

MARCH-MAY 2019 PROGRAMS

ORTHMAN COMMUNITY YMCA, Lexington

Youth Sports, Enrichment & Swimming

Youth Weight Training

Ages 11-14. Fee: \$20.
All times are 10 a.m.-Noon
Session 1 — 3/9, Register by 3/6
Session 2 — 4/13, Register by 4/10
Session 3 — 5/4, Register by 5/1

Twin Dragon Martial Arts

@ The Crossing
3/4-4/13. Register by 2/28
Little Dragons (Ages 5-7): Mondays
5-5:30 p.m. & Saturdays 9-9:30 a.m.
Little Dragon Fee: \$25 M first
child/\$20 additional
\$35 NM first child/\$30 additional
Age 8-Grade 4: Mondays 5:45-6:45
p.m. & Saturdays 9:45-10:45 a.m.
Grades 5-8: Mondays 7-8 p.m. &
Saturdays 11 a.m.-Noon
Ages 8+ Fee: \$50 M first child/\$40
additional and \$60 NM first child/\$50
additional Plus \$10 T-shirt if needed.
(\$10 late fee)

Youth Outdoor Soccer

4/2-5/9, Ages 3-Grade 6.
Tues. practice, 5:30-8 p.m.
Thurs. games, 5:30-8 p.m. Register by
3/21. Fee: \$35 M/\$55 NM. Lexington
Optimist Fields. Coaches Meeting: 3/28

No School Day

@The Crossing, 3/11, 8 a.m.-Noon.
Grades: K-8, Swimming, basketball,
gym games, lunch and a movie.
Register by 3/6. Fee: \$15 M/\$25 NM

Youth Baseball/Softball

5/20-6/26. Ages: 3-Grade 6
Register by 5/7. Fee: \$35 M/\$55 NM
Monday practices, 5:30-7:30 p.m.
Wednesday games, 5:30-7:30 p.m.

* Swim Starters

3/21-5/9, Thursdays
Level A: 4:45-5:15 p.m.
level B: 5:30-6:15 p.m.
Register by 3/13. Fee: \$30 M/\$60 NM

* Swim Basics (Ages 5+)

3/19-5/7, Tuesdays
Level 1: 4:30-5 p.m.
Level 2: 5-5:30 p.m.
Level 3: 5:30-6 p.m.
Register by 3/13. Fee: \$30 M/\$60
NM If child cannot touch, parent must
accompany child.

* Swim Strokes (Advanced)

3/20-5/8, Wednesdays
Level 4: 4:30-5 p.m.
Level 5: 5-5:30 p.m.
Level 6: 5:30-6 p.m.
Register by 3/13. Fee: \$30 M/\$60 NM
Skills assessment will determine level.

AWAKEN SUMMER IMAGINATION

Kick Off Summer With
Healthy Kids Day[®]

FRIDAY, APRIL 26
LOCATION: @ THE CROSSING

COLOR RUN: 5:45 PM

One-mile fun run. Ages 4-Grade 8
Register by 4/16
Fee: \$15 M/\$25 NM (includes t-shirt)
No t-shirts for late registrations

Healthy Kids Day: 6-8 PM

Join us for **FREE** activities for kids and
families, including a rock wall, bounce houses,
swimming, vendors and more! Free walking
tacos served first-come, first-served.



Easter Egg Hunt @ The YMCA Football Field

Saturday, April 20
Starts promptly at 10:30 a.m.
FREE event but must pre-register by 4/16
(no late registrations)
Ages: PreK-Grade 5
The Easter Bunny will be in attendance!

NOW IS A GREAT TIME FOR FAMILY TIME!

Nerf Wars

@ The Crossing Costume Night
Thurs., March 7, 5:30-7 p.m.
\$8 per person. Dress as your favorite
character (Super Hero, TV show, movie or
book (supper served).

Family Water Fitness Games

@ The Crossing Fri., March 8, 10-11 a.m.
\$5 per person/\$15 per family.
Register by 3/6. Relays, Hokey Pokey and
other water games. Parents required to
accompany children 9 and younger.

Family Nerf Wars

@ The Crossing
Thurs., May 2, 5:30-7 p.m.
\$8 per person. Supper served.

Go Kart Night

@ The Crossing Fri., May 24, 5-9 p.m.
\$2 per ride/\$12 unlimited ride band/\$15
pool and unlimited ride band.
Swimming, go-karts and family fun!
(Pool members only need to pay for go-
kart band).
Concessions available to buy.

Register for programs at the Y or online at www.orthmanymca.org or call (308) 324-1970

MARCH-MAY 2019 PROGRAMS

ORTHMAN COMMUNITY YMCA, Lexington

Adult Sports, Enrichment & Aquatics

HEALTH & SPORTS

Boot Camp (Camp Melanie)

3/4-4/26, Register by 2/27 (\$10 late fee)
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)

3/5-4/25. Register by 2/27 (\$10 late fee)
Tues. & Thurs., 5:30-6:15 a.m.
Fee: \$40 M/\$50 NM

Better Movement for Parkinson

Tuesdays 4/9-4/30, 9:30-10 a.m.
Register by 4/2. Fee: \$15 M/\$25 NM
Late fee: \$10

TRX Strength

3/5-4/25, Tues. & Thur., 6:30-7:15 a.m.
Register by 2/27. Fee: \$40 M/\$50 NM

March Madness Challenge

3/19-4/9. Test your college basketball
knowledge, pick the winners and complete
your workouts. T-shirts awarded to challenge
finishers. Register by 3/17. Fee: \$15

Men & Weights

Sundays, 3/24-4/14, 6-7:30 p.m.
Register by 3/20. Fee: \$25 M/\$35 NM

Adult Coed Sand Volleyball

Tuesdays, Starting 5/21, 6:30 p.m.
Register by 5/14. Ages 16+
Fee: \$100 per team of 6 (late fee \$20)

ENRICHMENT

Door Charms With Jamie

@ The Crossing
Monday, 3/4, 6:30 p.m.
Theme: Bunny or Kite
Register by 2/25. Fee: \$35 M/\$45 NM

Women's Self-Defense

@ The Crossing
Mondays, 3/4-4/8, 8:15-9 p.m.
Register by 3/4. Fee: \$30 M/\$40 NM
Bring a friend and save \$5!

Essentials of Healthy Hacks

Wednesday, 3/13, 6:30-8 p.m.
Learn the many uses of essential oils:
cleaning, health, mood, sleep & fitness.
Register by 3/7. Fee: \$15 M/\$25 NM

Amateur Radio Technician License Class @ The Crossing

Thursdays, 3/7-4/11, 6-7 p.m.
Register by 2/28. Prep class for obtaining
a Technician Class Amateur Radio Oper-
ator license and a general introduction
to amateur radio. Obtaining the license
requires passing a test covering basic
knowledge of amateur radio. Exam will be
offered the final week of class. Fee: \$30
M/\$40 NM (fee includes class book)

Freezer Meal Prep With Amy

@ The Crossing, 3/23, 10 a.m.-Noon
Participants will prepare two meals and
learn how to properly freeze healthy
family meals.
Register by 3/14
Fee: \$30 M/\$40 NM

Choose Joy Because Happiness Isn't Enough

@ The Crossing
Saturdays, 4/27-5/25, 9-10:30 a.m.
Video series and discussion
Women 19+ Leader: Kresha Hagan
Register by 4/17. Fee: \$25 M/\$35 NM
includes materials and snack

Chillin and Grillin With Chris

@ The Crossing
Saturday, 5/18, 11 a.m.-12:30 p.m.
A relaxed class to learn how to make
great-tasting BBQ. Register by 5/9
Fee: \$10 Per Person/\$15 Per Couple

* Get the Details on Detailing Your Car

Monday, 5/20, 7-8:30 p.m. Instructors:
Dave and Shelly Converse from Team
Detail. Learn the tricks of making your car
look new again. Register by 5/15
Fee: \$15 M/\$25 NM



LACE UP YOUR RUNNING SHOES!

* YMCA Johnson Lake Trails St. Patrick Day Bike or Run

March 16, 1 p.m.

Distance: 10.5 mile bike or run
Register by March 7
Fee: \$35 includes race shirt, wristband
and mug. One free drink provided at the
Medos finish line.
No t-shirts for late registrations
Race begins and ends at Medos Resort
at Johnson Lake.

YMCA Run & Fun 5K

June 1, 4 p.m.

(Check-in time is 3:45 p.m.)
Register by May 23. Fee: \$30 includes
race shirt and meal. Additional BBQ
meals may be purchased after the race.
Finish line festivities include BBQ, drinks
and entertainment. Families encouraged
to join runners at end for fun!

AQUATICS

Ai Chi at the Crossing

3/19-4/12, Tues. & Fri., 12:15-12:45 p.m.
Register by 3/13
Fee: \$20 Y-Pool M/\$40 Non Y-Pool M

Water Exercise Classes

Aquatic Fitness: 2/16-4/4
Register by 2/20. Tues & Thurs., 6:15-7
p.m. Fee: \$35 Pool Member/\$50 Non-Pool
Member
Aquatic Fitness Basics: 2/27-4/3
Register by 2/20. Wed., 10:15-11 a.m.
Fee: \$15 Pool Member/\$30 Non-Pool
Member

* Adult Swim Clinic

Tues., 3/19-5/7, 7:15-8:15 p.m. or
Thurs., 3/21-5/9, 7:15-8:15 p.m.
Register by 3/13. Fee: \$30 M/\$60 NM

Scholarships Available for Memberships and Programs Except When Noted With *