



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF THE PRAIRIE SPRING 2020 PROGRAMS

[www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)



## **DON SJOGREN COMMUNITY YMCA**

1415 Broadway | Holdrege | 308.995.4050

## **ORTHMAN COMMUNITY YMCA**

1207 N. Grant | Lexington | 308.324.1970

## **YMCA AT GOTHENBURG HEALTH**

910 20th St. | Gothenburg | 308.537.4022

# 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

## 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)

## 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](http://www.GOTRNebraska.org)  
Tuition: \$60  
Scholarships available

# SPRING 2020 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

## 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

Register for programs at the Y or online at [www.ymcaoftheprairie.org](http://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

# 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

# SPRING 2020 PROGRAMS

ORTHMAN COMMUNITY YMCA, Lexington

## 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](http://www.orthmanymca.org) or call (308) 324-1970

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

# SPRING 2020 PROGRAMS

YMCA AT GOTHENBURG HEALTH, Gothenburg

## YOUTH SPORTS

### Youth Soccer

Ages 5-6: Mondays, 3/30-5/4  
Ages 7-9: Tuesdays, 3/31-5/5  
Ages 10-12: Thursdays, 4/2-5/7  
Time: 6-7 p.m. for ages 5-6  
and 6-7:30 p.m. for ages 7-12  
Fee: \$30 M/\$40 NM  
Jersey Fee: \$15  
Register by 3/25

### Baseball/Softball

Games 5/26-7/1  
T-Ball: Ages 4-6, T & TH  
Pee Wee Baseball: Ages 7-9, M & W  
Little League: Ages 10-12, M & W  
Softball: Grades 1-6, M & W  
T-ball Time: 5-9 p.m.  
Baseball/Softball: 6:30-9:30 p.m.  
Fee: \$30 M/\$40 NM  
Register by 4/24

## YOUTH FITNESS

### Speed & Agility Camp

Mondays, 3/2-3/23, 6-7 p.m.  
Ages: 8-14  
Register by 3/2  
Fee: \$10 M/\$15 NM

## ENRICHMENT & FUN

### March Madness Hoop Shoot

Tuesday, 3/24, 6:30 p.m.  
Grades: 3-6 with an adult (youth/  
adult team will shoot from 5 spots)  
Fee: \$10 M/\$15 NM Register by 3/20

### School Day Out

Thursday & Friday, 3/12 & 3/13  
8 a.m.-5 p.m. Ages: 5-12  
Register by 3/6. Limit: 30  
Fee: \$35 M/\$45 NM

### Safe Sitter®

Wednesdays, 5/6 & 5/13  
2:45-4:45 p.m. Ages: 11-14  
Class limit: 8. Fee: \$40

### Fishing Clinic

5/26-5/29, 9:30-11:30 a.m.  
Ages: 6-13. Register by 5/15  
Fishing basics. Fee: \$30 M/\$40 NM

## ADULTS

### Adult Coed Softball League

Fridays, 5/29-8/14, 6:30-9:30 p.m.  
Ages 19+ Register by 5/15  
Fee: \$200 per team for self umpiring  
and \$250 per team to get umpires

## BUILD A HAPPIER HEALTHIER KID

### Week of the Young Child Kids Carnival & HEALTHY KIDS DAY® THURSDAY, APRIL 16

#### Time: 5:30-7:30 PM

Join us for FREE activities for kids and  
families including vendor booths, games  
and other fun at the YMCA!

### LEPRECHAUN NERF WAR

Tuesday, 3/17, 6-7 p.m.  
Ages 6-12  
Register by 3/17  
Fee: \$5 M/\$10 NM

# YMCA OF THE PRAIRIE

Holdrege, Gothenburg, Lexington



## EXERCISE YOUR HEART IN MORE WAYS THAN ONE

## MEMBERSHIP

A YMCA membership gives you much more than  
access to our facility. It helps you lead a healthier life  
by building relationships, providing a way for you to  
be part of your community and help others. A YMCA  
membership sets you on the path to good health in  
spirit, mind and body, helping you to enjoy living a full  
and balanced life.

## MEMBERSHIP FOR ALL

The YMCA of the Prairie offers financial assistance to  
individuals and families who might otherwise not be  
able to afford membership or program fees.

Thanks to our annual campaign, we are able to provide  
financial assistance to qualifying individuals and families  
so that everyone has a chance to learn, grow and thrive.  
The financial assistance process is confidential, and  
it's easy to apply. Ask a member associate at the front  
desk of any of our branches about applying for financial  
assistance.

## YMCA CLOSINGS

Our YMCAs will be closed **Sunday, April 12, for Easter**  
and **Monday, May 25, for Memorial Day.**

## CHILD WATCH

All of our branches offer Child Watch, which is  
supervised play for children at the YMCA while their  
parents exercise at the Y. Please view our website at  
[www.ymcaoftheprairie.org/hours](http://www.ymcaoftheprairie.org/hours) for Child Watch and  
building hours at each branch.

## YMCA MISSION

To put Christian principles into action through programs that  
build a healthy spirit, mind and body FOR ALL.

## REGISTRATION & FREE YMCA APP

Four ways to register for YMCA programs:



1) Visit [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)  
and click on Register. Choose  
your branch, the program  
you are interested in, and  
sign up.

2) Stop by in person  
at any of the three Y  
locations

3) Pick up a phone and  
give us a call.

4) Download the YMCA

Daxko app on Google Play or the App Store. With the  
app, you can register for programs, check in and view  
hours and schedules.

## DOWNLOAD THE YMCA APP

- Search DAXKO in your smart phone's app store.
- Once DAXKO app is downloaded, open it and enter  
Holdrege, Lexington or Gothenburg in the search  
area to find YMCA of the Prairie.

Choose YMCA of the Prairie and then select your local  
branch from the top drop-down list.

## Coming Soon!

## 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 and times TBA.

## SUMMER UNPLUGGED AT YMCA DAY CAMPS

### May 26-August 14

Kids will keep their brains and bodies active this summer with YMCA Day  
Camp at the YMCA at Gothenburg Health. Camp will include games, gym time,  
swimming, arts and crafts, and reading, math and science activities. Morning  
and afternoon snacks will be provided. Campers should bring a sack lunch.

Ages: 5-12

Time: 8 a.m.-5 p.m. Monday-Friday

Registration begins 4/6. Register by 5/8

Member Fee: \$97 per week/\$25 per day/\$14 per half day

Non-Member Fee: \$130 per week/\$35 per day/\$20 per half day

Register for programs at the Y or online at [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org) or call (308) 537-4022