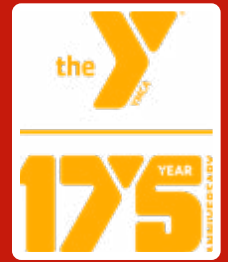


2026 FALL Program Guide



September 1 – November 30

YMCA of the Black Hills

Rapid City YMCA • Liberty Center YMCA • Custer YMCA • Edgemont YMCA

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YMCA of the Black Hills



Child Watch



Rapid City Child Watch Hours: Fall, 2026

M 8A-1:15P and 5P-7P

T 8A-1:15P and 5P-7P

W 8A-1:15P (No evening hours)

TH 8A-1:15P and 5P-7P

F 8A-1:15P (No evening hours)

Saturday 9A-1P

Liberty Center Child Watch Hours: Fall, 2026

M-TH 4:30P - 6:30P

M-F 8:30A-11:30A

Saturday 8:30A-10:30A

2026 FALL HOURS ALL LOCATIONS CLOSED



Monday, August 17

Labor Day, Sept. 7

Thanksgiving Day, Nov. 25

Christmas, Dec. 25

Weekdays
5AM – 9PM
Saturday
7AM – 5PM
Sunday
10AM – 4PM

Rapid City YMCA



815 Kansas City St. • Rapid City

[605.718.9622](tel:605.718.9622)

Weekdays
5AM – 8PM
Saturday
6AM – 8PM
Sunday
10AM – 4PM

Liberty Center YMCA



401 Main St. • Box Elder

[605.791.0400](tel:605.791.0400)

Weekdays
5AM – 7PM
Saturday
7AM – 12PM
Sunday
Oct. 4 – May 27
7AM – Noon

Custer YMCA



644 Crook St. • Custer

[605.673.5134](tel:605.673.5134)

Cardio Room:
Monday-Thursday
7AM – 4PM
Friday
7:30AM – 2:00PM
Weight Room:
Monday & Thursday
4PM – 6PM

Edgemont YMCA



715 Mogul Way • Edgemont

[605.662.7999](tel:605.662.7999)



WHERE EVERYONE HAS A PLACE TO BELONG

Membership For All

At the Y, we want to make it easy and affordable for you and your family to stay healthy together. We offer a variety of affordable options for membership and programs. Financial aid and scholarships are also available through the Y For All Campaign.

Join Our Team

Looking for more than just a job? Join our team and get a free YMCA membership, great benefits and more! View open positions and apply online through the Y For All Campaign.

Volunteer

As a nonprofit, the Y is able to strengthen community because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives. They give their time, resources and talents – every day and in hundreds of ways – because they know they can improve the lives of others while enhancing their own through the Y.

Donate

You can support your community in a lasting and meaningful way. Support your local Y today by giving to the Annual Campaign

JOIN NOW

SEE AVAILABLE
CAREERS

VOLUNTEER
TODAY

GIVE TODAY

THANK YOU FOR GIVING >>





PERSONAL TRAINING

RAPID CITY YMCA

Whether you want to lose weight, improve your health, or train for an event or sport, YMCA Personal Trainers can help you reach your goals while seeing and feeling results. Our experienced trainers can address weight loss, toning, cardio and strength training, accountability, overall wellness and more! We offer a variety of programs to fit your goals, interests and lifestyle. This is the absolute best personal training value in Rapid City!

Personal Training Packages Individual

Embark on a journey to a **healthier, fitter you** with our personal training sessions that will help physical activity become a lifelong habit.

**12 and 13 year olds must be accompanied by a guardian during personal training sessions.*

Ages: 12-99
MONDAY - FRIDAY
Time: Varies

Instructors: Nicole Craig, Anthony Price, Danny Nagel, Roberto Parker, Josh Johnson, Wade Ludeman

4 Pack Sessions:
OFFERING DETAILS

8 Pack Sessions:
OFFERING DETAILS

12 Pack Sessions:
OFFERING DETAILS

Personal Training Packages Group

Don't like to work out alone? **Split the cost and the fun.** Grab 2-4 friends and enjoy the journey to a healthier, fitter you - together!

**12 and 13 year olds must be accompanied by a guardian during personal training sessions.*

Ages: 12-99
MONDAY - FRIDAY
Time: Varies

Instructors: Nicole Craig, Anthony Price, Danny Nagel, Roberto Parker, Josh Johnson, Wade Ludeman

Personal Training:
Small Group (2-4 people)

OFFERING DETAILS

Nutrition Coaching - Individual ► members only

YMCA nutrition coaching aims to empower individuals with the knowledge, skills, and support they need to **make positive changes** in their eating lifestyle, promoting overall health and wellness.

**12 and 13 year olds must be accompanied by a guardian during nutrition coaching sessions.*

Ages: 12-99
MONDAY - FRIDAY
Time: Varies

Instructor: Roberto Parker

Nutrition Coaching:
1-on-1 (4-12 sessions)

OFFERING DETAILS



PERSONAL TRAINING

LIBERTY CENTER YMCA

Build strength, confidence, and momentum with personal training at the Liberty Center YMCA. Our trainers take the guesswork out of your workouts by creating customized plans based on your goals — whether you're just getting started, returning after time away, or looking to reach the next level. With **expert guidance**, accountability, and **ongoing support**, you'll improve technique, prevent injury, and stay motivated every step of the way. At the Y, our trainers are more than coaches — they're partners in your journey to a healthier, stronger you.

Personal Training Packages Individual

Embark on a journey to a **healthier, fitter you** with our personal training sessions that will help physical activity become a lifelong habit.

**12 and 13 year olds must be accompanied by a guardian during personal training sessions.*

Ages: 12-99
MONDAY - FRIDAY
Time: Varies

Instructors: Roberto Parker, Ethan Brown, Yans Martinez Santiago

1 Session:

OFFERING DETAILS

4 Sessions:

OFFERING DETAILS

8 Sessions:

OFFERING DETAILS

Personal Training Packages Group

Don't like to work out alone? Split the cost and the fun. Grab 2-4 friends and **enjoy the journey** to a healthier, fitter you — together!

**12 and 13 year olds must be accompanied by a guardian during personal training sessions.*

Ages: 12-99
MONDAY - FRIDAY
Time: Varies

Instructors: Roberto Parker, Ethan Brown, Yans Martinez Santiago

Small Group (2-4 people)

1 Session:

OFFERING DETAILS

4 Sessions:

OFFERING DETAILS

8 Sessions:

OFFERING DETAILS

Nutrition Coaching - Individual ► **members only**

YMCA nutrition coaching aims to empower individuals with the knowledge, skills, and support they need to **make positive changes** in their eating lifestyle, promoting overall health and wellness.

**12 and 13 year olds must be accompanied by a guardian during nutrition coaching sessions.*

Ages: 12-99
MONDAY - FRIDAY
Time: Varies

Instructor: Roberto Parker, Ethan Brown, Yans Martinez Santiago

Nutrition Coaching: 1-on-1 (4-12 sessions)

OFFERING DETAILS

Youth Wellness Orientation

Liberty Center YMCA/Rapid City YMCA

The Youth Wellness Center Orientation will introduce your child to the Wellness Floor and inform them how the YMCA fits into their goals of **becoming a healthier individual**. This course is mandatory for 10-11-year-olds who want access to the Wellness Floor (fitness machines and turf area) and is designed to give youth a comprehensive and informative training. Participants will learn correct use of equipment, rules, strength training principles, and more!

After successful class completion, participants in the 10-11 age range are allowed to workout on the Wellness Floor (excludes free weights) under the supervision of a parent/legal guardian. After successful completion of this program, the individuals will be able to get a wellness center bracelet each time they check in.

- ▶ NOTE: A parent/legal guardian must attend all sessions with the 10-11-year-olds.
- ▶ Children must be minimum 10 years old by the end of the program.
- ▶ Participants must attend both sessions.

Ages: 10-11
September 12
SATURDAY
8:00-9:45 AM

Liberty Center YMCA
Member Fee: \$36
Program Participant
Fee: \$52

REGISTER HERE the 

Rapid City YMCA
Members Free!

REGISTER HERE the 

HEALTH & WELLNESS

New Member Personal Training Orientation

Rapid City YMCA • Liberty Center YMCA

Whether you've been a member your whole life, or just joined for the first time, we want you to **be comfortable** in our Wellness Center. Learn how to use the cardio/weight equipment. We'll get you set up with correct seat settings, weights, and repetitions for a safe and great workout.

- ▶ 12 & 13 year olds must be accompanied by guardian during personal training sessions.

Ages: 12-99
Dates: January 1 – December 31
SUNDAY – SATURDAY
Time: Varies

FREE! for members

LiveSTRONG® 12-Week Session

Rapid City YMCA Loft

LiveSTRONG at the YMCA is a FREE 12-week small-group fitness program **for adult cancer survivors** who have become deconditioned or chronically fatigued from their treatment and/or disease.

Includes:

- ▶ FREE 12 week YMCA membership for the survivor and their caregiver
- ▶ Pre/Post Fitness Assessment and Pre/Post InBody sessions if wanted
- ▶ Two 90-minute classes per week
- ▶ A combination of instruction and group activities
- ▶ Workouts include strength training, balance/mobility work, and cardiovascular training
- ▶ Full access to the Rapid City YMCA

Ages: 18+
September 22 – December 10
Tuesday/Thursday
2:00pm-3:30pm

FREE! for members
and community members

Register today by emailing Nicole Craig at nicole.craig@ymcabh.org

LIVESTRONG®

FREE Program for adult cancer survivors who have become deconditioned or chronically fatigued from their treatment and/or disease.

12 WEEK SESSION INCLUDES:

- ▶ **FREE 12 week YMCA membership for the survivor and their caregiver**
- ▶ **Pre/Post Fitness Assessment and Pre/Post InBody sessions if wanted**
- ▶ **Two 90-minute classes per week**
- ▶ **A combination of instruction and group activities**
- ▶ **Workouts include strength training, balance/mobility work, and cardiovascular training**
- ▶ **Full access to the Rapid City YMCA**

Ages: 18+

September 22 – December 10

Tuesday/Thursday

2:00pm–3:30pm

FREE for both Y members & the community!



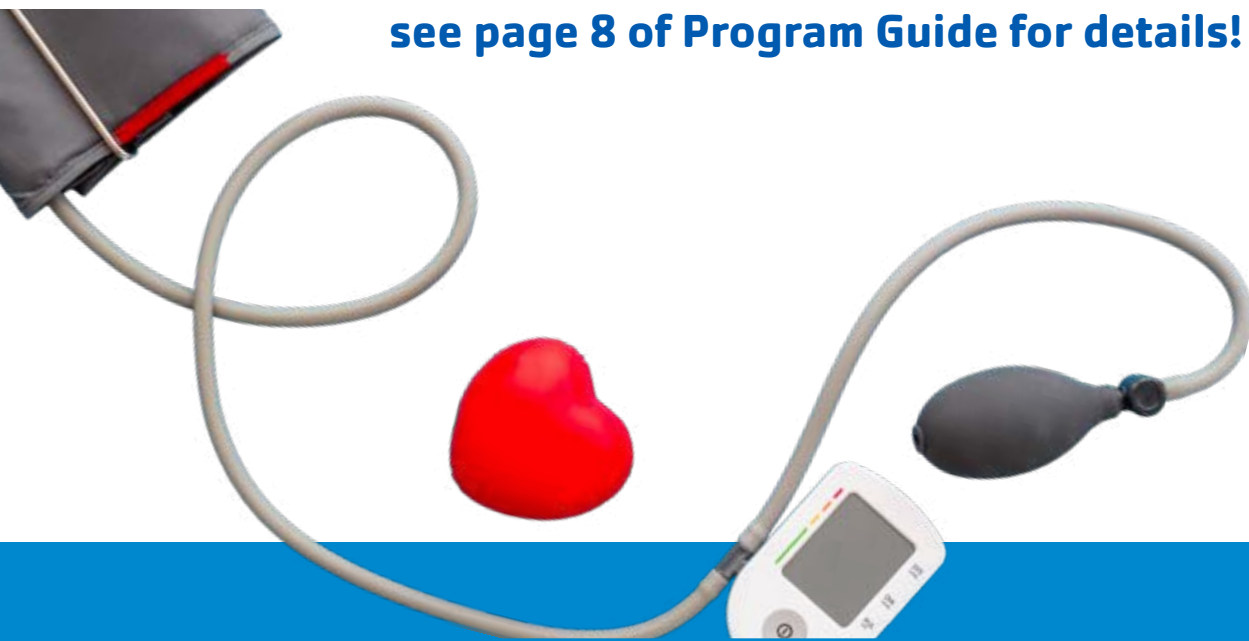
Register today by emailing
Nicole Craig at nicole.craig@ymcabh.org

Improve Your Heart Health and Reduce Hypertension Risk

A horizontal line of small red dots.

**Enroll in Our 16-week Blood Pressure Monitoring Program
Rapid City YMCA**

see page 8 of Program Guide for details!





ENRICHMENT



ENRICHMENT

Blood Pressure Monitoring Program 16-week session



Randy Travis Wellness Center (Rapid City)

Participants receive personalized coaching, self-monitoring tools, and education to **improve their heart health and reduce hypertension risk.**

This program is for you if you:

- Have been diagnosed with high blood pressure and/or are on antihypertensive medication
- Have NOT experienced a recent (within the last 12 months) cardiac event
- Do NOT have atrial fibrillation or other arrhythmia currently
- Do NOT have or are at risk for lymphedema

Ages: 18 years old or older
September 16
October 14
November 18
December 16
5:15 PM

Member Fee: \$120

Program Participant Fee: \$160
(YMCA will provide a monitor)

50+ Social

Liberty Center YMCA

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.

Ages: 50+
September 25
October 29
November 19
THURSDAY
1:00 PM

**Member and
Program Participant**

FREE!

Basic Balance Class

Custer YMCA

This class uses a fun mix of seated and standing exercises to help you build confidence and prevent falls. Our instructor will guide you to **increase** your overall strength, balance, and flexibility. We use a variety of equipment to prepare you for real-life movements, helping you feel steadier and more active in your daily life. All are welcome!

Senior Focused 18 +
September 15 - October 20
TUESDAY, 9:00 - 10:00 AM

**Member and
Program Participant**

FREE!

No Registration Required



Custer Skate Night



Custer YMCA

Drop your kids off for a night of **fun** in a **safe**, semi-structured environment. Develop Stability, Balance, Hand & Eye Coordination.

- September 18 - Welcome Back
- October 2 - Super Hero
- October 16- Halloween
- November 6- Crazy Hair & Hat
- November 20- Sports
- December 4- Disney
- December 18- Pajama Night

Ages 3 and Up

October 2 - December 18

1st and 3rd FRIDAY of the month

5:30-8:30 PM

Member Fee:

\$0/Skate Rental \$1

Program Participant Fee:

\$5/Skate Rental \$3

Cosmic Glow Dance



Rapid City YMCA

FREE for Y members and guests!

Join us for 1.5 hours of glow-in-the-dark **fun for the whole family**. Heart pumping, body jumping activity to get your weekend started off right! Includes 1.5 hours of all levels dancing.

Ages: 10+

October 16

FRIDAY

No Registration Required

Y Not Craft?



Liberty Center YMCA

Are you ready to embark on a colorful **journey of imagination and creativity**? Look no further! Our Y Not Craft class is the perfect blend of fun, learning, and artistic exploration for your little ones.

Ages: 5-18

Monthly during the school year

FRIDAY, 2:00-2:45 PM

Member Fee: \$6

Program Participant Fee: \$11



Custer Taekwondo Demonstration



CUSTER YMCA

FREE for Y members and guests!

Curious about martial arts? Join us for a Tae Kwon Do demonstration, open to the public, see firsthand how our non-aggressive, **ethical self defense system** can benefit you. Perfect for youth and adults, this is your chance to witness the physical fitness mental discipline and self-defense skills you can gain.

Ages: 7+ to Adults

September 14

MONDAY, 6:00 - 7:00 PM

No Registration Required





**Get ready for
some sweet
competition!**

Join us this October at the YMCA for our first Candy Cornhole Tournament! Gather your friends and family for an evening of fun, friendly rivalry, and festive fall spirit. Whether you're a seasoned cornhole champion or just playing for laughs, everyone is welcome.

• PRIZES • TREATS • CANDY-FILLED EXCITEMENT

**Ages: 10+
FRIDAY, October 23
5:30 – 8:30 PM
Rapid City Gym**

Pre-registration required by October 21

**Only \$5 registration fee
for Y members and guests**

\$8 for Program Participants

REGISTER HERE



Mark your calendars and come toss your way to victory!



2026 Giving Thanks Dinner



Edgemont YMCA

Giving Thanks Dinner is a special community meal to celebrate the generosity and support of our donors, volunteers, and neighbors. Join us for an evening of homemade soups, fresh breads, and delicious desserts as we **gather in gratitude and fellowship**. The meal is free to everyone, with free will donations gratefully accepted to help support our mission and continue serving our community.

All Ages

November 5 tentatively

THURSDAY, 5:00PM – 6:30 PM

FREE!

NO REGISTRATION REQUIRED

Turbo Turkey



Rapid City YMCA

Join us for 1.5 hours of activity before we **stuff ourselves along with the turkey** on Thanksgiving Day! Dance Fitness, Body Sculpt, and Yoga will be on the menu. Come for 1 or stay for the whole “meal”! You might even walk away with the door prize as the winner-winner of a turkey dinner!

Ages: 10+

November 25

WEDNESDAY, 5:00 – 6:30 PM

FREE!

Homeschool PE



Liberty Center YMCA

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.**

Ages: 5-18

Monthly during the school year
FRIDAY, 1:00-1:45 PM

Member Fee: \$0

Program Participant Fee: \$6



Custer Youth Archery



Custer YMCA

A Beginner program focuses on safety and fundamentals skills. Participants **learn proper shooting** technique, equipment handling, and range commands in a supportive environment. Volunteer instructors guide all skill levels, promoting focus discipline and confidence while providing all necessary equipment for a fun introduction to the sport.

Ages: 6+ to Adults

October 18 – November 22
SUNDAY, 3:00 – 4:30 PM

Member Fee: \$35

Program Participant Fee: \$45



Tiny Tots Super Hero Training



Liberty Center YMCA

Calling all future superheroes! Tiny Tot Super Hero Training is a fun and active program where kids will run, jump, crawl, balance, and **complete exciting superhero missions.** Participants will build confidence, coordination, teamwork, and listening skills while using their imagination to save the day. Superhero costumes are encouraged! Perfect for little heroes who love adventure, creativity, and staying active.

Ages: 4-6

October 7th– October 28th
WEDNESDAY, 5:00-5:30 PM

Member Fee: \$26

Program Participant Fee: \$48



Wiggles & Giggles



CUSTER YMCA

Parent's and their toddler/preschool aged children are welcome to come enjoy Wiggles & Giggles! It's the perfect place to be for **free play, laughter and making new friends**— for both kids and adults! We provide tumbling equipment, balls, scooter boards, pop up tents and tunnels and other age-appropriate equipment to spark imaginative play.

Ages: 1-5

September 29 – December 19
SATURDAY, 9:00 – 10:00 AM



Parents' Night Out

Rapid City YMCA

Children are welcome for a fun evening of scheduled activities and a **provided snack**. Simply drop off your child with a labeled water bottle and enjoy a few hours to yourself, knowing they're in a safe and engaging environment.

Ages: 2 years to 12 years
September 18
October 16
November 20
FRIDAY, 5:30PM-8:30 PM

Member Fee: \$10

Program Participant Fee: \$15

Toddlers



Older Children



Teen Night at the Y

Liberty Center YMCA

A fun, safe space just for teens to hang out, connect, and be active! Teen Night at the Y features games, open gym activities, music, and **time to relax with friends**. This is a great opportunity to make new friends, try new activities, and enjoy the Y in a welcoming, supervised environment.

Ages: 14-17
FRIDAY, 7:30-9:30 PM

Member Fee: \$5

Program Participant Fee: \$10



Parents' Night Out

Liberty Center YMCA

Take a night for yourself while our certified YMCA staff take care of the kids! Snacks will be provided. Please do not bring outside snacks Unless your child has dietary restrictions.

Ages: 1-11
September 26, October 24, November 21
SATURDAY, 6:00-9:00 PM

Member Fee: \$10 for one child, \$30 for 3 or more

Program Participant Fee: \$20 for one child, \$60 for 3 or more

One Child



3 or More



Parents' Day Out

Liberty Center YMCA

Take a Morning for yourself while our certified YMCA staff take care of the kids!

Snacks will be provided. Please do not bring outside snacks unless your child has dietary restrictions.

Send a labeled water bottle with your child.

Ages: 1-11
SATURDAY, 9:00-12:00 PM

Member Fee: \$10 for one child, \$30 for 3 or more

Program Participant Fee: \$20 for one child, \$60 for 3 or more.

REGISTER HERE 





SPORTS



Tiny Tots Tumbling



Custer YMCA

Our Beginner class for boys and girls covers essential tumbling skills like forward and backward rolls, handstands, cartwheels, backbends, and balance beam basics. It's ideal for anyone keen to **learn tumbling or jumpstart their gymnastics journey**. Through fun games and activities led by our caring instructor, your child

Ages: 3-5
September 19 - October 24
SATURDAY, 8:15 to 8:45 AM

Member Fee: \$30
Program Participant Fee: \$40

REGISTER HERE the 

Tiny Tots Basketball



Liberty Center YMCA

Welcome to Tiny Tot Basketball, designed for kids ages 4-6! This fun and engaging program introduces young children to **the basics of basketball** through age-appropriate drills, games, and activities. Our goal is to help little ones develop motor skills, teamwork, and a love for the game in a positive and supportive environment. Join us for a fantastic time on the court!

Ages: 4-6
September 2nd- September 23th
WEDNESDAY, 5:00-5:30 PM

Member Fee: \$26
Program Participant Fee: \$48

REGISTER HERE the 

Tiny Tots Basketball



Rapid City YMCA

Introduce your little ones to the joy of basketball! Our clinic for 4 to 6-year-olds offers fun drills, games, and skill-building activities in a supportive environment. It's a perfect introduction to one of our most popular sports. **Get ready for smiles, laughter, and the thrill of making baskets!**

Ages: 4-6
November 3, 10, 17
December 1
TUESDAYS, 5:00-5:30 PM

Member Fee: \$26
Program Participant Fee: \$48

REGISTER HERE the 

Tiny Tots Flag Football



Rapid City YMCA

Introduce your little ones to the joy of football! Our introductory class for 4 to 6-year-olds offers fun drills, games, and skill-building activities in a supportive environment. It's a perfect introduction to a favorite sport. Get ready for smiles, laughter, and football fun.

Ages: 4-6
September 8, 15, 22, 29
TUESDAY, 5:00-5:30 PM

Member Fee: \$26
Program Participant Fee: \$48

REGISTER HERE the 



TINY TOTS SPORTS

Tiny Tots Kung Fu

Liberty Center YMCA

Join Tiny Tot Kung Fu for ages 4-6yrs! Learn Kung Fu basics through **fun, engaging lessons** and games. Strengthening bodies, improve coordination, and build confidence in a supportive, exciting environment. Watch your child grow and have a blast with Tiny Tot Kung Fu!

Ages: 4-6
Monthly
TUESDAY, 4:00-4:30 PM

Member Fee: \$27
Program Participant Fee: \$48



Tiny Tots Yoga

Rapid City YMCA

Introduce your little ones to the fun of yoga! Our month-long class for 4 to 6-year-olds offers the basics of yoga, **stretching and balance in a supportive environment**. It's a perfect introduction and helps with important motor skills. Get ready for smiles and fun in this new program!

Ages: 4-6
October 1, 8, 15, and 22
THURSDAY, 5:00-5:30 PM

Member Fee: \$22
Program Participant Fee: \$41

REGISTER HERE

Rapid City / Liberty Center Youth Fall Basketball 2026

Rapid City YMCA, Liberty Center YMCA

Whether your child is new to basketball or looking to continue developing their skills, this league provides a positive and encouraging environment for all players. Team information and schedules will be distributed prior to the start of the season.

The season begins the week of September 7th with practices during the week and games on Saturdays.

Games start September 19th.

Teams will be organized as follows:

- Kindergarten–1st Grade: Co-ed divisions
- 2nd–3rd Grade Boys
- 4th –5th Grade Boys
- 2nd–5th Grade Girls:
Divided by grade levels if registration numbers allow;
otherwise combined divisions may be used.

Games will alternate between the Rapid City YMCA and the Liberty Center YMCA, giving players the opportunity to compete at both locations throughout the season.

Ages: 5–11
September 7 – October 24
Day/Time: TBD

Member Fee: K-1st \$58/2nd–5th \$97
Program Participant Fee: K-1st \$82/2nd–5th \$128

REGISTER HERE 

Hardrocker Basketball Clinic

Liberty Center YMCA

Join us for a Basketball Clinic led by our local college team! Players will build skills, boost confidence, and have a blast learning from collegiate athletes. Don't miss this exciting opportunity to **train with the best** right here at home!

Ages: 5–11
September 20
SUNDAY, 12:00–3:30 PM

Member Fee: \$19
Program Participant Fee: \$39

REGISTER HERE 

Youth Basketball

Custer YMCA

Youth Basketball programs focused on building fundamental skills in a fun supportive environment. Kids **learn dribbling, shooting, passing, and teamwork**, while also developing sportsmanship and character.

Ages: 3–12
October to March
Day & Time: TBD

Mini Mogul Basketball

Edgemont YMCA

Build basketball skills through fun practices and **3-on-3 scrimmages against local teams!** Participants should wear a T-shirt, shorts, and tennis shoes for practices and bring a water bottle. Players will be provided a reversible jersey to wear during games.

Ages: 7–12
November 2 – December 2
MONDAY & WEDNESDAY 4:00 – 5:00 PM

Member Fee: \$30
Program Participant Fee: \$40
REGISTER IN PERSON



Custer Fall Soccer

Custer YMCA

Youth Recreational Soccer prioritizing fun, skill development and character building over competition. We offer inclusive environment where all skill levels are welcome, emphasizing equal playing time and good sportsmanship. Children learn fundamental soccer skills, **Teamwork and core values**; under the guidance of supportive volunteer coaches.

Ages: 4-12

August 17 – October 17

**Bi-weekly Practices TBD once coaches are set.
SATURDAY Games**

Member Fee: U06 \$25/ U08: \$35/ U10: \$45/ U13: \$55

Program Participant Fee: U06: \$35/ U08: \$45/ U10: \$55/ U13: \$65

There is a \$35 jersey fee if the child does not have one.

Edgemont Fall Soccer

Edgemont YMCA

Learn the fundamentals of soccer while **playing games against Southern Hills teams!** Participants should bring a T-shirt or sweatshirt, shorts or sweatpants, shin guards, and tennis shoes or soccer cleats for practices. A water bottle is recommended. Shin guards are required for games; a limited number are available to borrow from the Y.

Ages: 4-12

August 24 – October 3

**MONDAY & WEDNESDAY
4:00PM – 5:00 PM**

Member Fee: \$30

Program Participant Fee: \$40

REGISTER IN PERSON

U06

U08

U10

U13





YOUTH SPORTS

Youth Volleyball



Custer YMCA

This clinic focuses on the evolution of individual volleyball skills while enhancing an individual's level of play in a **fun, structured and instructional** environment. Sportsmanship, skill development and skill progression are emphasized. Youth will need knee pads.

Ages: 7-12

October 6 - October 15
TUESDAY & THURSDAY,
4:00 - 5:00 PM

Member Fee: \$35

Program Participant Fee: \$50

REGISTER HERE 

Kung Fu Tigers



Liberty Center YMCA

Join Kung Fu Tigers for ages 7- 9yrs! Learn Kung Fu basics through fun, engaging lessons and games.

Strengthen bodies, improve coordination, and build confidence in a supportive, exciting environment. Watch your child grow and have a blast with Kung Fu Tigers!

Ages: 7-9

Monthly
TUESDAY, 4:45 - 5:15 PM

Member Fee: \$27

Program Participant Fee: \$48

REGISTER HERE 



Doubles Pickleball League



Liberty Center YMCA

Join our 6-week Doubles Pickleball League. 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!

*We are limiting it to the first 18 teams so don't wait to get signed up!

Ages: 14+

October 11–November 22

SUNDAY, 1:00–3:30 PM

Member Fee: \$24

Program Participant Fee: \$40

REGISTER HERE



Pickleball 101 (for adults)



Rapid City YMCA

This program is for those who are new to the sport and **who want to have a fun night of pickleball and friendship.**

Ages: 18+

September 24 – October 15

THURSDAY, 5:30 –7:00 PM

Member: \$27.00

Program Participant: \$54.00

REGISTER HERE



Adult Pickleball – Drop in Play



Rapid City YMCA

Drop in and join other pickleball players in practicing **skills of playing games for fun!**

Ages: 18+

TUESDAY/THURSDAY/FRIDAY,

9:00 AM – 12:00 PM

FREE! for Members!

ANNUAL YMCA OF THE BLACK HILLS

"FORE THE Y" GOLF OUTING



NEW! 6/6/6 FORMAT



FOURSOME: \$640

TEAM PRICE INCLUDES: LUNCH, 18 HOLES GOLF, RANGE
BALLS, CART & GOODY BAG PER PERSON

\$10,000

Hole-in-one contest

YMCA of the Black Hills Annual Campaign event benefitting
Rapid City, Liberty Center, Custer & Edgemont programs

Grab your friends and register TODAY! Sponsorships available.

28

**SEPTEMBER
2026**

NOON - CHECK-IN

1:00PM - SHOTGUN START

MEADOWBROOK GOLF CLUB

3625 JACKSON BLVD - RAPID CITY



REGISTER ONLINE



Questions?
605-718-9622
events@ymcabh.org

<https://shorturl.at/NCu4B>



Fall Adult Volleyball League

Custer YMCA

Whether you're a seasoned player or are new to the Court, you'll enjoy dynamic rallies, strategic plays and satisfying spikes. It's the perfect opportunity to improve your bump, set, and serve, **stay active** and build team camaraderie in a fun friendly atmosphere.

Ages 14+

September 29 – December 15
TUESDAY 6PM – 9PM

Member Fee: \$150 Per Team
Program Participant Fee: \$150
Per Team

REGISTER HERE the 

Kung Fu

Liberty Center YMCA

This is a basic course in Ving Tsun Kung Fu. In this course, the students will work on footwork, punching, kicking, and blocks. Chinese Culture will also be discussed throughout the course. The benefits of studying kung fu are **increased confidence, self-discipline**, awareness, health, personal growth, self-defense skills, and new friendships. This course is open to adults and youth 10+. Wear loose-fitting clothes and tennis shoes.

Ages 10+

September 14 – October 21
October 26 – December 2
MONDAY & WEDNESDAY
6:30-7:30 PM

Member Fee: \$54
Program Participant Fee: \$75

SEPT

OCT

Color Me

Red, White, and Blue 5k

Liberty Center YMCA

Get ready to lace up your running shoes and show your patriotic spirit at our Color Me Red, White, and Blue 5K Run! Be prepared to **be showered with clouds of red, white, and blue powder** at designated color stations. Each burst of color adds to the excitement and energy.

- ▶ Top 10 will receive medals.
- ▶ 5 and under free.

All ages

September 11
FRIDAY 5:30pm

Member Fee: \$24
Program Participant Fee: \$24

REGISTER HERE the 

Thank You Sponsors



Community Champions
Black Hills Federal Credit Union
Fleet Farm



LIBERTY CENTER YMCA COLOR ME

RED•WHITE•BLUE

5K

Lace Up Your Running Shoes & Show Your Patriotic Spirit

- ▶ Top 10 will receive medals.
- ▶ 5 and under free.

Thank You Sponsors



Community Champions
Black Hills Federal Credit Union
Fleet Farm

- All ages
- September 11
- FRIDAY 5:30pm

Member Fee: \$24

Program Participant Fee: \$24

REGISTER HERE





RAPID CITY AQUATICS

SCHOOL AGE, TEEN & ADULT

PARENT & CHILD

PRESCHOOL

A Water Discovery  Student not yet able to respond to verbal cues and jump on land.	B Water Exploration  Student not yet comfortable working with an instructor without a parent in the water.	1 Water Acclimation  Student not yet able to go underwater voluntarily.	2 Water Movement  Student not yet able to do a front and back float on his or her own.	3 Water Stamina  Student not yet able to swim 10-15 yards on his or her front and back.	4 Stroke Introduction  Student not yet able to swim 15 yards of front and back crawl.	5 Stroke Development  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.	6 Stroke Mechanics  Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.
SWIM STARTERS Swim readiness skills		SWIM BASICS Recommended skills for all to have around water			SWIM STROKES Skills to support a healthy lifestyle		

SWIMMING LESSONS

RAPID CITY YMCA

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

A / WATER DISCOVERY

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

B / WATER EXPLORATION

Will the student go underwater voluntarily?

NOT YET

1 / WATER ACCLIMATION

Can the student do a front and back float on his or her own?

NOT YET

2 / WATER MOVEMENT

Can the student swim 10-15 yards on his or her front and back?

NOT YET

3 / WATER STAMINA

Can the student swim 15 yards of front and back crawl?

NOT YET

4 / STROKE INTRODUCTION

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

5 / STROKE DEVELOPMENT

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

6 / STROKE MECHANICS

Rapid City YMCA
Parent/Child | Preschool
Preschool with Parent
School Age Swim Lessons
Homeschool Lessons
Teen/Adult Lessons | Swim League



The YMCA takes a safety-first approach – focusing on small class sizes, boosting confidence, building student/instructor relationships, and allowing each swimmer to progress at their own pace. Lessons are divided into progressive stages to help children and adults build water safety and swim skills.

Lessons offered monthly- **CHECK HERE**
or the Membership Desk for specific dates and times.

Members: \$56
Program Participant: \$88

**RAPID CITY POOLS
CLOSED FOR CLEANING
August 30 to September 13**

SESSIONS	Fall 1	Fall 2
Begin & End Dates	September 14 – October 31	November 2 – December 19
Member Registration:	August 10	September 28
Nonmember Registration:	August 17	October 5
Registration closes:	September 7	October 25

- Classes offerings:
- Parent/Child Stage A: 6months- 3 years
 - Parent/Child Stage B: 1 year- 3 years
 - Parent/Child Stage A/B: 6months- 3 years
 - Preschool: 3 years- 5 years
 - Preschool with Parent: 3 years- 5 years
 - School Age: 6 years- 12 years
 - Teen/Adult: 13 years & up
 - Adaptive with Parent: 3 years & up



Private and Semi-Private Lessons



Rapid City YMCA

Privates are one-on-one with an instructor for 30 minutes. Semi privates are for those who wish to have a smaller setting of **up to 3 people at one time with one instructor for 30 minutes**. Each package comes with 4 lessons for 30 minutes each.

Ages 6 months and up

Contact Kathryn Rath Kathryn.rath@ymcabh.org for more information.

Check ymcabh.org or the Membership Desk for specific dates and times.

Privates

Member Fee: \$120

Program Participant Fee: \$180

Semi Privates

Member Fee: \$100/participant

Program Participant Fee: \$150/participant

Swim League



Rapid City YMCA

Swim League is designed for kids who enjoy swimming and want to **explore the sport of competitive swimming** while improving their technical swimming abilities. Teams may have the opportunity to eventually compete at swim meets with local YMCAs, where **travel may be required**.

Our league emphasizes teamwork, self-confidence, and fun. Staff and volunteers coach our teams in skill improvement, while leading them in character development using the YMCA's core values.

NOTE: Participants **MUST have completed Stage 4 or have equivalent swim skills**: 25 yd front crawl with rotary breathing, 25 yd back crawl, 15 yd breaststroke kick, 15 yd butterfly kick

Ages 6 years – 12 years

September 15 – November 17

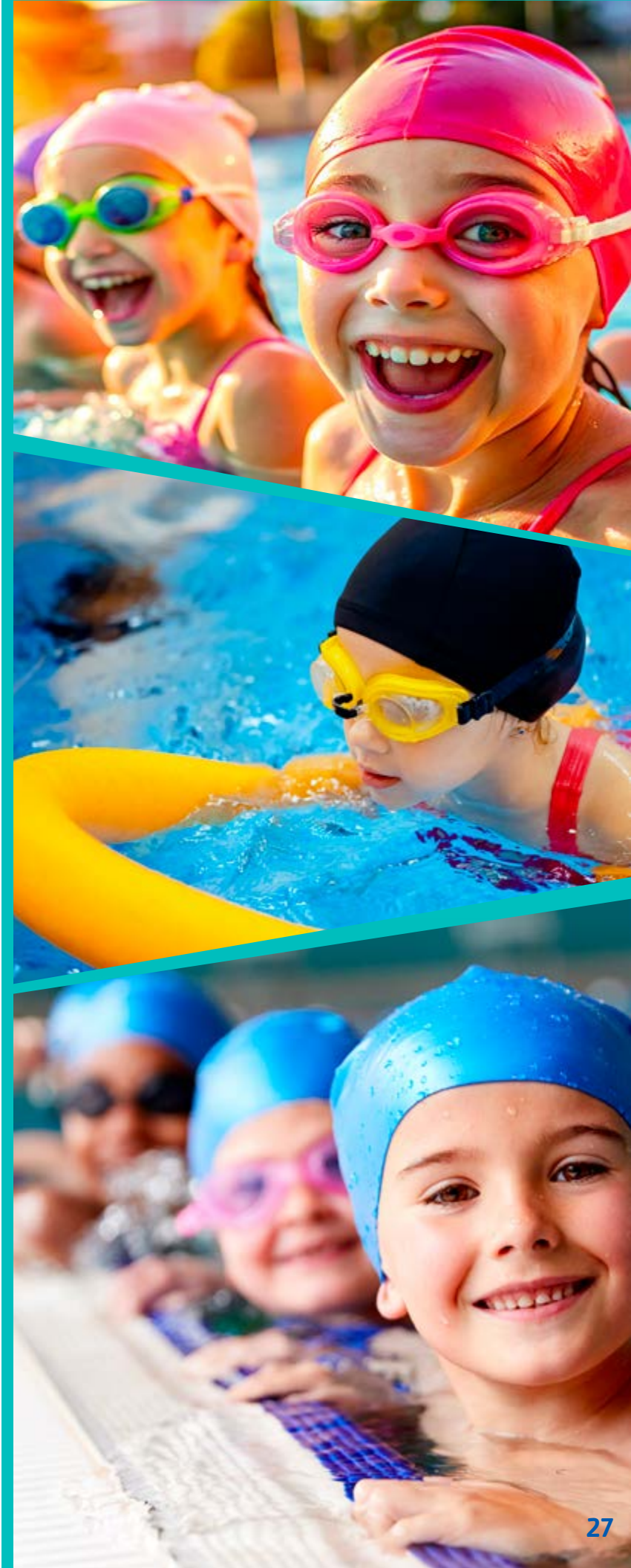
Registration begins: August 10

Tuesday 5:00–6:00 PM

Member Fee: \$90

Program Participant Fee: \$120

REGISTER HERE 





FREE!

First Annual Rapid City YMCA Halloween Spooktacular

Join us for our spooky and fun family event featuring our

-  **Cosmic Glow Dance Party (10 years old and up)**
-  **Floating Pumpkin Patch (zero depth section of the Family Pool)**
-  **Halloween arts and crafts**
-  **Games & Snacks**
-  **Costume Contest and more!**

ALL AGES WELCOME at Floating Pumpkin Patch, arts and crafts, snacks, costume contest and gym dance party.

Cosmic Glow Dance: **Ages 10+**

FRIDAY, October 16 • 5:30–7:30PM

▶ **event is FREE to attend**

Free will donations will be accepted for the Floating Pumpkin Patch



NO PLACE Like This Place



Online registration for 2026–2027 After School care is NOW OPEN.

AFTERSCHOOL | OPEN UNTIL 6:00PM

All Day Programs • Grades K-5 7:30 AM – 5:30 PM

Must be enrolled in Kidstop or Sundowners to be eligible.

Rapid City YMCA

[605.718.5437](tel:605.718.5437)

625 9th Street • Rapid City

**Register for
After School Programs
HERE!**

Kidstop On-Site Locations Grades K-5

Tuition-based and provides:

- Academic Support
- Enrichment
- Activities
- Character Development

- ▶ Black Hawk • 7108 Seeaire St.
- ▶ Corral Drive • 4503 Park Dr.
- ▶ Grandview • 3301 Grandview Dr.
- ▶ Meadowbrook • 3125 Flormann St

Alisa Cunningham, Youth Development Director

Alisa.cunningham@ymcabh.org

**Funded by the 21st Century Community
Learning Centers Grant and provides:**

- Academic Enrichment
- Tutoring Support
- STEM, hands-on learning
- Social Emotional Learning & Youth Development
- Physical Activity, Healthy Living, Educational Opportunities
- Family Engagement & Events, and Resources

- ▶ Wilson • 827 Franklin St.
- ▶ Robbinsdale • 424 East Indiana St
- ▶ Douglas • 441 Don Williams Dr., Box Elder

Sundowners

Tuition-based and provides:

- Academic Support
- Enrichment
- Activities
- Swimming Lessons
- Character Development

- ▶ 625 9th St. • Grades K-5

Busing available from the following locations:

- ▶ Corral Drive • 4303 Park Dr.
- ▶ South Canyon • 218 Nordby Ln.
- ▶ Pinedale • 4901 West Chicago St.
- ▶ Rapid Valley • 2601 Covington St.
- ▶ Valley View • 4840 Homestead St.

EXCEL AFTER THE BELL

Sign Up for Afterschool Care Today



Custer YMCA • [605.673.2222](tel:605.673.2222)

AFTERSCHOOL • OPEN UNTIL 5:30 PM

Kidstop On-Site Locations • Grades K – 5

Custer • 1415 Wildcat Ln.

Hermosa • 11 4th St.

ALL DAY PROGRAMS • 7:30 AM – 5:30PM PM • Every Friday.

Pre-registration required.

Erin Wilkins, Child Care Director

Erin.wilkins@ymcabh.org

EXCEL AFTER THE BELL

Edgemont YMCA • [605.662.7999](tel:605.662.7999)

AFTERSCHOOL • OPEN UNTIL 5:30 PM

Kidstop On-Site Location • Grades K – 5

Edgemont School • 715 Mogul Way

ALL DAY PROGRAMS • 8:00 – 4:00 PM

► **There is no charge to attend Edgemont programs
as they are funded by the 21st Century Community Grant**

• Kidstop resumes August 17

Kelsey Trotter,

Branch Manager

Kelsey.trotter@ymcabh.org



CHILD WATCH

Fall • 2026



Children can visit Child Watch for up to two hours each day while their guardians utilize YMCA facilities.

Rapid City YMCA • [605.718.9622](tel:605.718.9622)

Ages 6 weeks – 12 years

Hours:

MONDAY & TUESDAY ►

8 AM – 1:15 PM and 5 – 7 PM

WEDNESDAY ►

8 AM – 1:15 PM (No evening hours)

THURSDAY ►

8 AM – 1:15 PM and 5 – 7 PM

FRIDAY ►

8 AM – 1:15 PM (No evening hours)

SATURDAY ►

9 AM – 1 PM

Pricing:

8 Hour Punch Card

\$16.00

16 Hour Punch Card

\$32.00

Susan Walburg, Child Watch Coordinator

Susan.walburg@ymcabh.org

LIBERTY CENTER YMCA • [605.791.0400](tel:605.791.0400)

Ages 6 weeks – 5 years

Hours:

MONDAY – FRIDAY ►

8:30 – 11:30 AM

MONDAY – THURSDAY ►

4:30 – 6:30 PM

SATURDAY ►

8:30 – 10:30 AM

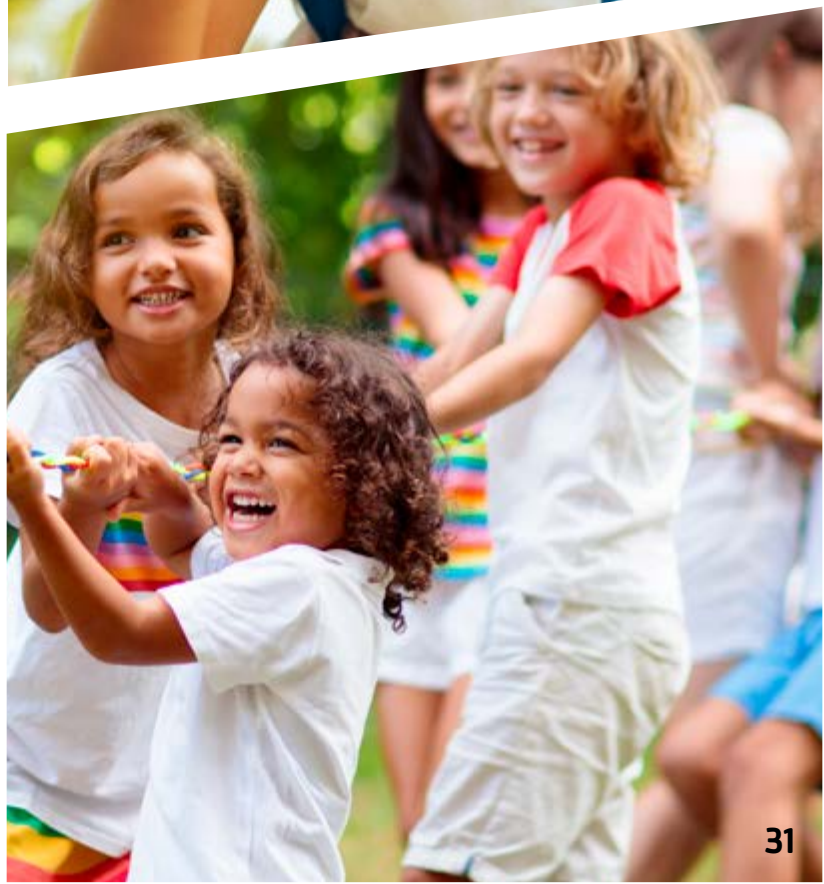
Pricing:

Members • FREE

Non-members • \$3.00 per Hour

Erica Richter, Branch Manager

Erica.richter@ymcabh.org





EARLY LEARNING CENTERS

EARLY LEARNING CENTERS

- Registration for the YMCA Early Learning Program is ongoing on a space-available basis.

Rapid City YMCA • [605.718.5437](tel:605.718.5437)

Infant • 6 weeks – 18 months

Rapid City Education Center • 625 9th St.
Jump Start Rapid City Highschool • 601 Columbus St.
One Heart Campus • 217 Kansas City St.

Toddler • 18 months – 3 years

Downtown YMCA • 815 Kansas City St.
Rapid City Education Center • 625 9th St.
Jumpstart Rapid City Highschool • 601 Columbus St.

Preschool • 3 – 5 years

Downtown YMCA • 815 Kansas City St.
Rapid City Education Center • 625 9th St.
Jumpstart Rapid City Highschool • 601 Columbus St.

REGISTER in person at

Rapid City Education Center • 625 9th St.

Eve Finnegan, Early Learning Director

Eve.finnegan@ymcabh.org

Currently Enrolling for our Early Learning program in Rapid City

Beginning Fall 2026, the Rapid City YMCA is offering year-round childcare for children ages 2–5.

- This program provides a nurturing, engaging environment that supports children's social, emotional, and intellectual development while building the skills needed for success in school and beyond.
- Children will participate in age-appropriate learning experiences, play-based activities, and routines that encourage independence, confidence, and growth.

Ages 2–5

Year-round care beginning – August 24, 2026

LEARN MORE 

YMCA OF CUSTER • [605.673.2222](tel:605.673.2222)

Preschool/Toddler • 0 – 5 years

Custer YMCA Childcare Center • 1315 Bluebell Ln.
Hermosa YMCA Childcare Center • 11 4th St.

LEARN MORE 

Erin Wilkins, Child Care Director

Erin.wilkins@ymcabh.org

MEMBERSHIP RATES



RAPID CITY MEMBERSHIP

-  **YOUTH • TEEN** ages 6 – 17 years
-  **ADULT** ages 26 – 64 years
-   **SENIOR TWO ADULT** age 65+
-  **SENIOR ONE ADULT** age 65+
-  **YOUNG ADULT** ages 18 – 25 years
-     **ONE ADULT FAMILY**
-     **FAMILY**
-     **HOUSEHOLD**

LIBERTY CENTER MEMBERSHIP

-  **YOUTH • TEEN** ages 6 – 17 years
-  **ADULT** ages 26 – 64 years
-   **SENIOR TWO ADULT** age 65+
-  **SENIOR ONE ADULT** age 65+
-  **YOUNG ADULT** ages 18 – 25 years
-     **ONE ADULT FAMILY**
-     **FAMILY**
-     **HOUSEHOLD**
-  **SERVICE MEMBER SINGLE**
-     **SERVICE MEMBER FAMILY**

JOINER FEE	MONTHLY RATE	ASSOCIATION RATE
\$40	\$26	\$26
\$40	\$65	\$65
\$40	\$81	\$81
\$40	\$59	\$59
\$40	\$48	\$48
\$40	\$65	\$65
\$40	\$94	\$94
\$40	\$99	\$99
JOINER FEE	MONTHLY RATE	ASSOCIATION RATE
\$40	\$18	\$26
\$40	\$48	\$65
\$40	\$56	\$81
\$40	\$45	\$59
\$40	\$38	\$48
\$40	\$57	\$65
\$40	\$68	\$94
\$40	\$79	\$99
\$40	\$18	
\$40	\$30	

Prices are subject to change.

www.ymcabh.org/join

MEMBERSHIP RATES



CUSTER MEMBERSHIP

 **YOUTH • TEEN** ages 6 – 17 years

 **ADULT** ages 26 – 64 years

  **SENIOR TWO ADULT** age 65+

 **SENIOR ONE ADULT** age 65+

 **YOUNG ADULT** ages 18 – 25 years

    **ONE ADULT FAMILY**

    **FAMILY**

    **HOUSEHOLD**

JOINER FEE	MONTHLY RATE	ASSOCIATION RATE
\$40	\$14	\$26
\$40	\$46	\$65
\$40	\$54	\$81
\$40	\$44	\$59
\$40	\$36	\$48
\$40	\$55	\$65
\$40	\$62	\$94
\$40	\$74	\$99

EDGEMONT MEMBERSHIP

 **YOUTH • TEEN** ages 6 – 17 years

 **ADULT** ages 26 – 64 years

  **SENIOR TWO ADULT** age 65+

 **SENIOR ONE ADULT** age 65+

 **YOUNG ADULT** ages 18 – 25 years

    **ONE ADULT FAMILY**

    **FAMILY**

    **HOUSEHOLD**

JOINER FEE	MONTHLY RATE	ASSOCIATION RATE
\$0	\$12	\$26
\$0	\$19	\$65
\$0	\$18	\$81
\$0	\$9	\$59
\$0	\$14	\$48
\$0	\$26	\$65
\$0	\$29	\$94
\$0	\$34	\$99



YMCA of the Black Hills

Rapid City YMCA • Liberty Center YMCA • Custer YMCA • Edgemont YMCA