



# LIBERTY CENTER

## April

**BOLD IN BLACK:** Included in YMCA Membership

**BOLD IN RED:** \*Fee-Based\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5 AM-9 AM</b>	<b>Yoga Sculpt</b> w/Ceci 8:45-9:30 AM	<b>Kick &amp; Core Fusion</b> w/ Heather 8:45-9:30 PM	<b>Yoga Sculpt</b> w/Ceci 8:45-9:30 AM	<b>*Day Camp*</b> April 2 7:30 AM -5:30 PM  <b>Kick &amp; Core Fusion</b> w/ Heather 8:45-9:30 PM		<b>*Youth Volleyball Games*</b> April 11 & 25  <b>Healthy Kids Day</b> April 18 10:00 AM-1:00 PM	
<b>9 AM-5 PM</b>	<b>ForeverWell: Active Older Adults</b> w/Lin 1:00-2:00 PM	<b>*Youth Wellness Orientation*</b> April 7 & 9 4:00-5:30 PM	<b>ForeverWell: Active Older Adults</b> w/Lin 1:00-2:00 PM	<b>50+ Social</b> April 30 1:00 PM  <b>*Youth Wellness Orientation*</b> April 7 & 9 4:00-5:30 PM	<b>Homeschool Music</b> w/Hannah 12:00-12:45 PM  <b>Homeschool PE</b> w/Audrey 1:00-1:45 PM  <b>Homeschool Swimming @ Rapid City YMCA</b> April 24  <b>*Y Not Craft?*</b> w/Audrey 2:00-2:45 PM	<b>*Parents' DAY Out*</b> April 25 10:00 AM-1:00 PM  <b>Story Time</b> w/Alexa 10:00-10:30 AM  <b>*Intro to Dungeons &amp; Dragons*</b> March 21-April 25 1:30-3:00 PM (9-13yrs)	<b>*Doubles Pickleball League*</b> March 8-April 19 12:15-3:30 PM
<b>5 PM-8 PM</b>	<b>Boot Camp</b> w/Jackie 5:30-6:15 PM  <b>*Youth Volleyball Practice</b> 2nd-3rd Grade 5:30-6:30 PM  <b>*Kung Fu*</b> w/Kiran 3/30-5/6 6:30-7:30 PM	<b>*Youth Volleyball Practice*</b> 4th-5th grade 5:30-6:30 PM  <b>MK Drum Cardio</b> w/Jackie 5:30-6:15 PM	<b>*Tiny Tot Track*</b> 5:00-5:30 PM  <b>Boot Camp</b> w/Jackie 5:30-6:15 PM  <b>*Kung Fu*</b> w/Kiran 3/30-5/6 6:30-7:30 PM	<b>*Tiny Tot Kung Fu*</b> w/Kiran 4:30-5:00 PM  <b>*Kung Fu Tigers*</b> w/Kiran 5:00-5:30 PM  <b>*Pickleball 101*</b> 4/16-5/7 5:30-7:00 PM  <b>*Youth Volleyball Practice *</b> 6th-8th grade 5:30-6:30 PM	<b>*POP-UP* Drum Cardio</b> April 3 & 17 5:30-6:15 PM  <b>Yoga, Meditation, and Reflection</b> April 10 & 24 5:30-6:15 PM  <b>*Teen Night (13-17yrs)*</b> April 24 7:30-9:30 PM	<b>*Parents' NIGHT Out*</b> April 11 6:00-9:00 PM	

### EVENTS, UPDATES & MORE

**\$0 JOINER FEE FOR NEW MEMBERS:** March 1-April 30  
**HEALTHY KIDS DAY:** Save the date on April 18 @ 10:00AM-1:00PM  
**New Group Ex Class:** Kick and Core Fusion Starting in April on Tuesday and Thursday

### HOURS OF OPERATION

Mon-Fri: 5AM-8PM  
 Sat: 6AM-8PM  
 Sun: 10AM-4PM

### CHILD WATCH HOURS

Mon-Fri: 8:30AM-11:30AM  
 Mon-Thu: 4:30PM-6:30PM  
 Sat: 8:30-10:30AM



# PROGRAMS & GROUP EXERCISE DESCRIPTIONS



## **Day Camp:** (April 2 & May 22) 7:30 AM-5:30 PM

Get ready for a day of fun at the Liberty Center YMCA! Kids will enjoy exciting games, creative crafts, and active play, all in a safe and welcoming space. It's the perfect mix of movement, imagination, and laughter, sure to keep everyone smiling and engaged from start to finish! Contact us for more details!

## **Intro to Dungeons & Dragons:** (March 21-April 25) 9-13yrs @ 1:30-3:00PM

Step into a world of imagination, teamwork, and adventure! This program introduces players to the basics of tabletop role-playing games. Participants will create characters, learn simple game mechanics, and work together to solve challenges in a guided fantasy adventure. No experience needed, just bring your creativity!

## **Doubles Pickleball League:** (March 8-April 19) Sundays @ 12:15-3:30PM

Teams must consist of either one male and one female or two females, no all-male teams. Choose between Competitive or Beginner divisions, with pricing per team. Each team is guaranteed three games per week, and the season concludes with a tournament seeded by standings. Grab a partner and get in the game!

## **Kung Fu**

- Kung Fu (10+yrs): 6-Week Cycle on Mon/Wed @ 6:30-7:30 PM
- Kung Fu Tigers (7-10yrs): Monthly on Thu @ 5:00-5:30 PM
- Tiny Tots Kung Fu (4-6yrs): Monthly on Thu @ 4:30-5:00 PM

## **Parents' DAY Out:** (April 25) Sat 10:00AM-1:00PM

Come and have the certified YMCA staff allow you and yours to have a night to you!! Ages 1-11 years. Snacks will be provided.

## **Parents' NIGHT Out:** (April 11) Sat 6:00-9:00 PM

Come and have the certified YMCA staff allow you and yours to have a night to you!! Ages 1-11 years. Snacks will be provided.

## **\*FEE-BASED PROGRAMS\***

## **Pickleball 101:** (April 14-May 7) Thu @ 5:30-7:00 PM

Learn to play the fastest growing sport in America! Learn pickleball basics, meet some new friends, and have LOADS of FUN!

## **Tiny Tot Track:** (April 1- April 22) Wed @ 5:00-5:30 PM

Tiny Tot Track is a fun, beginner-friendly program for kids ages 4-6 to learn the basics of track in a safe and supportive environment. It's a great way to introduce young players to the running while having fun! Parental involvement is encouraged.

## **Teen Night at the Y:** (April 24) 13-17yrs Fri @ 7:30-9:30 PM

A fun, safe space just for teens to hang out, connect, and be active!

## **Youth Volleyball:** (March 9-May 2) 2nd-8th grade

Teams are designed to provide fair and fun competition, helping players develop skills, build teamwork, and enjoy friendly games in a supportive environment. Games are on Saturdays.

## **Youth Wellness Orientation:** (April 7 & April 9) Tue & Thu 4:00-6:00 PM

Mandatory orientation for ages 10-11 to access YMCA Wellness Floor; covers equipment use, safety, and workout guidelines. No access to free weights.

## **Y Not Craft?:** Fri 2:00-2:45 PM

This class is the perfect blend of fun, learning, and artistic exploration for your children.

## **INCLUDED IN YMCA MEMBERSHIP**

### **50+ Social**

Join us for our Monthly 50+ Social! Held on the last Thursday of every month at 1:00 PM, this gathering is a fun way to connect, chat, and enjoy light activities with friends in a relaxed, welcoming environment.

### **ForeverWell: Active Older Adults**

It's never too late to prioritize your health and well-being. Consistency is key, and it's essential to find activities you enjoy to make your fitness routine sustainable.

### **Boot Camp**

Circuit training class, alternating between cardio and strengthening activities. We have a morning and evening session available.

### **\*POP-UP CLASSES\***

**Drum Cardio:** (April 3 & April 17) 5:30-6:15 PM A fun, high-energy workout combining cardio moves with 19 drumming rhythms. Burn calories, improve coordination, and release stress while moving to the beat

**Yoga, Meditation, and Reflection:** (April 10 & April 24) 5:30-6:15 PM Relax and restore your mind and body through gentle restorative poses, a guided gratitude meditation, and reflective journaling

### **Homeschool Music**

Homeschool Music is an engaging, hands-on class where kids explore rhythm, singing, movement, and basic music concepts in a fun, supportive environment?designed to build creativity, confidence, and a love for music.

### **Homeschool PE**

School aged children will participate in a structured PE class. Class will be structured around a warm-up followed by organized games and exercises with free-play at the end of class.

- **POOL DAY** on last Friday of the month @ 12:30-3:00pm (including travel time to Rapid City YMCA; swim time is 1:00-2:00pm): Participants should come dressed in their swimsuit and bring a towel and any needed swim gear. We will be offering bus transportation from the Liberty Center to the Rapid City YMCA and back.

### **Kick & Core Fusion**

A Class designed to be fun & mood uplifting While still challenging. An energizing fusion of kickboxing and core strength circuits designed to build confidence while improving strength and endurance. Move with intention, release stress, and feel empowered. All skill levels welcome—no experience needed.

### **Story Time**

Each session features colorful books, simple activities, and lots of imagination. It's a welcoming, cozy space that encourages early literacy, creativity, and quality family time. Suitable for all ages.

### **Yoga Sculpt**

An energizing class that combines the best of yoga, strength training, and core work. Start with gentle stretching, then flow through yoga poses elevated with light weights to build muscle and endurance. Core exercises will strengthen your entire body, helping to improve stability and balance.

**All classes are for ages 10+ unless otherwise noted. 10-13-year-olds must have adult supervision.**

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