



YMCA OF THE PRAIRIE
 YMCA AT GOTHENBURG HEALTH

WINTER 2023-24 PROGRAM GUIDE



WHERE MEMBERSHIP MEANS MORE

ADULT SPORTS, FITNESS & FUN

Men's 5-on-5 Basketball

Mondays, 1/1-2/12
 Time: 7:30-9:30 p.m.
 Register by 12/28
 Limit: 6 teams Ages: 18+
 Fee: \$60 team M/\$85 team NM

Adult Coed Volleyball League

Thursdays, 1/4-2/22
 Time: 6-9 p.m.
 Register by 1/2
 Limit: 10 Teams
 Ages 18+ Fee: \$175 per team

KIDS ENRICHMENT & FUN

ChangeMakers Youth Program

Mondays, Dates TBD
 Time: 3:30-5:30 p.m.
 Ages: 9-13
 Class limit: 20
 Fee: \$30 M/\$40 NM

Safe Sitter®

Wednesdays, 2/14 & 2/21
 Time: 2:45-4 p.m.
 Register by 2/7; Ages: 11-14
 Class Limit: 8; Fee: \$45

Ninja Warrior

Monday, 2/19, 6-7 p.m.
 Register by 2/19
 Ages: 5-12
 Fee: \$10 M/\$15 NM

Baby-Parent Swim Class

Thursday, 2/8-3/7
 Time: 6-6:30 p.m.
 Ages: 6 months-3 years
 Register by 2/1
 Class Limit: 10
 Fee: \$25 M/\$35 NM

YOUTH SPORTS & FITNESS

Basketball League

Grades K-1: 1/1-2/5
 Mondays, 6-7 p.m.
 Grades 2-3: 1/2-2/6
 Tuesdays, 6-7 p.m.
 Grades 4-5: 1/2-2/6
 Tuesdays, 7:15-8:15 p.m.
 Register by 12/28
 Fee: \$40 M/\$55 NM

Rookie Sports

Basketball, 2/13-3/5
 Tuesdays, 5:30-6:15 p.m.
 Ages: 3-4
 Register by 2/7
 Fee: \$20 M/\$30 NM

Youth Weight Training

Wed., 12/6, 1/10, 2/7
 Time: 3:15-4 p.m.
 Ages: 11-14
 Register by 12/6, 1/10, 2/7
 Fee: \$15 M (Members only)

NEW! POLAR EXPRESS

Friday, Dec. 22, 5-8 PM

Ride through Gothenburg to see the lights while listening to the "Polar Express."
 Enjoy hot chocolate and s'mores after the ride.
 A photo booth will also be available to capture the memories!

Tours will begin at 5 PM and run every half hour (four rides total). Maximum of 22 people per tour.

FEE: \$6 per person/children under age 3 are free.



Register for programs at the Y or online at www.ymcaoftheprairie.org or call (308) 537-4022