



**YMCA OF THE PRAIRIE  
DON SJOGREN COMMUNITY YMCA  
WINTER 2023-24 PROGRAM GUIDE**



**YOUTH PROGRAMS**

**Rookie Sports — Ages 2-5**

Tuesdays, 12/5-12/19, 6:15-7 p.m.  
Basketball skills; Fee: \$25 M/\$35 NM

**Youth Basketball — Grades K-6**

Saturdays, 1/13-2/17, 9 a.m.-1 p.m.  
Divisions: K-1 coed, 2-3 boys and girls,  
4-6 boys and girls  
Possible TU/TH games for Grades 4-6  
Early Bird Fee (ends 12/22): \$40 M/\$60 NM  
Fee Starting 12/23: \$50 M/\$70 NM  
Plus \$15 jersey if needed

**Spring Soccer — Ages 3-12 (by 3/1/24)**

Saturdays, 3/16-4/27, Noon-4 p.m.  
Divisions: U4 Coed, U6 Coed, U9 boys and girls,  
U12 boys and girls  
Early Bird Fee ends 2/25: \$40 M/\$60 NM  
Fee starting 2/26: \$50 M/\$70 NM  
Plus \$15 jersey

**Youth Boga Fit — Ages 10-14**

Thursdays, 1/11-2/1, 6:15-6:45 p.m.  
Fee: \$20 M/\$25 NM

**Youth Weight Training — Ages 10-14**

Tuesdays, 1/16 & 2/20, 6:30-8 p.m.  
Limit 6, Fee: \$10

**Kids Yoga — Ages 5-13**

Wednesday, 2/7, 4:30 p.m. — Preview  
Wednesdays, 2/14-3/6, 4:30-5 p.m.  
Register by 2/12; Fee: \$20 M/\$25 NM

**Youth Trampoline — Ages 4-13**

Wednesday, 3/13, 4:30 p.m. — Preview  
Wednesdays, 3/20-4/10, 4:30-5 p.m.  
Register by 3/15; Fee: \$20 M/\$25 NM

**Nerf Wars — Ages 7-13**

Third Saturdays, 7-8:30 p.m.  
12/16, 1/20, 2/17  
Fee: \$10 M/\$20 NM

**Teen Nights — Grades 5-8**

Fourth Saturdays, 7-9 p.m.  
1/27, 2/24  
Fee: \$10 M/\$20 NM

**MAKING YOUR SEASON BRIGHT!**



**CHRISTMAS BLITZEN  
CRAFT SHOW**

**SATURDAY, DECEMBER 2, 9 AM-2 PM**

**LIGHT UP THE Y**

**12/9 — Tree lighting, 6:30 p.m.**

Business and families are invited to sponsor/decorate Christmas trees outside of the YMCA for \$50. Trees should be decorated by 12/6 and undecorated by 1/12.

**YMCA SANTA SLEIGH 5K**

**12/9, 10 a.m.**

Fee: \$30 per person/\$50 per couple  
Register by 11/26 to ensure a hoodie  
Start/end at Lost Way Brewery

**SANTA & GINGERBREAD  
HOUSES**

**Saturday, 12/9, 5-6:30 p.m. FREE!**

Tree lighting ceremony, visit with Santa,  
plus our long-standing tradition of  
"gingerbread house" decorating.  
Photos with Santa from 5-6:30 p.m.

**COOKIE SWAP**

**Tuesday, 12/19 — 9:15 a.m.**

Register and bring 3 dozen cookies to share and exchange.

**POLAR EXPRESS**

**Thurs., 12/21; Friday, 12/22; or Saturday, 12/23; 6 p.m., 7 p.m. or 8 p.m.**

Wear your cozy jammies and robes and board the YMCA Polar Express.  
Listen to the "Polar Express" story while viewing neighborhood Christmas  
lights. Wrap up amidst the YMCA Festival of Trees outside the Y while  
roasting s'mores and sipping hot cocoa.  
Fee: \$8 Per Ticket (3 and younger free)

**CHRISTMAS CAMP**

**12/22, 12/26-12/29, 1/2, 1/3**

8 a.m.-5 p.m. Ages 5-10/Grades K-4

Fee per day: \$40 M/\$70 NM, Fee entire camp: \$200 M/\$300 NM





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## WINTER PICKLEBALL TOURNAMENT



**Sat. & Sun., December 2 & 3**

Women's Doubles (3.0 & 3.5+) 12/2, 1-4 PM

Men's Doubles (3.5 & 4.0+) 12/2, 4-7 PM

Mixed Doubles (3.0, 3.5 & 4.0+) 12/3, 1-6 PM

Register by 11/26 — \$20 per team — Ages 16+

Location: Holdrege Elementary School Gym

## IT'S NOT JUST FOR KIDS

### ADULT CREATIVE FUN

#### Craft Classes

Ceramics, Thursday, 1/11 — 6 p.m.

Fee: \$5 to register; pottery purchased at class

### ADULT SPORTS LEAGUES

#### Men's Basketball

Sundays 12/3-2/25, 4-9 p.m.

Ages 16+ (no in-season athletes)

Register by 11/19; Fee: \$140 per team

Location: HHS Gym

#### Women's & Co-ed Volleyball

Women: Sundays 1/21-3/17, 4-9 p.m.

Register by 1/7

Coed: Mondays 3/11-4/29, 6-9 p.m.

Register by 2/25

Ages 16+ (no in-season athletes)

Fee: \$120 per team

#### Pickleball League

Thursdays, 2/29-4/18, 6-9 p.m.

Register by 2/18; Ages 16+

Doubles League; Fee: \$40 per team

### ADULT CLASSES & CHALLENGES

#### Turkey Burner Workout

Saturday, 11/25, 9-10 a.m.

Burn off your Thanksgiving meal with a

Saturday morning workout. Ages 15+

FREE for Members & Non-Members!

#### Personal Training

Ages 13+ By appointment

Personal Trainer: Kelsey G'Schwind

Extra motivation and accountability to

keep you on track to reach your health and

fitness goals.

#### Boga Fit

Thursdays, 1/11-2/1, 6:45-7:30 p.m.; Fee:

\$30 M/\$50 NM, Ages: 15+

#### March Madness

#### Group Exercise Challenge

March 1-31

Fee: \$10

Attend a group exercise class during March

and draw a number to score points.

## SAVING LIVES

**RED CROSS BLOOD DRIVE** — Wednesday, 1/3 and Tuesday, 3/5  
9 a.m.-2:30 p.m. at the YMCA

## FAMILY TIME

### DADDY DAUGHTER DANCE

**Candyland Theme**

**Friday, February 23**

**5:30-7:30 PM**

Dinner, Dancing & Fun

Early Bird Registration By 1/28:

\$50 M/\$70 NM per couple

\$15/\$25 each additional

Fee 1/29-2/9: \$60 M/\$80 NM per

couple, \$25/\$35 each additional

Location: City Auditorium

### MOTHER & SON DATE NIGHT

**Dinner & Darts**

**Friday, March 15**

**5:30-7:30 PM**

Dinner & Nerf Dart Fun

Early Bird Registration By 2/25:

\$35 M/\$50 NM per couple

\$15/\$25 each additional

Fee 2/26-3/8: \$45 M/\$60 NM per

couple, \$25/\$35 each additional

Location: Don Sjogren Community YMCA



### Family Paint Day

Saturday, 3/9 — 9 a.m.

Paint a Canvas

Register by 3/3

### Pool Party

Friday, 1/26 — 4-6 p.m.

All ages! FREE event!

Inflatable Obstacle Course

Scholarships Available for Memberships and Programs Based on Financial Need