

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 group 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

