online at abernymca.org or mail registration form to Aberdeen YMCA c/o Interstate Tournament, 5 South State Street Aberdeen, SD 57401.



Tournament Cost:
\$100.00 per team (if team plays in Y league)
\$140.00 per team (10 players)
\$5.00 per additional player
\$160.00 if registration received after deadline

BOYS BASKETBALL 1ST – 6TH GRADE

A league where fundamentals are taught by community coaches to develop skills such as dribbling, shooting, passing and defense. Participants will also learn the importance of character development, teamwork and positive competition.

Registration: Now – Dec. 26
Coaches' Meeting: Jan. 3, 6:00 pm or Jan. 5, 6:00 pm
League Play: Jan. 9 – Mar. 11
Game Days: Sat. Mornings
Practice Times: Coaches' discretion



Household Member \$35
Youth Member \$45
Non-Member \$65

**50th BOYS & GIRLS INTERSTATE
BASKETBALL TOURNAMENT
March 24 & 25**
Boys: 3rd–9th grade, Girls 6th–9th grade

YOUTH SPORTS

BEGINNER ARCHERY 3RD – 6TH GRADE

Archery participants will be taught the basics of shooting form and proper stance, while developing and improving mental focus, patience, balance and hand-eye coordination. (20 person limit per session)

Registration: Now – Sept. 21
Dates: Sept. 22 – Oct. 20
Day & Times: Thurs. Evenings
6:00 pm – 7:00 pm



Location: Youth Development Center

Household Member \$35
Youth Member \$45
Non-Member \$65

ADVANCED ARCHERY 3RD – 6TH GRADE

Archery participants will learn to use and adjust sights, shoot with a release and learn how to score their shots. **Participants must have completed the beginner archery course.** (20 person limit per session)

Registration: Now – Sept. 21
Dates: Sept. 22 – Oct. 20
Day & Times: Thurs. Evenings
7:00 pm – 8:00 pm



Location: Youth Development Center

Household Member \$35
Youth Member \$45
Non-Member \$65

YOUTH RACQUETBALL LEAGUE 5TH – 7TH GRADE

Learn the fundamentals of racquetball, improve your skills and compete in league play. This is a four week league that meets once per week for an hour.

Registration: Now – Oct. 26
Session: Oct. 27 – Nov. 17
Day and Times: Thurs., 4:30 pm – 5:30 pm



Household Member Free
Youth Member Free
Non-Member \$5

*Registration for programs can be at the YMCA or online at abernymca.org

YOUTH SPORTS

CO-ED FLOOR HOCKEY WITH THE WINGS 1ST – 4TH GRADE

Participants will be taught by the best! The Aberdeen Wings Hockey players will teach the basics of hockey, positions, roles of players and character development. Pictures and autographs will be given out on the final day!

Registration: Now – Sept. 26
Days: Sept. 27 – Nov. 15
Tues. Evenings
Times: 6:00 pm – 7:00 pm
Location: Aberdeen Family YMCA



Household Member \$30
Youth Member \$40
Non-Member \$60

GIRLS VOLLEYBALL 3RD – 6TH GRADE

This program offers instruction and practice in an environment that emphasize character development, teamwork and sportsmanship. Players will expand volleyball fundamentals into game like situations.

Registration: Now – Dec. 26
Coaches' Meeting: Jan. 3, 7:00 pm or Jan. 5, 7:00 pm
League Play: Jan. 9 – Feb. 25
Game Day: Saturdays
Practice Times: Coaches' discretion
Tournament: Feb. 24–25

Household Member \$35
Youth Member \$45
Non-Member \$65



KINDERGARTEN BASKETBALL KINDERGARTEN

YMCA Kindergarten Basketball is an introductory program designed for kindergarten boys and girls. There are no teams and no winners or losers. No previous basketball experience needed! The focus throughout this program is on drills, skills and lots of fun! The season is 4 weeks, one time per week. Limit 40 kids per session.

Registration: Now – Oct. 27
Session: Nov. 7 – Nov. 29
Days: Mon. or Tues. Evenings
6:00 pm – 7:00 pm



Household Member \$21
Youth Member \$25
Non-Member \$40

FAMILY FITNESS

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 old)
White, Orange & Yellow Belts
Tues. 6:15 pm – 7:00 pm

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

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



Registration is ongoing, you can start at any time.*

	Member	Non-Member
Monthly	\$15.00	\$30.00
School Year (Sept. – May)	\$117.00	\$252.00
Summer (June – Aug.)	\$30.00	\$60.00
Yearly (Sept. 1 – Aug. 31)	\$156.00	\$336.00

CROSSFIT ADVANTAGE AGES 11 – 19 years

CrossFit Advantage is a strength and conditioning program that focuses on plyometrics, speed, coordination, endurance and lifting. The program is designed to make our young athletes stronger mentally and physically to excel in sports. If your athlete is looking for an Advantage, then we have the right strength and conditioning program for you.

Sessions: Start of each month
Days: Tues. & Wed. Evenings
6:30 pm – 7:30 pm
Location: CrossFit Rails

Each session \$75 an athlete



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. For pricing and room availability call the YMCA at 605.225.4910 to reserve your room today.

Event
Rentals

SAVE
THE
DATE