

NEW MEMBER SERVICES AND PROGRAMS!

New Member Orientations offered: All members receive a free orientation of the fitness machines and cardio equipment. Check at the front desk for days and times.

SilverSneakers® Muscular Strength & Range of Movement

“NEW” Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are for resistance, and a chair is used for seated and/or standing support.



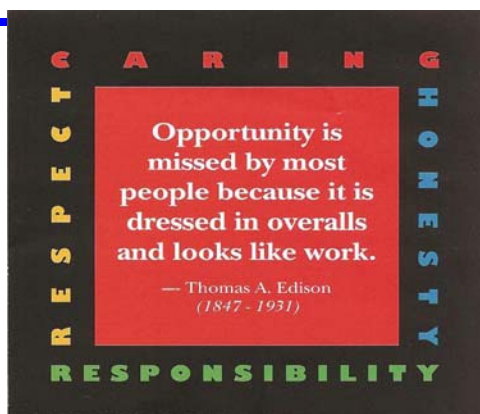
Chess Night— The YMCA is offering introduction to chess classes for 3rd –12th graders and adults on Tuesday, January 12th and/or January 26th from 6:30pm-8:30pm. Classes will cover beginning/intermediate chess, tournament chess (use of the clock, how to record your games, tournament rules/info), Pierre Chess Club info, SD Chess Association activities, US Chess Federation information. Attend one or both classes. Individuals that are interested but who cannot attend please contact Beth at the YMCA for other arrangements.

HAPPY BIRTHDAY YMCA MEMBERS! Check in and work out on your birthday and receive a special birthday present from the Y Staff. You can also register for a birthday drawing to win a *Suttley's Markets* gift card. *Thanks Suttley's!!*

www.oaheymca.org

YMCA WEBSITE MORE THAN JUST PROGRAM INFORMATION AND SCHEDULES!

Special Health & Wellness and Family Information is available at our website, www.oaheymca.org. Downloads are available on many different subjects at no cost to you. See pictures of programs, check out YMCA facts and history, register for a class or just find out when the pool is open all on our website. Information is being changed and added on a regular basis.



OAHE FAMILY YMCA

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