



HUDDLE UP FOR FITNESS & FUN

YMCA AT GOTHENBURG HEALTH FALL 2023 PROGRAM GUIDE



YOUTH SPORTS & FITNESS

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 8/10 for both leagues
Fee: \$35 M/\$50 NM
Plus \$15 jersey if needed

Rookie Football

Tuesdays, 8/22-9/12, 5:30-6 p.m.
Ages 3-4; Register by 8/10
Fee: \$25 M/\$40 NM

Volleyball with the Swedes

Mondays, 11/13-12/4
Register by 10/31
Grades 1-3: 6-7 p.m.
Grades 4-6: 7-8 p.m.
Register by 10/30: \$40 M/\$50 NM
Register 10/31-11/13: \$45 M/\$55 NM

Youth Weight Training

Wed., 9/20, 10/18, 11/22
Time: 3:30-4 p.m. Ages: 11-14
Register by 9/19, 10/17, 11/21
Fee: \$10 M (Members only)



KIDS ENRICHMENT & FUN

After School Program

Mondays-Fridays, 8/22/23-5/15/24
Grades: K-3. After school until 6 p.m.
Snack, homework help, games, activities.
Fee: \$185 per month M/\$245 per month NM (\$18 M/\$25 NM drop in day rate). Transportation Fee to Y only: \$80 per month
Must register one week in advance or 24 hours in advance for drop-ins

Tiny Tots

Tuesdays, 9/5-11/28
Time: 5:30-6 p.m. Ages: 6 months to 3 years and parent
Register by 8/22: \$25 M/\$35 NM
Register 8/23-9/5: \$30 M/\$40 NM

ChangeMakers Youth Program

Mondays, 9/11-11/13
Time: 3:30-5:30 p.m.
Ages: 9-13
Class limit: 20
Early Bird Registration by 8/28 is \$25 M/\$35 NM. Fee 8/29-9/1 is \$30 M/\$40 NM

Safe Sitter®

Wednesdays, 9/22 & 9/27
Time: 2:45-4 p.m.
Ages: 11-13
Child care basics and business tips
Register by 9/13
Class limit: 8 Fee: \$45



ADULT SPORTS, FITNESS & FUN

Adult Coed Volleyball

Thursdays, 9/7-11/9, 6-9 p.m.
Register by 9/1
Limit: 10 teams Ages 18+
Fee: \$175 per team

Harvest Festival Coed Softball Tournament

Sunday, 9/17, 9 a.m.-1 p.m.
Register by 9/10; Ages: 18+
Fee: \$75 per team Limit: 8 teams

SPECIAL EVENTS

ZOMBIE RUN 5K

FRIDAY, 10/27
Time: 5-7 p.m. All ages welcome.
Registration by Oct. 13: \$25
Registration Oct. 14-27: \$30

HALLOWEEN NERF WARS & COSTUME CONTEST

SUNDAY, 10/29
Time: 6-7 p.m.
Ages: 5-12
Register by 10/29;
Fee: \$7 M/\$15 NM
Nerf Wars, treats and a costume contest.



THE THANKFUL RUN 5K

SATURDAY, 11/18
Race starts at 8:30 a.m.
The YMCA and Gothenburg Health are partnering to offer a 5K Thankful Run or Walk along with a 1-mile kids run/walk. A celebration of thanks. Participants write words of thanks on their race bibs.
Registration by Nov. 4: \$25 Adults/\$10 Kids
Registration Nov. 5-18: \$30 Adults/\$15 Kids

CHRISTMAS IN THE COUNTRY HOLIDAY CRAFT FAIR

SATURDAY, 11/18
Time: 9 a.m.-2 p.m.
Location: YMCA Gym
Vendor Fee Before Nov. 4: \$40
Vendor Fee Nov. 5-18: \$50