

AQUATICS

WATER BABIES & AQUA TOTS

Water Babies and Aqua Tots introduce infants and toddlers to the water with a parent or caregiver by their side. Through fun, age-appropriate activities, children become comfortable in the water while developing basic water safety skills and confidence. Parents and children build skills together in a safe, positive, and supportive environment led by YMCA instructors.

Mon. & Wed. Evening Sessions (3 weeks 6 lessons)
Held in Avera warm water therapy pool

Fall Sessions:
Session 1: Sept. 9 - 28
Session 2: Oct. 5 - 21
Session 3: Nov. 2 - 28



Winter Sessions:
Session 1: Jan. 4 - 20
Session 2: Feb. 8 - 24

Cost: Y Household \$40, Y Mem. \$50, Non-Mem. \$70

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

YOUTH RAILS

Jr. ADVANTAGE
7 to 10 years

Rails Jr. Advantage introduces young athletes to strength training in a safe, supportive environment. Participants will learn proper lifting techniques, movement fundamentals, and safe training habits while building strength, confidence, discipline, and character. This program is designed to prepare athletes for the more advanced training offered in Rails Advantage.

ADVANTAGE
11 to 17 years



Rails Advantage is designed for older athletes who are ready for a more technical and structured strength and performance program. Participants will refine proper lifting mechanics, increase strength and power, and improve speed, agility, and overall athletic performance through progressive training. Along with athletic development, the program emphasizes discipline, accountability, leadership, and character in a positive, supportive environment.

Registration: Ongoing
Sessions:
Sept. 8 - Oct. 1 Oct. 6 - Oct. 29
Nov. 3 - Dec. 17* (No class Nov. 24 & 26)
Jan. 5 - Jan. 28 Feb. 2 - Feb. 25
Mar. 2 - Mar. 25



Schedule:
Days: Tues. & Thurs.
Times: Jr. Advantage 3:45 pm - 4:45 pm
Advantage 6:00 pm - 7:00 pm
Location: Rails Strength & Fitness
Cost: \$70.00 *Nov. 3 - Dec. 17 \$125

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. 3, 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 night filled with fun, games, prizes, contests, treats and... SO MUCH MORE!
When: Fri., Oct. 30
6:00 pm - 8:00 pm
Cost: Free for YMCA Members
\$15 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. 11
5:30 pm - 8:00 pm
Cost: \$10 per Member
\$15 per Non-Member
Location: Aberdeen Family YMCA



Party Rentals

Celebrate at the YMCA! Host your birthday party, swim party, or other special event at the Y. Our flexible event spaces are the perfect place to create lasting memories.

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
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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@aberdeenyumca.org
Rails: jkridelbaugh@aberdeenyumca.org
Membership: memberservices@aberdeenyumca.org
Youth Development Center: ydcfrontdesk@aberdeenyumca.org
Youth Sports: sscepaniak@aberdeenyumca.org

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FUN
FRIENDS
FUTURE

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

BUILDING CONFIDENCE, SKILLS AND CHARACTER

YOUTH SPORTS

GIRLS & BOYS BASKETBALL 1ST – 6TH GRADE

A structured league focused on developing basketball fundamentals, including dribbling, shooting, passing, and defense. Participants build teamwork, sportsmanship, confidence, and character through scheduled practices and games. Led by dedicated community coaches, this league provides a fun, supportive environment where every player can learn, improve, and enjoy the game.

GIRLS SEASON

Registration: Now – Sept. 27
Coaches’ Meeting: Sept. 28, 6:00 pm or Sept. 29, 6:00 pm
League Play: Oct. 5 – Nov. 21
Games: Sat. Mornings
Practice Times: Coaches’ discretion



BOYS SEASON

Registration: Sept. 5 – Jan. 3
Coaches’ Meeting: Jan. 4, 7:00 pm or Jan. 5, 7:00 pm
League Play: Jan. 11 – Mar. 6
Games: Sat. Mornings
Practice Times: Coaches’ discretion

Household Member \$40
Youth Member \$50
Non-Member \$70

44TH ANNUAL GIRLS INTERSTATE BASKETBALL TOURNAMENT 3RD – 9TH GRADE GIRLS

Tournament Dates: Dec. 4–5

Registration: Sept.1 – Nov. 23
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:
\$125.00 per team (if team plays in Y league)
\$165.00 per team (10 players)
\$185.00 if registration received after deadline
subject to availability
\$5.00 per additional player

53rd BOYS INTERSTATE BASKETBALL TOURNAMENT March 12 & 13 Grades 3rd-9th

YOUTH SPORTS

ARCHERY 3RD – 6TH GRADE

BEGINNER

Participants will learn the fundamentals of archery, including proper shooting form, stance, and safety techniques. As they develop their skills, they will also build focus, patience, balance, and hand-eye coordination in a fun, supportive environment. This class is designed to prepare participants for the Advanced Archery program. (20 person limit per session)

ADVANCED

Participants will advance their archery skills by learning how to use and adjust sights, shoot with a release, and accurately score their shots. This class continues to develop focus, precision, and consistency in a supportive environment while preparing archers for more advanced levels of competition and performance. **Participants must have completed the Beginner Archery course.** (20 person limit per session)

Registration: Now – Sept. 23
Dates: Sept. 24 – Oct. 15
Day & Times: Thurs. Evenings
Beginner 6:00 pm – 7:00 pm
Advanced 7:00 pm – 8:00 pm
Location: Youth Development Center

Household Member \$40
Youth Member \$50
Non-Member \$70

KINDERGARTEN BASKETBALL KINDERGARTEN

Kindergarten Basketball is an introductory program for boys and girls entering kindergarten. No previous basketball experience is required. Participants will learn basic basketball skills through fun, engaging drills and activities while developing coordination, confidence, teamwork, and sportsmanship. There are no teams, scores, or winners and losers, just a positive environment focused on learning and having fun. The program meets once a week for four weeks. (40 participants per session)

Registration: Now – Oct. 25
Session: Oct. 26 – Nov. 17
Days: Mon. or Tues. Evenings
6:00 pm – 7:00 pm

Household Member \$26
Youth Member \$30
Non-Member \$40



YOUTH SPORTS

TAEKWONDO AGES 6 – ADULT

Taekwondo helps participants develop flexibility, strength, coordination, and martial arts skills while building discipline, focus, and self-control. Students will learn traditional martial arts techniques, self-defense skills, and the importance of respect, confidence, and perseverance in a positive and supportive environment.

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



	Member	Non-Member
Monthly	\$15.00	\$30.00
School Year	\$117.00	\$252.00
Annual (Sept-Aug)	\$156.00	\$336.00

GIRLS VOLLEYBALL 3RD – 6TH GRADE

This program provides instruction and practice in a positive, supportive environment focused on developing the whole athlete. Participants will build volleyball fundamentals, teamwork, sportsmanship, confidence, and character while learning to apply their skills in game-like situations. The YMCA believes every player deserves the opportunity to learn, participate, and grow. Coaches focus on helping each athlete improve, build confidence, and be an important part of the team experience.

Registration: Now – Jan. 3
Coaches’ Meeting: Jan. 4, 6:00 pm or Jan. 5, 6:00 pm
League Play: Jan. 11 – Feb. 27
Game Day: Saturdays
Practice Times: Coaches’ discretion
Tournament: Mar. 5 & 6

Household Member \$40
Youth Member \$50
Non-Member \$70



*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

Learn from the best! Players from the Wings will teach participants the fundamentals of floor hockey, including stick handling, passing, shooting, game play, and player positions. Along the way, participants will build teamwork, sportsmanship, and character in a fun and encouraging environment. The program concludes with an opportunity to receive autographs and take photos with the players.

Registration: Now – Sept. 28
Days: Sept. 29 – Oct. 20
Tues. Evenings
Times: 6:00 pm – 7:00 pm
Location: Aberdeen Family YMCA

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



AQUATICS

PRESCHOOL & YOUTH SWIM LESSONS

Youth Swim Lessons help children develop confidence, water safety skills, and proper swimming techniques in a safe, positive, and supportive environment. YMCA instructors provide age-appropriate instruction, allowing participants to progress at their own pace while building lifelong swimming skills and a love for the water.

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

Fall Sessions:
Session 1: Sept. 8 –24
Session 2: Oct. 6 – 22
Session 3: Nov. 3 –19

Winter Sessions:
Session 1: Jan. 5 –21
Session 2: Feb. 2 –18
Session 3: Feb 23 – Mar. 11



Sat. Morning Session (6 weeks 6 lessons)

Session 1: Sept. 12 – Oct. 24 (No class Sept. 26)
Session 2: Nov. 7 – Dec. 19 (No class Nov. 28)
Session 3: Jan. 16 – Feb. 20

Sun. Afternoon Sessions (6 weeks 6 lessons)

Session 1: Sept. 13 – Oct. 18
Session 2: Nov. 1 – Dec. 13 (No class Nov. 29)
Session 3: Jan. 17 – Feb. 21

Cost: Y Household \$45, Y Mem. \$55, Non-Mem. \$80

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

SAVE
THE
DATE