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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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FOR IMMEDIATE RELEASE

FIND YOUR STRENGTH. FIND YOUR Y.

YMCA of Rapid City Provides Programming to Energize & Inspire Black Hills Families.

RAPID CITY, SD March 3, 2025 – The Rapid City YMCA is excited to provide an array of spring programming designed to energize and inspire families in Rapid City and all across the Black Hills. Spring is a season of renewal, and the Y offers many 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 members discover a new passion through sports or programs, the Y has something for everyone.

If you're new to the Y, call your closest YMCA location and schedule a tour of the facility. Potential members who take a tour at the Y are offered a FREE one-week trial offer during March!

Some program opportunities available at YMCA locations across the Black Hills this Spring include:

Youth Sports

- Tiny Tot Baseball
- Swimming Lessons
- Kung Fu
- Indoor Flag Football
- Soccer

Group Exercise & Wellness

- Personal Training & Nutrition Counseling
- Exclusive Les Mills™ BodyPump Classes (Rapid City location)
- Minding Your Food & Body (6 week workshop)
- Pickleball League (groups, beginners, competitive play)

Family Events

- Healthy Kids Day – Saturday, April 26 (FREE community events in Box Elder & Rapid City)

“Join us at the Y this spring to get active, learn new skills and enjoy reconnecting with the community,” said Chris Russo, Director of Operations for the YMCA of Rapid City. With locations in Rapid City, Liberty Center/Box Elder, Custer and Edgemont, we welcome everyone in the Black Hills area to come and discover what the Y has to offer!”

For more information on how you can live a healthy, active life contact the Y at 605-718-9622 and visit our Group Exercise schedules at <https://tinyurl.com/arahtenr> for class days/times.

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About the YMCA of Rapid City

Driven by its founding mission, the YMCA of Rapid City has served as a leading nonprofit committed to strengthening community for more than 76 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 rcymca.org.