

SPRING 2020 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

YOUTH SPORTS

Youth Soccer

Saturdays, 3/14-4/25
Game Times: Noon-5 p.m.
Possible make-up games on Tuesdays and Thursdays
Ages: 3-12 (as of 3/1/20)
Divisions: U4 Coed, U6 Coed, U9 Boys & Girls, U12 Boys & Girls
Register by 2/23
Fee: \$35 M/\$55 NM plus \$15 jersey

YOUTH FITNESS

Youth Weight Training

Ages 10-14. Time: 6-7 p.m.
Fee: \$25 Members Only
Session 1 — 3/17 & 3/19
Session 2 — 4/21 & 4/23
Session 3 — 5/19 & 5/21
Register two days prior to start date

Youth Sports Performance

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

ENRICHMENT & FUN

Nerf Wars

Saturdays, 3/21, 4/18
7-8:30 p.m. Ages 7-13
Fee: \$8 M/\$16 NM

School Day Out

Thursday & Friday, 3/5 & 3/6
8 a.m.-5 p.m. Ages: 5-10
Register by 3/5
Per Day Fee: \$25 M/\$50 NM

Cookies, Cocoa and Canvas Mother-Son Paint Day

Saturday, 3/14, 10 a.m.
Register by 3/10
Fee: \$30 per couple M and \$45 per couple NM/\$5 each additional child.
Instructor: Lindsay Warning

Teen Night

3/28: March Madness Jersey Night (Hot Dog Meal \$2)
4/25: Fiesta Theme (Walking Taco Meal \$2)
Time: 7-9 p.m. Grades: 5-8
Fee: \$5 M/\$10 NM

South-Central Nebraska Travel Baseball League

5/12-7/2
Ages 9-14 (as of 5/1/20)
Mon.-Thurs., 6-10 p.m.
Register by 4/5
Fee: \$50 M/\$70 NM (jersey included)

South-Central Nebraska Travel Softball League

5/11-7/2
Mon.-Thurs., 6-10 p.m.
Register by 4/5
South-Central Nebraska Girls
Ages 7-14 (as of 12/31/19)
Fee: \$50 M/\$70 NM (jersey included)

COME RUN WITH US!

Kick Off Summer With HEALTHY KIDS DAY® FRIDAY, APRIL 17

Duck Run: 6 PM

The 1-mile kids duck run is back!
Divisions: K-2, 3-4, 5-6
Medals awarded to winners
Register by April 6 (guaranteed t-shirt)
Fee: \$12 M/\$24 NM

Healthy Kids Day: 6-7:30 PM

Join us for FREE activities and snacks for kids and families! Enjoy games, booths and find out how to make your summer a healthy one at the YMCA!

YOUTH 'DUCK' RUN CLUB

3/17-4/16, TU & TH, 4-5 p.m.
Grades K-6
Register by 3/17
Fee: \$20 M/\$30 NM
Participants earn free entry into the Healthy Kids Day Duck Run.

NEW! GIRLS ON THE RUN

2/24-4/29
M & W, 4:15-5:30 p.m.
Girls in Grades 2-6
Registration Opens Feb. 1
at www.GOTRNebraska.org
Tuition: \$60
Scholarships available

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MEET YOUR GOALS!

CrossFit Motivate

M-F, 5:15 a.m., Noon & 6 p.m.
Members: \$55 per month/\$20 each additional family member
Non-Members: \$120 per month/\$40 additional family member
Ages 14+ Location: YMCA at R7

FREE Saturday Class — March 14 at 9 AM!

Youth Functional Fitness

2/24-3/6 on M, TU, TH & FR
Middle School Session: 5 p.m.
High School Session: 7 p.m.
Fee: \$30. Register by 2/24



SPRING INTO FUN & FITNESS

HEALTH & FITNESS

Adult Pickleball Doubles League

Tuesdays, 2/25-4/14, 6-9 p.m.
Register by 2/16 Ages 18+
Teams consist of 2 partners of any age or gender. Fee: \$15 per person M/\$30 NM

March Madness Challenge

3/17-4/6. Test your college basketball knowledge, pick the winners and complete your workouts. T-shirts awarded to challenge finishers.
Register by 3/16. Fee: \$15

Boga Fit

Tuesdays, 3/10-4/28, 7:15-8 p.m.
Pool/water fitness program that builds strength and improves flexibility, balance and coordination.
Fee: \$35 Members Only

Fit Camp

4/7-5/14, T & TH, 5:30-6:15 a.m.
Fee: \$50 M/\$85 NM

Personal Training

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

ENRICHMENT & FUN

Ballroom Dance (Waltz & Swing)

Thursdays, 2/27-3/26
Time: 6:15-7:30 p.m. Ages 14+
Per Person Fee: \$20 M/\$30 NM.
Register by 2/27
Location: Don Sjogren YMCA

AOA Easter Social

Thursday, 4/9, 9:15-11 a.m.
The Y will provide breakfast casserole and host Easter games and activities.
FREE to members (No sign-up required)
Location: Community Room

AQUATICS

Swim Lessons

Session 1: 3/2-3/26
Session 2: 3/30-4/23
Session 3: 4/27-5/21
Fee: \$25 M/\$50 NM
Swim Starters (Water Babies): M, 5 p.m.
Progressive Lessons: W & Th, 4:30-6 p.m.

Lifeguard Training

5/21 & 5/22, 8 a.m.-8 p.m.
Ages 15+ by May 21
Fee: \$150 M/\$200 NM
Register by May 18. Location: YMCA



BIKE 4 Y-MAP

Sunday, April 26, 1 p.m.

Bike Ride Fundraiser for the YMCA Middle School After School Program (Choose from 4 Routes)

Ride 10, 20, 50 or 100 miles
Supported Stops and Post-Ride Meal Provided

Register by April 19

Fee: \$30 (\$40 after deadline)

SIGN UP FOR SILVER RUN & BIKE RIDE AND SAVE \$10!

YMCA SILVER RUN

Saturday, June 20 7:30 a.m. North Park

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

TAKE ME OUT TO THE BALLGAME! Summer Youth Baseball & Softball

T-Ball

5/26-6/30, 6-8 p.m.
Register by 5/3
Coed Beginner T-Ball:
Ages 3-4, M & W
Coed Advanced T-Ball:
Ages 5-6, T & TH
Ages as of 5/1/20
Fee: \$35 M/\$55 NM (shirt included)

Recreation Baseball

5/26-6/30
Ages 7-8 (as of 5/1/20)
Register by 4/19
Mon.-Thurs., 6-9 p.m.
Fee: \$40 M/\$60 NM (jersey included)

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

REMINDER: The Group Exercise room is open and available for member use when group exercise classes are not in session.

Scholarships Available for Memberships and Programs Based on Financial Need