



YOUTH SPORTS FAMILY TIME

BOOT CAMPS, BOGA FIT & BINGO

WEIGHT LOSS PROGRAMS  **PERSONAL TRAINING**

DADDY DAUGHTER DATE NIGHTS

HEALTHY NEW YEAR

YMCA 2019 WINTER PROGRAM GUIDE

SWIMMING LESSONS 

**WOMEN
& WEIGHTS**



**DISCOVER YOUR
POTENTIAL**

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

Youth Basketball

1/12-2/23, Register by 12/30
Saturdays, 9 a.m.-1 p.m.
Divisions: K-1 Coed; Grades 2-3 Boys
and Girls; Grades 4-6 Boys and Girls.
Fee: \$25 M/\$40 NM (\$10 late fee after 12/30)

Youth Pound

1/8-1/29, Tuesdays, 4-4:30 p.m.
Ages 5-13. Fee: \$20 M/\$25 NM

Nerf Wars

1/19 & 2/16, 7-8:30 p.m.
Ages 7-13. Fee: \$8 M/\$16 NM

Youth Weight Training

Session 1: 1/22 & 1/24
Session 2: 2/19 & 2/21
Time: 6-7 p.m. Ages 11-14
Fee: \$25 M/\$35 NM
Register by 1/21 and 2/18

Kids Yoga

2/5-2/26, Tues., 4:15-4:45 p.m.
Ages 4-13 Fee: \$20 M/\$28 NM

Youth Sports Performance

Ages 13-18, By appointment/members only.
Instructor: Adam Hohlfeld.
Fee: \$45, 4 semi-private sessions
\$60, 4 private sessions.

Spring Youth Soccer

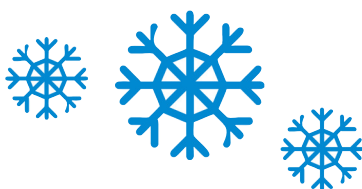
3/16-4/27. Register 1/7-3/1
NEW! GAMES NOW ON SATURDAYS!
Time: Noon-5 p.m.
Ages: 3-14. Fee: \$35 M/\$55 NM
\$10 late fee applies after 3/1

Summer Softball & Baseball

Register 2/4-4/5 for Youth Softball (ages
7-14), South-Central Nebraska Baseball
League (Grades 3-8), T-Ball (Ages 4-6) and
Youth Recreational Baseball (Grades 1-2).

FAMILY TIME

Snowflake Ball & Spa, Dad & Daughter Date Night



Snowflake Ball: 2/2, 5:30-7:30 p.m. Register for dance
and spa by 1/25. Dads and daughters can dance the night away and enjoy a
delicious meal together. For daughters ages 4 and older and their dads.
Fee: \$35 M/\$55 NM (\$12 M/\$24 NM each additional daughter)

Snowflake Spa: Reserve a time for an updo and manicure between 2-5 p.m.
Fee: \$15 M/\$18 NM

Valentine Kids' Party

2/9, 6-9 p.m. Grades K-5. Fee: \$15 M/\$25 NM (\$10 M/\$15 NM 2nd Child) can enjoy a
night out while kids are having a blast at the YMCA.

DON SJOGREN COMMUNITY YMCA, Holdrege

Adult Sports, Enrichment & Healthy Living

LIGHTEN UP THE PRAIRIE

JANUARY 21–APRIL 12
Register by January 21

Weight-loss challenge with personal coaching and help with changing habits. Prize for winner is choice of free year membership or three sets of ten 30-minute personal training packages.
Fee: \$68 Individual Member/\$55 Partner Member



BINGO

January 1–31. Build healthy habits by trying different tasks each day. Participants create their own BINGO cards based on a list of predetermined challenges. Prizes awarded for each BINGO. Fee: \$15 M/\$20 NM

Women's & Coed Volleyball

1/20–3/25, Register by 1/11
Women's: Sundays, 3–9 p.m.
Coed: Mondays, 6–9 p.m.
Ages 16+ Fee: \$100 per team

Winter Boot Camp

1/7–2/22, Tues. & Thurs, 5:30–6:30 a.m.
Ages 15+ or ages 13–15 with a parent.
Fee: \$80 M/\$87 NM

Extreme Boot Camp

1/9–2/22, W & F, 5–5:30 a.m.
Ages 15+
Fee: \$38 M/\$67 NM

Chili Cook-Off

2/18, 5:30–6:30 p.m.
Bring your homemade chili and compete for top prize. FREE to compete or taste.

Boga Fit

February, Time TBD. Ages 15+
Innovative fitness program that builds strength and improves flexibility, balance and coordination. Fee: \$35 Members Only

Indoor Triathlon

Saturday, 2/23, 8 a.m. Ages: 13+
Fee: \$15 M/\$20 NM. Register by 2/17

Personal Training

Ages 13+. Fee varies by trainer.
Find the accountability you need with personal trainers, Tasha or Stephanie.

Ballroom Dance Classes

Thursdays, 2/28–3/28
Time: 6:15–7:30 p.m. Ages 16+
Classes for both beginners and expert dancers to learn a few popular dances.
Fee: \$20 M/\$30 NM. Register 1/7–2/28
Location: YMCA

AQUATICS

Swim Lessons

1/7–2/14. Fee: \$25 M/\$50 NM
Register by 1/5. \$10 late fee 1/6–1/8
Swim Starters (Water Babies): M, 5 p.m.
Progressive Lessons: W & Th, 4:30–6 p.m.

ORTHMAN COMMUNITY YMCA, Lexington

Youth Sports, Enrichment, Family Time & Fun

* Plum Crazy's 4-H Club

Free information meeting 12/15, 2-3 p.m. at the YMCA at the Crossing. Ages 5-18. Fee: \$60.

Twin Dragon Martial Arts

At The Crossing

M & Sat. 1/7-2/11

Register by 1/2. Ages 5 to Grade 8

Feb. 16 — Tournament in Kansas City

Next session begins 3/4

Lego Club

Mondays, 1/7-1/28, 6-7 p.m.

Register by 1/3. Grades: 1-6.

Fee: \$20 M/\$30 NM. Late Fee: \$10

Location: TBD

Family Nerf Wars

At The Crossing

Thur., 1/10, 5:30-7 p.m. Register by 1/9.

Grades 1-6 (adults are welcome, too!).

Supper will be served before the Nerf battles begin. Fee: \$8 per person

Youth Weight Training

Saturdays, 1/12, 2/9

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

Fee: \$20 M. Register by 1/9 and 2/6

Youth Indoor Soccer

1/17-2/23. Register by 1/10

Ages: 3 to Grade 8

Thursday practices: 5:30-8:30 p.m.

Saturday games: 9 a.m.-Noon

Fee: \$35M/\$55 NM

Youth Volleyball

Tuesdays, 1/15-2/19, 6:30-8 p.m.

Register by 1/10. Ages 6 to Grade 6.

Fee: \$25M/\$45 NM

* Daddy Daughter Date Night

At The Crossing

Fri., 2/8, 5:30-7:30 p.m. Register by 1/31

Theme: A Royal Knight (meal included)

Ages: Girls age 3-grade 8 and their

dads or father figures. Fee: \$30 dad/daughter, \$5 each additional daughter.

Note: * Indicates No Program Assistance For That Program

AQUATICS



NEW! Now Offering Swim Lessons — January 15-February 21

Swim Starters (6 mo.-age 4) Th., 5-5:30 p.m.; **Swim Basics** (5+) Tues., 4:30-6 p.m.

Adult Swim (16+) Tues. or Th., 7:15-8:15 p.m. Fee: \$30 M/\$60 NM. Register by 1/9

1,000 Lap Swim Challenge

2/4-4/1, Register by 2/1. Swim 1,000 laps (25 miles) and receive a T-shirt. Fee: \$15

Water Classes

Aquatic Fitness: 1/8-2/14. Register by 1/2, Tues & Thurs., 6:15-7 p.m.

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

Aquatic Fitness Basics: 1/9-2/13, Register by 1/2, Wed., 10:15-11 a.m.

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

ORTHMAN COMMUNITY YMCA, Lexington

Adult Events, Sports, Enrichment & Healthy Living

* BIGGEST LOSER

JANUARY 14-FEBRUARY 28

Register by 1/3. Winner announced 3/1

Three classes: 1/14, 2/4 and 2/28 from 6-7 p.m. plus fitness challenges each week. Cash prize for person who loses the highest percentage of body weight.

Fee: \$30 M/\$40 NM



* 2019 Minutes Challenge

1/2-4/1. Exercise 2,019 minutes (2.5 hours a week) by April 1. Finishers receive \$10 off a Y program. Fee: \$15

Women & Weights

1/6-1/27, Sundays, 6-7 p.m.

Private after-hours class for women.

Register by 1/2. Fee: \$25 M/\$35 NM

Boot Camp (Camp Melanie)

1/7-3/1, Register by 1/2

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)

1/8-2/28. Register by 1/2

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

Fee: \$40 M/\$50 NM

Cake Decorating @ The Crossing

Thurs., 1/24 and 1/31, 6-7:30 p.m.

Instructor: Mandy Converse

Register by 1/17. Fee: \$20 M/\$30 NM

TRX Strength

1/8-2/28, Tu. & Th., 6:45-7:30 a.m.

Register by 1/7. Fee: \$40 M/\$50 NM

Tri at the Y

2/1-2/28. Register by 2/1. Swim .93 miles, bike 24.8 miles and run 6.2 miles in 28 days. T-shirt for finishers. Fee: \$15

Health & Wellness Fair

Fri., 2/22, 5-8 p.m.

Gain valuable information on how to stay healthy. FREE and open to public.

* Meal Planning With Amy

Sat., 1/19, 10 a.m.-Noon

Learn meal organization tips plus make and take two freezer meals.

Fee: \$45 M/\$55 NM. Register by 1/14

Adult Indoor Volleyball

Wed., 6:15-10 p.m. starting 2/13

Register by 2/6. Time: 5:45-10 p.m.

Ages: 16+ Fee: \$150 per team of 8

Indoor Adult Flag Football

Starts 3/5. Register by 2/27

Tuesdays, 6:15-10 p.m. Ages 16+

Fee: \$200 per team of 10 (\$20 late fee) Location: Lexington Fieldhouse

Indoor Adult Coed Futsal

Starts 3/8. Register by 2/28

Thursdays, 6:15-10 p.m.

Ages 16+ Fee: \$200 per team of 10

YMCA AT GOTHENBURG HEALTH

Youth & Adult Sports, Enrichment & Fun



WEIGHT-LOSS CHALLENGE

JANUARY 6-31

Register by January 6

25-Day Weight-Loss Challenge

Prize: Two personal training sessions with Heather Kohl. Fee: \$10 M/\$25 NM. Ages 16+

YOUTH & FAMILY PROGRAMS

Youth Basketball League

Grades K-2: Mon., 6 p.m. 1/7-2/11

Grades 3-4: Tues., 6 p.m. 1/8-2/12

Register by 12/31

Fee: \$30 M/\$40 NM (\$5 late fee)

Madden Tournament

Sat., 1/12, 1 p.m.

Grades 5-12. Register by 1/7

A double elimination tournament

Fee: \$5 M/\$10 NM (late fee \$5/\$10)

Safe Sitter®

Wed., 1/23 & 1/30, 2:45-4:45 p.m.

Ages: 11-14. Register by 1/18

Safety, first aid and business tips.

Class limit: 8. Fee: \$40

Ninja Warrior

Tues., 2/19, 6-7:30 p.m.

Grades 2-8. Register by 2/12

Ninja Warrior Challenge course in Y gym.

Fee: \$10 M/\$20 NM (\$5 late fee)

Valentine Cookie Decorating

Wed., 2/13, 2:45-4 p.m.

Grades K-6. Register by 2/11

Fee: \$10 M/\$12 NM

Daddy-Daughter Date Night

Sat., 2/22, 6:30-9 p.m.

The 80s Sweetheart Ball: Enjoy a buffet meal and dessert, music from the 1980s, a photo booth with 80s props and fun games. Register by 2/5.

Fee: \$35 M/\$7 additional daughter
\$40 NM/\$10 additional daughter

Winter Family Carnival

Sat., 2/23, 2-4 p.m.

Old-fashioned family games including Plinko, milk bottle throw, balloon pop, ring toss, hoop shoot and more!

Register by 2/18.

Fee M: \$5 per person/\$15 per family

Fee NM: \$10 per person/\$20 per family

ADULT PROGRAMS

Men's Basketball League

Thurs., 1/10-3/28, 6 p.m.

Ages 19+ Register by 1/5

Fee: \$200 per team (\$50 late fee)

Women & Weights

Sun., 1/13 & 1/20, 6-7:30 p.m.

Instructor: Heather Kohl

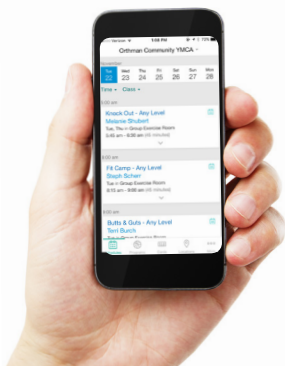
Fee: \$15 M/\$25 NM

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.



REGISTRATION & FREE YMCA APP

Four ways to register for YMCA programs:

- 1) Visit www.ymcaoftheprairie.org and click on Register. Choose your branch, the program you are interested in, and sign up.
- 2) Stop by in person at any of the three Y locations in Holdrege, Lexington or Gothenburg
- 3) Pick up a phone and give us a call.
- 4) Download the YMCA app on Google Play or the App Store. With the app, you can register for programs, check in and view hours and schedules.

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!

YMCA at the CROSSING

The Orthman Community YMCA pool at the Crossing (1006 Airport Road) is open! And, now, in addition to classes and other fun, the Y is offering year-round swim lessons at the facility! Also, the YMCA at Gothenburg Health has also started offering indoor swim lessons.

YMCA MISSION

To put Christian principles into action through programs that build a healthy spirit, mind and body FOR ALL.



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

HURRY!

Receive \$5 off one program registration.
Expires: 12/20/2018

INSIDE:

Youth & Adult Programs
NEW SWIM LESSONS!

Or Current Resident

