

# WINTER 2020-21 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

## POLAR EXPRESS

Sunday, 12/20; Monday, 12/21; or Tuesday, 12/22; 6 p.m., 6:45 p.m. or 7:30 p.m.

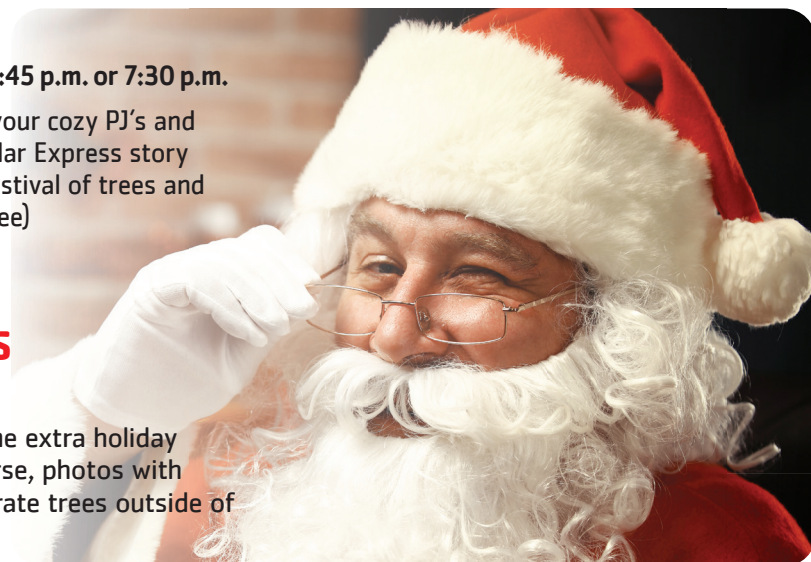
Start a new tradition on the YMCA's Polar Express! Put on your cozy PJ's and board the bus where you can sip hot cocoa, listen to the Polar Express story and view neighborhood Christmas lights. Enjoy the YMCA festival of trees and s'mores after the ride. Fee: \$5 Per Ticket (3 and younger free)

## LIGHT UP THE Y

### WITH SANTA & GINGERBREAD HOUSES

Sunday, 12/13, 5-6:30 p.m.

Our annual Gingerbread house event will now include some extra holiday magic with a tree lighting ceremony, carolers, and of course, photos with Santa! Business and families are invited to sponsor/decorate trees outside of the YMCA for \$50. Trees should be decorated by Dec. 9.



## YOUTH SPORTS & FITNESS

### Youth Fitness at CrossFit Motivate

11/30-12/17 and 2/8-2/25  
M, TU & TH, Time: 5:30 p.m.  
Ages: 11-14; Fee: \$30 M/\$50 NM

### Rookie Sports

Tuesdays, 12/8-12/22, 6:15-7 p.m.  
Ages 2-5, Basketball skills  
Fee: \$20 M/\$30 NM

### Youth Basketball

Saturdays, 1/16-2/20, 9 a.m.-1 p.m.  
Register by 12/27; Grades K-6  
Possible Tues./Thurs. games for Grades 4-6  
Fee: \$35 M/\$55 NM, plus \$15 jersey

### Spring Soccer

Saturdays, 3/20-5/1, Register by 2/28  
Ages 3-12 (age of 3/1/21)  
Time: Noon-5 p.m.  
Fee: \$35 M/\$55 NM, plus \$15 jersey

### Youth Weight Training

By appointment with Andrew Bendorf  
Ages 11-14 ; Fee: \$25 M/\$35 NM

### Youth Dance Fusion

Wednesdays, 1/13-2/3, 5-5:30 p.m.  
Register by 1/10, Ages 4-13  
Fee: \$18 M/\$25 NM

### Kids Yoga

Wednesdays, 2/10-3/3, 4:30-5 p.m.  
Register by 2/7; Ages 5-13  
Fee: \$18 M/\$25 NM

## ENRICHMENT & FUN

### Christmas Camp

12/21-12/23 and 12/28-12/30  
8 a.m.-6 p.m.; Ages 5-10/Grades K-4  
Fee: \$75 per week M/\$150 per week NM

### Nerf Wars

Saturdays, 12/19, 1/16, 2/20, 7-8:30 p.m.  
Ages 7-13; Fee: \$8 M/\$16 NM

### Teen Nights

Fourth Saturdays, 7-9 p.m.  
12/26 — Ugly Sweaters  
1/23 — Pajama Party  
2/27 — Cornhole Tourney  
Grades 5-8; Fee: \$5 M/\$10 NM

### Kids Valentine Party

Sunday, 2/14, 1-5 p.m.  
Grades: K-5; Register by 1/31  
Member Fee: \$25 (\$15 additional child)  
Non-Member Fee: \$50 (\$30 additional)

## AQUATICS

### Holiday Swim Camp

12/21-12/24 and 12/28-12/31  
AM and PM water safety lessons  
Times TBD

### Swim Lessons

Ages 6 months and older  
Winter Session 1: 1/11-2/1  
Winter Session 2: 2/8-3/1  
Fee: \$25 M/\$50 NM  
Time: Mondays, 4:30-6 p.m.  
Register one week prior to start date.

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## LIGHTEN UP THE PRAIRIE

January 18-April 16

Our annual weight-loss challenge is back to help you meet your wellness goals in 2021. This program includes personal coaching and healthy habit challenges. Participate as an individual or with a partner. **Ages:** 15 and older

**Grand Prize:** Personal training package

**Member Fee:** \$65 individual/\$50 per person partner

(Joining fee waived for new members who sign up for Lighten Up the Prairie.)



## JOIN US FOR A HEALTHY NEW YEAR!

## ADULT FITNESS

### Fit Farmers

Tues. & Thurs., 12/15-2/24  
Time: 9-10 a.m.  
Ages 18+ Fee: \$60 M/\$85 NM  
Guided workouts and free coffee!

### Boga Fit

Tuesdays, 1/10-2/2, 7:30 p.m.  
Fee: \$20 M/\$40 NM, Ages: 15+

### Personal Training

Ages 13+ Contact Tasha.

### Wellness Coaching

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

## ADULT SPORTS

### Men's Basketball

Sundays 12/6-2/21, 4-9 p.m.  
Ages 16+ (no in-season athletes)  
Register by 11/22; Fee: \$120 per team

### Women's & Co-ed Volleyball

Women: Sundays 1/17-3/21, 4-9 p.m.  
Register by 1/3  
Coed: Mondays 3/1-4/19, 6-9 p.m.  
Register by 2/14  
Ages 16+ (no in-season athletes)  
Fee: \$100 per team

## Couples Cornhole Tournament

Sunday, 2/14, 1-3 p.m.  
Register by 2/12; Ages 18+  
Fee: \$10 per team

## Pickleball League

Thursdays, 3/4-4/22, 6-9 p.m.  
Register by 2/14  
Ages 16+ Doubles League  
Fee: \$40 per team

## NEW! Cornhole League

Tuesdays, 3/2-4/20, 6-9 p.m.  
Register by 2/14  
Ages 16+  
Fee: \$40 per team

## ENRICHMENT & FUN

### AOA Christmas Sweater Social

Tuesday, 12/22, 9:15 a.m.  
Showcase your favorite Christmas sweater at our AOA social! Prize awarded to sweater that receives the most votes on social media through noon on Christmas Eve. Enjoy a craft, light snack and Christmas games and activities.

### Ballroom Dance

Thursdays, 2/25-3/25, 6:15-7:30 p.m.  
Register by 2/14  
Ages 14+  
Waltz & Swing  
Per Person Fee: \$20 M/\$30 NM

## TOOLS FOR BETTER LIVING

## CROSSFIT MOTIVATE

If your New Year's resolution involves living healthier and stronger, join CrossFit at the Y!

Days and Times: Monday-Friday  
5 a.m., Noon or 5:30 p.m.  
Ages 14+ Location: YMCA at R7

YMCA Members: \$55 per month,  
\$20 each additional family member  
NEW! CFM Only Rates: \$80 per  
individual/\$30 each additional family  
member. Starts January 1.

Try CrossFit Week for FREE:

January 4-8  
5 a.m., Noon or 5:30 p.m.  
Attend all five days!

## GROUP EXERCISE SCRABBLE

1/18-2/26 — Register by 1/15  
Draw a letter to complete up to  
three words on your gameboard for  
every class attended.  
Prize for every word completed.  
Ages: 15+ Fee: \$12 Members Only

## LUNCHTIME LAPS

November 2020-February 2021  
FREE for Members  
\$20 per month Non-Members  
Program participants are  
encouraged to walk around the  
track and "track" their laps, which  
they may record in our Lunchtime  
Laps binder at the Welcome Center.  
Monthly incentive prizes will be  
awarded for bench marks reached  
and top lappers.

## DADDY-DAUGHTER DATE NIGHT

## SNOWFLAKE BALL



Saturday, February 20  
5:30-7:30 p.m.

Register by February 14  
Girls ages 4 and older and their dads/  
father figures

Member Fee: \$40 per couple  
(\$15 each additional daughter)  
Non-Member Fee: \$60 per couple  
(\$25 each additional daughter)

Dinner, Dancing & Fun  
Location: YMCA at R-7



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