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Spring Into Family Fitness With the Y.

Spring programs and summer camps energize and inspire Black Hills families.

RAPID CITY, APRIL 7, 2025 – The YMCA of Rapid City is excited to provide an array of spring programming designed to energize and inspire families across the Black Hills region. 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.

Some program opportunities available at the Y this season include:

Youth Sports – Youth Volleyball, Cheer & Dance, Kung Fu, Pre-School Basketball, Swimming Lessons

Group Exercise – Exclusive Les Mills BodyPump, Zumba, Dance Fitness, Fit Crew, Stretch & Strengthen, 1:1 Personal Training and Nutrition Counseling

Summer Day Camp – Summer day camps are held at YMCA Giraffic Park, Custer, Edgemont and Hermosa and begin the week of June 2. Registration is now open for children entering grades 1-6 in the Fall, 2025. Visit www.rcymca.org/summer-camp/ to register today!

Family Events – Our **FREE** Healthy Kids Day on April 26 will feature hands on activities at the Rapid City and Liberty Center YMCA locations from 10am to 2pm. The Custer YMCA will have a water safety display, in partnership with the South Dakota Game, Fish & Parks Department.

"Join us at our YMCA locations across the Black Hills 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. "We welcome everyone across the Black Hills to come and discover what the Y has to offer!"

Browse the guide today to discover all the fantastic options available and start planning your family's spring activities at the YMCA. The complete guide is located in digital format on our website at www.rcymca.org

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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.