



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE PRAIRIE SUMMER 2020 PROGRAM GUIDE

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



The Y. For A Better Us.

www.ymcaoftheprairie.org

GET BACK INTO THE GAME THIS SUMMER!

Baseball & Softball

All Leagues: June 1-July 31
Register by May 17
Coed Beginner T-Ball:
Ages 3-4, M & W
Coed Advanced T-Ball:
Ages 5-6, T & TH (as of 5/1/20)
Fee: \$35 M/\$55 NM (shirt included)

Recreation Baseball

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

South-Central NE Travel Baseball

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

South-Central NE Travel Softball

Mon.-Thurs., 6-10 p.m.
Ages 7-14 (as of 12/31/19)
Fee: \$50 M/\$70 NM (jersey included)

Tennis Academy

7/8-8/5, W & F, 9 a.m.-10 a.m.
Grades: 1-8. Fee: \$20 M/\$35 NM
Register by 7/7

Disc Golf

Saturday, 7/18, 9 a.m.-Noon
Grades: 1-8
Fee: \$10 M/\$15 NM
Register by July 17

Golf Academy

7/20-7/23, M-TH
9 a.m.-11:30 a.m. Register by 7/19
Grades: 3-8. Fee: \$20 M/\$35 NM
Instructor: Tim Mattson
Location: Holdrege Country Club

Volleyball Academy

Thursdays, 7/9-8/6
Grades as of 2020-21 school year
Grades 3-4: 5:15-6:15 p.m.
Grades 5-6: 6:15-7:15 p.m.
Grades 7-8: 7:15-8:15 p.m.
Fee: \$20 M/\$35 NM

Youth Weight Training

Ages 11-15. By evening appointment June 1-Aug. 31. Instructor: Andrew Bendorf
Fee: \$25 member only/\$20 per member group session

Youth Run Club

7/7-8/6, T & TH, 9 a.m.-10 a.m.
Grades K-6 (2020-21 school year)
Fee: \$20 M/\$35 NM. Register by 7/6

Youth Functional Fitness

7/1-7/31, M-W-F, 5-5:45 p.m.
Grades 5-8
Youth will learn the fundamental techniques of functional movements and develop body awareness, core strength and overall fitness. Fee: \$30 M/\$70 NM
Location: YMCA at R7

**NEW!
Y Summer Teens**

SESSION 1: JUNE 1-25

SESSION 2: JULY 6-30

Mon-Thurs, 11:30 a.m.-4 p.m.
Y Summer Teens is a loosely structured program where youth between the ages of 11-14 will develop their own summer program to include scheduled activities, volunteer opportunities, field trips and fundraising while having a blast with their peers during the summer. A YMCA Role Model will support the youth in all activities.

For youth entering 5th grade
Fee: \$40 per session members
\$60 per session non-members



Kids Sewing

Saturday, 6/13, 10:30 a.m.
Ages 10-12, Sew a pillow.
Fee: \$10 M/\$20 NM. Limited to 6

Tie Dye 101

Saturday, 6/27, 10:30 a.m.
Ages 11-13, Fee: \$20 M/\$40 NM
Limited to 10

Kids Kitchen

Saturdays, 7/11-8/1, 10:30 a.m.
Ages 9-12, Fee: \$20 M/\$40 NM
Limited to 6

Cupcake Decorating

Saturday, 8/8, 10:30 a.m.
Ages 12-14, Fee: \$10 M/\$20 NM
Limited to 6



**ALOHA!
IT'S TIME TO BE SOCIAL AGAIN!**

Active Older Adult Socials FREE!

AOA Luau Social: Thursday, June 11, 9:15 a.m.
Join us as we enjoy summer luau games and light snacks.

AOA Back 2 School Bash: Thursday, August 20, 9:15 a.m.
Join your friends at the Y to reminisce about the second grade. We will do classroom worksheets in English and Math and eat a sack lunch together.

ADULT LEAGUES

Men's Church League Softball

7/9-8/20, Thursdays, 6-10 p.m.
Ages 16+
Fee: \$200 per team
Register teams by 6/28

Coed Adult Softball

7/7-8/18, Tuesdays, 6-10 p.m.
Ages 16+ Fee: \$200 per team
Register teams by 6/28

HEALTH & FITNESS

Fitness in the Park

Saturdays, Starting June 6, 9:30 a.m.
FREE classes for anyone age 15 and older.
Classes will vary each week. North Park.

Group Exercise Board Game

7/1-7/31. Ages: 13+
Stay motivated through the dog days of summer with this fun game. Roll the dice and move ahead on the game board for each group exercise class attended. Prizes awarded for passing each check-point. Prize awarded for completing game. Fee: \$15

Personal Training

Ages 13+
Personal training includes motivation and accountability to encourage you to stay on track with your fitness goals.
Fee varies by trainer
Contact Tasha or Stephanie

CrossFit Motivate

M-F, 5:15 a.m., Noon & 6 p.m.
CrossFit is a lifestyle characterized by safe, effective exercise and sound nutrition. CrossFit can be used to accomplish any goal, from improved health to weight loss to better athletic performance. The program is for people who are just starting out and people who have trained for years.
Members: \$55 per month/\$20 each additional family member
Non-Members: \$120 per month/\$40 additional family member
Ages 14+ Location: YMCA at R7

AQUATICS

Swim Lessons

PM Sessions:
6/9-7/2 and 7/7-7/30
Times: 4-6:30 p.m.
Tuesdays & Thursdays
AM Sessions:
6/15-6/25, 6/29-7/9
7/13-7/23, 7/27-8/6
Times: 8:30 a.m.-11 a.m.
Mondays-Thursdays
Fee: \$25 M/\$50 NM

Social distancing guidelines will be followed during swim lessons, and other precautions may be necessary. More details will be available upon registration.

HERE FOR YOU WITH SUMMER CAMP!

THE YMCA is here to help families and kids this summer in **SUMMER DAY CAMP!** Kids get to explore nature, make new discoveries and build lasting friendships. **Camps are limited to 30 kids** (and will be divided into two groups of 15) for at least the first part of the summer, so register early to reserve a spot!



Ten full-day camps ranging from Star Wars to Mad Scientist to Fine Arts! Five preschool camps!

Camps Begin JUNE 1! REGISTRATION Now Open!

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

Scholarships Available for Memberships and Programs Based on Financial Need

THE 28TH ANNUAL
SILVER RUN
SATURDAY 6.20.2020

**RUN FORWARD/
GIVE BACK**

Virtual Run

2 Mile Walk or Run, 5K or 10K

TIME: Anytime between
7:30 AM-Noon on June 20

LOCATION: Run the Silver Run official route or choose your own route

FEE: \$25 by June 15
(includes Silver Run t-shirt)

REGISTER at runsignup.com
(The Silver Run #Cornona Style)

Track your run with any GPS app (Endomondo, Map My Run, Run Keeper, etc.) and text or email your finish time.

Questions? Email
nmanahan@ymcaoftheprairie.org



SUMMER 2020 PROGRAMS

ORTHMAN COMMUNITY YMCA, Lexington

YOUTH PROGRAMS

Youth Baseball

6/15-7/29, 5:30 p.m.

No baseball week of June 29

Ages: 5-10 (boys and girls)

Register by 6/4

Mondays & Wednesday

Fee: \$35 M/\$55 NM (plus \$15 jersey fee)

Location: Optimist Baseball Complex

* Youth Weight Training

Ages 11-14. Fee: \$20 M/\$30 NM

Saturdays, 9-11 a.m.

Session 1 — 6/13, Register by 6/10

Session 2 — 7/11, Register by 7/8

Session 3 — 8/8, Register by 8/5

Optional Private Training: \$30

Twin Dragon Martial Arts

This program will return in August.

Dates TBA

Middle School Speed Camp

6/8-6/24, M-T-W, 10:30-11:30 a.m.

Register by 6/5

Fee: \$30

Fundamentals of running and balance with an emphasis on speed and quickness.

Youth Boot Camp

July 7-23, T & TH

Grades 2-5, 10-11 a.m. Kris Johnson

Grades 6-8, 9-10 a.m. Melanie Shubert

Register by 7/1; Fee: \$20 M/\$30 NM

Youth Fishing

7/14-8/4, 6:30-8 p.m.; Register by 7/7

Location: Plum Creek Park; Ages: 3-14

(children under 6 must be accompanied by a parent) Fee: \$20 M/\$30 NM

Multi Sport Youth Clinic

7/27-7/30, 9-10:30 a.m.

Grades 4-8; Register by 7/23

Monday: Football

Tuesday: Basketball

Wednesday: Volleyball

Thursday: Dance

Fee: \$5 per day

* Laser Tag at the YMCA

Sunday, 8/30

Ages: 6th Grade and Older

Register by 8/25

Session 1: 6:15-7:15 p.m.

Session 2: 7:30-8:30 p.m.

Fee: \$15 per person for one session or

\$25 per person for both sessions

FREE! OUTDOOR MOVIE

Saturday, Aug. 1

Bring blankets and lawn chairs and enjoy a night under the stars watching a fun family movie in the great outdoors!



Concessions open at 8:30 p.m.

Movie starts at 9 p.m.

Movie will be shown in the YMCA's east parking lot

FREE to the Community!



SUMMER 2020 PROGRAMS

ORTHMAN COMMUNITY YMCA, Lexington



HEAD OUT ON THE HIGHWAY

* Ride Across the Prairies Y-to-Y Motorcycle Dice Run

July 18, 10 a.m. Check-in begins at 8:30 a.m.

Riders will travel to YMCAs in Holdrege, Lexington and Gothenburg. Fee: \$20 for one rider/\$35 for two riders on same bike (\$5 late fee if registering on day of event). Fee includes coffee and donuts (before 9:45 a.m.), the ride and food sponsored by Honor Bound and served at the finish line. Prizes can be won at each stop with a grand prize at the end going to the High Roller.

Register by July 9.

ENRICHMENT & FUN

* Door Charms With Jamie

Monday, 6/22, 6:30 p.m.

Theme: Circle design

Register by 6/17 Fee: \$35 M/\$45 NM

* 55+ Bingo Day

Tuesday, 6/23, 10:30 a.m.-1 p.m.

Register by 6/17. Bingo and lunch (sandwiches, chips and salad)

Fee: \$10 Members or Non-Members.

Set In Your Ways

Tuesdays, 7/14, 21 & 28, 11 a.m.-Noon

Register by 7/8. Learn how to make

changes and get more out of your workout

on Precor weight machines. Fee: \$15

M/\$25 NM Instructor: Melanie Shubert

* iPhone 102

Wednesday, 7/15, 1-2 p.m. in the group

exercise room. Learn how to get the most

out of owning an iPhone.

Register by 7/8 Fee: \$8 M/\$16 NM

* Enhancing Natural Beauty

Saturday, 7/18, 10 a.m.-Noon

Learn makeup techniques and how to

establish a routine for clean, healthy skin.

Register by 7/10 (some supplies included).

Must bring foundation, moisturizer and

face wash. Ages: 12+

Fee: \$30 M/\$40 NM

Instructor: Claudia, YMCA Zumba

instructor with a passion for natural

beauty.

HEALTH & SPORTS

Boot Camp (Camp Melanie)

6/1-7/24, M & W, 6-6:45 p.m. and

Fridays, 5:30-6:15 a.m.

Register by 5/27

Member fee: \$25 once a week/\$50 twice a

week/\$75 three times a week

NM Fee: \$45 once a week/\$70 twice a

week and \$95 three times a week

* Breaking Out Weight-Loss Challenge

6/1-6/29

Monday nights weigh-in/workout.

June 1 — Initial weigh-in/test out

June 29 — Final weigh-in/test out

Prizes: weekly prizes and \$100 Y gift card

for biggest loser

Fee: \$25 M/\$45 NM

TRX Strength

6/2-7/23, Tues. & Thur.,

6:30-7:15 a.m.

Fee: \$50 M/\$70 NM

* Tank Challenge, The Sequel

July 1-31, Drag or pull the tank up and

back 100 times in the YMCA gym in July

Fee: \$15, includes t-shirt for finishing

Women & Weights

Sundays, 7/19-8/30, 6-7 p.m.

Register by 7/15

Fee: \$40 M/\$60 NM

* CORNHOLE TOURNAMENT

AT MAC'S CREEK WINERY

June 6, 1 p.m.

Register by 5/29

Fee: \$30 team of two ages 16+

Prize: Cornhole board set

Test your skill in this one-day

tournament. All players will

receive a tournament T-shirt.

Mac's Creek Winery will have

appetizers for purchase.



COMMUNITY GARAGE/VENDOR SALE

July 11, 9 a.m.-Noon

Register by July 6 to host a table.

Bring your own tables

Fee: \$20 per 8x16 spot plus

\$8 per table if needed

GREAT OUTDOORS ADVENTURE CAMP!



AT CAMP ARROWHEAD

Sunday, June 28-Wednesday, July 1

For kids in grades 2-6

Drop off: 3 p.m., June 28

Pickup: Noon, July 1

Camp location: 75352 Road 431, Lexington

Participants will learn about the great outdoors, including how to set up a tent, how to make a campfire, catch fish and cook outdoors.

YMCA staff members Riley Gruntorad, Chris Cox, Amy Adams, Amber Holbrook and assistant counselors will supervise the children at all times during camp. There will be nature walks, games, story telling and arts and crafts. This is a great way to experience Lexington in a whole new way.

Register by June 24

Fee: \$100 first child and \$75 each additional child. Tents provided.

Bring four days of clothing, toiletries, pillow, blankets, fishing pole, foldable camping chair, bug spray and swimsuits.

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 *



YOUTH PROGRAMS

Baseball/Softball

Register by 5/27
 Dates: 6/18-7/16, 6:30-9:30 p.m.
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
 Fee: \$25 M/\$35 NM

Safe Sitter®

Wednesdays, 6/10 & 6/17
 10 a.m.-Noon
 Ages: 11-14. Register by 6/1
 Class limit: 8
 Curriculum covers safety, first aid and rescue skills, and business tips.
 Fee: \$40 M/\$40 NM

Soccer

Register by 7/3
 Ages 5-6: Mondays, 7/20-8/24
 Ages 7-9: Tuesdays, 7/21-8/25

Ages 10-12: Thursdays, 7/23-8/27
 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

Fishing Clinic

7/20-7/23, 9-11:30 a.m.
 Ages: 6-13
 Register by 7/10
 Fishing basics. Each participant will receive fishing lures.
 Fee: \$30 M/\$40 NM

ADULT PROGRAM

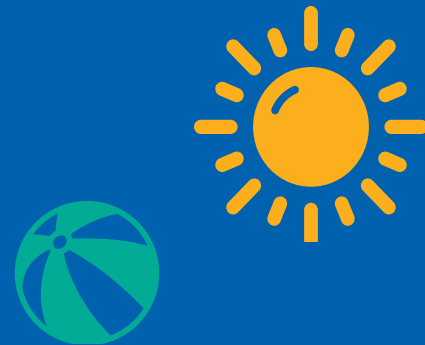
Coed Softball League
 Fridays, 6/19-8/7, 6:30-9:30 p.m.
 Ages 19+
 Register by 5/22
 Fee: \$200 per team self-officiated
 \$250 per team to hire umpires

SUMMER CAMP
 TBA

Due to the Gothenburg YMCA's role in providing Child Care for front-line medical staff during the COVID-19 pandemic, our traditional summer camp has been delayed.

We are considering offering a few weeks of themed summer camp for kids in elementary school later in the summer if we are able and if there is enough interest.

Watch our Facebook page for details on Gothenburg camps later this summer!



SWIMMING & POOL

LIMITED SWIMMING THIS SUMMER

Due to COVID-19 restrictions, we will not be opening the outdoor pool this summer. The indoor pool will be open with some restrictions. More details TBA.



The Y. For A Better Us

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 tentative reopen date is June 1. We will be closed **Saturday, July 4, for Independence 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 for Child Watch and building hours at each branch.

REGISTRATION & FREE YMCA APP

Four ways to register for YMCA programs:



- 1) Visit 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.

Thank You For Sticking With Us!

We thank you for your support during the COVID-19 pandemic. We hope to offer these programs in our communities this summer. However, we must adhere to local health department guidelines and therefore, program changes may occur at any time. Thank you for your patience during this time.

YMCA MISSION

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