

SEPTEMBER–NOVEMBER 2019 PROGRAMS

YMCA AT GOTHENBURG HEALTH, Gothenburg

YOUTH SPORTS

Youth Flag Football

Tuesdays, 9/10–10/15
Register by 9/3
Ages 5–6: 6–7 p.m.
Ages 7–9: 7–8:30 p.m.
Fee: \$25 M/\$40 NM

Youth Volleyball

Mondays, 9/30–11/4
Register by 9/3
Grades 1–3: 6–7 p.m.
Grades 4–6: 7–8:30 p.m.
Fee: \$25 M/\$40 NM

Swim Team

9/9–3/15, Ages: Up to 18
Practice: Tues at 4:15 p.m.,
Thurs. at 6 a.m. & Sun. at 4:30 p.m.
Fee: \$35 (must be a Y member) plus
\$40 for USA meet fees

ENRICHMENT & FUN

After School Program

Mondays–Fridays Starting 9/3
Grades: K–6. After school until 6 p.m.
Includes snack, homework help,
games/activities and field trips.
Fee: \$179 per month M/\$278 per
month NM (10 percent discount
second child)
Registration Fee: \$55 M/\$72 NM

Baby & Parent Swim Class

9/3–10/1, Tuesdays, 5:30–6 p.m.
Child's Ages: 6 months to 3 years
Class Limit: 10
Fee: \$25 M/\$35 NM

Self-Defense

Thursdays, 9/5–9/26, 4–5 p.m.
Grades: 6–8. Class Limit: 10
Includes tips for protecting yourself
from bullying and cyberbullying.
Register by 8/30
Fee: \$45 M/\$55 NM

School Day Out

Friday, 9/20, 8 a.m.–5 p.m.
Friday, 10/25, 8 a.m.–5 p.m.
Register by 9/13 & 10/18
Class Limit: 24
Grades: K–6. Fee: \$35 M/\$50 NM

Safe Sitter®

Wednesdays, 9/18 & 9/25
Time: 2:45–4:45 p.m.
Grades: 6–8. Class Limit: 8
Safety, first aid and rescue skills,
and business tips. Register by 9/10
Fee: \$40 M/\$40 NM

Nerf Wars

Tuesday, 11/12, 6–7 p.m.
Grades: K–6, Register by 11/1
Fee: \$10 M/\$15 NM

Cupcake Decorating

Tuesday, 11/12, 6–7 p.m.
Ages: 14+ or ages 10–13 with a
parent. Class limit: 10
Register by 11/8
Fee: \$10 M/\$15 NM

Cake Decorating

Tuesday, 11/19, 6–7 p.m.
Ages: 14+ or ages 10–13 with a
parent. Class limit: 10
Register by 11/15
Fee: \$20 M/\$25 NM



SPECIAL EVENTS!

HALLOWEEN SPOOKTACULAR EXTRAVAGANZA

Saturday, 10/19
Time: 2–3:30 p.m.
Ages: 0–13
Old-fashioned family fun
Register by 10/16
M Fee: \$8 per person/\$20 per family
NM Fee: \$12 per person/\$35 per family

LEGO BUILDING NIGHT

Monday, 10/21
Time: 6–7 p.m.
Grades: K–6
Register by 10/18
Fee: \$10M/\$15 NM

FAMILY DODGEBALL TOURNAMENT

Saturday, 11/16
Time: 1 p.m.
Register by 11/1
M Fee: \$30/Family
NM Fee: \$40/Family

CHRISTMAS IN THE COUNTRY HOLIDAY CRAFT SHOW

Saturday, 11/23
Time: 9 a.m.–3 p.m.
Location: YMCA Gym
Vendor registration deadline is
Friday, 11/15.

GET BACK IN THE GAME! ADULT SPORTS

Adult Coed Volleyball

Thursdays, 9/5–11/21, 6:30–10 p.m.
Register by 8/29 (late fee \$25)
Ages 18+. Fee: \$150 per team

Harvest Festival Coed Softball Tournament

Sunday, 9/22, Noon
Register by 9/3, Ages: 19+
Fee: \$40 per team. Limited to 10 teams



Register for programs at the Y or online at www.ymcaoftheprairie.org or call (308) 537-4022