



NOVEMBER & DECEMBER 2018 PROGRAMS



FIND YOUR GROOVE

ORTHMAN COMMUNITY YMCA

1207 N. Grant | Lexington | 308.324.1970

DON SJOGREN COMMUNITY YMCA

1415 Broadway | Holdrege | 308.995.4050

YMCA AT GOTHENBURG HEALTH

910 20th St. | Gothenburg | 308.537.4022

www.ymcaoftheprairie.org

DON SJOGREN COMMUNITY YMCA, Holdrege

Youth Sports, Enrichment & Fun

Rookie Sports

Ages: 2-5 years old, Tuesdays
Flag Football, 10/30-11/20
Basketball, 11/27-12/18
Parent Tot: Ages 2-3, 5:30-6:15 p.m.
Sports Seekers: Ages 4-5, 6:15-7 p.m.
Location: Don Sjogren Community YMCA
Fee: \$10 M/\$15 NM

Youth Basketball

1/12-2/16
Register by 12/30
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 (plus \$15 Y jersey)
\$10 late fee starting 12/31

Nerf Wars

Saturdays, 11/17 & 12/15 (Star Wars)
Time: 7-8:30 p.m., Ages 7-13
Fee: \$8 M/\$16 NM

Youth Weight Training

Session 1: 11/13 & 11/15
Session 2: 12/11 & 12/13
Time: 6-7 p.m. For ages 11-14
Fee: \$20 M. Register by 11/9 & 12/7

Youth Sports Performance

Ages 13+
By appointment/members only
Instructor: Adam Hohlfeld
Fee: \$45 semi-private for 4 sessions/\$60 private for 4 sessions

Boga Fit Kids

Tuesdays, 11/13-12/18, 4:15 p.m.
Kids ages 8-13. Fee: \$30

Community Action

Self-Defense Seminar

Friday, 10/26, 7-7:45 p.m. Ages 8+
At North Park Assembly of God

FAMILY TIME

BREAKFAST WITH SANTA

Saturday, 12/15, 9-11 a.m.
Families are invited to eat breakfast with Santa, listen to a Christmas story, build 'graham cracker' gingerbread houses and swim with the elves.
Fee: \$10 per family for members
\$15 per family for non-members
Register by 12/5 (\$5 late fee)



NOON Year's Eve

Monday, 12/31, 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

VETERAN'S DAY BREAKFAST

MONDAY, NOVEMBER 12, 7:30-8:30 AM

FREE Breakfast For Veterans and Their Families!

All Veterans Receive a FREE Day Pass to the YMCA All Day



Men's Basketball

Sundays, 12/2-2/17, 5-9 p.m.

Ages 18+ Fee: \$100

Register by 11/18

Boga Fit

Mondays, 11/12-12/17, 6:30 p.m.

Saturdays, 11/17-12/22, 8 a.m.

Fee: \$30

Ballroom Dance Classes

Cha-Cha and Fox Trot

Thursdays, 11/15-12/20

6:15-7:30 p.m. Ages 16+

Fee: \$20 M/\$30 NM, Register by 11/15

Location: Don Sjogren Community Y

Boot Camp Blast

M & TH, 11/19-12/20, 5:30-6:30 a.m.

Fee: \$36 M/\$65 NM

Ages 15+ or 13+ with adult

Extreme Boot Camp

W & F, 11/21-12/21, 5-5:30 a.m.

Fee: \$36 M/\$65 NM

Ages 15+ or 13+ with adult

Hold It For the Holidays

11/19-1/7

Let us help you avoid the typical holiday weight gain with this accountability challenge.

Fee: \$15 M

Fit Farmers

12/3-2/22

M & W, 9-9:45 a.m.

Guided workouts and free coffee!

Fee: \$30 M

L.E.A.N. Workshop

Lifestyle, Exercise, Attitude, Nutrition

Tuesdays, 11/12-12/17, 6-7 p.m.

Register by 11/8

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



AQUATICS

Swim Lessons

11/12-12/17. Fee: \$25 M/\$50 NM

Register by 11/9

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

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

ORTHMAN COMMUNITY YMCA, Lexington

Youth Sports, Enrichment & Fun

* Youth Self-Defense Seminar

At The Crossing

Saturday, 10/27, 1-4 p.m.

Register by 10/24, Ages: 10+. Fee: \$10

Youth Weight Training

Saturdays, 11/10 and 12/8

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

Fee: \$20 M. Register by 11/7 and 12/5

Jr. NBA Youth Basketball

11/13-12/22, Register by 11/6

Ages 3-Grade 6

Tuesday practices, 5-8 p.m.

Saturday games, 9 a.m.-Noon

Fee: \$30 M/\$40 NM & \$15 jersey if needed.

* PlayStation 4

Madden 19 Tournament

Friday, 12/28, 11 a.m.-3 p.m.

Register by 12/27

Fee: \$10 Per Person/Ages 12+

A team draft will held for order of team selection. Prize for winner. Pizza and drinks at 11 a.m. with games after

* Safe Sitter® @ The Crossing

Thursdays, 11/8 & 11/15, 6-8 p.m.

Grades: 6-8. Register by 10/25

Safety, first aid and business tips.

Fee: \$40 M/\$50 NM (\$10 late fee)

Twin Dragon Martial Arts

At The Crossing,

Next session: M & Sat. 11/12-12/22

Register by 11/5. Ages 5 to Grade 8

* Stop, Drop & Go (Parent Night Out)

Friday, 12/14, 6-9 p.m.

Register by 12/12. Grades K-6

Enjoy a night out while your kids swim, play gym games, build with Legos and make build-your-own nachos.

Fee: \$15 first child/\$10 additional child

Beau Baker Basketball Camp

11/5-11/8, Register by 11/1

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

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

Fee: \$15 M/\$25 NM

Note: * Indicates No Program Assistance For That Program

FAMILY TIME

FAMILY Nerf Wars

At The Crossing, Thursday, November 1, 5:30-7 p.m.

Register by 11/1. Supper provided. Nerf darts provided. Fee: \$8 per person

CRAFTS, COCOA & Holiday Fun With Santa

At The Crossing, Thursday, December 6, 6 p.m.

Warm up with hot cocoa and exercise your creative skills by making a holiday-themed craft. A Santa photo booth will be set up along with games and activities for kids. Fee: \$8 M/\$16 NM



ORTHMAN COMMUNITY YMCA, Lexington

Events & Adult Sports, Enrichment & Healthy Living

CRAFT & VENDOR SHOW

SATURDAY, NOVEMBER 10, 9 AM-1 PM

Vendor Registration Due Oct. 26 | Craft Show Free To Public

SOUP FOR SOLDIERS

MONDAY, NOVEMBER 12, 11 AM-1 PM

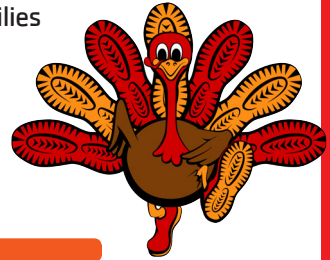
Free lunch for veterans or active military and their families

* TURKEY TROT

SATURDAY, NOVEMBER 17, 8:45 AM

Ages 8 & Older | Fee: \$30 M/\$40 NM

Register by Nov. 5 | 5K Walk/Run



Yoga Postures For Your Back

Mondays, 11/5, 11/12 & 11/19

12:15-12:45 p.m.

Register by 11/1 Fee: \$15 M/\$20 NM

* Technology: Keeping Kids Safe

At The Crossing

Monday, 11/5, 6-7:30 p.m.

Fee: \$10 M/\$20 NM. (\$10 late fee)

Register by 11/1

Boot Camp (Camp Melanie)

11/5-12/21, Register by 10/30

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

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

Fee: \$20 once a week/\$40 twice a

week/\$60 three times a week (NM

rates are \$30/\$50 and \$70)

Boot Camp (Camp Casey)

11/6-12/20. Register by 10/30

Tues. & Thurs., 5:30-6:15 a.m.

Fee: \$40 M/\$60 NM

Hold It For the Holidays

11/19-1/4 Fee: \$15 M; Additional

\$10 to participate in Biggest Loser

challenge

Adult Basketball

4-vs.-4 Full Court, Ages 16+

Starts 11/19. Register by 11/14

Mondays starting at 6:15 p.m.

Fee Per Team of 8: \$160

* Door Charms With Jamie

Monday, 12/3, 6:30 p.m. @ The

Crossing. Register by 11/21

Christmas Ornament or Santa Hat

Fee: \$35 M/\$45 NM

Fit Farmers & Friends

12/10-2/27, M & W

Time: 10:45-11:45 a.m. Fee: \$50

AQUATICS

Aquatic Fitness

11/20-12/20. Register by 11/14, Tues

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

Fee: \$35 Pool M/\$50 NPool M

Aquatic Fitness Basics

10/10-11/14, Register by 10/3

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

Fee: \$15 Pool M/\$30 NPool M

YMCA AT GOTHENBURG HEALTH

Events, Enrichment & Fun



CHRISTMAS IN THE COUNTRY

Holiday Craft Show

SATURDAY, NOVEMBER 17, 9 AM-3 PM

Vendor Registration Due Nov. 9

Craft Show Free To Public | YMCA at Gothenburg Health Gym

Harvest Nerf Wars Capture the Scare Crow

Monday, 11/5, 6-7:30 p.m.

Grades K-6; Bring your Nerf gun and join us for a battle with foam darts.

Register by 10/29

Snack provided. Fee: \$10 M/\$20 NM

Late fee: \$15 M/\$25 NM

Knocker Ball

Tuesday, 11/13, 6-7:30 p.m.

Grades 1-6

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

Register by 11/9

Late fee: \$15 M/\$25 NM

Lego Night

Thursday, 11/29, 6-7:30 p.m.

Grades: K-6

Fee: \$10 M/\$20 NM

Family Dodge Ball Tournament

Sunday, 12/9, 2 p.m.

Ribbons award for top three places

Register by 12/7

Fee: \$20 M/\$40 NM

Teen Dance & Karaoke

Friday, 12/21, 6-10 p.m.

Ages 10-14

Drinks and snacks served

Register by 12/17

Fee: \$15 M/\$20 NM

GIVE FOR A BETTER US!

You have the power to help strengthen our communities by giving to the **YMCA Annual Campaign** this fall. Your gift to the YMCA makes it possible for everyone to belong, regardless of financial situation. Stretch your gifts on these special days:

GIVE BIG LEXINGTON: Thursday, November 15

Give2Grow HOLDREGE: Thursday, November 15

JOIN FOR MORE THAN A WORKOUT

Three Great Locations! Holdrege, Lexington, Gothenburg

HOLIDAY HOURS

Thursday, November 22

— Closed for Thanksgiving

Friday, November 23

— Opening at 7 a.m.

Monday, December 24

— Closing at 5 p.m.

Tuesday, December 25

— Closed for Christmas

Monday, December 31

— Closing at 5 p.m.

Tuesday, January 1

— Closed for New Year's Day



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.

REGISTRATION

To register for YMCA programs at all three branches, visit 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

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.

YMCA at the CROSSING

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.orthmanymca.org.



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

HURRY!

Receive \$5 off one program registration.

Expires: 11/01/2018

INSIDE:

Youth & Adult Programs

Or Current Resident

