

SPRING 2020 PROGRAMS

ORTHMAN COMMUNITY YMCA, Lexington

YOUTH SPORTS

Youth Outdoor Soccer

3/31-5/7, Ages 3-Grade 6
Tues. practice, 5:45-8 p.m.
Thurs. games, 5:45-8 p.m.
Register by 3/19. Fee: \$35 M/\$55 NM
Location: Lexington Optimist Complex

Youth Baseball/Softball

5/18-6/24. Ages: 3-9
Register by 5/7. Fee: \$35 M/\$55 NM
Monday practices, 5:45-7:30 p.m.
Wednesday games, 5:45-7:30 p.m.

YOUTH FITNESS

Youth Weight Training

Ages 11-14
All times are 9-11 a.m.
Session 1 — 3/7, Register by 3/4
Session 2 — 4/4, Register by 4/1
Session 3 — 5/2, Register by 4/29
Fee: \$20 M/\$30 NM
Private Training: \$30

Twin Dragon Martial Arts

3/23-5/2. Register by 3/18
Age 8-Grade 4: Mondays 5:45-6:45 p.m. & Saturdays 9:45-10:45 a.m.
Grades 5-8: Mondays 7-8 p.m. & Saturdays 11 a.m.-Noon
Fee: \$50 M first child/\$40 additional and \$60 NM first child/\$50 additional Plus \$10 T-shirt if needed
Location: Methodist Church Social Hall

ENRICHMENT & FUN

* No School Day Out

3/16, 7:30 a.m.-3:30 p.m.
Grades: K-8. Register by 3/12
Gym games, crafts, breakfast snack, lunch, and afternoon snack included.
Fee: \$15 M/\$25 NM

* Hot Shots Hoop Challenge

3/21, 10 a.m.
Register by 3/19
Location: Court 3 of YMCA Gym
Fee: \$10 per team
Teams can consist of an adult age 16 or older and a child.
Ages 6-8 will shoot on 8-foot hoop
Ages 9 to adult on regulation hoop
Ages 6 and younger can use 6-foot adapter to participate
Teams consisting of one child and one adult will compete to see who can score the most points in one minute by making shots from various locations on the basketball court.
Winners awarded T-shirts.

BabySitting Basics

4/7 and 4/14, 6:30-8 p.m.
Grades: 5-8. Register by 4/1
Fee: \$30 M/\$40 NM
Learn about child care and safety and business skills.

Archery at Camp Comeca

4/18, 4/25, 5/2 & 5/9
Saturdays, 9:30-11 a.m.
Grades: 3-8. Register by 4/15
Fee: \$20 M/\$30 NM
Learn the basics of archery from accredited, trained staff at Camp Comeca. No archery equipment needed.

* End of School Bash!

5/21, 1:30-4 p.m.
Ages: K-12
Register by 5/18
Fee: \$12
Celebrate the beginning of summer with snow cones, popcorn and bounce house fun!

MAKE IT A PLAY DATE!

Kick Off Summer With HEALTHY KIDS DAY®

FRIDAY, APRIL 17

* **COLOR RUN: 5:45 PM**
One-mile fun run. Ages 4-Grade 8
Register by 4/8
Fee: \$15 M/\$25 NM (includes t-shirt)
No t-shirts for late registrations

Healthy Kids Day: 6-8 PM

Join us for **FREE** activities for kids and families, including bounce houses, vendors and more! Free BBQ meal with chips and Rice Krispie treats first-come, first-served.

NEW!

* LASER TAG

Sunday, March 22

Session 1: 6:15-7:30 p.m.
Session 2: 7:45-9 p.m.
Snacks provided
Fee: \$15 per person per session or \$25 per person for two sessions
Ages: 6th Grade and Older
Register by 3/17. Location: YMCA

* EASTER EGG HUNT AT THE YMCA

Saturday, April 11, Promptly at 10:30 a.m.
FREE event but must pre-register by 4/8 (no late registrations)
Ages: PreK-Grade 5 The Easter Bunny will be in attendance!
Sponsored by The Optimist Club

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MAY THE WIND ALWAYS BE AT YOUR BACK!

* YMCA Johnson Lake Trails St. Patrick's Day Bike & Run

March 14, 1 p.m./Rain Date: March 21

Distance: 10.5-mile bike or run
Register by March 5 (No t-shirts for late registrations)
Fee: \$40 includes race shirt, koozie and pizza meal.



HERE FOR YOU IN EVERY SEASON

HEALTH & FITNESS

Camp Melanie

3/2-4/24
M & W, 6-6:45 p.m. and/or
Fridays, 5:30-6:15 a.m.
Register by 3/2
Fee: \$25 once a week/\$50 twice a week/\$75 three times a week (NM rates are \$45/\$70 and \$95)

Camp Casey

3/3-4/23
Tues. & Thurs., 5:30-6:15 a.m.
Register by 3/3. Fee: \$50 M/\$70 NM

911 Boot Camp & Challenge

Dates: 3/3-4/7
Boot Camp: Tuesdays, 6-6:45 p.m.
Challenge: Six-week challenge, including weekly exercise and goal-setting monitored and designed by Personal Trainer Casey.
Register by 2/26. Fee: \$20 Boot Camp/\$15 Challenge (\$30 to register for both)

TRX Strength

3/3-4/23, Tues. & Thur., 6:30-7:15 a.m.
Register by 3/3.
Fee: \$50 M/\$70 NM

ENRICHMENT

* Door Charms With Jamie

Monday, 3/23, 6:30 p.m.
Theme: Circle
Location: Life Skills Room at the YMCA
Register by 3/12. Fee: \$35 M/\$45 NM

iPhone 101

3/11 (Part 1) and 3/18 (Part 2)
In this two-part course, you'll gain the skills, tools and knowledge you need to operate your iPhone to its fullest.
Time: 1 p.m. in the Group Exercise room.
Register: By 3/9 for Part 1 and 3/16 for Part 2. Per Class Fee: \$8 M/\$16 NM

* Freezer Meal Prep With Amy

3/7, 10 a.m.-Noon
Participants will prepare two meals and learn how to properly freeze healthy family meals.
Register by 3/2
Fee: \$20 M/\$30 NM

* CEO Car Care

5/16, 10 a.m.-11:30 a.m.
Register by 5/13
Learn car care techniques from YMCA of the Prairie CEO Riley Gruntorad. Participants will receive car-care equipment as a gift. Fee: \$15

COMING SOON!

Wheels and Wings Car Show

During Alumni Weekend at the YMCA!
Details TBA.

Ride Across the Prairie Dice Run

A motorcycle ride featuring stops at all three YMCA of the Prairie branches and other communities along the way. Dice will be rolled at each stop for prizes. Date TBA.

* MARCH MADNESS CHALLENGE

March 17-April 6

Register by 3/16

Fee: \$15

Prize: T-shirt for all finishers

Don't just sit and watch March Madness this year. Get involved with a little exercise fun. Test your college basketball knowledge, pick the winners and complete your workouts. Seven challenges will be issued coinciding with each round of the 2020 tournament.



Register for programs at the Y or online at www.orthmanymca.org or call (308) 324-1970

Scholarships Available for Memberships and Programs Except When Noted With *