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Contact:

Elaina Kempin, Marketing
YMCA of Rapid City
605-719-5081
elaina@rcymca.org

Graphic Attached: YMCA Fall Program Guide

Fall Into Wellness With the Y.

YMCA of Rapid City Unveils Fall Program Guide Packed with Fun, Fitness and Family-Friendly Activities

RAPID CITY, AUGUST 22, 2025 – The YMCA of Rapid City has released its new Fall Program Guide, offering a wide variety of activities and programs designed to keep individuals and families active, connected, and thriving across the Black Hills this season.

From youth sports and swim lessons to group exercise classes and wellness workshops, the Fall Program Guide highlights opportunities for every age and interest. Families can look forward to engaging childcare programs, enriching arts and education activities, and seasonal events that bring the community together.

“Our fall programs are about more than just activities—they’re about building connections, developing skills, and supporting overall health and well-being,” said Kristy Lintz, Chief Operations Officer. “Whether you’re trying something new or returning to a favorite class, the Y is here to help you grow in spirit, mind, and body.”

Key highlights from the Fall Program Guide include:

- Youth Sports: Basketball, soccer, flag football, and martial arts classes designed to teach teamwork and build confidence.
- Aquatics: Swim lessons for all ages and abilities, plus open swim times for family fun.
- Wellness & Fitness: Group fitness classes, personal training, and wellness programs to support healthy lifestyles.
- Award-Winning Childcare & Afterschool: Safe, engaging spaces where kids can learn, grow, and thrive after school.
- Special Events: Seasonal family nights, holiday celebrations, and community gatherings.

The full Fall Program Guide is available now online at <https://shorturl.at/QRq2z> and at any YMCA front desk. Registration for programs is open, and members and community participants are encouraged to sign up early as spaces fill quickly.

For more information or to view the full program guide, visit www.rcymca.org or call your local YMCA branch location in Rapid City, Box Elder (Liberty Center), Custer or Edgemont.

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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