



HEY KIDS GET FIT & HAVE FUN WITH...

SUMMER YOUTH FITNESS CAMP

AGES 8,9,10

T/TH 2:00-4:00pm June 2, 4, 9, 11

Member \$15 NonMember \$30

Combo of Exercises and Positive Life Style Lectures
(Strength, Cardio, Stretching, Pilates, Dance, Lectures)

7/8 GRADE SUMMER SHAPE UP

June 1-July-16 M, T, W, TH 11:00-11:45am

Member \$35.00 Non Member \$60.00

(4 days a week for 7 weeks)

Mon. – Strength/Condition • Tues. – Step Cardio
Wed. – Pilates / Core • Thurs.– Cardio / Strength

SIGN UP STARTS MONDAY ONLINE AT WWW.OAHEYMCA.ORG

Or stop in the office May 26th- 31st to sign up or get more information

It's not too late
to sign up for Day
Camp or Y-Time

OAHE FAMILY



YMCA

**PIERRE
AQUATIC
CENTER**

900 E. CHURCH – PIERRE – 605.224.1683