



YMCA OF THE PRAIRIE DON SJOGREN COMMUNITY YMCA SPRING 2024 PROGRAM GUIDE



YOUTH PROGRAMS

YOUTH SPORTS & FITNESS

Youth Soccer

Saturdays, 3/16-4/27, Noon-4 p.m.
Ages 3-12 (as of March 1, 2024)
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 Weight Training

Ages 10-14 (Limit 6)
Dates: 3/13, 4/23 and 5/14
Time: 6:30 p.m.; Fee: \$10 M

Youth Duck Run Club

3/26-4/18, TU & TH, 4-5 PM
Grades K-6; Register by 3/24
Fee: \$25 M/\$35 NM (includes shirt)
Participants earn free entry into the Healthy Kids Day Duck Run

Youth Trampoline

Wednesdays, 3/20-4/10, 4:30-5 p.m.
Preview day 3/13, 4:30-5 p.m.
Ages: 4-13
Register by 3/18
Fee: \$20 M/\$25 NM

YOUTH BASEBALL & SOFTBALL

Coed T-Ball

5/20-6/20, 6-8 p.m.
Coed Beginner T-Ball:
Ages 3-4 (as of 5/1/24), M & W

Coed Advanced T-Ball:
Ages 5-6 (as of 5/1/24), T & TH
Early Bird Fee (ends 4/14): \$40 M/\$60 NM
Fee 4/15-4/28: \$50 M/\$70 NM (jersey included)

Recreation Baseball 8U Boys

5/20-6/20, 6-9 p.m.
Ages 7-8 (as of 5/1/24)
Early Bird Fee (ends 4/7): \$50 M/\$70 NM
Fee 4/8-4/21: \$60 M/\$80 NM (jersey and hat included)

ENRICHMENT & FUN

Dr. Seuss Birthday Party

Friday, 3/1, 3-5 PM
All ages. FREE event!

Nerf Wars

Saturdays, 3/16 (Register by 3/13)
4/20 (Register by 4/17)
7-8:30 p.m. Ages 7-13
Fee: \$10 M/\$20 NM

School Day Out

2/23, 3/29, 4/1, 8 a.m.-5 p.m.
Ages: 5-10, Per Day Fee: \$40 M/\$70 NM

Spring Break Camp

3/4-3/8, 8 a.m.-5 p.m.; Ages: 5-10
Full Week Fee: \$200 M/\$350 NM
Per Day Fee: \$40 M/\$70 NM

Jr. High Nerf Wars

Saturdays, 3/30 & 4/27, 7-9 p.m.
Grades: 7-8 Fee: \$10 M/\$20 NM

Family Paint Day

Saturday, 3/9, 10 a.m.
Fee: \$30 per couple (2 canvases)
\$40 per family (4 canvases)
Extra canvases \$10 each

South-Central Nebraska Travel Baseball League

5/6-6/28, 6-10 p.m.
Ages 9-14 (as of 5/1/24)
Divisions: 10U, 12U & 14U
Early Bird Fee (ends 3/17): \$60M/\$80NM
Fee 3/18-3/31: \$70 M/\$90 NM (jersey and hat included)

South-Central Nebraska Travel Softball League

5/6-6/28, 6-10 p.m.
Ages 7-14 (as of 12/31/23)
Divisions: 8U, 10U, 12U, 14U
Early Bird Fee (ends 3/17): \$60M/\$80NM
Fee 3/18-3/31: \$70 M/\$90 NM (jersey and bow included)

MOTHER-SON DATE NIGHT

Dinner & Darts

Saturday, 3/15, 5:30-7:30 p.m.
Early Bird Registration by 2/25
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

EASTER EGG HUNT

Friday, 3/29, 5:30 p.m. 3,000 eggs!
Ages: 0-1, 2-4, 5-7, 8-10

HEALTHY KIDS DAY[®]

Friday, April 19

Duck Run: 6 PM

One-mile kids fun run
Divisions: K-2, 3-4, 5-6
Fee: \$10 M or NM
Free for Youth Duck Run Club participants

Healthy Kids Day: 6-7:30 PM

Families are invited to the YMCA for FREE activities, including games, community booths and healthy snacks.

SUMMER KICKOFF BBQ & POOL PARTY

Wednesday, May 22

BBQ Noon-2 PM/Pool Party 2-5 PM
FREE event! Water balloons, water guns, slip and slide, yard games!
Hot dogs, water and popsicles served.

DUCK DIVE FUNDRAISER

Wednesday, May 22, 5 PM

Purchase raffle tickets to buy ducks at the front desk at a price of 1 for \$1, 15 for \$10, 40 for \$20 and 125 for \$50. Staff members will jump in the pool to choose the winning ducks. Win prizes donated by local businesses in Holdrege and surrounding communities served by the Y.

Register for programs in person at the YMCA or by calling us at (308) 995-4050



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32ND ANNUAL SILVER RUN

Saturday, June 15
7:30 AM — Holdrege North Park

Register by June 2 to receive T-shirt
Registration Fee Until June 2 — \$35
Registration Fee June 3-15 — \$40
Register at runsignup.com



ADULT HEALTH & FITNESS

March Madness Brackets

3/19-4/8
Submit bracket by 3/20
Ages: Anyone able to fill out a bracket
Divisions: Members & Employees
Fee: FREE
Prizes: Awarded to Top 3

Pickleball Clinic

Thursday, 2/22, 6-8 p.m.
FREE Location: YMCA Gym

Pickleball League

Thursdays, 2/29-4/18, 6-9 p.m.
Register by 2/18; Ages 16+
Doubles League; Fee: \$40 per team
Location: YMCA Gym

AQUATICS

Lifeguard Training

Lifeguard Recertification
4/27, 10 a.m.-5 p.m.
Fee: \$70 M/\$80 NM (register by 4/22)

Lifeguard Certification

Pre-swim test 4/27
(must pass to attend training)
May 4 & 5, 8 a.m.-6 p.m.
(must be 15 or older by 4/27)
Fee: \$125 M/\$175 NM
Register by 4/18 (Max. 10)

March Madness Group Exercise Challenge

March 4-29; Fee: \$10
For every class attended, draw a card to see your basketball action.

Personal Training

Ages 13+ by appointment. Motivation and accountability to help you stay on track to reach your goals. Contact Kelsey at the Y.

ENRICHMENT & FUN

Craft Class

Thursday, 2/8, 6-9 PM
Stoneware Ceramics
With Paint Paradise on the Go
Fee: \$5 per person to register, plus stoneware fee

Group Swimming Lessons

Water Babies, Mondays, 5/6-6/3, 5 p.m.
Swim Lessons Tuesdays & Thursdays
Session 1: May 7-16/Session 2: May 21-30
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

EVENTS

FIRST ANNUAL SWING INTO SPRING CRAFT SHOW

Saturday, 3/16, 9 AM-2 PM
Fee: \$50 per booth/\$5 per table
Youth entrepreneur booth: \$10
Vendor registration deadline: 3/1

ST. PATRICK'S DAY POOL PARTY

Friday, 3/22, 4-6 PM
FREE Swim event for all ages
Family swim event with floatie races, games, and more.

SPRING PICKLEBALL TOURNAMENT

Sat. & Sun., 4/27 & 4/28

Women's Doubles (3.0 & 3.5+)
4/27, 9 AM-1 PM

Men's Doubles (3.5 & 4.0+)
4/27, 2-6 PM

Mixed Doubles (3.0, 3.5 & 4.0+)
4/28, 1-6 PM

Register by 4/21
\$20 per team — Ages 16+

Location: Holdrege Elementary School Gym

Red Cross Blood Drives

3/5 & 5/7, 9 a.m.-2:30 p.m.
Location: Don Sjogren Community YMCA

Scholarships Available for Memberships & Programs Based on Financial Need.