

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.

Registration opens: March 13

Session 1: June 12 - June 22

Time: 9:00 am - 3:00 pm

Session 2: July 10 - July 20

Time: 9:00 am - 3:00 pm

Cost: \$264.00

Limited 30 per session

For more information email campdreammakers@gmail.com



6TH ANNUAL GLOW RUN

5K, 2 mile or 1 mile run/walk

Date: Fri. June 9

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!



FINANCIAL ASSISTANCE

Financial assistance is available to families so that they can take part in YMCA programs. The Y's annual giving campaign (Strong Kids Campaign) raises funds to provide this important assistance. It is our goal that no one is turned away due to inability to pay. Call the YMCA to learn more.

MOBILE TEXT ALERTS

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

EVENTS

22ND ANNUAL BULL RUN

5k, 10k, 1/2 Marathon and Kids Munchkin Run

Date: Sat. July 29

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 Kids Munchkin Run

Fees increase if register after July 24

ABERDEEN FAMILY YMCA



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.

Event
Rentals

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.

Aquatics:

aquatics@aberdeenymca.org

CrossFit Rails:

mandrus@aberdeenymca.org

Membership:

info@aberdeenymca.org

Youth Sports:

emullen@aberdeenymca.org

Youth Development Center:

ydcfrontdesk@aberdeenymca.org

Personal Training:

bjohnson@aberdeenymca.org

SUMMER HOURS

BUILDING HOURS

Mon. - 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. - 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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring/Summer 2023 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 10, 2023. 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 provide 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 & ADVANCED 3RD- 6TH Grade

Beginner participants will be taught the basics of shooting form and proper stance, while developing and improving mental focus, patience, balance and hand-eye coordinations.

Advanced participants will learn to use and adjust sights, shoot with a release and learn how to score their shots.

**April 25 – May 16
Tue. Evenings**

Session Times:

Beginner: 6:00 pm – 7:00 pm
Advanced: 7:00 pm – 8:00 pm

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



YOUTH SPORTS

CO-ED FLAG FOOTBALL 1ST – 5TH GRADE

Flag football focuses on safety, fundamentals, skill development and character development. With help from coaches in the community, players will incorporate learned skills into game situations. All grades have scheduled practices and games.

Cost: Household \$35, Member \$45, Non Member \$65

Coaches’ Meeting: TBD

League Play: Aug. – Sept.

Practices: Tues. nights

Games: Thur. nights

CO-ED TACKLE FOOTBALL 6TH GRADE

This league’s focus is on fundamentals, skills and character development with the addition of full pads and helmets for tackling. With help from coaches in the community, players will incorporate learned skills into game situations. All grades have scheduled practices and games.

Cost: Household \$70, Member \$80, Non Member \$100

Coaches’ Meeting: TBD

League Play: Aug. – Sept.

Practices: Tues. nights

Games: Thur. 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	\$15.00	\$30.00
School Year Fee (Sept. – May)	\$117.00	\$252.00
Summer Fee (June – Aug.)	\$30.00	\$60.00
Yearly Fee (Sept. 1 – Aug. 31)	\$156.00	\$336.00

AQUATICS

PRESCHOOL AND YOUTH SWIM LESSONS

Tues./Thur. Evenings

Session Times: 4:40 pm – 7:00 pm

Session 1: March 21 – April 6

Session 2: April 25 – May 11



Saturday Mornings

Session Times: 9:00 am – 12:10 pm

Session 1: March 25 – May 6

Sunday Afternoons

Session Times: 12:30 pm – 2:00 pm

Session 1: March 26 – May 7

Mon./Tues./ Wed./Thur. Evenings:

Session Times: 4:40 pm – 7:00 pm

Session 1: June 5- June 15

Mon./Tues./ Wed./Thur. Mornings:

Session Times: 9:30 am – 11:50 am

Session 2: July 10 – July 20

Mon./Tues./ Wed./Thur. Evenings:

Session Times: 4:40 pm – 7:00 pm

Session 3: July 31 – August 10



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: March 20 – April 5

Session 2: April 17 – May 3

Session 3: June 12 – June 28

Session 4: July 17 – August 2



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.

Summer swim lesson enrollment opens April 10.

ROCK CLIMBING

BEGINNER ROCK CLIMBING

9 – 12 Years Old

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

Date & Time: TBD

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



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 – 10 years

Cost: \$55.00

Session: June 6 – June 29
July 11 – August 3



Tues. & Thur.

Session Times: 10:30 am – 11:15 am
11:15 am – 12:00 pm
2:30 pm – 3:15 pm

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.

Junior Advantage (10 – 12 year):

Sessions: June 5 – June 29
July 10 – August 3

Days: Mon., Wed., & Thur.

Session Time: 9:30 am – 10:30 am

Cost: \$100.00



Advantage (13 – 19 year):

Spring Sessions: March 27 – April 20
April 24 – May 18

Session Days & Times: Tues. 6:30 pm – 7:30 pm &
Wed. 3:30 pm – 4:30 pm or 6:30 pm – 7:30 pm

Cost: \$70.00

Summer Sessions: June 5 – 29

July 10 – August 3

Days: Mon., Wed., & Thur.

Session Times: 7:00 am – 8:30 am, 9:30 am – 11:00 am
1:00 pm – 2:30 pm or 2:30 pm – 4:00 pm

Cost: \$150.00