



SUMMER IS FOR KIDS
SUMMER IS FOR FUN
SUMMER IS FOR SPORTS
SUMMER IS FOR FIELD TRIPS
SUMMER IS FOR SWIMMING
SUMMER IS AT THE **Y**



2016 SUMMER CAMPS & SPORTS

DON SJOGREN COMMUNITY YMCA
1415 Broadway • Holdrege • Nebraska • (308) 995-4050

BEST SUMMMER EVER!

We're here to inspire kids to work together and play together, creating friendships that can last a lifetime. We are here to surround your kids with fantastic chances to try new experiences. We want to show them all they can do when they believe in themselves. And, we're here to make kids feel welcome, to feel comfortable being themselves and know they're part of something great!

WEEK 1: MAY 31-JUNE 3

OOEY GOOEY

Kids will experience hands-on science in this wacky week of adventure featuring cool and crazy chemical reactions. Kids will use chemicals to make slippery slime and watch colors separate before their eyes and will discover how to make volcanoes erupt, what oobleck is, how to make gak and more! Add in messy games and activities for a slimy, grimy, goopy and magical experience.

WEEK 2: JUNE 6-10

GAME ON

Kids will be moving this week with backyard and gym games, obstacle courses and health and wellness activities. We'll have so much fun moving!

Golf Camp Bonus:

Golf builds character, leadership skills and self-esteem. Included in this camp, children entering grades 3-5 will have the opportunity to participate in the Intro to Golf program at the Holdrege Country Club each day from 9-11:30 a.m. They will learn golf fundamentals and rules. Clubs provided.

WEEK 3: JUNE 13-17

THE GREAT OUTDOORS

Campers will learn about the great outdoors during this week of learning and fun. Nebraska Cooperative Extension staff will teach kids about frog calls and animals. Kids can test their aim with archery and enjoy other outdoor adventures.

WEEK 4: JUNE 20-24

PAY IT FORWARD

Has anybody ever done something nice for you? Pay it forward! This week, campers will have the opportunity to give back to the community by participating in a community service project.



WEEK 5: JUNE 27-JULY 1

CRANE RIVER DRAMA

We are partnering with the Crane River Theater Group of Kearney for this camp that gives children the opportunity to have fun through imagination and play. The final day of classes will feature a performance for families and friends. Outside of the Crane River experiences, campers will participate in day camp activities.

SEUSS! Grades K-2

A fantastical, magical, extravaganza awaits as we dive into the world of Dr. Seuss. This workshop brings together all of the favorite Dr. Seuss characters into a mixture of scenes and songs from the hit musical.

Crane River Theater Workshop: 9:30-11:30 a.m.

ADVENTURES IN THEATER: Grades 3-5

Kids will take on roles like Shrek, Charlie Brown, and the Cat in the Hat and perform scenes and songs from popular Crane River Theater productions to give them a sense of what it's like to be on the big stage.

Crane River Theater Workshop: 12:30-2:30 p.m.

FULL DAY CAMPS

WEEK 6: JULY 5-8 STARS AND STRIPES

Y Day Camp wants YOU! Enlist your camper in this patriotic week of celebrating what makes America great. This week, we will venture to the local park for a picnic and everyone's favorite outdoor summer games.

WEEK 7: JULY 11-15 SOAKED

There's no better way to spend a hot summer day than in the water. Wet N' Wild fun including water games, swimming, slip-n-slides, water balloons, and everything wet! A field trip to Hastings Family Aquatic Center is planned this week.

WEEK 8: JULY 18-22 CLUB HOLLYWOOD

Campers will enjoy spirited competition in this week that features games from television, such as Minute to Win It, Fear Factor, Name that Tune and Survivor food eating challenges, tribal flag crafts and games. Campers will dress counselors for an America's Next Top Model competition.

WEEK 9: JULY 25-29 COLOR WARS

Kids can explore the colors of the world this week! Camp fun includes rainbow eruptions, a painted slip n slide, colorful sidewalk chalk and going on a color hunt.



WEEK 10: AUGUST 1-5 IMAGINARIUM

Imagination is an important part of childhood. This week, kids will put their imaginations to use building rafts, Lego creations and treasures from recyclables.

WEEK 11: AUGUST 8-12 GO FOR THE GOLD

Let's celebrate 2016 Summer Olympics! Catch the Olympic spirit when your camper goes for the gold during the Y Games. Campers will compete in a combination of traditional sports and wacky Y games. Everyone goes home a winner when they accomplish goals and learn new skills.



Summer Camp Details

Register by May 20 for Best Rates!

Fee: \$75 per week members/\$90 per week non-members if registered by May 20. \$10 more after May 20.

Camp Times: 8 a.m.-5 p.m.

Age: Children entering grades K-5

Camp financial assistance available.

WHAT TO BRING:

Campers should bring a backpack to keep track of their belongings, a sack lunch, water bottle, swimsuit and towel, bug repellent, tennis shoes and sunscreen each day.

KEEPING MINDS ENGAGED

YMCA summer camps get kids' brain waves working again to help prevent summer learning loss. These half-day camps provide the perfect opportunity for kids to learn something new.

JUNE 6-10 LEGOMANIA

We love Legos! Campers will spend at least three hours a day building towers, mazes, bridges and testing their minds and imaginations with each new adventure. There will also be free-play time each day.

JUNE 20-24 LET'S BUILD IT

What can't we build with? Use Legos, blocks, sticks and stones, newspaper, cardboard, and whatever else we might find. We'll even take things apart just to rebuild them, or use the parts to build something new!

JUNE 27-JULY 1 CRANE RIVER DRAMA

SEUSS! Grades K-2

A fantastical, magical, extravaganza awaits you as we dive into the world of Dr. Seuss. This workshop lovingly brings together all of your favorite Dr. Seuss characters into a mixture of scenes and songs from the hit musical.

Time: 9:30-11:30 a.m.

ADVENTURES IN THEATER: Grades 3-5

Become a part of the Crane River family by taking on the roles like Shrek, Charlie Brown, and the Cat in the Hat. Participants will perform scenes and songs from popular Crane River Theater productions to give them a sense of what it's like to be on the big stage.

Time: 12:30-2:30 p.m.

JULY 5-8 DELICIOUS DELIGHTS

Campers really get cooking in this introduction to the culinary arts where they learn to create fun things that you to eat! Incorporating cleanliness, nutrition, cooking terms, measuring, helping, creating, sharing and EATING, this camp allows children to become true chefs. From chopping up to cleaning up, it's all food for thought. Please send campers in appropriate clothing or an apron that allows for freedom of expression.



JULY 18-22 JEDI KNIGHT CAMP

Travel with us to a galaxy far, far away to learn the ways of the Jedi Knights! Build your own Light saber, fight the empire and learn about the force.

AUGUST 1-5 ARTRAGEOUS

Kids will get creative and messy and have fun expressing themselves through art in this camp. They will explore and experiment with a variety of art mediums and activities and will create their own masterpieces.



HALF-DAY CAMP DETAILS

Time: 1-4 p.m. (Except Crane River)

Grade: Children entering K-5

Class Limit: 30

Fee: \$20 members/\$40 non-members

PRESCHOOL CAMPS

JUNE 14-16 LET IT SNOW

Little ones will experience the wonder of winter in the middle of summer in this camp. We will even make snow!

JUNE 28-30 IT'S A JUNGLE OUT THERE

Children will learn about animals during this camp that will include jungle-themed games and crafts.

JULY 12-14 OCEAN COMMOTION

Dive into ocean discovery! Explore water, sea creatures, sand and more through crafts, games and science activities!

JULY 26-28 UNDER THE BIG TOP

Come one, come all to the greatest camp on earth! Kids will learn about circus animals and enjoy circus arts and crafts.



PRESCHOOL CAMP

Socializing, sharing and learning are important life skills that will be taught in Y Preschool Camps.

Time: 9-11:30 a.m.
Age: 3-4
Class limit: 24
Fee: \$20 members
\$40 non-members



AUGUST 9-11 OLYMPICS

Catch the Olympic spirit when your camper goes for the gold during the Y Games. Kids will be inspired with Olympics crafts and games.

MIDDLE SCHOOL CAMPS



MAY 25, 26, 27 & 31 AND JUNE 1 & 2 ENTREPRENEURSHIP CAMP

Teens and pre-teens can gain a sense of independence and confidence when they learn how to start earning their own money this summer in the Entrepreneurship Camp. Lessons taught will include developing a product or service, philanthropy, marketing and customer service. Young entrepreneurs will have a chance to sell products at a Thursday evening Farmer's Market.

Time: 9 a.m.-Noon
Ages: 10-14
Fee: \$35 YMCA or 4-H members /\$60 non-members

JUNE 6-8 LEADERS IN TRAINING

This camp provides teens with a chance to discover leadership potential and make a difference in their community at the same time. Besides learning a good work-ethic and teamwork skills, this camp will include volunteer opportunities and the option to serve as a Y junior summer camp counselor.

Time: 9:30 a.m.-Noon
Grades: Entering grades 6-8.
Fee: \$10 for YMCA or 4-H members/ \$20 non-members.



APRIL 9 & 10 LIFEGUARDING CLASS

This course is offered to certify and train professional lifeguards and includes training in CPR/AED for the Professional Rescuer, first aid and water rescue skills. Participants must be 15 years or older by April 18. Participants must pass a swimming competency test.

Time: 8 a.m.–8 p.m.
Ages: 15 and older.
Fee: \$150 members/\$200 non-members.

Lifeguard Recertification: April 30, 9 a.m.–5 p.m.
Fee: \$70 members/\$80 non-members.

CPR/AED Certification: May 21, 9 a.m.– 5 p.m.
Fee: \$40 members/\$50 non-members.

NEW PROGRAM! WEEK OF MAY 23 SAFETY AROUND WATER

The Y's Safety Around Water program teaches children of all ages and from all backgrounds that water should be fun, not feared, as long as you know how to stay safe in and around water.

- We teach fundamental water safety skills that include the concepts of reach, throw, don't go; CPR and what to look for in a safe place to swim.
- Kids learn what to do if they find themselves in the water unexpectedly:
 - Jump/Push/Turn/Grab: teaches a child to push off the bottom of the pool as they are submerging to get back up to the surface while turning to grab the side of the pool.
 - Swim/Float/Swim: teaches children to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

MAY 13 FLICK AND FLOAT

Celebrate the last full week of school at the YMCA Flick and Float party! Bring friends and float in the pool and enjoy the movie "Finding Nemo."

Event is open to families and kids of all ages.

Fee: Free for members.

SUMMER SWIM LESSONS

Y swimming lessons are offered year round at the Don Sjogren branch in Holdrege. Swim lessons help your child be safe around water and learn to swim. Classes begin with Water Babies for ages 6 months to 3 years, and then advance to the preschool and elementary lessons. Private lessons are also offered for children and adults. Water Babies class fee: \$12 members/\$21 non-members. Regular group-lesson fee: \$24 members/\$42 non-members.

SUMMER SESSION 1: JUNE 6–30 (Register by May 30)

SUMMER SESSION 2: JULY 11–AUGUST 4 (Register by July 5)

Class	Option #1	Option #2
Water Babies	W 9–9:30 a.m.	M 5–5:30 p.m.
Pike	M/W 9–9:30 a.m.	M/W or T/TH 4–4:30 p.m.
Eel	T/TH 9–9:30 a.m.	M/W or T/TH 4:30–5 p.m.
Ray	T/TH 9:30–10 a.m.	M/W 5–5:30 p.m.
Polliwogs	M/W 9:30–10 a.m.	M/W or T/TH 4–4:30 p.m.
Guppies	M/W 10–10:30 a.m.	M/W or T/TH 4:30–5 p.m.
Minnows	T/TH 10–10:30 a.m.	M/W 5–5:30 p.m.
Fish & Flying Fish	T/TH 10–10:30 a.m.	M/W 5:30–6 p.m.

It's not whether you win or lose, it's how you play the game. At the Y, kids develop all of their skills, from catching and running to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active - and that virtual games just can't compare to the real thing.

MAY-JUNE

YOUTH BASEBALL/SOFTBALL

Grab a glove and get active in one of the YMCA/Prairie Sports Association summer baseball or softball leagues. Register at the Y or complete the registration form included in this guide.

Registration deadlines:

April 4 for grades 1-8 baseball and ages 8-16 softball.

May 9 for recreational t-ball/coach pitch, PreK-K (ages 4-6).

Jack Waller Memorial Baseball Tournament:

June 10-11, for grades 3-8 competitive baseball teams.

MAY 6-JUNE 18

YOUTH RUNNING CLUB

Safe running tips and techniques to improve running will be taught in this new youth running club. Plus, it's a great chance for kids to get in shape with other kids and discover their potential by setting goals and competing in the YMCA Silver Run on June 18.

This is non-competitive club that will meet twice a week and teach youth valuable running skills that will help them to become stronger, injury free, physically healthy and most importantly enjoy the sport of running!

During the program, local runners will be invited to talk to runners about their running experiences. Lace up those running shoes, grab a friend and join us!

Days: Wednesdays and Fridays 10-11 a.m.

Ages Divisions: 8-10 yrs. and 11+

Register by May 2

Fees: \$20 members/\$30 non-members (includes dry-fit shirt.)

Note: Registration for youth running club does not include the Silver Run fee. However, runners will receive a discount on the Silver Run registration fee. We encourage parents and guardians to participate in the local race with the kids.

JUNE 3-JULY 8

YOUTH TENNIS

Youth tennis helps kids develop hand-eye coordination and gives them an opportunity to learn the lifelong sport of tennis.

Location: North Park Tennis Courts

Games and practices: Wednesdays and Fridays, 9-10 a.m.

Grades: 1-8 (Based on 2015-2016 school year)

Register by May 23

Fees: \$20 members, \$35 non-members.

(Shirt included with fee). Late fee: \$10

JUNE 6-10

INTRODUCTION TO GOLF

Golf reinforces life and leadership skills, builds character and self-esteem and encourages healthy choices. Children will learn golf fundamentals and basic skills in this program at the Holdrege Country Club.

Time: 9-11:30 a.m.

Age: Grades 3-5

Fee: \$10 YMCA or Country Club members/\$15 non-members.

FRIDAYS IN JULY

JUST 4 FUN SPORTS

Get kids off the couch this summer with this casual free program. Kids of all ages will enjoy games such as capture the flag, kickball, dodge ball, rugby and more. Free healthy snacks will be provided.

No fee or registration required. Bring a friend!

Time: Fridays in July, 10-11a.m.

Location: South Park.





DON SJOGREN COMMUNITY YMCA
PO Box 618
Holdrege, NE 68949

Current Resident Or

INSIDE: 2016 SUMMER CAMPS AND SPORTS DETAILS! REGISTER BY MAY 20 FOR BEST RATES!

FREE SUMMER MEALS!

Kids of all ages are invited to the summer Kids' Cafe, where they can socialize with friends, eat a FREE nutritious meal and enjoy crafts and games. This program gives parents peace of mind that while they are working, their children can have a nutritious meal and enjoy social interaction during the lunch hour. Meals are followed by indoor or outdoor games until 1 p.m. Children are encouraged to bring friends.

Time: Noon-1 p.m.

Location: First Presbyterian Church
1103 Sheridan, Holdrege

Dates: TBA



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