

SPRING 2021 PROGRAMS

DON SJOGREN COMMUNITY YMCA, Holdrege

YOUTH SPORTS

Youth Soccer

Saturdays, 3/20-5/1
Game Times: Noon-5 p.m.
Possible make-up games on
Tuesdays and Thursdays
Ages: 3-12 (as of 3/1/21)
Divisions: U4 Coed, U6 Coed,
U9 Boys & Girls, U12 Boys & Girls
Register by 2/21
Fee: \$35 M/\$55 NM plus \$15 jersey

YOUTH FITNESS

Youth Weight Training

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

Youth Sports Performance

Ages 13-18
By appointment with Adam Hohlfield.
Four private sessions: \$60
Four semi-private sessions \$45

ENRICHMENT & FUN

Nerf Wars

Saturdays, 3/20, 4/17
7-8:30 p.m. Ages 7-13
Fee: \$8 M/\$16 NM

School Day Out

Thursday, 3/11 & Friday, 3/12
8 a.m.-5 p.m. Ages: 5-10
Per Day Fee: \$30 M/\$50 NM

Cookies, Cocoa and Canvas

Mother-Son Paint Day

Saturday, 3/13, 10 a.m.
Register by 3/10
Fee: \$30 per couple/\$5 each additional
child. Instructor: Lindsay Warning

Teen Night

3/27: March Madness Jersey Night
4/25: Fiesta Theme
Time: 7-9 p.m. Grades: 5-8
Fee: \$5 M/\$10 NM

TAKE ME OUT TO THE BALLGAME!

Summer Youth Baseball & Softball

Coed T-Ball

5/24-6/30, 6-8 p.m.
Register by 4/25

Coed Beginner T-Ball:

Ages 3-4 (as of 5/1/21), M & W

Coed Advanced T-Ball:

Ages 5-6 (as of 5/1/21), T & TH
Ages as of 5/1/20
Fee: \$35 M/\$55 NM (shirt included)

South-Central Nebraska

Travel Baseball League

5/11-7/1
Ages 9-14 (as of 5/1/21)
Mon.-Thurs., 6-10 p.m.
Divisions: 10U, 12U & 14U
Register by 3/28
Fee: \$50 M/\$70 NM (jersey included)

South-Central Nebraska

Travel Softball League

5/11-6/30
Ages 7-14 (as of 12/31/20)
Mon.-Thurs., 6-10 p.m.
Register by 3/28
Divisions: 8U, 10U, 12U, 14U
Fee: \$50 M/\$70 NM (jersey included)

Recreation Baseball

5/24-6/30
Ages 7-8 (as of 5/1/21)
Register by 4/18
Mon.-Thurs., 6-9 p.m.
Fee: \$40 M/\$60 NM
(jersey included)



NEW! BOUNCE HOUSE FAMILY SUNDAYS

FREE Family Fun

2nd & 4th Sundays in March & April
1-3 p.m. 3/14, 3/28, 4/11, 4/25

Kick Off Summer With

HEALTHY KIDS DAY®

FRIDAY, APRIL 23

Duck Run: 6 PM

One-mile kids fun run
Divisions: K-2, 3-4, 5-6
Medals awarded to winners
Register by April 4 (guaranteed t-shirt)
Fee: \$12 M/\$24 NM

Healthy Kids Day: 6-7:30 PM

Join us for FREE activities and snacks for
kids and families! Enjoy games, booths
and find out how to make your summer a
healthy one at the YMCA!

YOUTH 'DUCK' RUN CLUB

3/29-4/21, TU & TH, 4-5 PM

Grades K-6

Register by 3/18

Fee: \$20 M/\$30 NM

Participants earn free entry into the
Healthy Kids Day Duck Run.

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PARTNERS IN PREVENTION PHELPS COUNTY BLOOD PRESSURE PROGRAM

FREE Program!

Mondays, 5:30-7 p.m.
and Wednesdays, 10-11:30 a.m.

This four-month program helps participants
develop a habit of monitoring blood pressure.
It includes eight consultations with Health
Heart Mentor Anna Gardine. The goal of the
program is to help participants build healthy
habits regarding hypertension and develop
good communication with their provider.



SPRING INTO FUN & FITNESS

HEALTH & FITNESS

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+ Doubles league
Fee: \$40 per team

Wellness Coaching

By appointment with Holly Johnson. These
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

Group Exercise Bingo

3/15-4/23, Register by 3/15
Fill out your bingo card by attending group
exercise classes with various instructors.
Earn a black out to be in grand prize
drawing. Fee: \$8

Personal Training

Ages 13+ by appointment. Personal
training with Tasha includes motivation
and accountability to help you stay on
track to reach your goals.

CrossFit Motivate

Ongoing fitness program located at
YMCA at R7. This program can be used to
accomplish any goal from improving health
to weight loss to better performance.
Adapted for all fitness levels.
5 a.m., Noon or 5:30 p.m. Monday-Friday
Fee: \$55 monthly for Y members
\$80 monthly for non-members
**FREE CrossFit classes March 1-5 at any
regular class time and March 6 at 8 a.m.**

ENRICHMENT & FUN

Ballroom Dance (Waltz & Swing)

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

AOA Socials

St. Patrick's Day Social: Wed., 3/17
Cinco de Mayo Fiesta: Wed., 5/5
Both events at 9:15 a.m.
Light snacks, games and activities
FREE to M/NM (No sign-up required)

AQUATICS

Swim Lessons

Session 1: 3/8-4/1
Session 2: 4/5-4/29
Session 3: 5/3-5/27
Fee: \$25 M/\$50 NM
Swim Starters (Water Babies): M, 5 p.m.
Progressive Lessons: M & Th, 4:30-6 p.m.

THREE EVENTS = ONE TRY-ATHLON



BIKE 4 Y-MAP

Sunday
May 2, 1 PM

Bike Ride Fundraiser for the
YMCA Middle School After School
Program. Ride 2, 10 or 30 miles
Supported stops and goodie bags for
all participants

Register by April 21

Fee: \$25 M/\$40 NM



SILVER RUN

Saturday, June 19
7:30 AM North Park

2 Mile Walk or Run, 5K or 10K

Register by June 6

Fee: \$25 (includes race shirt and
sponsor goodie bag)



SWIM THE DISTANCE

Saturday
Aug. 7, 7-9 AM

Swim a mile (70 lengths), half-mile
(35 lengths) or 550 yards (22
lengths)

Register by July 25

Fee: \$20
(Y towel included)

TRY-ATHLON

Bike 4 YMap — May 2

Silver Run — June 19

Swim — Aug. 7

Participate in the TrY-athlon by
completing all 3 events and receive a
commemorative duffel bag.

Fee: \$65 (Save \$5 by registering for
three events at once)

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

Scholarships Available for Memberships and Programs Based on Financial Need