



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIVE BELONG

More Than Exercise  
**COMMUNITY**

## FALL 2018 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**

910 20th St. | Gothenburg | 308.537.4022

[www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)

## YOUTH PROGRAMS

### Nerf Wars

Saturdays, 8/18, 9/15, 10/20  
Time: 7-8:30 p.m.; Ages 7-13  
Fee: \$8 M/\$16 NM

### Youth Flag Football

9/10-10/22. Register by 8/31, Grades K-6  
Monday Games, 5:30-8:30 p.m.  
Fee: \$20 M/\$30 NM (\$10 late fee on 9/1)

### Youth Cheerleading

9/10-10/22, Register by 8/31  
Mondays, 5-6:30 p.m. Grades K-6  
Fee: \$20 M/\$30 NM (late fee on 9/1)

### Youth Fall Soccer

9/11-10/23, Register by 8/31  
Tuesday Games, 5:30-8:30 p.m.  
Grades K-6, Fee: \$20 M/\$30 NM  
(\$10 late fee on 9/1)

### Tween Night

Saturday, 9/29, 6-9 p.m.  
Grades: 5-8. Fee: \$10 M/\$15 NM

### Rookie Sports

Tuesdays, 10/2-10/23, 5:30-7 p.m.  
Ages 2-5, Fee: \$10 M/\$15 NM

### School Day Out

10/1, 10/25 & 10/26, 8 a.m.-5 p.m.  
Grades: K-4, Fee: \$24 M/\$48 NM

### Youth Weight Training

Session 1: 8/21 & 8/23  
Session 2: 9/18 & 9/20  
Session 3: 10/23 & 10/25  
Time: 6-7 p.m. For ages 11-15  
Fee: \$20 M. Register 2 days prior.

### Youth Volleyball Fall Tournament

Saturday, 10/20, Register by 10/8  
Grades: 5-8. Time: 8 a.m.-8 p.m.  
Fee: \$100 per team.

### Youth Sports Performance

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

## FAMILY TIME

### FREE! Splash Bash Week

August 6-10, 6-7 p.m.  
Monday: Havin' a Ball  
Tuesday: Can for a Can  
Wednesday: Floaty Day  
Thursday: Penny Dive  
Friday: Second Annual Water Rodeo

### Halloween at the YMCA

Saturday, 10/27, 3:45-6:30 p.m.  
Zombie Walk (4 p.m.), Pumpkin  
Decorating and games (4:30 p.m.),  
Spooky Glow Stick swimming (5:30  
p.m.) Fee: \$5 per family M/\$10 per  
family NM

### SPOOKY Glow Stick Swimming

10/27, 5:30 p.m.  
Have a spooky good time when we turn  
down the lights and light up the pool  
with glow sticks. Ages: All



## ADULT PROGRAMS

### FREE! Beginners Pickle Ball Clinic

8/2, 2-3:30 p.m. All ages welcome!  
Come learn the game of pickleball with instructor and enthusiast Jane Cech.

### Boga Fit

Mondays, 8/20-10/8, 8 a.m. or 6:30 p.m.  
Tuesdays, 8/21-10/9, 4:45 p.m.  
Fee: \$40 per session or \$7 drop-in rate

### LazyMan Triathlon

8/20-9/28. Complete a full Ironman (2.4-mile swim, 112-mile bike and 26.2-mile run) in six weeks or try the Crazyman by completing the triathlon twice in six week!  
Fee: \$12 M. Ages 13+

### Choose to Lose Team Weight Loss Challenge

9/1-10/29. Earn points and lose weight with weekly group discussions and by attending group exercise classes.  
Fee: \$75 per team (\$10 extra for each non-member teammate)

### Boot Camps

#### Fall Into Bootcamp:

M & Th., 9/17-11/1, 5:30-6:30 a.m.  
Fee: \$48 M/\$84 NM

#### Extreme Bootcamp:

W & F, 9/20-11/2, 5-5:30 a.m.  
Fee: \$35 M/\$50 NM  
Ages 15+ or 13+ with a parent

## AQUATICS

### Swim Lessons

9/10-10/18. Register by 9/9  
Fee: \$30 M/\$55 NM  
Swim Starters (Water Babies): M, 5 p.m.  
Progressive Lessons: W & Th, 4:30-6 p.m.

### Hunting Classes

Turkey/Deer Hunting: Sat., 9/8  
Introduction to the basics of hunting  
Predator Calling: Sat., 9/22  
Electronic game and mouth calls  
1-3 p.m. Fee: \$10 Adults/\$5 Youth

### BEAST Fitness Challenge

Saturday, 9/22. 8 a.m.  
Fitness challenge to raise money for fitness equipment. Prizes awarded.

### Women's & Co-ed Volleyball

Women: Sundays 9/30-11/18  
Coed: Mondays 10/29-12/17  
Ages 18+, Register by 9/24 & 10/22  
Fee: \$100 per team

### FREE! Salsa Cook-Off

8/21, 5-6 p.m.  
Bring your homemade salsa and compete for top prize, or just come to taste.

### Meal Prep Party

Tuesday, 9/4, 7-9 p.m.  
Fill your freezer with meals you make at this event with friends.  
Fee: \$70, four meals/\$125, eight meals  
Location: YMCA at R7

### Creative & Crafty Adults

Saturday, 9/22 - Pumpkin Porch Board  
Register by 9/15  
Saturday, 10/20 - Metal Hanging Pumpkin  
Register by 10/13  
9 a.m.-Noon, Ages 18+  
Fee: \$20 M/\$40 NM

### Gators Swim Team

Season: 9/10-3/16. Grades: K-12  
Practice: T & F, 5-6:30 p.m.  
Register by 10/1 (\$20 late fee)  
Fee: \$175, plus \$40 registration fee

# ORTHMAN COMMUNITY YMCA, Lexington

## YOUTH PROGRAMS

### Let's Go Fishing

Saturdays, 9/8-9/29, 9-10:30 a.m.

Register by 9/5

Ages: 3-14 (children 6 and younger must be accompanied by a parent). Fishing poles provided, or bring your own.

Fee: \$20 M/\$30 NM

### Youth Weight Training

Saturdays, 9/8 & 10/13

10 a.m.-noon. Ages: 11-14

Fee: \$20 M. Register by 9/5 & 10/10

### Martial Arts

Next session: 9/10-10/22

Register by 9/4. Ages 5 to Grade 8

### Youth Flag Football

9/18-10/25, Register by 9/6

Ages: 3 through Grade 6

Tuesday Practices, 5:30-7 p.m.

Thursday Games, 5:30-7 p.m.

Fee: \$30 M/\$40 NM, plus \$15 jersey

Coaches Meeting: 4 p.m. 9/16 at YMCA

### Minutemaid Cheer

9/18-10/23, Register by 9/6

Ages: 3-Grade 6; Tuesdays 5:30-6:30 p.m.

Fee: \$30 M/\$40 NM, T-shirt included

### YMCA Youth Speed Camp

Saturdays, 10/6-10/27, 8:30-9:30 a.m.

Register by 10/3; Grades 4-6

Fee: \$15 M/\$25 NM

### Trick-or-Treaters in Training

Mondays, 10/8, 10/15 & 10/22

Register by 10/3; Time: 5-5:30 p.m.

Ages: 2-6; Fee: \$15 M/\$25 NM

### No School Day at the Crossing

Monday, 10/22, 9 a.m.-2 p.m.

Register by 10/17. Grades K-8

Lunch provided. Fee: \$15 M/\$25 NM

Non-swimmers will need life jackets

### Beau Baker Basketball Camp

11/5-11/8, Register by 10/29

Grades 1-3: 5:30-6:15 p.m.

Grades 4-6: 6:30-7:15 p.m.

Fee: \$25 M/\$35 NM. T-shirt included, no

T-shirt for late registrations

### Youth Basketball

11/13-12/22, Register by 11/1

Ages: 3-Grade 6; Tuesday practices, 5-8

p.m. & Saturday games, 9 a.m.-Noon

Fee: \$30 M/\$40 NM, plus \$15 jersey

Coaches Meeting: 4 p.m. 11/11 at YMCA

## FAMILY TIME

All events at the YMCA at the Crossing, 1006 N. Airport Road

### Family Nerf Wars

Thursday, 9/6, 5:30-7 p.m.

Register by 9/6

Fee: \$8 per person. Includes supper.

Nerf darts provided.

### Halloween Party

10/26, 6:30-8 p.m. Halloween costumes encouraged. Fee: \$8 per person (ages 1 and older). Register by

10/24 (no late registrations)

### Family Game Night

Saturday, 10/27; Time: 5-8 p.m.

Register by 10/19

Compete as a family

in water games

including noodle

jousting, water

scrabble and boat

races.

Fee: \$5 per person.

Supper provided.



# ORTHMAN COMMUNITY YMCA, Lexington

## ADULT PROGRAMS

### Husker Challenge

9/1-11/23, Fee: \$15

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

### Adult Outdoor Flag Football

Mondays, 9/10-10/29, 5:45 p.m.

Register by 9/5, Ages 16+

Fee: \$200 per team of 10

Captains Meeting: 4 p.m. 9/9 at YMCA

### Wanna Be A Runner?

Mondays, 9/10-10/15, 7-7:45p.m.

This class is for those who would like to run, yet struggle getting started.

Features Couch to 5K workouts on your own or with help at the Y.

Fee: \$30 M/\$40 NM, Register by 9/4

### Door Charms With Jamie

Monday, 9/10, 6:30 p.m.

Theme: Team Spirit (Letters L or N or other letters from surrounding towns)

Register by 8/30; Fee: \$35 M/\$45 NM

Location: YMCA at the Crossing

### Evening Boot Camp

9/10-10/31, Register by 9/5

M & W, 6-6:45 p.m.

Fee: \$40 M/\$60 NM

### Morning Boot Camp

9/14-11/2, Register by 9/5

Fridays, 5:30-6:15 a.m.

Fee: \$20 M/\$30 NM

### L.E.A.N. Workshop

Lifestyle, Exercise, Attitude, Nutrition

9/11-10/16

Register by 9/4

Tuesdays, 6:30-7:30 p.m.

Living healthy should be fun, easy and affordable. Join us in this new class where participants will learn to simplify and achieve optimal health through a balanced approach to wellness.

This interactive class includes information sharing, discussion, an activity, ideas/skill building and healthy recipe ideas.

Instructor: Wellness Coach Jill Grote

Fee: \$90 M/\$110 NM

## EVENTS

### Transportation Celebration

Saturday, 9/22, 10 a.m.-2 p.m.

Fee: \$2 Per Person

More than 30 vehicles for kids to experience. Location: Jim Kelly Field

### Zumba Party in Pink

Saturday, 10/27, 9 a.m.

Join us for exercise and fun at this FREE event. Bring a friend and wear pink (or purchase shirt on Party in Pink website)

## AQUATICS

### Aquatic Fitness

8/21-9/27. Register by 8/15

Tues & Thurs., 6:15-7 p.m.

Fee: \$35 Pool Member/\$50 Non-Pool Member

### Aquatic Fitness Basics

8/22-9/26, Register by 8/15

Wed., 10:30-11:15 a.m.

Fee: \$15 Pool Member/\$30 Non-Pool Member

## YOUTH PROGRAMS

### After School Program

Mondays-Fridays Starting 9/4  
Grades: K-6. After school until 6 p.m.  
Includes snack, homework help, games/  
activities and field trips.  
Fee: \$179 per month M/\$278 per month  
NM (10 percent discount second child)  
Registration Fee: \$55 M/\$72 NM

### Youth Flag Football

Mondays, 9/10-10/15  
Register by 8/25  
Grades 1-2: 6-7 p.m.  
Grades 3-4: 7-8 p.m.  
Fee: \$20 M/\$35 NM

### School Day Out

Friday, 9/14, 8 a.m.-5 p.m.  
Register by 9/10. Class Limit: 24  
Grades: K-6. Fee: \$35 M/\$50 NM

### Youth Volleyball Camp

Tuesdays, 10/2-11/6  
Register by 9/22  
Grades 1-3: 6-7 p.m.  
Grades 4-6: 7-8 p.m.  
Fee: \$20 M/\$35 NM

### Baby & Parent Swim Class

9/10-10/8, Mondays, 5:30-6 p.m.  
Child's Ages: 6 months to 3 years  
Class Limit: 10  
Fee: \$20 M/\$30 NM

### Safe Sitter®

Wednesdays, 9/19 & 9/26  
Time: 2:45-4:45 p.m.  
Grades: 6-8. Class Limit: 8  
Curriculum covers safety, first aid and  
rescue skills, and business tips.  
Fee: \$35 M/\$35 NM

## ADULT PROGRAMS

### Adult Coed Softball

Tuesdays, 9/4-9/25, 6-9 p.m.  
Register by 8/24 (late fee \$25)  
Ages 18+. Fee: \$75 per team

### Adult Coed Volleyball

Thursdays, 9/6-11/15, 6-9 p.m.  
Register by 8/24 (late fee \$25)  
Ages 18+. Fee: \$200 per team

### Discover Scuba

Sunday, 9/16, 9-11 a.m.  
Register by 9/12  
Class Limit: 4. Fee: \$50 M/\$75 NM  
Instructor: Marshall Dougherty,  
Divemaster

### Fall Back Into a Healthy Routine

September & October  
Get back into a healthy routine this fall  
by challenging yourself to exercise at  
the YMCA 30 times in September and  
October. Everyone who completes the  
challenge will be entered into a draw-  
ing for \$50 in Swede Bucks!  
Ages: 14 and older  
Fee: \$10 Members  
Register by 9/4



# 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.

### YMCA at the CROSSING in Lexington

The Orthman Community YMCA is giving Y members a chance to add swimming to their exercise routines with its new partnership with The Crossing (1006 Airport Road). **The Crossing pool is now open for Y members** to exercise and enjoy family fun. Swimming lessons will be available at a later date. The Crossing gym and conference rooms also allow the Y to offer birthday parties and event rentals. Swim times available at [www.orthmanyymca.org](http://www.orthmanyymca.org).



### REGISTRATION

To register for YMCA programs at all three branches, visit [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org) and click on REGISTER. Then, choose your branch, the program you are interested in, and sign up online. Or, stop by in person at any of the Y locations or pick up the phone and call. You'll be glad you did! Download the YMCA app on Google Play or iTunes to stay up to date on schedules and events.

### MEMBERSHIP FOR ALL

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!

### BIRTHDAY PARTIES

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

### YMCA CLOSINGS

Our YMCAs will be closed Monday, **September 3, for Labor Day.**



**YMCA OF THE PRAIRIE**

**PO BOX 618**

**HOLDREGE, NE 68949**

**[www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)**

**HURRY!**

**Receive \$5 off one program registration.**

**Expires: 8/20/2017**

**INSIDE:**

**Fall Youth**

**& Adult Programs**

**Or Current Resident**

