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FOR IMMEDIATE RELEASE

YMCA Winter Program Guide Now Available – Discover What’s New This Season.

RAPID CITY, NOVEMBER 4, 2025 – The YMCA of Rapid City invites Black Hills community members to stay active, connected, and inspired this season with the release of its **Winter Program Guide**, now available online at www.rcymca.org.

From youth sports and swim lessons to group fitness classes, family events, and volunteer opportunities, the YMCA’s Winter lineup offers something for everyone. Registration is now open for members and the community.

“Our Winter Program Guide is all about helping people find new ways to move, grow, and connect — especially during the colder months,” said Kristy Lintz, Chief Operations Officer of the YMCA of Rapid City. “Whether you want to learn a new skill, meet your wellness goals, or spend quality time with your family, there’s a place for you at the Y.”

Highlights of the Winter Program Guide include:

- Youth Sports: Basketball, cheer and dance, tiny tot 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 (Rapid City).
- Wellness & Fitness: Group fitness classes, personal and nutrition training, and wellness programs to support healthy lifestyles.
- Award-Winning Childcare & Afterschool: Safe, engaging spaces where kids can learn, grow, and thrive.
- Special Events: Special holiday events, Parents’ Night Out, and community enrichment.

The full Winter Program Guide is available now online at <https://shorturl.at/F7Vwf> 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, visit www.rcymca.org or call your local YMCA Black Hills 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