

# SEPTEMBER–NOVEMBER 2019 PROGRAMS

ORTHMAN COMMUNITY YMCA, Lexington

## YOUTH SPORTS

### Youth Flag Football

9/10–10/20 — Register by 9/3  
Ages 3–6: Tues. practice/Thurs. game, 6 p.m. (Optimist Complex)  
Ages 7–11: Tues. practice/Thurs. practice, 6 p.m. (at Optimist Complex)/Sunday game, 2 p.m. (at YMCA Field)  
Fee: \$35 M/\$55 NM, plus \$15 jersey  
Coaches Meeting: 4 p.m. 9/16 at YMCA

### Youth Cheer

9/12–10/20 — Register by 9/3  
Ages: 3–11; All Practice Thursdays, 6 p.m.  
Ages 7–11 Cheer at Games, Sundays, 2 p.m.  
Fee: \$35 M/\$55 NM, T-shirt included

### Beau Baker Basketball Camp

Mon.–Thurs., 10/28–10/31  
Register by 10/24, Grades 1–3: 6:15–7 p.m.; Grades 4–6, 7:15–8 p.m.  
Fee: \$20 M/\$30 NM

### Jr. NBA Basketball

11/5–12/17 — Register by 10/28  
Ages: 3–11, Tuesday Practice, 5–8 p.m.  
Saturday Games, 9 a.m.–Noon  
Fee: \$35 M/\$55 NM plus \$15 jersey

### Martial Arts

Session 1 — 8/12–9/30, Register by 8/7  
Session 2 — 10/14–11/23, Register by 10/9  
Ages 5 to Grade 8  
M Fee: \$50 per child/\$40 additional  
NM Fee: \$60 per child/\$50 additional  
Location: Methodist Church Gym

## YOUTH FITNESS

### Youth Weight Training

Ages 11–14. Fee: \$20  
Saturdays, 9–11 a.m.  
Session 1 — 9/14, Register by 9/11  
Session 2 — 10/12, Register by 10/9  
Session 3 — 11/9, Register by 11/6  
Private session by appointment on alternate dates for \$30

## ENRICHMENT & FUN

### \* Fishing With LeShaun

Saturdays, 9/7–9/28, 8:30–10 a.m.  
Register by 9/4  
Ages: 3–14 (children 6 and younger must be accompanied by a parent).  
Bring your own pole. Y provides tackle.  
Fee: \$20 M/\$30 NM

### Nerf Wars

Friday, 10/11, 5:30–6:30 p.m.  
Register by 10/9  
Grades: 2–8, Fee: \$8 per person

### No School Day at the YMCA

Monday, 10/21, 8 a.m.–4 p.m.  
Register by 10/16. Grades K–5  
Morning snack and lunch provided  
Fee: \$20 M/\$30 NM

### Babysitters in Training

Thursdays, 11/7 & 11/14, 6–8 p.m.  
Register by 10/31; Grades 6–8  
Fee: \$30 M/\$40 NM (\$10 late fee)

## NEW!

## FREE 6th GRADE YMCA MEMBERSHIPS

SEPTEMBER 9–MAY 18

All Lexington 6th Graders are eligible for a FREE YMCA membership by participating in this program. Requirements: Students must participate in the weekly Mission Monday classes at least twice a month to receive a free youth membership or \$20 off a family membership. Class meets from 3:45–4:15 p.m. in the YMCA Game Room

## \* HALLOWEEN PARTY

FRIDAY, OCTOBER 25, 6:30–8 PM

Join us for games, prizes and other Halloween-themed fun. Costumes are encouraged but not required.  
Fee: \$8 per person ages 1 and older  
Register by 10/23 (no late registrations)

## CLIMB ABOARD FOR SUPER-SIZED FUN!

# TRANSPORTATION CELEBRATION

Saturday, September 21, 10 a.m.–2 p.m.

Jim Kelly Field, Lexington Airport

Fee: \$3 per person ages 3 and older

Climb aboard more than 30 vehicles!

NEW! Train Rides \$2 per person!

Register for programs at the Y or online at [www.orthmanymca.org](http://www.orthmanymca.org) or call (308) 324-1970



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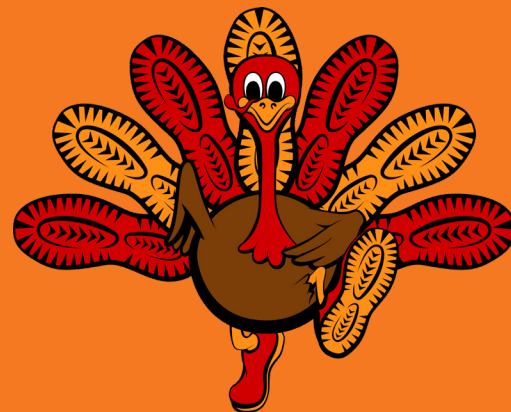
ORTHMAN COMMUNITY YMCA, Lexington

ORTHMAN COMMUNITY YMCA 4th ANNUAL

# TURKEY TROT

5K WALK OR RUN

## SATURDAY NOVEMBER 23



### TURKEY TROT DETAILS

Time: Check In at 8:45 a.m.  
Race Begins at 9 a.m.

Register by 11/12  
Ages 8 and Older  
Fee: \$35 M/\$45 NM  
(No Assistance Offered)

### SPECIAL EVENTS

#### HOLIDAY VENDOR SHOW

Saturday, 11/23  
Time: 9 a.m.–1 p.m.  
Free to public  
Vendors Register by 11/7  
Vendor Fee: \$30

#### ZUMBA PARTY IN PINK

Saturday, 10/19, 9 a.m.  
FREE Zumba class to support  
breast cancer awareness

### CREATIVE FUN

#### \* Door Charms With Jamie

Session 1: Monday, 9/9, 6:30 p.m.  
Theme: Nebraska state shape or  
Nebraska "N"

Register by 8/29; Fee: \$35 M/\$45 NM

Session 2: Monday, 12/2, 6:30 p.m.

Theme: Santa Hat or Mitten

Register by 11/25; Fee: \$35 M/\$45 NM

### CHALLENGES

#### \* Husker Challenge

8/31–11/29, Fee: \$15

Combine your love of Husker football  
with exercise this fall. T-shirts for those  
who complete the challenge.

#### \* Hold It For the Holidays

11/25–1/6 (Register/weigh in week of  
11/18 by appointment)

Fee: \$15 plus additional \$10 to  
participate in Biggest Loser Challenge

### ADULT SPORTS

#### Outdoor Flag Football

Mondays, starting 9/9, 6 p.m.

Register by 9/4, Ages 16+

Fee: \$200 per team of 10

Jersey: \$20

Captains Meeting: 5:30 p.m. 9/9 at  
YMCA

#### Basketball

Mondays starting 11/11, 6 p.m.

Register by 11/5, Ages 16+

Fee: \$160 per team of 8. Jersey: \$20

### ADULT FITNESS

#### Camp Melanie

Session 1 — 9/16–11/8

Session 2 — 11/11–12/20 (6 weeks)

M & W, 6–6:45 p.m. and

Fridays, 5:30–6:15 a.m.

Register one week prior to start date

Session 1 Fee: \$20 once a week/\$40

twice a week/\$60 three times a week

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

Session 2 Fee: \$15 once a week/\$30

twice a week/\$45 three times a week

(NM rates are \$20/\$40 and \$60)

#### Camp Casey

Session 1 — 9/17–11/7

Session 2 — 11/12–12/24 (6 weeks)

TU & TH, 5:30–6:15 a.m.

Register one week prior to start date

Session 1 Fee: \$40 M/\$50 NM

Session 2 Fee: \$30 M/\$45 NM

#### TRX Strength

TU & TH, 10/15–11/21, 6:30–7:15 a.m.

Fee: \$40 M/\$50 NM, Register by 9/4

#### Men's Yoga

Thursdays, 11/7–11/21, 8–9 p.m.

Register by 11/4, Fee: \$15 M/\$25 NM

Scholarships Available for Memberships and Programs Except When Noted With \*