

YOUTH SPORTS

Youth Soccer
 Ages 4-6: Mondays, 3/29-4/26
 Ages 7-9: Tuesdays, 3/30-4/27
 Ages 10-12: Thursdays, 4/1-4/29
 Time: 6-7 p.m. for ages 5-6
 and 6-7:30 p.m. for ages 7-12
 Fee: \$35 M/\$50 NM
 Jersey Fee: \$15 (if necessary)
 Register by 3/19

Baseball/Softball
 Games 6/1-6/30
 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: 5:30-9:30 p.m.
 Baseball/Softball: 6:30-10 p.m.
 Fee: \$35 M/\$50 NM
 Register by 4/30

YOUTH FITNESS

Speed & Agility Camp
 Mondays, 3/1-3/22, 6-7 p.m.
 Ages: 8-14
 Register by 2/26
 Fee: \$10 M/\$15 NM

Youth Weight Training
 Session 1: 3/24 (Register by 3/22)
 Session 2: 4/14 (Register by 4/11)
 Session 3: 5/15 (Register by 5/13)
 Wed., 2:45-4 p.m.
 Ages 10-14; Fee: \$10 M/\$20 NM

ENRICHMENT & FUN

March Madness Hoop Shoot
 Tuesday, 3/23, 6 p.m.
 Grades: 3-6
 See how many points you can make in a minute from five spots
 Medals awarded for 1st, 2nd, 3rd places
 Fee: \$10 M/\$15 NM
 Register by 3/19

Team Building/Archery
 Saturday, 4/24 at Camp Comeca
 9:30 a.m.-12:30 p.m.
 Grades: 4-8 Limit: 15
 Register by 4/16
 Fee: \$30 M/\$40 NM

Nerf Wars & Target Shoot
 Sunday, 5/2, 5:30-6:30 p.m.
 Grades: 6-11
 Fee: \$5 M/\$10 NM

Fishing Clinic
 5/24-5/27, 9-11:30 a.m.
 Ages: 6-13
 Register by 5/14
 Learn the basics of fishing
 Fee: \$30 M/\$40 NM

ADULTS

Spring Cornhole Tournament
 Sunday, 5/16, 2 p.m. until done
 Ages 16+
 Register by 5/10
 Fee: \$25 per team (M or NM)
 Grand Prize: \$50 in Swede Bucks



AQUA EASTER EGG HUNT
 Wednesday, 3/31
 Kids will have 15 minutes to collect as many floating eggs as they can in the YMCA pool!
 Grades K-2 — 3-3:30 p.m.
 Grades 3-5 — 3:30-4 p.m.
 Register by 3/26
 Fee: \$5 M/\$10 NM

AQUATICS

Baby-Parent Swim Class
 Wed., 3/31-4/28, 6:45-7:15 p.m.
 Ages 6 mo.-2 years
 with parent/guardian
 Register by 3/26 Limit: 10
 Fee: \$25 M/\$35 NM

Lifeguard Certification
 Fri. & Sat., 4/2 and 4/3
 Ages 15+ Class limit: 8
 Register by 3/26
 Fee: \$135
 Must be able to pass pre-requisite swim test prior to class

MAY THE LUCK OF THE IRISH BE WITH YOU!

St. Patty's 5K at Camp Comeca

Saturday March 20, 9 a.m.

Fee: \$30 (includes t-shirt)
 Register by 3/10 For all ages!



Register for programs at the Y or online at www.ymcaoftheprairie.org or call (308) 537-4022

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 4, for Easter** and **Monday, May 31, for Memorial Day.**

COMMITTED TO CLEAN

We are committed to making your YMCA experience safe as exercise and social connection are an important part of an overall healthy lifestyle. Masks are required in our YMCAs (except while exercising), equipment is spaced and extra sanitation procedures are in place.

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 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.

SUMMER COLLEGE MEMBERSHIPS

Check with your local YMCA branch about summer college students membership options! We offer short-term memberships to help student stay active and social during their break from studies. Also, check with your YMCA about summer job opportunities!