



HUDDLE UP FOR FITNESS & FUN

YMCA OF THE PRAIRIE — HOLDREGE

DON SJOGREN COMMUNITY YMCA YOUTH PROGRAMS, Fall '23

YOUTH SPORTS & FITNESS

AQUATICS

Water Babies Mondays

Mondays, 10/2-10/23
5-5:30 p.m. for Ages 1-3
5:30-6 p.m. for Ages 6 months to 1 year
Register by 9/27; Fee: \$30 M/\$60 NM

Swim Lessons

10/3-10/26; Register by 9/11
Fee: \$30 M/\$60 NM
T & TH: Stage 1, 4 p.m.; Stage 2, 4:30 p.m.; Stage 3, 5 p.m.; Stage 4, 5:30 p.m.; Stage 5/6, 6 p.m.

Gators Swim Team

September through March
Practice time TBD; Ages: 5-18
Fee: \$175 plus \$40 member fee
Register by Oct. 2 (late fee applied October-December 1). Must be YMCA member to compete in Nebraska YMCA Swim League.

FREE Pool Parties

Swim in Theater — 9/15, 4-6 p.m.
Halloween Party — 10/27, 4-6 p.m.
Turkey Float — 11/18, 4-6 p.m.

FAMILY TIME



Family Pumpkin Decorating

Saturday, Oct. 28, 9-10:30 AM

Continue or start a family tradition at the YMCA annual pumpkin event! FREE! Registration required.

COMING SOON!

December 9 — Santa Sleigh 5K
Gingerbread Houses & Light up the Y

December 21-23 — Polar Express

Youth Flag Football

Mondays, 9/11-10/16,
5:30-7:30 p.m.

Three Divisions: K-1, 2-3, 4-6

Early Bird Fee by 8/20: \$40 M/\$60 NM

Fee after 8/21: \$50 M/\$70 NM

Plus \$15 jersey if needed

Youth Cheerleading

Mondays, 9/11-10/16, 5:15-6:30 p.m.

Grades K-6

Early Bird Fee by 9/3: \$40 M/\$60 NM

Fee After 9/4: \$50 M/\$70 NM

Youth Fall Soccer

Tuesdays, 9/12-10/17, 5:30-7:30 p.m.

Three Divisions: K-1, 2-3, 4-6

Early Bird Fee by 8/27: \$40 M/\$60 NM

Fee After 8/27: \$50 M/\$70 NM

Plus \$15 jersey if needed

Youth Volleyball Tournament

Saturday, 10/14, 9 a.m.-8 p.m.

Three Grade Divisions: 5th, 6th, 7th/8th

Register by 10/1

Fee: \$100 per team

Rookie Sports

Tuesdays, 10/24-12/19

Time: 6:15-7 p.m.

Ages 2-5

Session 1: Soccer, 10/24-11/7

Session 2: Flag Football, 11/14-11/28

Session 3: Basketball, 12/5-12/19

Fee Per Session: \$25 M/\$35 NM

Youth Weight Training

Ages: 10-15 (max limit 6)

Tuesdays, 9/19, 10/10 or 11/28

Time: 6-7:30 p.m.

Fee: \$10 M

YOUTH ENRICHMENT & FUN

After School Program

Monday-Friday starting 8/17

Grades: K-4, after school until 6 p.m.

Weekly Fee: \$60 M/\$120 NM

(\$25 registration fee)

Maximum: 60 kids

STEAM Adventures

Ages 5-14, Mondays 4-5 p.m.

AGRICULTURE: 9/11-10/2

SCIENCE: 10/9-10/30

CHESS: 11/6-11/27

Register one week before class starts

Fee: \$30 M/\$40 NM per class

Nerf Wars

Saturdays, 7-8:30 p.m.

9/16 — Husker Party

10/21 — Zombie/Halloween

11/18 — Camo

Ages 7-13

Fee: \$15 M/\$25 NM

School Day Out

10/2, 10/20, 10/27 & 11/24, 8 a.m.-5 p.m.

Ages 5-10, Fee: \$40 M/\$70 NM

Teen Nights

Saturdays, 7-9 p.m., Grades: 5-8

9/9 — Escape Room

10/14 — Halloween Party

11/11 — Husker Party

Fee: \$15 M/\$25 NM

NEW! Nurture & Grow

Starts 9/11, T & TH, 9:30-11:30 a.m.

Emotional, social and developmental program for kids ages 3-5.

Minimum: 6 Max: 12

Monthly Fee: \$80 M/\$120 NM

Child Watch

Free supervised play for children while parents exercise at the YMCA

M-F, 8:30-11:30 a.m. & M-Th, 5-8 p.m.

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

DON SJOGREN COMMUNITY YMCA ADULT PROGRAMS, Fall '23

**FIND
YOUR FIT.
FIND
YOUR Y.**



ADULT SPORTS & FITNESS

Planktober

10/1-10/31

Pick up a calendar of planks/rest days at the front desk prior. Fee: \$2

Bungee Class

Mondays, 10/2-10/23, 10:30-11:15 a.m.

Thursdays, 11/2-30, 6:30-7:15 p.m.

Tuesdays, 11/7-11/28, 7:30-8:15 p.m.

Fee: \$35 M/\$55 NM Ages: 16+

BOGA Class

Mondays, 11/6-11/27, 6:30 p.m.

Fee: \$30 M/\$50 NM

Adult Pickleball (Doubles)

Thursdays, 9/28-11/16, 6-9 p.m.

Register by 9/17; Ages 16+

Two Divisions: Ages 50+ & Open League

Fee: \$40 per team M or NM

Hold It For the Holidays

11/20-1/5 Ages 15+

Fee: \$15

Personal Training

Ages 13+ Fee varies by trainer.

Each workout is designed to help you reach your fitness goals.

Women's & Co-ed Volleyball

Women: Sundays 9/24-11/12, 4-9 p.m.

Coed: Mondays 10/23-12/11, 6-9 p.m.

Ages 16+; Register by 9/10 & 10/8

Fee: \$120 per team

Men's Basketball

Sundays 12/3-2/18, 4-9 p.m.

Ages 16+; Register by 11/19

Fee: \$140 per team

Location: Holdrege High School Gym

WELLNESS WEEK

September 11-17

FREE Week to Try the YMCA!
No Join Fee for New Members!

MONDAY, 9/11

FREE First Responders Lunch
11 a.m.-1 p.m.

TUESDAY, 9/12

Fall Food, Fun & Festivities, 6:30 p.m.

WEDNESDAY, 9/13

Walk Out On Work,

11:30 a.m.-1 p.m. North Park

FREE Lunch for all registered walkers.
Registration required.

THURSDAY, 9/14

FREE Bungee Class,
Noon-1 p.m. and 6:30-8 p.m.

FRIDAY, 9/15

Swim in Theater, 4-6 p.m.

SATURDAY, 9/16

Family Fun Day at North Park

9 AM-NOON

Fishing, roasting hot dogs and marshmallows, yard games. Fishing poles provided (bring your own tackle and bait). Family Scavenger Hunt, Inflatables



NEW! WELLNESS WEEK Pickleball Tournament

Men, women and mixed.

Levels 3.5 and below and 4.0 and above
for all divisions

Fee: \$20 per team of two

Register by 9/9

ADULT ENRICHMENT & FUN

Craft Classes

Door Hangers

Saturday, 9/16 — 9:30 a.m. (\$25)

Multi-layered Mandala or Pumpkin

Saturday, 10/21 — 9:30 a.m. (\$25)

Quilling Christmas Ornaments

Saturday, 11/18 — 9:30 a.m. (\$15 for two ornaments/\$25 for four)

Ballroom Dance

Thursdays, 11/9-12/14, 6:15-7 p.m.

Beginner Swing

Minimum: 5

Register by 11/5; Ages 16+

Per Person Fee: \$20 M/\$30 NM

Community Creations

Fall Dessert Tasting

Tuesday, 9/12, 6:30 p.m.

Register by 9/5. Bring dessert & recipe.

Optional Jenga pumpkin craft, \$5

Cookie Swap

Tuesday, 12/19, 9:15 a.m. Register by

12/12. Optional Salt & Pepper shaker craft, \$5

Christmas Blitzen Craft Show

Saturday, 12/2, 9 a.m.-2 p.m.

Vendor registration deadline: Nov. 19 or

until full. \$50 per 10x10 booth/\$5 per

table. Youth Entrepreneur Booth: \$10



HONORING THOSE WHO SERVED

FREE Veterans Breakfast Friday, November 10, 8-9:30 AM

FREE breakfast for veterans and their families!

Scholarships Available for Memberships and Programs Based on Financial Need