



YMCA Contact:

Elaina Kempin, Marketing
YMCA of the Black Hills
605-719-5081

elaina.kempin@ymcabh.org

Spring Into Family Fitness with the Y.

Spring programs and summer camps energize and inspire Black Hills families.

RAPID CITY, FEBRUARY 3, 2026 – The YMCA of the Black Hills is excited to provide an array of spring programming designed to energize and inspire families across the Black Hills region. Spring is a season of renewal, and the Y offers opportunities to reconnect with friends, neighbors and make time for yourself. Whether you're interested in finding a new fitness routine or helping your family discover a new passion through sports or enrichment programs, the Y has something for everyone.

Some program opportunities available at YMCA locations this spring include:

Youth Sports – Custer Youth Baseball, Youth Spring Soccer, Kung Fu, Tiny Tot Volleyball, Track and Field, Private and Semi-Private Swimming Lessons.

Group Exercise – Exclusive Les Mills BodyPump & Core, HIIT to FIIT (small group training), Yoga & Pilates, Joy Jam Dance, Zumba Gold, Group Cycling, 1:1 Personal Training and Nutrition Counseling.

Day Camps – The Liberty Center YMCA will hold a day full of exciting games, creative crafts and active play for ages 5-11 on March 13, April 2, and May 22.

Parents Day and Night Outs – Parents can drop the kids off for an evening, or a day, of fun, games and activities while they enjoy a night out. Available at the Liberty Center or Rapid City YMCA locations and open to members and non-members!

Teen Nights – **NEW in 2026** ages 14-17 can enjoy a fun, safe space just for teens to hang out, connect and stay active. Teens can make new friends, try new activities and enjoy the Y in a welcoming and supervised environment. March 28, April 25 and May 30 at the Liberty Center YMCA.

“Join us at our YMCA locations across the Black Hills this spring to stay active, learn new skills and enjoy reconnecting with the community,” said Kristy Lintz, COO for the YMCA of the Black Hills. “We welcome everyone across the Black Hills to come and discover what the Y has to offer at any of our branch locations.”

Browse the guide today to discover all the fantastic options available and start planning your family's spring activities at the YMCA. The complete guide is in digital format on our website at www.ymcabh.org

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About the YMCA of the Black Hills

Driven by its founding mission, the YMCA of the Black Hills has served as a leading nonprofit committed to strengthening community for more than 77 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at www.ymcabh.org