



## DON SJOGREN COMMUNITY YMCA

### Holdrege SPRING 2017 Programs

#### YOUTH SPORTS HOLDREGE

##### Youth Soccer

Ages U4-U14  
Begins 3/12. Register by 2/27.  
Sunday Games, 9 a.m.-3 p.m.  
Coaches set practices.  
Fee U4-U6: \$28 M/\$36 NM. Fee U8-U14: \$30 M/\$40 NM (\$10 late fee)  
Location: Holdrege Middle School and Don Sjogren Community YMCA

##### T-Ball & Baseball

**Coed Beginner T-Ball:** Ages 4-6  
T/TH games, 5:30 p.m. Register by 5/8.  
Games begins 5/25. Fee: \$20 M/\$30 NM  
Location: YMCA at R7.

**Coed Advanced T-Ball:** Ages 4-6  
M/W games. Register by 5/8. Games begin 5/24. Fee: \$20 M/\$30 NM.

**Recreation Baseball:** Grades 1-2  
Machine Pitch, T or TH games.  
Register by 5/8. Games begin 5/23.  
Fee: \$30 M/\$40 NM.

**Boys Travel Baseball:** Grades 3-8  
T/TH games, 6:30 or 8 p.m.  
Register by 4/1. Fee: \$40 M/\$50 NM

##### Softball

**Recreation Softball:** Ages 8U-10U,  
T/TH, 6:30 or 8 p.m. Register by 5/8.  
Games begin 5/23. Fee: \$30 M/\$40 NM.  
**Holdrege Heat Softball:** Ages 12U-14U  
as of 1/1/17. M/W, 6:30 or 8 p.m.  
Register by 4/1. Fee: \$65 M/\$75 NM.

##### Youth Sports Performance

Ages 13-18. Time: By appointment with Adam Hohlfeld. Four private sessions: \$60/Four semi-private sessions \$45.

##### Youth Racquetball

Mondays, 3/13-4/24, 6 p.m. Ages 8-15.  
Register by 3/9. Fee: \$20 M/\$35 NM.

##### Youth Weight Training

Ages 11-15. Time: 4-6 p.m. Fee: \$20  
Session 1 — 4/18 & 4/20  
Session 2 — 5/23 & 5/25

##### Youth Run Club

3/27-5/4, M & W, 4-5 p.m. Grades K-6  
Register by 3/20. Late fee: \$10  
Fee: \$12 M/\$24 NM

#### YOUTH ENRICHMENT & FUN HOLDREGE

##### STEM Mondays

Mondays, 4-4:45 p.m., Grades K-4.  
Session 2: Science, 2/27-4/3  
Session 3: Lego & Adv. Lego, 4/10-5/15  
Advanced Lego (10+) 5-5:45 p.m.  
Fee: \$15 M/\$30 NM  
Location: Don Sjogren Community YMCA

##### Priceless

Tuesdays, 3/14-4/11, 6:30-7:30 p.m.  
Grades 4-6. Based on Hayley DiMarco's "Mean Girls" book. How to take the "mean" out of being a survival tool for girls. Instructor: Melanie Burken  
Fee: \$10 M/\$15 NM  
Location: Don Sjogren Community YMCA

##### Saturday Celebrations

3/4 - Dr. Seuss's Birthday  
4/22 - Earth Day Celebration  
5/6 - Mother's Day Workshop  
Time: 10-11:30 a.m.  
Fee Per Session: \$5 M/\$10 NM  
Ages: 5-10. Limit: 20

##### School Day Out

Holdrege Dates: 2/17, 3/9 & 3/10,  
4/14 & 4/17  
Loomis Dates: 2/10, 3/3 & 4/21  
Fee per day: \$20 M/\$40 NM

##### Nerf Wars

Saturdays 3/18, 4/15 & 5/20  
Time: 7-8:30 p.m., Ages 7-13.  
Fee: \$8 M/\$16 NM  
Location: Don Sjogren Community YMCA

##### Swimming Lessons

Session 1: 3/6-4/13  
Session 2: 4/24-5/25  
Ages 6 months and older.  
Pike through Ray: Ages 3-5.  
Polliwogs through Minnows: Ages 6+.  
Fee: \$24 M/\$42 NM  
Water Babies Fee: \$12 M/\$21 NM

##### Save the Dates:

3/15 - Summer Camp registration opens  
4/3 - Registration Opens for 2017-18 After School Program

#### ADULT SPORTS, FITNESS & FUN HOLDREGE



##### Adult Basketball

Sundays, 5:30 p.m. Begins 3/5 (for six weeks)  
Ages 14+ Fee Per Team: \$115  
Location: Holdrege Middle School

##### Adult Volleyball League

Women's and Coed, Begins 3/5 & 3/6.  
Sundays, 3 p.m. and Mondays, 6:30 p.m. Ages 14+  
Team Fee: \$100. Location: Don Sjogren Community YMCA

##### Adult Mileage Club

4/10-6/2, Ages: 16+ Challenge yourself to meet your mileage goals walking, running, biking or swimming.  
Fee: \$15 M. Location: Don Sjogren Community YMCA

##### 3-vs-3 Basketball Tournament

Saturday, 6/10, 8 a.m. Teams limited to 5 players.  
Divisions: Youth (ages 10-15)  
Adult (ages 16-65) & Golden (Ages 65+)  
Fee: \$40 per team youth/\$50 adult and golden  
Location: Don Sjogren Community YMCA

##### Boot Camp

Get the accountability you need to live healthier with YMCA boot camp. Ages: 15+  
**Spring Session 1:** 3/13-4/28 **Spring Session 2:** 5/16-6/30  
Both sessions offered at the following times:  
Option 1 — 5:30-6:30 a.m. M-W-F. Fee: \$68.25 M/\$126 NM  
Option 2 — 5:30-6:30 a.m. T-TH. Fee: \$45.50 M/\$84 NM  
Option 3 — 5-5:30 a.m. W-F. Fee: \$45.50 M/\$84 NM

##### Personal Training

By appointment. Fee: Varies by appointment. Ages 13+

##### Crafty Adults

3/11 — String Art  
4/8 — Holiday Reversible Blocks  
Saturday, 9 a.m.-Noon. Ages: 16+ Fee per class: \$20 M/\$40 NM

##### Adult Painting Classes

3/18 — Country Barn Scene  
Saturday, 9 a.m.-Noon. Ages: 18+ Fee per class: \$20 M/\$30 NM

##### Hunt Club

Thursdays, 6 p.m., FREE class for all ages.  
3/9 - Wild Game Cooking, 4/13 - Turkey Hunt, 5/11 - UTV/ATV Safety

##### Discover Scuba

3/16, 4/20 or 5/18, 6-8 p.m. Ages: 11+. Fee: \$25 M/\$50 NM



#### REGISTER FOR PROGRAMS IN PERSON OR ONLINE

Holdrege: 1415 Broadway, [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)  
Lexington: 1207 N. Grant, [www.orthmanymca.org](http://www.orthmanymca.org)

#### DOWNLOAD THE Y APP!

Check in from your smartphone, view schedules, receive notifications



## ORTHMAN COMMUNITY YMCA

### Lexington SPRING 2017 Programs

#### YOUTH SPORTS & FUN LEXINGTON

##### Outdoor Soccer

4/11-5/16, Tues. games, 5:30-7:30 p.m.  
Saturday practices, 10 a.m.-Noon  
Register by 3/28. Fee: \$30 M/\$38 NM  
Late fee: \$10. Lexington Optimist Fields

##### Youth Baseball/Softball

5/22-6/28 (No games Memorial Day)  
Register by 5/5. Fee: \$30 M/\$38 NM  
Late fee: \$10. Time: TBA

##### No School Day @ YMCA

3/13, Noon-4 p.m. Grades: 1-8  
Lunch, activities, movie & popcorn!  
Register by 3/10. Fee: \$20 M/\$25 NM

##### Nerf Wars

Thursday 3/2 & 5/4  
Grades 1-5, 5:30-7 p.m.  
Grades 6-12, 7:30-9 p.m.  
Fee: \$8 M/\$16 NM

##### Martial Arts

4/13-5/20. Register by 3/24  
**Age 5-Grade 4:** Mondays 5:30-6:30 p.m. & Saturdays 9-10 a.m.  
**Grades 5-8:** Mondays 6:45-7:45 p.m. & Saturdays 10:15-11:15 a.m.  
Fee: \$50 M first child/\$40 additional  
\$60 NM first child/\$50 additional

##### Youth Weight Training

Ages 11-14. Fee: \$20 members only  
Session 1 — 3/11, 10 a.m.-Noon  
Session 2 — 4/8, 10 a.m.-Noon  
Session 3 — 5/13, 10 a.m.-Noon

##### Speed Camp

Mondays, 3/13-4/17 Grades 1-6  
Increase speed and flexibility.  
Session 1: 5:30-6:30  
Session 2: 6:45-7:45 Register by 3/6.  
Fee: \$30 M/\$38 NM. Late fee: \$10

#### ADULT HEALTHY LIVING & ENRICHMENT LEXINGTON

##### Adult 5-vs-5 Indoor Futsal

3/9-4/27, 6 p.m., Coed, Ages 16+  
Register by 3/1. Fee Team of 10: \$150

##### A Chemical-Free Home

Thursdays, 3/16, 3/23 & 3/30, 7-8 p.m.  
Learn about toxins in the home and practical ideas to make your home chemical free. Instructor: Steph Scherr.  
Register by 3/9. Fee: \$25 M/\$32 NM.

##### Let's Get Greasy

**Automotive For Ladies**  
Saturdays, 4/29-5/27, Ages 14+  
Hands-on basic automobile maintenance.  
Time: 10-11:30 a.m.  
Instructor: Stacey Schoneman  
Register by 4/22. Fee: \$30 M/\$40 NM  
Mother/Daughter Fee: \$50 M/\$60 NM

##### Line Dancing Fun

Tuesdays, 4/4-4/25, 8-9 p.m.  
Register by 3/28  
Individual Fee: \$25 M/\$32 NM  
Couple Fee: \$35 M/\$42 NM

##### Door Charms With Jamie

Monday, 3/20, 6:30-9 p.m.  
Theme: Front door flower  
Register by 3/13. Fee: \$35 M/\$40 NM.

##### Foot Health

Thursday, 4/13, 7-8 p.m.  
Fee: \$15 M/\$22 NM

##### What Does Depression Look Like?

Mondays, 4/3-4/17, 6-7 p.m.  
Register by 3/27. Fee: \$25 M/\$32 NM.

##### Just Lose It, Too

Mondays, 4/24-6/12, 6-7:15 p.m.  
Register by 4/17. Fee: \$35 M/\$50 NM.  
Late fee: \$10.

##### Bring on the Change Challenge

3/15-4/29 (meets first and last day of challenge at 6 p.m.) We will help you make healthy new habits in 28 days.  
Register by 3/13. Fee: \$8 M/\$16 NM

##### Boot Camps

3/6-4/24, M & W, 6-6:45 p.m.  
Register by 2/27  
Fee: \$35 M/\$50 NM. Late Fee: \$10

##### Posture Perfected

Wed., 3/22-4/12, 12:15-12:45 p.m.  
Register by 3/15. Fee: \$20 M/\$25 NM

##### Women's Self-Defense

Mondays, 4/3-5/15, 8-9 p.m.  
Register by 3/24. Fee: \$30 M/\$40 NM.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILD MORE THAN MUSCLE

For More Than A Workout. For A Better Us.  
SPRING 2017 PROGRAM GUIDE

**DON SJOGREN COMMUNITY YMCA**  
1415 Broadway | Holdrege | 308.995.4050

**ORTHMAN COMMUNITY YMCA**  
1207 N. Grant | Lexington | 308.324.1970



**Registration Information:**  
**Spring Youth Soccer**

**HURRY!**  
**Receive \$5 off one program registration.**  
**Expires: 3/1/2017**

Or Current Resident

[www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)  
HOLDREGE, NE 68949  
PO BOX 618



YMCA OF THE PRAIRIE

## FAMILY FUN!

### Easter Egg Hunt

**April 15, 10:30-11:30 a.m., Lexington**  
Ages: PreK-Grade 6.

Not your ordinary candy-filled egg. Pick the right egg, and you may get a bigger prize!  
Fee: \$7, plus \$3 each additional child per family.  
Location: Orthman Community YMCA

### Flick & Float

**March 3, 6 p.m., Holdrege**

Join us for a FREE evening of family fun in the pool! For all ages. Facility & pool-age guidelines apply.

Location: Don Sjogren Community YMCA

### Easter Egg-stravaganza

**April 1, 9-10:30 a.m., Holdrege**

Ages PreK-Grade 6. Crafts, Scavenger Hunt and more! FREE

Location: Don Sjogren Community YMCA



## HEALTHY KIDS DAY 2017

### Lexington Event

**Friday, April 28, 6-8 pm**

Free HKD event at the Orthman Community YMCA.  
First 200 attendees receive 2 free tacos!

### Color Run, Lexington

**April 28, 6 p.m.**

One-mile kids fun run.  
Age 4 to Grade 8  
Register by April 10 (t-shirt included)  
Fee: \$15 M/\$20 NM.  
Late Fee: \$7

### Holdrege Event

**Friday, May 5, 5:30-7 p.m.**

Free HKD Event at the Don Sjogren Community YMCA.

### Pajamas Duck Run

**Pancakes Story Book Walk**

**May 5, 7 p.m.**

One-mile kids fun run.  
Grades K-6

Register by April 28. Fee: \$10 M/\$20 NM.



## RUNS & RACES

### Spring Run & Chug

**Saturday, April 8, Lexington**

5K Run/Jog/Walk. Register by March 31.

\$40 M/\$50 NM (includes shirt and 1 FREE drink)  
10 a.m.-10:45 a.m. Check In at Dawson Country

Fairgrounds FFA Building

10:45 a.m. - Participants bused to YMCA

11 a.m. - Race begins at the Y and ends at the Dawson Country Fairgrounds with a few fun

obstacles along the way. Finishers receive one

FREE drink, a choice of water, a sports drink or a

beer from Kinkaid Brewing Co. of Broken Bow.

Finish line festivities also include a band, BBQ,

and Mexican food until 2 p.m.

### Fresh Air & Friends 5K

**Camp Arrowhead Run**

**April 22, 10:30 a.m., Camp Arrowhead**

Fee before April 10: \$20 pp/\$15 each additional family member (includes t-shirt).

Fee after April 10: \$27 pp/\$22 each additional family member (t-shirt not guaranteed).

Furry friends free!

### Silver Run

2-mile walk or run, 5K or 10K run, June 17, Holdrege