



LIBERTY CENTER MARCH

BOLD IN BLACK: Included in YMCA Membership
BOLD IN RED: *Fee-Based*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM-9 AM	Yoga Sculpt w/Ceci 8:45-9:30 AM		Yoga Sculpt w/Ceci 8:45-9:30 AM		*Day Camp* March 13 7:30 AM -5:30 PM	*Youth Basketball Tournament* March 7 *Youth Volleyball Games* March 21 Cycling w/Layla 8:45-9:30 AM	
9 AM-5 PM	ForeverWell: Active Older Adults w/Lin 1:00-2:00 PM	*Youth Wellness Orientation* March 3 & 5 4:00-5:30 PM	ForeverWell: Active Older Adults w/Lin 1:00-2:00 PM	*Youth Wellness Orientation* March 3 & 5 4:00-5:30 PM	Homeschool Music w/Hannah 12:00-12:45 PM Homeschool PE w/Audrey 1:00-1:45 PM Homeschool Swimming @ Rapid City YMCA March 27 *Y Not Craft?* w/Audrey 2:00-2:45 PM	*Parents' DAY Out* March 21 10:00 AM-1:00 PM Story Time w/Alexa 10:00-10:30 AM *Intro to Dungeons & Dragons* March 21-April 25 1:30-3:00PM (9-13yrs) 3:00-4:30 PM (14+yrs)	*Rapid City Rush NHL Street Hockey Camp* March 1 10:00-12:00PM *Doubles Pickleball League* March 8-April 19 12:15-3:30 PM
5 PM-8 PM	Boot Camp w/Jackie 5:30-6:15 PM *Youth Volleyball Practice (starts March 9)* 2nd-3rd Grade 5:30-6:30 PM *Kung Fu* w/Kiran 2/16-3/25 6:30-7:30 PM	*Youth Volleyball Praticce (starts March 9)* 4th-5th grade 5:30-6:30 PM MK Drum Cardio w/Jackie 5:30-6:15 PM	*Tiny Tot Baseball* 5:00-5:30 PM Boot Camp w/Jackie 5:30-6:15 PM *Kung Fu* w/Kiran 2/16-3/25 6:30-7:30 PM	*Tiny Tot Kung Fu* w/Kiran 4:30-5:00 PM *Kung Fu Tigers* w/Kiran 5:00-5:30 PM *Youth Volleyball Praticce (starts March 9)* 4th-5th grade 5:30-6:30 PM	*POP-UP* Drum Cardio March 13 & 27 5:30-6:15 PM Yoga, Meditation, and Reflection March 6 & 20 5:30-6:15 PM *Teen Night (14-17yrs)* March 27 7:30-9:30 PM	*Parents' NIGHT Out* March 14 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
GROUP TRAINING - WEIGHT LOSS: April 6-May 1 on Mon/Wed/Fri @ 5:30-6:30PM

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



FEE-BASED PROGRAMS

Day Camp: (March 13, 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 | 14+yrs @ 3:00-4:30 PM

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: (March 21) 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: (March 14) 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.

INCLUDED IN YMCA MEMBERSHIP

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.

Cycling

Join us for a heart-pumping, calorie-burning cycling class designed to get you in and out of the saddle in no time! This class is great for all fitness levels and guarantees an uplifting, sweat-filled workout that keeps you motivated from start to finish.

POP-UP CLASSES

Drum Cardio: (March 13 & March 27) 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: (March 6 & March 20) 5:30-6:15 PM Relax and restore your mind and body through gentle restorative poses, a guided gratitude meditation, and reflective journaling

Tiny Tot Baseball: (March 4-25) Wed @ 5:00-5:30 PM

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

Teen Night at the Y: (March 28) 14-17yrs @ Sat 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. Practice Schedules will be emailed out after rosters are set.

Youth Wellness Orientation: (March 3 & March 5) Tue & Thu 4:00-6:00 PM

Mandatory orientation for ages 10-13 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.

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.

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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