

# FALL 2020 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

## YOUTH SPORTS

### Youth Flag Football

Mondays, 9/14-10/19  
Register by 8/23, Grades K-6  
Time: 5:30-7:30 p.m.  
Fee: \$35 M/\$55 NM, plus \$15 jersey

### Youth Cheerleading

Mondays, 9/14-10/19  
Register by 8/23, Grades K-6  
Time: 5:15-6:30 p.m.  
Fee: \$35 M/\$55 NM, T-shirt included

### Youth Fall Soccer

Tuesdays, 9/8-10/13  
Register by 8/23, Grades K-6  
Time: 5:30-7:30 p.m.  
Fee: \$35 M/\$55 NM, plus \$15 jersey

### Rookie Sports

Tuesdays, 10/20-12/15, 6:15-7 p.m.  
Ages 2-5  
Session 1: Soccer, 10/20-11/3  
Session 2: Flag Football, 11/10-11/24  
Session 3: Basketball, 12/1-12/15  
Fee Per Session: \$20 M/\$30 NM

### YMCA Volleyball Tournament

Saturday, 10/17, 9 a.m.-8 p.m.  
Grades: 5-8, Register by 10/3  
Fee: \$100 per team

## YOUTH FITNESS

### Functional Fitness for Kids at CrossFit Motivate

10/26-11/6, M, T, TH, F, 5-6 p.m.  
Ages: 11-14  
Fee: \$30 M/\$50 NM

### Youth Weight Training

Ages: 10-15, by appointment  
Fee: \$25 Members

## ENRICHMENT & FUN

### After School Program

Monday-Friday starting 8/13  
Grades: K-4, after school until 6 p.m.  
Includes snack, homework help, games and activities. Fee: \$40 weekly members/\$80 weekly non-members

### Y-MAP

#### (YMCA Middle School After School)

Monday-Friday, 4-5 p.m.  
Fun, active and engaging activities for tweens and teens led by a Y Role Model  
FEE: \$5 per month

### Nerf Wars

Saturdays, 9/19, 10/17, 11/21  
Time: 7-8:30 p.m., Ages 7-13  
Fee: \$8 M/\$16 NM

### Family Pumpkin Decorating

Saturday, 10/31, 9-10:30 a.m.  
Free event!

### School Day Out

Grades K-4, 8 a.m.-5 p.m.  
Thursday and Friday, 10/22 & 10/23  
Fee: \$25 M/\$50 NM

### Teen Nights

Saturdays, 7-9 p.m., Grades: 6-8  
9/26 — Husker Party  
10/31 — Halloween Party  
11/28 — Pajama Party  
Fee: \$5 M/\$10 NM

## HEALTHY KIDS DAY®

### RESCHEDULED! SATURDAY, AUGUST 15

#### Duck Run: 10:30 AM

The 1-mile kids duck run is back!  
Divisions: K-2, 3-4, 5-6  
Register by Aug. 10 (guaranteed t-shirt) Fee: \$15

#### Healthy Kids Day: 10-11:30 AM

Join us for FREE activities for kids and families!



## AQUATICS

### Swim Lessons

Session 1: 9/8-10/5  
Register by 9/3  
Session 2: 10/5-11/2  
Fee: \$25 M/\$50 NM  
Mon: Water Babies, 5 p.m.  
Wed: Level 1-3, 4:30-6 p.m.  
Thurs: Level 4-6: 4:30-6 p.m.

### Gators Swim Team

Dates and times TBD

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## VETERAN'S MEMORIAL ★ 5K WALK & RUN ★

Saturday, September 19, 7:30 a.m.

Race starts and ends at the South Park and follows the Lake Seldom trail. Proceeds support the new Holdrege Veteran's Memorial.  
Fee: \$30 ages 15 and older/\$15 ages 14 and younger (includes t-shirt)  
Register by **September 9** at [rungsunup.com](http://rungsunup.com)

## HERE FOR HEALTHIER, HAPPIER LIVING

## ADULT FITNESS

### CrossFit Motivate (Ages 14+)

Time: M-F, 5 a.m., 6 a.m., noon  
Members: \$55 per month/\$20 each additional family member  
Non-Members: \$120 per month/\$40 additional family member

### Fall Into Fitness 30-Day Weight-Loss Challenge

9/1-9/30  
Ages: 15+ Fee: \$25 M/\$45 NM

### Planktober

10/1-10/31 — Challenge yourself to see how long you can hold a plank with a printed calendar of daily plank times and rest days. Pick up a calendar at the front desk prior to Oct. 1. Drawing for a gift card for all who finish. FREE

### Hold It For the Holidays

11/23-1/8  
Hold or maintain your weight during the tempting holiday season. Ages 15+  
Fee: \$15, prize for all finishers

### Personal Training

Ages 13+ Fee varies by trainer.  
Contact Tasha

### Wellness Coaching With Holly

30-minute wellness sessions provide accountability to meet your wellness goals. Meetings include goal setting, body composition testing and weigh-ins.  
Fee: \$15 per session.

## ADULT SPORTS

### Women's & Co-ed Volleyball

Women: Sundays 9/27-11/15, 4-9 p.m.  
Coed: Mondays 10/26-12/14, 6-9 p.m.  
Ages 16+, Register by 9/13 & 10/11  
Fee: \$100 per team

### Adult Pickleball (Doubles)

Thursdays, 10/1-11/19, 6-9 p.m.  
Register by 9/20  
Fee: \$15 M/\$30 NM (per player)

### Men's Basketball

Sundays 12/6-2/21, 4-9 p.m.  
Ages 16+, Register by 11/22  
Fee: \$120 per team

## ENRICHMENT & FUN

### Beat the Y CEO Salsa Contest

Thursday, 9/17, 5-6 p.m.  
Bring a bowl of your favorite salsa recipe and receive votes if members choose yours as their favorite. The YMCA will provide chips, salsa sample cups and H2O for those salsas with heat. FREE!

### Veteran's Day Breakfast

Wednesday, 11/11, 6-7:30 a.m.  
FREE breakfast for veterans and their families

### Ballroom Dance

Thursdays, 11/12-12/17  
Time: 6:15-7:30 p.m.  
Ages 16+  
Beginner Cha Cha and Foxtrot  
Per Person Fee: \$20 M/\$30 NM

## WELLNESS WEEK September 14-20

FREE Week at the YMCA and No Join Fee for New Members. Also, members get a non-member to join during Wellness Week and both receive December FREE!

**TUESDAY, 9/15** — Parfaits and Pickleball, 9-11 a.m. and 6-8 p.m. FREE!

**WEDNESDAY, 9/16** — Free CrossFit Motivate Classes, 5 a.m., 6 a.m. and noon

**THURSDAY, 9/17** — Amigos and Salsa: Bring a Non-Member friend with you to a YMCA Group Exercise Class today and you both will be entered into a drawing for a FREE month at the Y. Bring your favorite Salsa or just your taste buds for a Salsa Contest 5-6pm in the YMCA Lobby.

**FRIDAY, 9/18** — Walk Out on Work, 11:30 a.m.-1 p.m. North Park FREE Sack Lunch for all Registrants

**SATURDAY, 9/19** — Veteran's Memorial 5K Walk and Run, 7:30 a.m.

**SUNDAY, 9/20** — Wibit Aqua Course in the YMCA pool, 1-3 p.m., FREE!

## AMERICAN RED CROSS BLOOD DRIVES AT THE Y

August 18, 9 a.m.-3 p.m.  
October 13, 9 a.m.-3 p.m.

## FOR THE YOUNG AT HEART!

### FREE Active Older Adult Socials

**AOA Halloween Party:** Thursday, Oct. 29, 9:15 a.m.  
The Y will host Halloween games and activities. Bring a Halloween treat to share with your friends.

**Veteran's Day Breakfast:** Wednesday, Nov. 11, 6-7:30 a.m.  
Join us for our annual Veteran's Day Breakfast.



Register for programs at the Y or online at [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org) or call (308) 995-4050

Scholarships Available for Memberships and Programs Based on Financial Need