



YMCA OF THE PRAIRIE

SUMMER



2023 SUMMER PROGRAM GUIDE

DON SJOGREN COMMUNITY YMCA

1415 Broadway, Holdrege
308.995.4050

ORTHMAN COMMUNITY YMCA

1207 N. Grant, Lexington
308.324.1970

YMCA AT GOTHENBURG HEALTH

910 20th St., Gothenburg
308.537.4022



SUMMER YOUTH PROGRAMS

STEM Adventures

Ages 5-14
FISHING: Tuesdays, 6/6-6/27
8:30-10 a.m.
AGRICULTURE: Partnering with Land-
mark, Tuesdays, 7/11-8/1, 9-10 a.m.
AQUA ZONE: Partnering with 4-H
Tuesdays, 8/8-8/29, 4:30-5:30 p.m.
Register one week before class starts
Fee: \$25 M/\$35 NM per class

Tennis Academy

7/5-7/28, W & F
9 a.m.-10 a.m.
Grades: 1-8 (2023-24 school year)
Fee: \$20 M/\$35 NM
Register by 7/2
Location: North Park Tennis Courts
Instructors: YMCA staff and high school
tennis players and coaches

Volleyball Academy

Thursdays, 7/6-7/20
Grades as of 2023-24 school year
Grades 3-4: 5-6:15 p.m.
Grades 5-6: 6:15-7:30 p.m.
Grades 7-8: 7:30-9 p.m.
Fee: \$20 M/\$35 NM (shirt included)
Register by 6/25 to receive shirt
Location: YMCA gymnasium
Instructors: Sam Minnick, Brooke
Wohlgemuth & HHS players/coaches

Youth Summer Weight Training

Ages 10-14 (max limit 6)
June 6, July 11 or August 1, 6:30-8 p.m.
Fee: \$10 Members

Soccer Academy

7/17-7/19, M-W
Grades K-8 (2022-23 school year)
Grades K-2: 9-10 a.m.
Grades 3-5: 10-11 a.m.
Grades 6-8: 11 a.m.-Noon
Fee: \$10 M/\$15 NM
Register by 7/16
Instructor: Alex Mahundi

Golf Academy

7/31-8/2, M-W, 9 a.m.-Noon
Grades 3-8 (2023-24 school year)
Register by 7/30
Fee: \$20 M/\$35 NM
Instructor: YMCA staff and HHS players
and coaches
Location: Holdrege Country Club

Variety Sports Academy

8/7-8/9, M-W, 9 a.m.-Noon
Grades 1-8 (2023-24 school year)
Participants will learn the rules and how
to play pickleball, cornhole and disc
golf. Fee: \$20 M/\$35 NM
Location: YMCA gym and grounds

Back to School Celebration

Friday, 8/11, Details TBA



FIND YOUR
FUN AT THE Y



SUMMER DAY
CAMPS

The YMCA is here
to support families
and kids this summer. At
YMCA camps, kids will explore
nature, make new discoveries
and build lasting friendships.

ELEMENTARY CAMPS

10 Full-Day Camps
Includes Field Trips!
Grades K-4
8 a.m.-5 p.m.
\$150 per week M
\$300 per week NM

PRESCHOOL CAMPS

4 Morning Camps
Ages 3-5
9-11 a.m. Tues/Thurs

MIDDLE SCHOOL CAMP

Mon/Wed 9 a.m.-Noon
Grades 5-8
\$80 per session M
\$100 per session NM

Camps Begin MAY 31!
Register Today!

See details in the YMCA
summer camp guide online:
www.ymcaoftheprairie.org
and then select programs

1st ANNUAL
SWEDISH DAYS
PICKLEBALL
TOURNAMENT

Friday, June 16, 8 AM

Doubles Tournament (men, women
and mixed) \$40 per team
Register by 6/4 to receive a t-shirt
Register at the YMCA

THE 31st ANNUAL
SILVER RUN
RUN LIKE A SWEDE

2 Mile Walk or Run, 5K Run, 10K Run

Saturday, June 17, 7:30 AM

Early bird pricing \$35 until May 27
\$40 after May 27. Must register by
June 2 to be guaranteed a T-shirt
Register at runsignup.com



HEALTH & FITNESS

Summer Clash
of the Classes

7/17-8/11, Ages 13+

Help your team win by attending group
exercise classes and participating in
weekly challenges. Teams assigned after
registration. FREE!

Sizzling Summer
Monthly Challenges

May, June, July, August, Ages 13+
Follow challenges printed on the calendar
for each month. Split the pot drawing each
month. Fee: \$2 each month.
May: Namaste in May
June: Jumping Jacks in June
July: Thighs in July
August: August Abs

NEW Bungee Class

A new low-impact and high-energy class
to help you burn calories and gain strength
and confidence all while having fun!
Mondays, May 1-22, 10:30-11:15 a.m.
Thursdays, May 4-25, 3-3:45 p.m.
Mondays, June 5-26, 10:30-11:15 a.m.
Fee: \$40 M/\$60 NM (no scholarships)
Class Maximum: 9 Class Minimum: 5

Personal Training

Motivation and accountability to encourage
you to stay on track with your fitness
goals. By appointment with Stephanie
Monthey, Kelsey G'Schwind or Angel Fattig

NEW! Nutrition Consult

With Nutritionist Kelsey G'Schwind
Monthly Nutrition Wellness Consultation
\$40 autobilled (2, 30-minute sessions)
Nutrition Wellness Consultation
\$30 (1, 30-minute session)
Nutrition Wellness Consultation
\$100 (6, 30-minute sessions in 12 weeks)



ADULT LEAGUES

Men's Church League
Softball

7/6-8/24, Thursdays, 6-10 p.m.

Ages 16+; Fee: \$200 per team
Register teams by 6/18
Location: Middle School Fields

Coed Adult Softball

7/11-8/22, Tuesdays, 6-10 p.m.
Ages 16+
Fee: \$200 per team
Register teams by 6/18
Location: Middle School Fields



Red Cross Blood Drives at the Y

Tuesday, May 2; Tuesday, June 27
Thursday, August 24 9 a.m.-2:30 p.m.



AQUATICS

FREE Summer
Pool Parties

Summer Kickoff Glow Swim
Wednesday, 5/17, 2-5 p.m.
Red, White & Blue
Friday, 6/30, 5-7 p.m.
End of Summer Bash
Friday, 8/11, 5-7 p.m.

Swim Lessons

Water Babies (Class minimum: 4)
Mondays, 6/5-6/26, 5 p.m.
Other sessions are T/TH:
Session 1: 5/2-5/11
Session 2: 5/23-6/1
Session 3: 6/6-6/15
Session 4: 6/20-6/29
Session 5: 7/11-7/20
Swim Lesson Times
Stage 1 — 4 p.m.
Stage 2 — 4:30 p.m.
Stage 3 — 5 p.m.
Stage 4 — 5:30 p.m.
Stages 5/6 — 6 p.m.
Fee: \$30 M/\$60 NM

Semi Private 30-Minute Lessons:

\$40 M/\$80 NM (4 lessons)
\$80 M/\$160 NM (8 lessons)
Private 30-Minute Lessons:
\$50 M/\$100 NM (4 lessons)
\$100 M/\$200 NM (8 lessons)

Lifeguard Recertification

Thursday, 5/25, 8 a.m.-8 p.m.
Fee: \$100 M/NM Register by 5/24

Lifeguard Training

Mon. & Tues., 5/22-5/23, 8 a.m.-8 p.m.
Fee: \$200 M/NM Register by 5/19
8 hours on online training required
before class starts on 5/22

CPR Certification

Wednesday, 5/24, 1-3 p.m.
Fee: \$60 M/NM Register by 5/23

KIDS' CAFE

Free Summer Lunch Program
MAY 30-AUGUST 4

FREE nutritious meals
for kids all summer!


MON-FRI, 11 AM-NOON

Pick up Sack Lunches at the YMCA or the First
Presbyterian Church, 1103 Sheridan, Holdrege.
Kids may pick up Backpack Blessings on Fridays
at both locations.



Register for programs at the Y or call (308) 995-4050

Scholarships Available for Memberships and Programs Based on Financial Need



YOUTH SPORTS
Youth Volleyball
Mon., 8/28-10/16, 6:30-7:30 p.m. (skip 9/4)
Register by 8/21; Grades: K-6
Fee: \$35 M/\$55 NM (includes shirt)
Location: YMCA Gym

Flag Football League
9/5-10/12 — Register by 8/29
Tues. practice/Thurs. games
Ages 3-6: 6-6:45 p.m.
Ages 7-Grade 6: 6-7 p.m. (Subject to change)
FEE: \$35 M/\$55 NM (\$15 jersey if needed)
Location: Optimist Complex (1403 W. 13th St.)
Flag Football Volunteer Coaches Clinic:
FREE! Tues., 8/22, 6-7 p.m. RSVP by 8/20


Youth Cheer
Thurs., 9/7-10/12, 6-7 p.m.
Register by 8/29; Ages: 3-Grade 6
Fee: \$35 M/\$55 NM (includes shirt)
Location: Lexington Optimist Complex



YOUTH PROGRAMS
Summer Splash
Wed., 7/26, 1-3 p.m. at Lexington Family Aquatic Center
No registration needed.
General admission waterpark fee. Ages 0-15 and 55+: \$2.25; Ages 16-54: \$3.25

Adventure Kidz Robotics Club
Tuesdays, 8/15-8/29, 6-7:30 p.m. —
Register by 8/10
Grades K-8
Fee: \$25 M/\$35 NM
Location: YMCA Learning Center

*** Youth Weight Training**
Ages 11-14 ; Fee: \$20 M/\$30 NM
Saturdays, 9-11 a.m.
Session 1 — 6/10, Register by 6/7
Session 2 — 7/8, Register by 7/5
Session 3 — 8/12, Register by 8/9
Optional Private Training: \$30



FAMILY PROGRAMS
Family Water Nerf Wars
Thursday, 7/6, 7-8 p.m.

*** Outdoor Movie**
FREE EVENT! Sat., 8/12
Concessions open 8:30 p.m.
Movie starts at 9 p.m.
Location: YMCA East Grass Field

*** YMCA at Dawson County Fair**
July 12-15
Dunk tank every night, bounces houses, golf & FREE Child Care play area.

NEW YOUTH PROGRAMS

LIL BEATZ
Tuesdays, 6/6-6/20, 9:15-9:45 a.m.
Register by 6/1
Toddler Drumming Class
Age: 18 months-4 years
Fee: \$20 M/\$30 NM
Child must be accompanied by adult

TEEN CHESS LEAGUE
Wednesdays, 6/14-7/12
11:30 a.m.-1:30 p.m.
Register by 6/12
Grade: 4-8 (2023-24 school year)
Fee: \$30 M/\$50 NM (includes lunch)

LIFETIME SPORTS ACADEMY
6/26-6/30, 9-10:30 a.m.
Register by 6/21
Cornhole, Pickleball, Ultimate Frisbee, Badminton & Backyard Games
Grade: 4-8 (2023-24 school year)
Fee: \$15 M/\$25 NM
Location: YMCA

YOUTH FOOTBALL & VOLLEYBALL MINI CAMPS
Grades 1-6, Dates and Times TBA






ADULT CORNHOLE TOURNAMENTS

*** AT MAC’S CREEK WINERY — Sunday, June 4**
Preregistration encouraged, can pay day of by 12:30 p.m.
Check in at 12:30 p.m. Play at 1 p.m.
Two Divisions: Advanced & Casual
Fee: \$40 team of two, ages 16+
Prize: Two sets of 5 pounds of hamburger donated by Tyson Foods


*** AT THE DAWSON COUNTY FAIR — Thursday, July 13**
Preregistration encouraged, can pay day of by 6 p.m.
Check in at 6 p.m. Play at 6:30 p.m.
Two Divisions: Advanced & Casual
Fee: \$40 team of two, ages 16+
Prize: Two sets of 5 pounds of hamburger donated by Tyson Foods

FIND YOUR FITNESS



ADULT PROGRAMS
Pinpoint & Eliminate Your Pain
Thurs., 6/8-6/22
5:45-6:15 a.m.
Register by 6/6
Ages 16+
Fee: \$15 Location: YMCA
Instructor: Terri Burch

*** Door Charms With Jamie**
Monday, 6/19, 6:30 p.m.
Theme: Gnome door charm Ages: 16+
Register by 6/14 Fee: \$35 M/\$45 NM
Location: YMCA Learning Center



ADULT FITNESS
Boot Camp Melanie
M & W, 6:15-7 p.m.
Ages 16+ Pay by the month
Join anytime
Fee: \$15 M/\$20 NM once a week
\$30 M/\$40 NM twice a week
Location: YMCA

TRX Strength AM
Tues, 5:15-6 a.m.
Tues & Thurs, 6:30-7:15 a.m.
Ages 16+ Pay by month/join anytime
Fee: \$15 M/\$20 NM once a week
\$30 M/\$40 NM twice a week

*** NEW Daily Summer Challenge**
6/1-7/31 — Register at any time
Complete a minimum of 30 days to receive a summer tank top.
Ages 16+ Fee: \$20 Members Only

*** Husker Challenge**
8/31-11/24 — Register by 8/31
Ages 16+ Fee: \$20 Members Only
Prize: Long-sleeve t-shirt

SENIOR SOCIAL
***FREE Bunco & Brats**
Tuesday, 8/1, 11 a.m.-12:30 p.m.
Register by 7/29 Age: 55+
Location: YMCA Learning Center

NEW ADULT PROGRAMS

SUMMER SCRAMBLE DISC GOLF TOURNAMENT
Saturday, 6/17
Check in, 9 a.m. Tee off at 9:30 a.m.
Register by 6/14 Ages 14+
Fee: \$20 per team of two
Location: The Crossing Retreat Center (1006 N. Airport Road)
Prize: Two sets of 5 pounds of hamburger donated by Tyson Foods

BETTER HEALTH WITH HAPPY HIPS
Tuesdays, 7/11-7/25, 6:30-7 a.m.
Register by 7/7 Ages 16+
Fee: \$20 M/\$30 NM
Location: YMCA

YMCA ADULT EXPO PLANNING FOR YOUR FUTURE
Tuesday, 7/11, 11 a.m.-1 p.m.
FREE! Lunch served on a first-come, first-served basis
Location: Lexington Middle School Cafeteria (enter through main YMCA doors). Meet with vendors such as hospital, dentists, personal training & more.

SAVE THE DATES
Transportation Celebration
Sept. 23

2024 2nd Annual YMCA Winter Classic Youth Basketball Tournament
Saturday/Sunday, Jan. 6-7

FIND YOUR SENSE OF WONDER!
YMCA SUMMER ADVENTURE CAMP

CAMP ARROWHEAD • JUNE 11-14

Drop off: 3 p.m., Sunday, June 11 **Pickup:** Noon, Wednesday, June 14
Camp location: 75352 Road 431, Lexington **Grades:** 2-6 (2023-24 school year)
Fee: \$150 per child (\$100 if qualified for financial assistance)
Register by June 1 (Must register at YMCA to sign release forms)

Kids will stay in cabins with cabin leaders and enjoy horseback riding!
Youth will have fun exploring the great outdoors and participating in activities such as setting up a tent, fishing, playing games with friends, watching movies, swimming in the lake, arts and crafts and more. YMCA staff and volunteers will supervise children at all times.

Register for programs at the Y or online at www.orthmanymca.org or call (308) 324-1970
Scholarships Available for Memberships and Programs Except When Noted With *

Find Your Fun!

SUMMER DAY CAMPS

Keep your child learning and active all summer in YMCA day camps! Enriching activities will be planned each day along with field trips to the Lexington Aquatic Center, Yanney Park, Camp Comeca and the Island Oasis Water Park in Grand Island. Field Trip Dates TBA.

JUNE 5-AUGUST 4
Mondays-Fridays, 8 a.m.-5 p.m.
Ages 5-11 Limit: 25 per week
Morning and afternoon snacks provided. Campers should bring their own lunches.

REGISTER BY MAY 16 or at least 24 hours in advance

Fee: \$135 per week members
\$160 per week non-members
Extra field trip fees may be required. Day pass rate: \$40 per day M, \$55 per day NM



PRESCHOOL CAMP

Preschoolers will interact with the regular summer day camp to get them acclimated to being with their peer groups. (Please note: There will be a lot of walking).

JUNE 13-JULY 27
Tues. & Thurs., 8 a.m.-Noon
Class limit: 10
Ages: 4-5 (must be potty-trained)

Register by 6/5
Fee: \$30 for Tues/Thurs in the same week; \$17 a day when registering for individual days

OUTDOOR SWIMMING!

Opens Wednesday, May 31

Hours: Noon-8 p.m.
(Adult laps only from Noon-1 p.m.)
Summer swim lessons TBA

Season Passes Available Starting May 1
Family Summer Pass: \$79
Single Summer Pass: \$53
Day Passes: \$6 Individual/\$18 Family
Family Time Day Pass (5-7 p.m.) \$11
Pool parties: \$105 for 20 people
\$7 each additional person

SWIM TEAM: Register between 5/2-6/3
Fee: \$45 M/\$50 NM (Practices start indoors until weather is nice)
Coaches: Jamie Graff & Lisa Jorgenson



YOUTH PROGRAMS

Baseball/Softball

T-Ball: Ages 5-6, Thursdays, 6-7:15 p.m.

5/25-6/29, Register by 5/17

Fee: \$35 M/\$50 NM

Pee Wee Baseball: Ages 7-9, M & W

5/31-6/28, 6-7:15 p.m.

Register by 5/25 Fee: \$35 M/\$50 NM

Blast Ball: Ages 3-4, Wed, 6-6:45 p.m.

5/24-6/14, Register by 5/20

Fee: \$15 M/\$25 NM

Softball: Ages 7-12, M & W, 6-7:15 p.m.

5/31-6/28, Register by 5/2

Fee: \$35 M/\$50 NM

Youth Flag Football

Mondays, 8/21-9/25

Ages 5-6: 6-7 p.m.

Tuesdays, 8/22-9/26

Ages 7-8: 6-7 p.m.

Register by 8/15 for both leagues

Fishing Clinic

6/5-6/8, 9-11:30 a.m. Ages: 6-13

Fee: \$35 M/\$45 NM Class limit: 20

Register by 6/1



ADULT PROGRAMS

Coed Softball League

Fridays, 6/2-7/28

6:30-9:30 p.m. Ages 18+

Register by 5/26

Fee: \$175 per team self-officiated

Coed Fall Volleyball League

Thursdays, 8/31-11/2, 6-10 p.m.

Register by 8/21 Limit: 10 teams

Ages 18+. Fee: \$150 per team

Harvest Festival Coed Softball Tournament

Sunday, 9/17, 10 a.m.

Register by 9/7, Ages: 18+

Fee: \$75 per team; Limited to 10 teams



FAMILY PROGRAMS

Parent Baby Swim Class

6-12-6/16, 10 a.m.

Register by 6/7

Ages 6 months-2 years with parent

Fee: \$25 M/\$35 NM Location: YMCA



The Y. For A Better Us

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 branches will be closed on **Monday, May 29**, for Memorial Day and **Tuesday, July 4**, for Independence Day.

CHILD WATCH

All of our branches offer Child Watch, which is supervised play for children at the YMCA while their parents exercise at the Y. Please view our website at www.ymcaoftheprairie.org/hours for Child Watch and building hours at each branch.

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.

Did You Know?

YMCA Group Exercise classes are included in your membership. Our branches offer a variety of classes each day for a variety of fitness levels. Please visit www.ymcaoftheprairie.org/schedules to download the latest group exercise schedule at your local branch. Make plans to join us today for a group exercise class of your choice!