

JUNE-AUGUST 2019 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

YOUTH SPORTS & FITNESS

Youth Tennis Academy

7/10-8/2, W & F, 9 a.m.-10 a.m.
Grades: 1-8. Fee: \$20 M/\$30 NM
Register by 7/9. Instructor: Eric Brown

Youth Disc Golf

Saturday, 7/13, 9 a.m.-Noon
Grades: 1-8. Fee: \$10 M/\$15 NM

Youth Golf Academy

7/15-7/18, M-TH
9 a.m.-11:30 a.m. Register by 7/14
Grades: 3-8. Fee: \$15 M/\$20 NM
Instructor: Tim Mattson

Youth Volleyball Academy

Thursdays, 7/11-8/8
Grades 3-4: 5:15-6:15 p.m.
Grades 5-6: 6:15-7:15 p.m.
Grades 7-8: 7:15-8:15 p.m.
Fee: \$20 M/\$30 NM

Butler Basketball Camp

Girls: 7/22, 9:30-11:30 a.m. Boys: 7/23,
9:30-11:30 a.m.
Fee: \$10 M/\$15 NM
Grades: 5-8. Register by 7/21

Youth Weight Training

Ages 11-15. By appointment June 1-Aug.
31. Time: M & W, 5:30-7:30 p.m.
Fee: \$25 M. Instructor: Andrew Bendorf

Youth Sports Performance

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

YOUTH ENRICHMENT

Leaders in Training

5/23-24, 9 a.m.-Noon, Ages 10-15
Fee: \$10 M/\$20 NM
Learn about leadership, work ethic and
teamwork. Class includes volunteer
opportunities.

Kids Kitchen

Mondays, 7/1, 7/8, 7/15
6:30-8 p.m. Ages 9-12
Instructor: Jan Cappel
Register by 6/27. Fee: \$20 M/\$40 NM
Breakfast, lunch, dinner and dessert
included.

Youth Sewing

Wed., 5/29 & 6/5, 7-9 p.m.
Ages: 10-12. Fee: \$20 M/\$40 NM
Kids will make a summer tote bag and
pillow top cover. Instructor: Jan Cappel
Register by 5/23

Prairie Playhouse (Little House on the Prairie)

Mon., 6/10 & 6/17, 6:30-8:30 p.m.
Ages: 7-10. Fee: \$20 M/\$40 NM
Instructor: Jan Cappel
Register by 5/23
Live like Laura Ingalls Wilder and
experience a red picnic basket supper.

Tie Dye 101

Mon., 7/29, 7-8:30 p.m.
Ages: 10-13. Fee: \$10 M/\$20 NM
Instructor: Jan Cappel
Register by 7/25. Bring pre-washed
white shirt and socks

NEW!

Youth Specialty Fitness Classes

YOUTH TRX STRENGTH

6/4-6/20, T & TH, 11-11:30 a.m.
Grades: 5-8
Develop body awareness, core
strength and overall fitness.
Fee: \$20 Limit: 12

YOUTH INTRO TO CROSSFIT

7/22-8/2, M-F, 2-2:45 p.m.
Grades: 7-12
CrossFit is a lifestyle characterized
by safe, effective exercise and
sound nutrition.
Fee: \$30 M/\$70 NM

KIDS BOGA

7/9-8/1, T-TH, 6:15-6:45 p.m.
Ages: 6-12
Boga Fit is a fitness program that
builds strength, flexibility, balance
and coordination.
Fee: \$20 M/\$40 NM

MIDDLE SCHOOL BOOT CAMP

7/8-7/19, M-W-F, 11 a.m.
Grades: 5-8
Develop speed and quickness,
increase strength and overall
fitness and confidence.
Fee: \$20 M/\$40 NM
Class limit: 15

Click the
brochure icon
to view all full
and half-day
elementary
and preschool
camps offered
this summer
at the Don
Sjogren
Community
YMCA!



SUMMER FUN FOR TWEENS!

These day camps are for kids entering grades 5-8.

Husker Fan Day, June 20

8 a.m.-4 p.m. Fee: \$40 M/\$80 NM. Tour of Bob Devaney Center & Memorial Stadium.
Students should pack a lunch.

A Night at the Nebraska Prairie Museum, July 12

6:30 p.m.-8 a.m. Fee: \$60 M/\$120 NM
Spend the night at the museum! Includes pizza, popcorn, movie and a light breakfast.

Warped Sportz Paintball Day, August 1

Time: TBD. Meet at the YMCA. Fee: \$50 M/\$100 NM

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

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JOIN US FOR HOLIDAY CELEBRATIONS!

Active Older Adults Social FREE!

AOA Memorial Day BBQ: Tuesday, May 21, 9:30 a.m.
Please bring a salad, side or dessert to share. The Y will provide grilled hot dogs and organized games.

AOA 4th of July Social: Tuesday, July 2, 9:30 a.m.
Please bring a salad, side or dessert to share. The Y will provide fixings to build your own sandwich. Games and trivia included.



ADULT LEAGUES

Men's Church League Softball

7/11-8/22, Thursdays, 6-10 p.m.
Ages 16+
Fee: \$200 per team
Register teams by 6/28

Coed Adult Softball

7/9-8/20, Tuesdays, 6-10 p.m.
Ages 16+ Fee: \$200 per team
Register teams by 6/28

HEALTH & FITNESS

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.

Group Exercise Roll the Dice

6/1-7/31. Ages: 13+
Roll the dice and move ahead on the game board for each group exercise class attended. Prize for completing: \$5 YMCA gift card. Fee: \$12 M

Boga Fit

Session 1: 6/3-6/26
M & W, 10:50-11:20 a.m.
Session 2: 7/9-8/1
TU & TH, 6:45-7:15 p.m.
Ages 13+ Pool/water fitness program that builds strength and improves flexibility, balance and coordination.
Fee: \$30 Class Limit: 5

Personal Training

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

Summer Bucket List

7/1-8/31. Ages: 15+
Choose the challenges you want to complete in two months: 500 burpees, 2 hours of planks, 60 miles running, 300 miles cycling, marathon of rowing and/or 2 miles of swimming. Prize awarded for completing three or more. Fee: \$12 M

Intro to CrossFit

Session 1: 7/8-7/19, M-F, 5:15-6:15 a.m.
Session 2: 7/22-8/2, M-F, 6-7 p.m.
Introduction to the nine fundamental movements of CrossFit and an overall sampling of a CrossFit program.
Ages 18+ Fee: \$40 M/\$90 NM

Lazyman Triathlon

9/2-10/12. Ages: 15+
Challenge yourself to complete a full Ironman Triathlon (2.4-mile swim, 112 mile bike and 26.2-mile swim) in six weeks. Fee: \$12 M

ENRICHMENT & FUN

ATV and Side by Side Safety

Saturday, 6/8, 1-3 p.m.
Ages: 16+ Fee: \$10 M/\$20 NM
Register by 6/6
Instructor: Troy Hornaman

Fishing Clinic

Saturday, 6/22, 1-3 p.m.
Ages: All Fee: \$10 M/\$20 NM
Register by 6/20
Instructor: Troy Hornaman
Prize for biggest and smallest fish caught.

Archery Clinic

Saturday, 7/13, 1-3 p.m.
Ages: All Fee: \$10 M/\$20 NM
Register by 7/11
Instructor: Troy Hornaman
Safety and basic shooting skills. Bring bow and arrows if you have them.

AQUATICS

Swim Lessons

PM Sessions: 6/3-6/27 and 7/8-8/1
(Register by 5/29 and 7/1)
AM Sessions: M-TH, 6/17-6/27 and 7/15-7/25 (Register by 6/10 and 7/8)
Fee: \$25 M/\$50 NM. \$10 late fee if registered after the deadline.

Swim Clinic

8/6-8/29, T & T, 5-5:45 p.m.
Fee: \$25 M/\$50 NM

YMCA Silver Run

Saturday, June 15
7:30 a.m.

2 Mile Walk or Run, 5K or 10K

Register by June 10

Fee: \$25 before June 10

\$30 after June 10

Fee includes race shirt

Race starts and ends at the
Holdrege North Park.

FREE 1M Kids Run at 6:45 a.m.

Scholarships Available for Memberships and Programs Based on Financial Need