



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S YOUR SEASON

FALL 2017 YMCA PROGRAM GUIDE



DON SJOGREN COMMUNITY YMCA

1415 Broadway | Holdrege | 308.995.4050

ORTHMAN COMMUNITY YMCA

1207 N. Grant | Lexington | 308.324.1970

YMCA AT GOTHENBURG HEALTH

1001 Lake St. | Gothenburg | 308.991.4135

www.ymcaoftheprairie.org

DON SJOGREN COMMUNITY YMCA, Holdrege

Youth Sports, Enrichment & Fun

School Day Out

10/2, 10/26 & 10/27, 8 a.m.-5 p.m.
K-5. Fee: \$20 M/\$30 NM

Youth Flag Football

9/11-10/23. Register by 8/30. Grades K-6
Monday Games, 5:30-8:30 p.m.
Fee: \$20 M/\$30 NM (\$10 late fee)

Youth Cheerleading

9/11-10/23. Register by 8/30
Mondays, 5-6:30 p.m.
Grades K-6. Fee: \$20 M/\$30 NM

Youth Soccer

9/16-10/21. Register by 8/30
Saturday Games, 9 a.m.-1 p.m.
Grades K-6. Fee: \$20 M/\$30 NM
(\$10 late fee)

Rookie Sports

Age 2-6, Tuesdays, 5-7 p.m.
Session 1: 10/3-10/23 - Soccer
Register by 10/3. Fee: \$15 M/\$25 NM

Nerf Wars

Saturdays, 8/19, 9/9, 10/21
Time: 7-8:30 p.m., Ages 7-13
Fee: \$8 M/\$16 NM

STEM Mondays

Mondays, 4-5 p.m., Grades K-4.
Session 1: 9/11-10/9
Session 2: 10/16-11/13
Session 3: 11/20-12/18
Fee: \$20 per session or \$50 per semester for M/\$40 per session or \$100 per semester NM

Youth Weight Training

Session 1: 8/22 & 8/24
Session 2: 9/19 & 9/21
Session 3: 10/24 & 10/26
Time: 6-7 p.m. For ages 11-14
Fee: \$20M. Register 2 days prior.

Youth Sports Performance

Ages 13+ By appointment/members only.
Fee: \$12 semi-private/\$15 private

FAMILY TIME



This is Our First Rodeo!

8/11. Time: 5-7 p.m.
Outside and inside activities,
such as bull riding and horse races in
the pool. BBQ and Inflata-Bull.

NEW! Solar Eclipse Party

8/19. Time: 10-11:30 a.m. Grades K-6
Make telescopes, moon rocks and an
eclipse. Fee: \$5 M/\$8 NM

Mother/Son Kayak Trip

9/16. Time: 6 p.m. in Kearney. Meet at Y at
5 p.m. to ride bus. S'mores after.
Member Fee: \$30 per kayak/\$25 each

additional kayak. NM Fee: \$40 per kayak/
\$35 each additional kayak NM. (Smaller
children can fit in one kayak with mom).

Family Pumpkin Decorating

10/21. Time: 9-10:30 a.m. FREE
Decorate pumpkins with stickers, felt
and other crafty supplies. No carving
involved, and we clean up the mess!

Spooky Glow Stick Swimming

10/26. Time: 6-7:30 p.m. FREE
Have a freaky good time when we turn
down the lights and light up the pool
with glow sticks. Ages: All.

DON SJOGREN COMMUNITY YMCA, Holdrege

Adult Sports, Enrichment & Healthy Living

LazyMan Triathlon

8/7-9/16. Complete a full Ironman (2.4-mile swim, 112-mile bike and 26.2-mile run) in six weeks and receive a T-shirt. Register by 8/18.

Fee: \$10 Members. Ages 13+

Boot Camps (Ages 15+)

FALL INTO BOOTCAMP:

M & TH, 9/18-11/2, 5:30-6:30 a.m.

Motivating high-energy workouts.

Fee: \$45.50 M/\$84 NM

EXTREME BOOTCAMP:

W & F, 9/20-11/3, 5-5:30 a.m.

Fee: \$35 Members Only

NEW! H2O Fit Camp

T & F, 9/19-10/13, 5:30-6:15 a.m.

An underwater high-intensity fitness class. Fee: \$25, Members Only, Ages 15+
Bring goggles and a swim cap.

NEW! Mommy & Me Fit Camp

Starts the week of 9/18, Time TBA

A child-parent workout class.

Fee: \$25, Members Only

Husker Challenge

Starts 9/2. Register by 9/1.

Combine your love of Husker football with exercise this fall. T-shirts for those who complete the challenge.

Fee: \$15. Ages 13+

Diet Right

9/26-10/10, Tues., Noon-12:45 p.m.

One diet does not fit all. Learn the right diet for you. Fee: \$80 M/\$90 NM

Creative & Crafty Adults

10/14 - Barn Quilt
(Register 10/6)

11/18 - Mason Jar Door Hang
(Register by 11/10)

12/9 - Holiday Centerpieces
(Register by 12/1)

Time: 9 a.m.-Noon, Ages 16+

NEW! Salsa Cook-Off

8/22, 5:30-6:30 p.m.

FREE! Bring your salsa and compete for top prize or just come to taste.

NEW! Heritage Dinner

10/5, 11:30 a.m.

FREE! Potluck dinner. Prepare your favorite family recipe and share.

Fight Like A Girl (Party in Pink)

10/21, 10-11 a.m. FREE group exercise class to promote breast cancer awareness and prevention. Wear pink!

NEW! Women's Self-Defense

Tuesdays, 10/10-11/21, 6:15-7:15 p.m. Fee: \$30 M/\$40 NM. Ages 15+

Women's Entrepreneurship

9/27-11/22, Wed., Noon-1 p.m.

An experiential learning program designed to empower women.

Ages 18+; Fee: \$150. Register by 9/26

Women's & Co-ed Volleyball

Ages 18+, Register by 10/23

Women: Sundays 11/5-12/17

Coed: Mondays 11/6-12/18

Fee: \$100 per team of 10.

AQUATICS

Lifeguard Training

8/26 & 8/27, 8 a.m.-8 p.m.

Ages 15+, Fee: \$115 M/\$165 NM

Register by 8/23

Swim Lessons

9/18-10/23. Fee: \$25 M/\$50 NM.

Swim Starters (Water Babies): M, 5 p.m.

Progressive Lessons: W & Th, 4:30-6 p.m.

Gators Swim Team

Season: 9/11-March. Ages 6+

Practice: M & T, 5-6 p.m. Fee: \$175, plus \$40 registration fee, members only

ORTHMAN COMMUNITY YMCA, Lexington

Youth Sports, Enrichment & Fun

Youth Flag Football

9/12-10/17, Register by 9/1.
Ages 3-11; Tues. Games, 5:30-7:30 p.m.,
Sat. practices, 10 a.m.-Noon; Fee: \$30
M/\$38 NM. Plus \$15 jersey if needed.
(\$10 late fee). Location: Optimist Complex

Minutemaids Cheer

9/12-10/17, Register by 9/1. Ages
3-11; Tuesdays 5:30-6:30 p.m.
Fee: \$30 M/\$38 NM. (\$10 late fee)

Youth Basketball

11/7-12/16, Register by 10/27.
Ages 3-Grade 6; Tuesday practices, 5-8
p.m. & Saturday games, 9 a.m.-Noon
Fee: \$30 M/\$38 NM, plus \$15 jersey if
needed. (\$10 late fee)

YMCA League Night

9/13-10/18, Register by 9/11.
Wednesdays, 4-5 p.m., Grades 2-6.
Explore classic games such as team hand
ball, ultimate Frisbee and capture the
flag. Fee: \$20 M/\$28 NM (\$10 late fee)

Nerf Wars

9/7, 5:30-6:30 p.m., Grades 1-6.
Fee: \$8 M/\$16 NM

Martial Arts

Session 1: 8/7-9/23. Register by 7/31
Session 2: 10/9-11/18. Register by 10/2
Beginners: Mondays 4:30-5:30 p.m. &
Saturdays 9-10 a.m.
Age 5-Grade 4: Mondays 5:45-6:45 p.m.
& Saturdays 10:15-11:15 a.m.
Grades 5-8: Mondays 7-8 p.m. &
Saturdays 11:30 a.m.-12:30 p.m.
Fee: \$50 M first child/\$40 additional
\$60 NM first child/\$50 additional.
Plus \$10 T-shirt if needed. (\$10 late fee)

No School Day at the YMCA

Monday, 10/23, 8 a.m.-Noon
Register by 10/18. Grades K-8
Lunch provided.
Fee: \$15 M/\$20 NM (\$10 late fee)

Youth Weight Training

Saturdays, 8/12, 9/9, 10/14 and 11/11
Time: 10 a.m.-noon. Ages: 11-14
Fee: \$20 M/register 1 week before.

Fifa Soccer 18 Gaming Tournament

10/21, 10 a.m.
2 Divisions, Ages 9-13 and ages 14+
Fee: \$15 M/\$20 NM. Register by 10/18.
No late registrations.

FAMILY TIME

Let's Go Fishing

Saturdays, 9/9-9/30, 8:30-10 a.m. Register by 9/5.
Ages 1-6 with parent, ages 7-14 parent not required
Fee: \$20 M/\$25 NM (\$10 late fee)
Location: Plum Creek Park

Halloween Party

10/27, 6:30-8 p.m. Focus on your family while you are
all having fun together and being creative at the YMCA
Halloween Party and decorating contest!
Fee: \$8 per person (ages 1 and older). Register by 10/23



ORTHMAN COMMUNITY YMCA, Lexington

Adult Sports, Enrichment & Healthy Living

Women's Self-Defense

Mondays, 8/7-9/18
8:15-9:15 p.m.
Register by 7/31
Fee: \$30 M/\$40 NM

Husker Challenge

9/5-11/24, Fee: \$15
Combine your love of Husker football with exercise this fall. T-shirts for those who complete the challenge.

Adult Flag Football

9/11-10/30
Register by 9/2
Ages 16+
Mondays, 5:45-9 p.m.
Fee: \$200 per team of 10
(\$20 late fee)

Evening Boot Camp

9/11-11/1
Register by 9/5
M & W, 6-6:45 p.m.
Fee: \$35 M/\$50 NM
(\$10 late fee)

Morning Boot Camp

9/15-11/3
Register by 9/8
Fridays, 5:30-6:15 a.m.
Fee: \$15 M/\$20 NM
(\$10 late fee)

Sensible Weight-Loss Solutions

9/11-10/30
Register by 9/5
Mondays, 6-7:15 p.m.
Topics include nutrition, reading food labels, exercise and getting organized in the kitchen.
Fee: \$35 M/\$50 M couple
\$45 NM/\$60 NM couple

Wanna Be A Runner?

Tuesdays, 9/12-10/17, 6:15 p.m.
This class is for those who would like to run, yet struggle getting started. Features Couch to 5K workouts on your own with specialized help at the Y on Tuesdays.
Fee: \$30 M/\$37 NM
Register by 9/5
(\$10 late fee)

Door Charms With Jamie

Monday, 9/18, 6:30 p.m.
Theme: Team Spirit (Letters L or N)
Register by 9/13
Fee: \$35 M/\$45 NM

I-Phone Use

Tuesday, 9/19, 1 p.m.
Fee: \$8 M/\$16 NM
Register by 9/13

Healthy Feet

10/2, 11:15 a.m.-Noon
or 10/16, 6-6:45 a.m.
Fee: \$8 M/\$16 NM
Register one week prior to class

Foam Roll, Aches & Pain Self Management Class

10/9 & 10/11, 12:10-12:40 p.m.
Register before 10/2 and receive your own foam roller.
Fee: \$30 M/\$40 NM

Group Coaching With Patty Bean

Dates and times TBA
Book club study group focusing on Dr. Mark Hyman's 10 Day Sugar Detox.
Fee: \$99, a \$261 savings over regular rate.

YMCA AT GOTHENBURG HEALTH

Groundbreaking



Gothenburg Breaks Ground on New YMCA

The Gothenburg community celebrated on June 8 at the official ground-breaking for its new YMCA at Gothenburg Health.

More than 100 community members attended the event and celebrated with balloons, cookies, music, and of course, the official ground-breaking.

Construction is expected to be

complete in April 2018 on the new 31,500-square-foot facility. The Y is part of an overall expansion of Gothenburg Health, the community's hospital. Sampson Construction is the contractor on the project.

As the walls are being constructed, volunteers are finishing up the last phase of fund-raising for the project.

YMCA AT GOTHENBURG HEALTH, Gothenburg Youth Sports, Enrichment & Fun

Youth Flag Football

Saturdays, 9/23-10/28

Register by 9/1

Grades 1-2: 9-10 a.m.

Grades 3-4: 10:30-11:30 a.m.

Fee: \$20 M/\$35 NM

Youth Girls Volleyball

Mondays, 9/11-10/16

Register by 9/1

Grades 4-6: 5:30 & 7 p.m.

Fee: \$20 M/\$35 NM

Stay active with fall ball!

NEW After-School Program also Starting This Fall!

JOIN FOR MORE THAN A WORKOUT

Three Great Locations! Holdrege, Lexington, Gothenburg

MEMBERSHIP

A YMCA membership gives you much more than access to our facility. It helps you lead a healthier life by building relationships, providing a way for you to be part of your community and help others. A YMCA membership sets you on the path to good health in spirit, mind and body, helping you enjoy living a full and balanced life.

GROUP EXERCISE CLASSES

Your membership includes FREE access to group exercise classes for all fitness levels from yoga and stretching classes to high-intensity cardio classes. View schedules at www.ymcaoftheprairie.org.

MEMBERSHIP FOR ALL

We believe everyone deserves a Y, so the YMCA of the Prairie offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about financial assistance. It's easy to apply!

NEW! BIRTHDAY PARTIES

The Y makes birthday parties easy for parents and fun for kids! Check out the new party packages at the Don Sjogren YMCA that include options such as Nerf Wars, Cupcake Decorating, Knockerball, Scavenger Hunts & Bounce Houses! The Orthman Y also offers party packages.

SWIM BIKE RUN

THE FALL SPRINT TRIATHLON IS BACK!

Join Us in Holdrege for this special event!

SATURDAY | SEPTEMBER 23 | 8 A.M.

500 meter swim, 8 mile bike, 5K run

Ages 13 and Older | Fee: \$30 Individual/\$45 Team

Register by September 18 at 9 a.m.



YMCA OF THE PRAIRIE

PO BOX 618

HOLDREGE, NE 68949

www.ymcaoftheprairie.org

HURRY!

Receive \$5 off one program registration.

Expires: 8/20/2017

INSIDE:

**Fall Youth
& Adult Programs**

Or Current Resident

