



YMCA OF THE PRAIRIE
DON SJOGREN COMMUNITY YMCA



SUMMER 2024 PROGRAM GUIDE

YOUTH PROGRAMS

STEM Adventures

BABYSITTING CLINIC: 5/28-5/30
1-4 p.m., Ages 10-14, partner program
with 4-H; Sponsored by embecta
Fee: \$25 M/\$35 NM

FISHING FRIDAYS:

Fridays, 6/7-6/28, Ages 5-14
8:30-9:30 a.m. FEE: \$25

Tennis Academy

7/10-8/2, W & F, 9 a.m.-10 a.m.
Grades: 1-8 (2024-25 school year)
Fee: \$20 M/\$35 NM
Register by 7/9
Location: North Park Tennis Courts
Instructors: YMCA staff and high school
tennis players and coaches

Volleyball Academy

Thursdays, 7/11-7/25
Grades as of 2024-25 school year
Grades 3-4: 5-6:15 p.m.
Grades 5-6: 6:15-7:30 p.m.
Grades 7-8: 7:30-9 p.m.
Fee: \$20 M/\$35 NM (shirt included)
Register by 6/30 to receive shirt
Location: YMCA gymnasium
Instructors: Sam Minnick, Brooke
Wohlgemuth & HHS players/coaches

Youth Summer Weight Training

Ages 10-14 (max limit 6)
June 11, July 16 or August 27, 6:30-8
p.m. Fee: \$10 Members

Soccer Academy

7/15-7/17, M-W
Grades K-8 (2024-25 school year)
Grades K-2: 9-10 a.m.
Grades 3-5: 10-11 a.m.
Grades 6-8: 11 a.m.-Noon
Fee: \$10 M/\$15 NM; Register by 7/14
Instructor: Alex Mahundi

Golf Academy

7/29-7/31, M-W, 9 a.m.-Noon
Grades 3-8 (2024-25 school year)
Register by 7/28
Fee: \$20 M/\$35 NM
Instructor: YMCA staff and HHS players
and coaches
Location: Holdrege Country Club

Variety Sports Academy

8/5-8/7, M-W, 9 a.m.-Noon
Grades 1-8 (2024-25 school year)
Participants will learn the rules and how
to play pickleball, cornhole (bags) and
disc golf. Fee: \$20 M/\$35 NM
Location: YMCA gym and grounds



NEW FOR KIDS!

Inside Out Strength Training

Tuesdays, 6/4-6/25, 4:30-5 p.m.
Ages: 6-12; Fee: \$20 M
Instructor: Stephanie Neal
Kids will learn empathy, patience,
toughness, confidence, self-
respect, social skills and problem
solving as they exercise.

Kids Flex Fitness

Thursdays, 7/11-8/1, 4-5 p.m.
Ages: 6-12; Fee: \$20 M
Instructor: Stephanie Neal
Kids will learn functional
movement patterns, strength
training mechanics and
calisthenics to stay safe and
perform their best in sports, on
the playground and in life.



FIND YOUR SUMMER FUN AT THE Y

SUMMER DAY CAMPS

The YMCA is here to support
families and kids this summer. At
YMCA camps, kids will explore
nature, make new discoveries and
build lasting friendships.

**Camps Begin MAY 29!
REGISTER TODAY!**

ELEMENTARY CAMPS

11 Full-Day Camps
Includes Field Trips!
Grades K-4
8 AM-5 PM
FEES BEFORE 5/21:
\$150 M/\$175 NM per week
\$90 M/\$105 NM part-time
FEES AFTER 5/21:
\$170 M/\$195 NM per week
\$100 M/\$115 NM part-time

PRESCHOOL CAMPS

4 Morning Camps
Ages 3-5
9-11 AM Tues/Thurs
FEE: \$30 M/\$60 NM

SCAN
QR CODE
TO VIEW
SUMMER
CAMP GUIDE



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



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



ADULT PROGRAMS

Group Exercise Board Game

7/8-8/2, Ages 13+

Move your game piece around the board by attending group exercise classes and completing challenges. First person to finish receives jackpot. Fee: \$5

Sizzling Summer Monthly Challenges

May, June, July, August, Ages 13+

Follow challenges printed on the calendar for each month. Split the pot drawing each month. Fee: \$2 each month.

May: Namaste in May

June: Jumping Jacks in June

July: Thighs in July

August: August Abs

Bungee Class

Dates and times TBA

Fee: \$40 M/\$60 NM (no scholarships)

Class Maximum: 9 Class Minimum: 5

Personal Training

Motivation and accountability to encourage you to stay on track with your fitness goals. By appointment with Kelsey G'Schwind

ADULT LEAGUES

Men's Church League Softball

7/11-8/22, Thursdays, 6-10 p.m.

Ages 16+

Fee: \$200 per team

Register teams by 6/30

Location: Middle School Fields

Coed Adult Softball

7/9-8/20, Tuesdays, 6-10 p.m.

Ages 16+

Fee: \$200 per team

Register teams by 6/30

Location: Middle School Fields

SOCIAL RESPONSIBILITY

KIDS' CAFE

Free Summer Lunch Program

JUNE 3-AUGUST 2

FREE nutritious meals for kids all summer long!

MON-FRI, 11 AM-NOON

Pick up Sack Lunches at the YMCA or the First

Presbyterian Church, 1103 Sheridan, Holdrege. Kids may pick up

Backpack Blessings on Fridays at both locations.

Red Cross Blood Drives at the Y

Tuesday, May 7; Monday, July 8

Monday, Sept. 9 9 a.m.-2:30 p.m.



2nd ANNUAL SWEDISH DAYS PICKLEBALL TOURNAMENT

Friday, June 14, 8 AM

Doubles Tournament (men, women and mixed) \$40 per team of 2
 Register by 6/2 to receive a T-shirt
 Register at the YMCA

32nd ANNUAL SILVER RUN

2 Mile Walk or Run
 5K Run or 10K Run

Saturday, June 15, 7:30 AM

Early bird pricing \$35 until June 2
 \$40 starting June 3. Must register by June 3 to be guaranteed Y swag
 Register at runsignup.com

Summer Swim Lessons

Sessions are T/TH:

Session 1: 5/2-5/16

Session 2: 5/21-5/30

Swim Lesson Times

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

YMCA Scholarships Available for Memberships and Programs
 Based on Financial Need Thanks to Generous Donors.