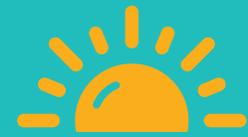




YMCA OF THE PRAIRIE  
ORTHMAN COMMUNITY YMCA



# SUMMER 2024 PROGRAM GUIDE

## YOUTH SPORTS

### 2nd Annual Jared Crick

#### Youth Football Minicamp

8/12, 8/13 & 8/15

Register by 8/5

Grades K-2: 5:30-6:15 p.m.

Grades 3-6: 6:30-7:30 p.m.

Fee: \$20 M/\$30 NM (includes shirt)

Location: YMCA East Grass Field

### Challenger Sports Soccer Camps

7/8-7/12 — Visit [challengersports.com/soccer-camps](http://challengersports.com/soccer-camps) for information.

### Youth Volleyball

Mon., 8/26-10/7 (skip 9/2)

6:30-7:30 p.m.

Register by 8/21; Grades: K-6

Fee: \$40 M/\$60 NM (includes shirt)

Location: YMCA Gym

### Flag Football League

9/3-10/10, Register by 8/25

Tues. practice/Thurs. games

Ages 3-6: 6-6:45 p.m.

Ages 7-Grade 6: 6-7 p.m.

Times subject to change

FEE: \$40 M/\$60 NM (plus \$15 jersey required for practices/games and is not included in the registration fee)

Location: Optimist Complex (1403 W. 13th St.) Volunteers needed.

### Youth Cheerleading

Tues./Thurs., 8/20-9/5, 6-7 p.m.

Register by 8/15; Ages: 3-Grade 6

Fee: \$40 M/\$60 NM (includes shirt)

Location: YMCA East Grass Field

## YOUTH PROGRAMS

### Fun Fridays

Fridays in June, 6/7-6/28

Drop off at 7:30-8 a.m.

Pick up at 11:30 a.m.

Register by Wednesday before (6/5, 6/12, 6/19 and 6/26)

Grade: K-5 (2024-25 school year)

Fee: \$10 M/\$15 NM per week or \$30

M/\$45 NM for all four at once

Location: YMCA

### Lil Beatz

Tuesdays, 7/16-7/30, 10:15-11 a.m.

Register by 7/12; Grade: K-5

Fee: \$20 M/\$30 NM

### Adventure Kidz Fishing Club

Saturdays, 8/17-8/31, 9-10:30 a.m.

Register by 8/14; Grades K-8

Fee: \$30 M/\$40 NM

Location: Plum Creek Park. Meet under the South Pavilion (W. 11th St.)

### Youth Weight Training

Ages 11-14; Fee: \$20 M/\$30 NM

Saturdays, 9-11 a.m.

Session 1 — 6/8, Register by 6/1

Session 2 — 7/13, Register by 7/6

Session 3 — 8/10, Register by 8/3

Optional Private Training: \$30

### YMCA Homeschool P.E.

Tuesdays during the school year,

8-9 a.m. Register anytime

Ages: 6-13; Free for Y members/\$20 per month for non-member families.

Location: YMCA

## SUMMER EVENTS

### \* Family Nerf Wars

Sunday, 6/23, 6-7:30 p.m.

Grades: Kindergarten and older

Register by 6/20

Fee: \$10 per person, must register with someone 14+

Location: YMCA Gym

### \* Family Door Charms With Jamie

Monday, 6/24, 6:30 p.m.

Grades K-8: \$15/Grades 9+: \$30

Register by 6/17 (Grades K-8 must

register with someone 9th grade or older) Location: YMCA Learning Center

### \* YMCA at Dawson County Fair

July 17-20

Dunk tank Wednesday, Thursday and Friday from 7-8 p.m. Bounce houses, blow up golf, other games and activities. FREE Child Care play area from 5:30-9 p.m.

### \* Summer Splash at The Seim's

FREE! Sat., 8/10, 11 a.m.-3 p.m.

Swimming, yard and water games, snow cones, hot dogs and more! Location: 230 E. River Road

### \* YMCA Outdoor Movie Night

FREE! Sat., 8/24

Concessions open 8 p.m. Bounce house from 8-9 p.m. Movie starts at 9 p.m. Location: YMCA East Grass Field

### Save the Date

2025 3RD ANNUAL

## YMCA WINTER CLASSIC YOUTH BASKETBALL TOURNAMENT

Saturday/Sunday, Jan. 4-5

Grades: 3-8 (boys and girls)

Fee: \$150 per team

Location: YMCA

Registration Now Open!

Register by Dec. 1



## FIND YOUR SENSE OF WONDER! SUMMER ADVENTURE CAMP

### CAMP ARROWHEAD • JUNE 9 - 12

Camp location: 75352 Road 431, Lexington

Grades: 2-6 (2024-25 school year) Fee: \$125 per child (no assistance)

Register by May 29 (Must register at YMCA to sign release forms)

Register for programs at the Y or call (308) 324-1970.

Program scholarships available for members based on financial need.



YMCA OF THE PRAIRIE  
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## FIND YOUR FITNESS



### ADULT PROGRAMS

#### \* 2024 Fantasy Football League

All ages! Fee: \$30 (\$20 will be entered into the 'pot')

Register by 8/28

Prize: First place wins 60% of pot, 2nd place wins 30%, 3rd place wins 10%

#### \* Yogurt Instapot Class

Monday, 7/22, 6:30-7:30 p.m.

Register by 7/18 Ages: 14+

Fee: \$10 M/\$20 NM

Location: YMCA Learning Center



### ADULT LEAGUES

#### \* Coed Ultimate Frisbee League

Tuesdays, starting 6/18

Games start at 6:15 p.m.

Register by 6/12 Age: 14+

Fee: \$120 per team/max of 12

Location: Lexington Fieldhouse (1502 N. Airport Road)

Prize: shirts for winning team



### ADULT FITNESS

#### Women & Weights

Sundays, 7/14-8/4  
6-7:30 p.m.

Register by 7/10

Ages: 11+ (Ages 11-14 must have completed youth weight training)

Fee: \$40 M/\$60 NM

Location: YMCA

#### Boot Camp Melanie

M & W, 6:15-7 p.m.

Ages: 11+ (Ages 11-14 must have completed youth weight training)

Pay by the month. Join anytime

Fee: \$15 M/\$20 NM once a week

\$30 M/\$40 NM twice a week

Location: YMCA

### TRX Strength

Tues & Thurs, 6:30-7:15 a.m.

Ages: 11+ (Ages 11-14 must have completed youth weight training)

Pay by month/join anytime

Fee: \$15 M/\$20 NM once a week

\$30 M/\$40 NM twice a week

Location: YMCA

#### \* Daily Summer Challenge

6/1-7/31 — Register at any time

Ages: 11+ (Ages 11-14 must have completed youth weight training)

Complete a minimum of 30 days to receive a jump rope.

Fee: \$20 Members Only

#### \* Jump Rope Challenge

8/1-8/31

Ages: 11+ (Ages 11-14 must have completed youth weight training)

Prize for all finishers: \$10 Lexington Chamber Bucks

Fee: \$20 Members Only

#### \* Husker Challenge

8/31-11/29 — Register by 8/31

Ages: 11+ (Ages 11-14 must have completed youth weight training)

Fee: \$30 Members Only

Prize: Long-sleeve t-shirt



### SENIOR SOCIAL

#### \*Murder Mystery Lunch

FREE! Tuesday, 8/6, 11:30 a.m.-1 p.m.

Register by 8/1 Age: 55+

Location: YMCA Learning Center

#### \*2nd Annual Adult Expo

Thursday, 7/11, 11 a.m.-1 p.m.

FREE! Lunch served on a first-come, first-served basis

Location: Lexington Middle School Cafeteria (enter through main Middle School doors).

## SUMMER EVENTS

### \*Food Truck Fridays

JUNE 7 — Dani's Cakes & Antojitos Letty; birria tacos and Mexican desserts, 11:30 a.m.-1:30 p.m.

JUNE 14 — Navarrete Tacos; tacos, burritos, nachos and tortas, 11:30 a.m.-1:30 p.m.

JUNE 21 — El Sazon Taquizas; tacos, burritos, nachos and tortas, 11:30 a.m.-1:30 p.m.

JUNE 28 — Fluid-Power Fusions; healthy energy drinks and protein shakes, 8 a.m.-Noon

JULY 12 — Drink Eazy; milk tea, coffee, steamers and refreshers, 8 a.m.-Noon

### \*Human Foosball Tournament

Saturday, June 1 — Register by 5/26

Ages: 14+/team of 6

Check-in at 10 a.m./play starts at 10:30 a.m.

Fee: \$45 per team of 6

Location: Mac's Creek Winery & Brewery (43315 County Road 757)

### \*3 V 3 Summer Slam Adult Basketball Tournament

Saturday, July 27 — Register by 7/14

Ages: 14+

Check-in at 8:30 a.m./first games at 9 a.m. Fee: \$100 per team of 5

(includes tournament t-shirts)

Location: YMCA

## SAVE THE DATES

9/11 Tribute 5K — Sept. 7

Transportation Celebration — Sept. 28

Holiday Craft & Vendor Show — Nov. 9

Turkey Trot — Nov. 16