

YOUTH SPORTS

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	\$117.00	\$252.00
Annual (Sept-Aug)	\$156.00	\$336.00

AQUATICS

PRESCHOOL AND SCHOOL AGE

SWIM LESSONS

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

Session 1: Sept. 12 – 28

Session 2: Oct. 17 – Nov. 2

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

Sat. Morning Session (6 weeks 6 lessons)

Session 1: Aug. 26 – Oct. 21*

Session 2: Nov. 4 – Dec. 16*

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

**No lessons Sept. 2, Sept. 23, Oct. 7 or Nov. 25*

Sun. Afternoon Sessions (6 weeks 6 lessons)

Session 1: Aug. 27 – Oct. 22*

Session 2: Nov. 5 – Dec. 17*

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

**No lessons Sept. 3, Sept. 24 Oct. 8 or Nov. 26*

WATER BABIES, AQUA TOTS & ADULT LESSONS



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

Session 1: Sept. 11 – Sept. 27

Session 2: Oct. 9 – Oct. 25

Session 3: Nov. 6 – Nov. 27*

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

**No lessons Nov. 22*

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 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. 21, 6:00 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 Halloween theme night filled with fun, games, prizes, contests, treats and... SO MUCH MORE!

When: Fri., Oct. 27

6:00 pm – 8:00 pm

Cost: Free for YMCA Members

\$10 for a Non-Member



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. 8

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.

1:00 pm – 5:00 pm

Sun.

1:00 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

Aquatics: aquatics@aberdeenymca.org

CrossFit Rails: mandrus@aberdeenymca.org

Membership: info@aberdeenymca.org

Youth Development Center: ydcfrontdesk@aberdeenymca.org

Youth Sports: ebrandt@aberdeenymca.org



FOR YOUTH DEVELOPMENT®

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

Fall/Winter 2023-2024



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. 3
Coaches' Meeting: Sept. 11, 6:00 pm or Sept. 13, 6:00 pm
League Play: Sept. 18 - Nov. 18
Games on Sat.: Begins Sept. 30*
Practice Times: Coaches' discretion

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

*No games Oct. 7

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

Tournament Dates: Dec. 1-2

Registration: Sept. 1 - Nov. 19
Registration available online at aberdeenymca.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: Sept. 5 - Dec. 19
Coaches' Meeting: Jan. 3, 6:00 pm or Jan. 4, 6:00 pm
League Play: Jan. 8 - Mar. 9
Games on Sat.: Begins Jan. 20
Practice Times: Coaches' discretion

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

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

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. 19
Dates: Sept. 21 - Oct. 19
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

In the archery program, participants will gain proficiency in using and adjusting sights, employing a release technique, and acquiring the skill to accurately score their shots. Please note that prior completion of the beginner archery course is a prerequisite for participation. (20 person limit per session)

Registration: Now - Sept. 19
Dates: Sept. 21 - Oct. 19
Day & Times: Thurs. Evenings
7:00 pm - 8:00 pm

Location: Youth Development Center

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



**50th BOYS & GIRLS INTERSTATE
BASKETBALL TOURNAMENT**
March 22 & 23
Boys: 3rd - 9th grade
Girls 6th - 9th grade

The Aberdeen Public and Catholic School Systems neither endorse or sponsor the organization or activities represented in this document. The distribution of this material is provided as a community service.

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. 25
Days: Sept. 26 - Nov. 14
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: Sept. 5 - Dec. 19
Coaches' Meeting: Jan. 3, 7:00 pm or Jan. 4, 7:00 pm
League Play: Jan. 8 - Mar. 2
Game on Sat.: Begins Jan. 20
Practice Times: Coaches' discretion
Tournament: Mar. 1 & 2

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. 26
Session: Nov. 6 - Nov. 28
Days: Mon. or Tues. Evenings
6:00 pm - 7:00 pm

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



Youth CrossFit

CROSSFIT RAILS Junior Advantage AGES 7 - 10 YEARS

This program is designed as a stepping stone to our standard 'Advantage Program.' This specialized program aims to equip athletes with essential skills in proper lifting, training techniques, and character development, thereby preparing them for future athletic pursuits. The primary focus is enhancing athletes' technical abilities, ensuring they can train safely and effectively. Our experienced coaches will provide comprehensive guidance, fostering an environment that nurtures growth and improvement. If your athlete is seeking a competitive edge, our program is tailored precisely to meet their needs. Embrace this opportunity to set a strong foundation for their athletic journey and unlock their full potential.

Sessions: Sept. 5 - Sept. 28
Oct. 3 - Oct. 26
Nov. 2 - Nov. 21
Nov. 28 - Dec. 21
Later dates TBA
Days: Tues. & Thurs.
Time: 3:40 pm - 4:30 pm
Location: CrossFit Rails
Cost: \$60.00



CROSSFIT ADVANTAGE AGES 11 - 19 years

CrossFit Advantage is a comprehensive strength and conditioning program that centered on plyometrics, speed, coordination, endurance and lifting. Our primary objective is to empower young athletes, both mentally and physically, to reach their peak performance in sports. If your athlete seeks to gain a competitive edge, our tailored strength and conditioning program is the perfect fit for you.

Sessions: Sept. 5 - Sept. 27
Oct. 3 - Oct. 25
Nov. 1 - Nov. 22
Nov. 28 - Dec. 20
Later dates TBA
Days: Tues. & Wed. Evenings
Time: 6:30 pm - 7:30 pm
Location: CrossFit Rails
Cost: \$75.00



YMCA PARTY RENTALS!

Rent a room at the Y for your special event!

Discover the perfect venue for your special occasions at the YMCA! We offer exceptional room rentals for birthday parties, swim parties, and various events. To inquire about pricing and room availability, please don't hesitate to contact the YMCA at 605.225.4910. Reserve your room today and make your celebration unforgettable!

**Event
Rentals**