

# SEPTEMBER–NOVEMBER 2019 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

## YOUTH SPORTS

### Youth Flag Football

Mondays, 9/9–10/14  
Register by 8/25, Grades K–6  
Time: 5:30–8:30 p.m.  
Fee: \$35 M/\$55 NM, plus \$15 jersey

### Youth Cheerleading

Mondays, 9/9–10/14  
Register by 8/25, Grades K–6  
Time: 5:15–6:30 p.m.  
Fee: \$30 M/\$40 NM, T-shirt included

### Youth Fall Soccer

9/10–10/15, Register by 8/25, Grades K–6  
Tues. Games, 5:30–8:30 p.m.  
Fee: \$35 M/\$55 NM, plus \$15 jersey

### Rookie Sports

Tuesdays, 10/22–12/17, 6–6:45 p.m.  
Ages 2–5  
Session 1: Soccer, 10/22–11/5  
Session 2: Flag Football, 11/12–11/26  
Session 3: Basketball, 12/3–12/17  
Fee Per Session: \$10 M/\$15 NM

### Fall Volleyball Tournament

Saturday, 10/12, Register by 9/29  
Grades: 5–8. Time: 9 a.m.–8 p.m.  
Fee: \$100 per team

## YOUTH FITNESS

### Youth Weight Training

Session 1 — 8/20 & 8/22  
Session 2 — 9/24 & 9/26  
Session 3 — 10/22 & 10/24  
Session 4 — 11/19 & 11/21  
Time: 6–7 p.m. For ages 11–15  
Fee: \$20 M, Register 2 days prior

### Youth Sports Performance

Ages 13+ By appointment/members only  
Fee: \$45 for 4 semi-private sessions  
\$60 for 4 private sessions

## ENRICHMENT & FUN

### After School Program

Monday–Friday starting 8/15  
Grades: K–4, after school until 6 p.m.  
Includes snack, homework help, games and activities.  
Member Fee: \$40 per month  
Non-member Fee: \$80 per month

### Middle School After School

Monday–Friday, 4–5 p.m.  
Fun, active and engaging activities for tweens and teens led by a Y Role Model.  
FREE/No Registration Required

### Nerf Wars

Saturdays, 9/21, 10/19, 11/16  
Time: 7–8:30 p.m., Ages 7–13  
Fee: \$8 M/\$16 NM

### Family Pumpkin Decorating

Saturday, 10/19, 9–10:30 a.m.  
Fee: \$5 M/\$10 NM

### School Day Out

Grades: K–5, 8 a.m.–5 p.m.  
Monday, 10/7  
Thursday, 10/24  
Fee: \$25 M/\$50 NM  
Pumpkin Patch Trip: Friday, 10/25,  
Fee: \$40 M/\$80 NM

### Tween Night

Saturday, 11/9, 7–9 p.m.  
Grades: 6–8. Fee: \$5 M/\$10 NM

## JUST ADD WATER FOR INSTANT FUN!

### MOTHER/SON KAYAK

Sunday, 9/8, 2 p.m.  
Bus riders meet at the Y at 1 p.m. or meet at 1:45 p.m. at Turkey Creek launch near Yanney Park in Kearney.  
Fee: \$30 for one kayak/\$25 each additional kayak

### SPOOKY GLOW STICK SWIM

Friday, 10/25, 6–7 p.m.  
Have a spooky good time when we turn down the lights and light up the pool with glow sticks. Ages: All  
FREE Event!

### SWIM LESSONS

Session 1: 9/11–10/2  
Register by 9/9  
Session 2: 10/9–10/31  
Fee: \$25 M/\$50 NM  
Mon: Swim Starters (Water Babies)  
Wed: Level 1–3, 4:30–5:30 p.m.,  
Thurs: Level 4–6: 4:30–5:30 p.m.

### GATORS SWIM TEAM

Season: 9/9–3/15. Grades: K–12  
Practice:  
10 & younger or less than 2 years experience: T/TH, 5:30–6:30 p.m.  
11 and older: M/T/TH, 6:30–7:30  
Register by 10/1 (\$20 late fee)  
Fee: \$175, plus \$40 registration fee

## FOR THE YOUNG AT HEART!

### FREE Active Older Adult Socials

**AOA Wellness Social:** Thursday, Sept. 12, 9:15 a.m.  
The Y will provide ingredients to make fruit parfaits. Enjoy games and trivia that inspire us back into healthy routines for the fall while celebrating Wellness Week at the YMCA.

**AOA 'Giving Thanks' Social:** Tuesday, Nov. 26, 9:15 a.m.  
Bring a veggie (canned or fresh) to add to our Friendship Soup. We will play Thanksgiving games and make a Thanksgiving Centerpiece.



Register for programs at the Y or online at [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org) or call (308) 995-4050

# SEPTEMBER–NOVEMBER 2019 PROGRAMS

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## NEW! CrossFit Motivate

### CrossFit Classes at the YMCA @ R7

#### CrossFit Motivate (Ages 14+)

Time: M–F, 5:15 a.m. and 6 p.m.

Y Member Fee: \$55 per month/\$20 each additional family member

Non-Member Fee: \$120 per month/\$40 each additional family member

#### Functional Fitness for Kids at CrossFit Motivate

10/28–11/8, M, T, TH, F, 5–6 p.m. Ages: 11–14

Fee: \$25 M/\$50 NM



## ADULT FITNESS

### Boga Fit

9/30–10/24, Fee: \$30 M/\$60 NM

Mon. 6:15 p.m. & Thur. 5:30 p.m.

### LazyMan Triathlon

8/29–9/29. Complete a full Ironman (2.4-mile swim, 112-mile bike and 26.2-mile run) in six weeks.

Fee: \$12 M. Ages 15+

Prize for finishers: runner's light

### Fall Into Fitness 30-Day Weight-Loss Challenge

9/1–9/30. Lose 5–8 pounds in four weeks by monitoring your calorie intake using MyFitnessPal app and exercising at least 30–40 minutes 4–5 days a week with extra accountability from our wellness coaches and personal trainers. Ages: 15+ Fee: \$25 M/\$45 NM

### Planktober

10/1–10/31 — Challenge yourself to see how long you can hold a plank with a printed calendar of daily plank times and rest days. Pick up a calendar at the front desk prior to Oct. 1. Drawing for a gift card for all who finish. FREE

### Hold It For the Holidays

11/25–1/6

Fee: \$12, prize for all finishers

### Personal Training

Ages 13+ Fee varies by trainer.

Contact Tasha or Stephanie.

## Wellness Coaching

30-minute wellness sessions provide accountability to meet your wellness goals. Meetings include goal setting, periodic body composition testing and weigh-ins.

Fee: \$15 per session

## ADULT SPORTS

### Women's & Co-ed Volleyball

Women: Sundays 10/6–11/24, 4–9 p.m.

Coed: Mondays 10/28–12/16, 6–9 p.m.

Ages 16+, Register by 9/22 & 10/13

Fee: \$100 per team

### Men's Basketball

Sundays 12/1–2/16, 4–9 p.m.

Ages 16+, Register by 11/17

Fee: \$120 per team

## ENRICHMENT & FUN

### FREE! Salsa Cook-Off

9/9, 5–6 p.m.

Bring your homemade salsa and compete for top prize, or just come to taste.

### Veteran's Day Breakfast

Monday, Nov. 11, 6–7:30 a.m.

FREE breakfast for veterans and their families

### Ballroom Dance

Thursdays, 11/14–12/19

Time: 6:15–7:30 p.m.

Ages 16+

Beginner Cha Cha and Foxtrot

Per Person Fee: \$20 M/\$30 NM

## HERE FOR HEALTHIER, HAPPIER LIVING

### WELLNESS WEEK AT THE Y

September 9–15

FREE Week at the YMCA

**MONDAY, 9/9** — Bring a non-member with you to a YMCA group exercise class, and you will both be entered into a drawing for a FREE month at the Y. Join us for the Salsa/Queso Tasting Contest at 5:30 p.m.

**TUESDAY, 9/10** — Pickleball, 9–11 a.m.

**WEDNESDAY, 9/11** — Free CrossFit Motivate Classes, 5:15 a.m. or 6 p.m.

**THURSDAY, 9/12** — AOA Wellness Social, 9:15 a.m.

**FRIDAY, 9/13** — Walk Out on Work, 11:30 a.m.–1 p.m. North Park FREE Sack Lunch for all Registrants

**SATURDAY, 9/14** — Aqua Ninja Warriors in the Y pool, 2–4 p.m.

**SUNDAY, 9/15** — Spokes for Students bike ride at 1 p.m. to support middle school YMCA after-school program. Fee: \$30

### AMERICAN RED CROSS BLOOD DRIVES AT THE Y

September 3, 9 a.m.–3 p.m.

December 6, 9 a.m.–3 p.m.

### PMHC ASK A THERAPIST

September 18, 5 p.m.

Scholarships Available for Memberships and Programs Based on Financial Need