

MARCH-MAY 2019 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

Youth Sports & Fun

Youth Soccer

Saturdays, 3/16-4/27
Game Times: Noon-5 p.m.
Ages: 3-14 (as of 12/31/18)
Levels: U4-U14
Register by 3/1
\$10 late fee after 3/1
Fee: \$35 M/\$55 NM

Nerf Wars

Saturdays, 3/16, 4/13
7-8:30 p.m. Ages 7-13
Fee: \$8 M/\$16 NM

Youth Run Club

3/25-5/1, M & W, 4-5 p.m.
Grades K-6
Register by 3/25
Fee: \$15 M/\$30 NM

Youth Weight Training

Ages 11-15. Time: 6-7 p.m.
Fee: \$25 Members Only
Session 1 — 3/19 & 3/21
Session 2 — 4/16 & 4/18
Session 3 — 5/14 & 5/16
Register two days prior to start date

Youth Sports Performance

Ages 13-18. Time: By appointment with Adam Hohlfeld. Four private sessions: \$60/Four semi-private sessions \$45

T-Ball

5/20-6/20, 6-8 p.m.
Register by 5/3
Coed Beginner T-Ball:
Ages 4-6, M & W
Coed Advanced T-Ball:
Ages 4-6, T & TH
Fee: \$35 M/\$55 NM
\$10 late fee after 5/3

Recreation Baseball

Grades 1-2, 5/13-6/20
Register by 4/19
Mon.-Thurs., 6-9 p.m.
Fee: \$40 M/\$60 NM (\$10 late fee after 4/19)

South-Central Nebraska Boys Travel Baseball

Grades 3-8
Mon.-Thurs., 5:30-10 p.m.
5/13-6/28
Register by 4/5
Fee: \$50 M/\$70 NM
(\$10 late fee after 4/5)

Softball

5/13-6/28. Register by 4/5
South-Central Nebraska Girls Softball League: Ages 7-14 (as of 12/31/18)
Mon.-Thurs., 5:30-10 p.m.
Fee: \$50 M/\$70 NM
Late fee of \$10 after 4/5

AWAKEN SUMMER IMAGINATION

Kick Off Summer With Healthy Kids Day[®] SATURDAY, APRIL 27

AMAZING RACE: 2 PM

Teams of 4-6 family/friends with a minimum of one adult per team will race around downtown on foot completing tasks along the way. Prizes awarded to finishers.
Fee: \$5 per person M/\$10 per person NM

Healthy Kids Day: 3-5 PM

Join us for FREE activities for kids and families! Games, booths and healthy snacks.

HIPPITY HOPPITY SPLASH!

FREE EVENT! Aqua Egg Hunt

Saturday, April 13, 3 p.m.

The Easter Bunny Loves the Y, too! Hop into the pool to hunt for Easter Eggs after posing for pictures with the Easter Bunny. (Parents must be in the water with children who have not passed the swim test.)

Register for programs at the Y or online at www.ymcaoftheprairie.org or call (308) 995-4050

MARCH-MAY 2019 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

Adult Sports, Enrichment & Aquatics

HEALTH & FITNESS

Boot Camp

3/11-4/22, M & TH, 5:30-6:30 a.m.
5/13-6/24, M & TH, 5:30-6:30 a.m.
Ages 15+ or ages 13-15 with a parent.
Fee: \$50 M/\$87 NM

Extreme Boot Camp

3/13-4/26, W & F, 5-5:30 a.m.
5/15-6/28, W & F, 5-5:30 a.m.
Ages 15+ Fee: \$38 M/\$67 NM

Mileage Club

4/8-5/31, Ages 16+ Track miles biking, running, swimming or exercising on Y cardio equipment. Fee: \$15 M/\$25 NM

LEAN Expectations for Expecting & Nursing Women

3/4, 3/11 & 3/18, 6:30-8:30 p.m.
Instructor: Kim Molzahn
Fee: \$25 each/\$65 for all

Prime Time Health

3/4, 4/1, 5/6 and 6/3, 9:30-10:30 a.m.
Learn about your internal pharmacy and learn about blood pressure, cholesterol, cardio exercise, BMI and more
Instructor: Kim Molzahn
Fee: \$18 per session/\$65 for all

Fitness in the Park

Saturdays, 5/18-6/29, 9:30 a.m.
FREE classes for anyone age 15 and older.
Classes will vary each week. North Park.

Boga Fit

Dates TBA. Ages 15+
Pool/water fitness program that builds strength and improves flexibility, balance and coordination. Fee: \$35 Members Only

Personal Training

Ages 13+ Fee varies by trainer.
Contact Tasha or Stephanie.

ENRICHMENT & FUN

Ballroom Dance Classes

Thursdays, 2/28-3/28
Time: 6:15-7:30 p.m. Ages 16+
For beginners or advanced
Fee: \$20 M/\$30 NM. Register by 2/28
Location: Don Sjogren YMCA

Beginning Turkey Hunting

Saturday, 3/2, 1-2 p.m.
Free event

Essential Oils Make & Take Rollerball Blend Class

Saturday, 3/2, 10:30-11:30 a.m.
Fee: \$15 M/\$30 NM (\$5 each additional)

St. Patrick's Day Social For Active Older Adults

Thursday, 3/14, 9:30-11 a.m.
The Y will provide Irish Stew and host fun Irish games. FREE to Members (No sign-up required) Location: Community Room

RUN FOR A CAUSE!

YMCA Silver Run Saturday, June 15 7:30 a.m.

2 Mile Walk or Run, 5K or 10K
Register by June 12
Fee: \$25 before June 12
\$30 after June 12
Fee includes race shirt

Race starts and ends at the Holdrege North Park.

Race proceeds help send kids to YMCA summer camp!

AQUATICS

Swim Lessons

Session 1: 2/27-4/3 (Register by 2/21)
Session 2: 4/17-5/22 (Register by 4/11)
Fee: \$25 M/\$50 NM. \$10 late fee if registered after the deadline.
Swim Starters (Water Babies): M, 5 p.m.
Progressive Lessons: W & Th, 4:30-6 p.m.



DISCOVER A BETTER WORKOUT TOGETHER WITH GROUP EXERCISE

Group Exercise Is Included In Your Membership

Did you know that group exercise classes are included in your membership? Try one of these great classes today to throw some extra accountability and fun into your workouts: Cycling, Fit & Flexed, Aqua Fusion, Water Wake Up, Dance Fusion, Fit for Life, Move & Groove, Weights 101, Pound, Shape Up, Get Cycled, Cardio Kickboxing, Functional Fitness, TRX, Indo Row, Shockwave, Extreme Boxing, Insanity, Core de Force, Line Dancing and Yoga.

Scholarships Available for Memberships and Programs Based on Financial Need