

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 15

Session 1: June 10 – June 20

Time: 9:00 am – 3:00 pm

Session 2: July 8 – July 18

Time: 9:00 am – 3:00 pm

Cost: \$276.00

Limited 30 per session

For more information email campdreammakers@gmail.com



EVENTS

23RD ANNUAL BULL RUN

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

Date: Sat. July 27

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 22:

\$70.00 family

\$30.00 adult

\$20.00 student (4–18 years)

\$12.00 Kids Munchkin Run

Fees increase if register after July 21



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.



Aquatics:

aquatics@aberdeenymca.org

Rails Fitness & Strength:

kkessler@aberdeenymca.org

Membership:

memberservices@aberdeenymca.org

Youth Sports:

cdeboer@aberdeenymca.org

Youth Development Center:

ydcfrontdesk@aberdeenymca.org

7TH ANNUAL GLOW RUN

5K, 2 mile or 1 mile run/walk

Date: Fri. June 7

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.

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. 1:00 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 2024 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

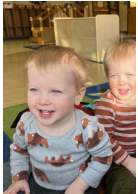
FALL SCHOOL AGE PROGRAMMING UPROAR

Uproar will start taking fall enrollments for after school programming on July 8, 2024. 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 (4 weeks – PreK)

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 & ADVANCED ARCHERY

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 coordination.

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

April 23 – May 14

Tues. Evenings

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



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

YOUTH SPORTS

CO-ED FLAG FOOTBALL 1ST – 6TH GRADE GIRLS FLAG FOOTBALL 3RD – 6TH GRADE

Flag football focuses on safety, fundamentals, skill development and character development. Assisted by community coaches, players will integrate acquired skills into actual game scenarios. All grades have scheduled practices and games.

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

Coaches’ Meeting & Player Clinic: TBD

League Play: Aug. – Sept.

Practices: Tues. nights

Games: Thur. nights

Final game: Sat. morning



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. Assisted by community coaches, players will integrate acquired skills into actual game scenarios. All grades have scheduled practices and games.

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

Coaches’ Meeting & Player Clinic: TBD

League Play: Aug. – Sept.

Practices: Tues. nights

Games: Thur. nights

Final game: Sat. morning



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
January – May	\$65.00	\$140.00

AQUATICS

PRESCHOOL & YOUTH SWIM LESSONS

Tues./Thur. Evenings

Session Times: 4:40 pm – 7:00 pm

Session 1: March 19 – April 4

Session 2: April 23 – May 9

Saturday Mornings*

Session Times: 9:00 am – 12:10 pm

Session: March 23 – May 4

Sunday Afternoons*

Session Times: 12:30 pm – 2:00 pm

Session: March 24 – May 5

**No classes March 30 & 31*

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

Session Times: 4:40 pm – 7:00 pm

Session 1: June 3 – June 13

Session 2: July 29 – August 8

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

Session Times: 9:30 am – 11:50 am

Session: July 8 – July 18

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 18 – April 3

Session 2: April 15 – May 1

Session 3: June 10 – June 26

Session 4: July 15 – July 31

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 1

RAILS YOUTH

Little Avengers

A fun fitness class to introduce young kids to the foundation of movement, coordination and balance while having a blast doing it! Activities include running, jumping, throwing, catching balancing, dancing, obstacle courses and more!

Ages: 3 years – 6 years

Cost: \$30.00

Session 1: Mon. April 1 – April 22 at 3:45 pm – 4:30 pm

Session 2: Tues. June 3 – June 24 at 9:30 am – 10:15 am

Session 3: Tues. July 8 – July 29 at 9:30 am – 10:15 am

Junior Advantage

In Junior Advantage, kids will learn proper techniques for foundational movements like running, jumping, squatting, pushing and pulling. Our coaches will also introduce strength training, agility drills, speed work and flexibility in a safe manner. Our goal is to help develop athletic skills that will allow your child to hop into any sport at anytime or just to keep them moving through the summer!

Ages: 7 years – 10 years

Session 1: Tues./Thurs. April 2 – April 25
3:40 pm – 4:30 pm

Cost: \$60.00

Session 2: Mon./Wed./Thur. June 3 – June 27

9:45 am – 11:00 am or 1:00 pm – 2:15 pm

Session 3: Mon./Wed./Thur. July 8 – August 1

9:45 am – 11:00 am or 1:00 pm – 2:15 pm

Cost: \$125.00



Advantage

Advantage is a comprehensive strength and conditioning program designed specifically for young athletes. Our coaches work to improve athletic performance, strength, speed, agility and endurance through a combination of barbell, free weights and body weight movements. We focus on injury prevention and proper technique. The program also places a strong emphasis on the importance of teamwork and mental toughness!

Ages: 11 years – 19 years

Session 1: Tues./Wed. April 2 – April 24
6:30 pm – 7:30 pm

Cost: \$75.00

Session 2: Mon./Wed./Thur. June 3 – June 27

7:00 am – 8:15 am or 9:45 am – 11:00 am

1:00 pm – 2:15 pm or 2:15 pm – 3:30 pm

Session 3: Mon./Wed./Thur. July 8 – August 1

7:00 am – 8:15 am or 9:45 am – 11:00 am

1:00 pm – 2:15 pm or 2:15 pm – 3:30 pm

Cost: \$125.00



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