



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FIND YOUR FIT

November & December 2017 Programs

ORTHMAN COMMUNITY YMCA

1207 N. Grant | Lexington | 308.324.1970

DON SJOGREN COMMUNITY YMCA

1415 Broadway | Holdrege | 308.995.4050

YMCA AT GOTHENBURG HEALTH

1001 Lake St. | Gothenburg | 308.991.4135

www.ymcaoftheprairie.org

DON SJOGREN COMMUNITY YMCA, Holdrege

Youth Sports, Enrichment & Fun

Rookie Sports

Ages: 2-6 years old, Tuesdays, 5-7 p.m.
Flag Football, 11/7-11/28
Basketball, 12/5-1/9
Parent Tot: Ages 2-3, 5-5:30 p.m.
Sports Seekers: Ages 4, 5:45-6:15 p.m.
Athletic All Stars: Ages 5-6, 6:30-7 p.m.
Location: Don Sjogren Community YMCA
Fee: \$15 M/\$25 NM

Youth Basketball

1/13-2/17, Register by 1/5.
Saturdays, 9 a.m.-1 p.m.
Divisions: K-1 Coed; Grades 2-3 Boys & Girls; Grades 4-6 Boys and Girls.
Fee: \$25 M/\$40 NM.
\$10 late fee applies after 1/1.

Nerf Wars

Saturdays, 11/18 (Family Warfare)
& 12/16 (Star Wars)
Time: 7-8:30 p.m., Ages 7-13
Fee: \$8 M/\$16 NM

STEM Mondays

Mondays, 4-5 p.m.
Grades K-4
10/16-11/13 & 11/20-12/18
Kids will be inspired while exploring science, photography and Legos.
Fee Per Session: \$20 M/\$40 NM

Youth Weight Training

Session 1: 10/24 & 10/26
Session 2: 11/14 & 11/16
Time: 6-7 p.m.
For ages 11-14
Fee: \$20 M. Register 2 days prior.

Youth Sports Performance

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

FAMILY TIME

NEW! Monster Dash

Saturday, 10/28, 4 p.m.
Wear your costume for the 2 mile walk/run. Fee: \$5 M Individual/\$15 M Family
\$10 NM Individual/\$25 NM Family

NEW! Dash Bash

Following the Monster Dash. Whipped pie eating contest/apple pie baking contest, hayrack ride, dance party with a DJ. FREE Event!

NEW! Family Dance Time

Thursdays, 11/9-12/14, 5:15-6 p.m.
Register by 11/10. Easy-to-follow dance moves! Fee: \$15 M/\$25 NM

Gingerbread Houses & Santa

12/2, 9-10:30 a.m. Decorate a graham cracker house. All candy supplied! Santa will also be here to listen to Christmas wishes. Fee: FREE!

Noon Year's Eve

12/30. Time: 11 a.m.-12:30 p.m.
Join us for games, crafts and music as we count down to high noon. Enjoy a balloon drop, bubble wrap fireworks and a milk and cookie toast!
Fee: \$5 per child M/\$8 per child NM



DON SJOGREN COMMUNITY YMCA, Holdrege

Adult Sports, Enrichment & Healthy Living

Women's Self-Defense

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

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.

Men's Basketball

11/4-12/9. Register by 11/1.
Ages 16+. Sundays.
Fee: \$115 per team of up to 8.

Creative & Crafty Adults

11/18 - Mason Jar Door Hanging
(Register by 11/10)
12/9 - Holiday Centerpieces
(Register by 12/1)
Time: 9 a.m.-Noon, Ages 16+
Fee: \$20 M/\$40 NM

Christmas Quilt Runner Class

Ages 10-99
Thurs., 11/16, 1-5 p.m.
Fee: \$45 M/\$55 NM
In this beginning quilt class, participants will sew a Christmas table runner. Class includes kit with pre-cut fabric pieces. Must bring sewing machine and other supplies.

Ballroom Dance Classes

Ages 16+
Thursdays, 11/2-12/14
Fee: \$20 M/\$30 NM
Learn how to waltz and swing in this fun class that is appropriate for beginners as well as those who have previously taken the class.
Location: YMCA at R7

Fitness Bucket List

10/15-12/15. Create a Fitness Bucket List by choosing one or more challenging exercises to complete in at least 9 weeks. Register by 10/20.
Fee: \$10 Members. Ages 16+

Holiday Boot Camp (Ages 15+)

M & TH, 11/20-12/21, 5:30-6:30 a.m.
Motivating high-energy workouts.
Fee: \$30 M/\$65 NM

NEW! Chili Cook-Off

11/14, 5:30-6:30 p.m.
Bring your homemade chili and compete for top prize. FREE to compete or taste.

Hold It For the Holidays

11/20-1/5. Ages 13+
Let us help motivate you to avoid the typical holiday weight gain.
Register by 11/25
Fee: \$12.50 M/\$25 NM

Fit Farmers

12/11-2/28, M & W, 9-10 a.m.
Fee: \$20 M/\$40 NM

AQUATICS

Swim Lessons

11/6-12/21. Fee: \$25 M/\$50 NM
Register by 11/1
Swim Starters (Water Babies): M, 5 p.m.
Progressive Lessons: W & Th, 4:30-6 p.m.

Swim With Santa

Friday, 12/22, 5:30-7:30 p.m.
You better watch out, you better not cry. Better not pout, I'm telling you why. Santa Claus is swimming at the Y!

ORTHMAN COMMUNITY YMCA, Lexington

Youth Sports, Enrichment & Fun

Youth Weight Training

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

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)

Camp Crunch

11/2-11/30 (Skip Thanksgiving Week)
Thursdays, 4-5 p.m. Grades: 4-8
Week 1: Speed, proper running form
Week 2: Strength
Week 3: Endurance
Week 4: Combination class
Register by 10/23
Fee: \$20 M/\$28 NM (includes t-shirt.)
This program is designed to help motivate kids to be more active. Week four will encompass all four weeks plus a test-out so participants can see their progress.

Safe Sitter®

Thursdays, 11/9 & 11/16, 6-8 p.m.
Grades: 6-8. Register by 11/2
Curriculum covers safety, first aid and rescue skills, and business tips.
Fee: \$40 M/\$50 NM (\$10 late fee)

Martial Arts

11/27-12/18. Register by 11/20
Beginners: Mondays 4:30-5:15 p.m. & Saturdays 9-10 a.m.
Age 5-Grade 4: Mondays 5:30-6:15 p.m. & Saturdays 10:15-11:15 a.m.
Grades 5-8: Mondays 6:30-7:15 p.m. & Saturdays 11:30 a.m.-12:30 p.m.
Fee: \$35 M first child/\$25 additional \$45 NM first child/\$30 additional.
Plus \$10 T-shirt if needed. (\$10 late fee)

STOP in, DROP your kids off & GO (Parent Night Out)

Friday, 12/15, 6-9 p.m.
Register by 12/12. Grades 1-6
Enjoy a night out while your kids are having fun making pizza, watching a movie and playing games. Fee: \$15 first child/\$10 each additional child

FAMILY TIME

Family Nerf Wars

Thursday, November 9, 5:30-7:30 p.m.
Register by 11/2. Grades 1-6 plus parents. Pizza served.
Families will create a Coat of Arms and battle it out with Nerf wars. Fee: \$5 per person

Crafts & Cocoa With Santa

Thursday, December 7, 5:30-7 p.m.
Warm up with hot cocoa and exercise your creative skills, too, by making a holiday-themed craft. Don't forget your camera as Santa will be visiting! Fee: \$8 M/\$16 NM



ORTHMAN COMMUNITY YMCA, Lexington

Adult Events, Sports, Enrichment & Healthy Living

HOLIDAY SHOPPING STARTS HERE

YMCA Second Annual Craft & Vendor Show

Saturday, November 18

Time: 9 a.m.-1 p.m. Vendor registration deadline is 11/6.

Vendor Fee: \$35 for a table plus \$15 for each additional table. This years vendors include Y.L. Essential Oils, Tastefully Simple, Thirty-One bags, Advocare, SeneGene, Scentsy, refinished wood and hand-crafted items. Free admission. Open to the public. Raffle tickets will be sold (\$2 per ticket or \$5 for three tickets) to win items donated from each vendor.

Yoga For Your Back

Mondays, 11/6, 11/13 & 11/20
12:15-12:45 p.m.

Thirty minutes of core stabilizing, pain relief stretching yoga for a stronger back. Fee: \$15 M/\$20 NM
Register by 11/1 (late fee \$10)

Internet Safety for Parents

Monday, 11/6, 6-7:30 p.m.
Fee: \$10 M/ \$20 NM. (\$10 late fee)
Register by 11/2

Evening Boot Camp

11/6-12/20. Register by 11/1
M & W, 6-6:45 p.m.
Fee: \$35 M/\$50 NM (\$10 late fee)

Morning Boot Camp

11/10-12/22. Register by 11/3
Fridays, 5:30-6:15 a.m.
Fee: \$12 M/\$17 NM (\$10 late fee)

* Hold It For the Holidays

11/20-1/5
Let us help you avoid the typical holiday weight gain in this self-monitored weight management challenge. Fee: \$15 M. Prizes for all who successfully complete challenge.

Adult Basketball

4-vs.-4 Full Court
Starts 11/27. Register by 11/16
Mondays, 6:15-9:15 p.m.
Location: Orthman Community YMCA
Fee Per Team of 8: \$140

* Customize Your Workout Shirt

11/30, 6:30-8 p.m.
Register by 11/20
Join Tatiana to learn how to make your own customized YMCA workout shirt.
Fee: \$18 M/\$25 NM (shirt included)

* Door Charms With Jamie

Monday, 12/4, 6:30 p.m.
Theme: Mitten-Shaped Door Charm
Register by 11/22
Fee: \$35 M/\$40 NM

Fit Farmers & Friends

12/11-2/28, M & W
New Time: 10:45-11:45 a.m.
Kick-off luncheon on 12/11. Fee: \$50.

How to Fully Utilize Your Droid

Monday, 12/11, 6-7 p.m.
Fee: \$8 M/\$16 NM
Register by 12/7

Note: * Indicates No Program Assistance For That Program

YMCA AT GOTHENBURG HEALTH

Youth Sports, Enrichment & Fun

Knocker Ball Extravaganza!

Tuesday, 10/10, 6-8 p.m.

Grades 4-8

Join us for a fun night of playing Knockerball, which is like soccer but participants are inside a giant ball.

Fee: \$10 M/\$20 NM

Zombie Land Nerf Wars

Tuesday, 10/24, 6-7:30 p.m.

Grades 1-6

Fee: \$5 M/\$10 NM

3-on-3 Basketball Tournament

Grades 4-6: Date TBA

Grades 7-9: Date TBA

Register by 11/1

Fee: \$20 per team M/\$35 per team NM. To receive member rate, at least one member of the team has to be a YMCA member.

Holiday Nerf Wars

Tuesday, 12/12, 6-7:30 p.m.

Grades 1-6

Bring your Nerf gun and join us for a battle with foam darts.

Fee: \$5 M/\$10 NM

Journalism 101

Thursdays, 11/2, 11/9 and 11/16

Time: 4-5 p.m.

Instructor: Ellen Mortensen

Grades 3-5

Class limit: 12

Lear how to create, write and report news and events. Participants will have the opportunity create their own newspaper.

Fee: \$10 M/\$25 NM

Safe Sitter®

Wednesdays, 10/4 and 10/11

Time: 2:45-5 p.m.

Grades 6-8

Class limit: 16

The Safe Sitter® curriculum is designed exclusively for teens in grades 6-8 and covers the following areas: safety skills, child care skills, first aid & rescue skills, and life & business skills. Safe Sitter® courses are interactive with hands-on demonstrations and skills practice using soft-bodied dolls and medical manikins.

Fee: \$35 M or NM

GIVE FOR A BETTER US!

Strengthen Your Community By Giving to the Y!

GIVE BIG LEXINGTON: Thursday, November 16

Give2Grow HOLDREGE: Thursday, November 16

GOTHENBURG Capital Campaign: Ongoing

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.

HOLIDAY HOURS

Closed **November 23** — Thanksgiving

Closed **December 24 & 25** — Christmas Eve and Christmas Day

Open **December 31** from 1-6 p.m. — New Year's Eve

Open **January 1, 2018**, from Noon-10 p.m. — New Years Day

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!

2nd ANNUAL ORTHMAN COMMUNITY YMCA

TURKEY TROT

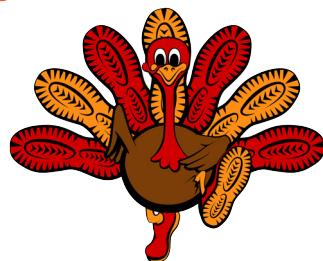
SATURDAY, NOVEMBER 11, 9 AM

Ages 8 & Older | Fee: \$30 M/\$38 NM

Register by Nov. 1. No program assistance.

Collect food for your Thanksgiving Dinner in this 5K Walk/Run in Downtown Lexington.

Or, donate food to the Lexington Food Pantry.





YMCA OF THE PRAIRIE
PO BOX 618
HOLDREGE, NE 68949
www.ymcaoftheprairie.org

HURRY!

Receive \$5 off one program registration.

Expires: 10/20/2017

INSIDE:

Youth & Adult Programs

Or Current Resident

