



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN FOR A BETTER YOU

STAY FOR A BETTER US



YMCA OF THE PRAIRIE • 2016 Summer Programs

DON SJOGREN COMMUNITY YMCA, 1415 Broadway • Holdrege • Nebraska • (308) 995-4050
ORTHMAN COMMUNITY YMCA, 1207 N. Grant • Lexington • Nebraska • (308) 324-1970

WELCOME TO A BETTER YOU

When you're part of the YMCA, you're a member of a community that's committed every day to helping you and your family through programs focused on:

Youth Development

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development— all grounded in the Y's core values of caring, honesty, respect and responsibility.

Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

Social Responsibility

With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve.

Membership for All

We believe everyone deserves a Y, so the YMCA of the Prairie offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about financial assistance. It's easy to apply.

Holdrege Hours of Operation

Monday-Thursday, 5 a.m.-10 p.m.
Friday, 5 a.m.-8 p.m.
Saturday, 7 a.m.-5 p.m.
Sunday, 1-8 p.m. (1-6 p.m. starting in May)

Lexington Hours of Operation

Monday-Thursday, 5 a.m.-10 p.m.
Friday, 5 a.m.-9 p.m.
Saturday, 7 a.m.-8 p.m.
Sunday, 1-6 p.m.

Holdrege Pool Hours

Monday-Thursday, 5:30-11 a.m. & 4:15-8 p.m.
Friday, 5:30-11 a.m. & 2-7:30 p.m.
Pool may be open extended hours for summer.
Saturday, 8 a.m.-4:30 p.m.
Sunday, 1-5:30 p.m.

Child Watch

At the Y, we know that it's important for your child to have fun and learn while you are re-charging. That's why we offer free Child Watch services. Child Watch is supervised play years while parents exercise at the Y. Parents or guardians must remain in the building.

Holdrege Child Watch Hours:

Monday-Friday, 8:30-11:30 a.m.
Monday-Thursday, 4:30-8 p.m.
Saturday, 9-11 a.m. through April
For children six weeks to 7 years.
Time limit: 1 hour, 45 minutes.

Lexington Child Watch Hours:

Monday-Friday, 8-10:30 a.m.
Monday-Thurs., 4-8 p.m. and Fridays, 5-7 p.m.
Saturday, 9-11 a.m.
For children 6 weeks to 6 years.
Time limit: 1 hour, 30 minutes.

ONGOING PROGRAMS



Adult Healthy Living

Personal Training (Holdrege and Lexington)

Personal training is all about finding your strength within. We are here to bring that strength out. Our personal training staff partners with you to help launch and sustain a smart exercise program. It's not about the big gains, it's about developing better habits over time. We'll make sure you go home with a sense of accomplishment after every session. Visit www.ymcaoftheprairie.org or stop in to learn about training options.

Group Exercise (Holdrege and Lexington)

Getting involved in a group exercise class improves your chances for developing a sustainable fitness routine. From ab workouts to Zumba, the Y offers a variety of group exercise classes at many times during the morning, afternoon and evening. Group exercise classes are included in your membership. You may pick up a copy of the current schedule at your local Y or view it online at www.ymcaoftheprairie.org.

Youth Development

Youth Sports Athletic Training (Holdrege):

Boys and girls ages 13-15 can improve their sports performance by focusing on coordination, power, agility, speed, and mobility exercises with one-on-one sessions with instructor Adam Hohfeld. Must purchase four sessions at a time. Fee: \$80 (\$20 each) for one-one-one sessions; \$60 (\$15 each) for semi-private (two participants).

Youth Weight Orientations (Holdrege):

Youth ages 11-15 will learn the basics of weight-lifting, exercise etiquette, cardiovascular fitness and the benefits of exercise. This class is now offered by private appointment for one or two children at a time. Classes last approximately two hours. Fee: \$15 individual session/\$12 semi-private session.



One-On-One Basketball Skills (Lexington): Youth can polish their basketball skills with one-on-one or small group training from Southern Utah University Basketball player Hailey Mandelko. Prices and packages available at the Y front desk.

Leap & Learn (Holdrege): M-W-F, 9:15-10:50 a.m. Leap and Learn is a fun-filled time for children ages 3-5. The class encourages imagination, creativity, socialization and physical activities. The activities may include counting, alphabet, story time, circle time to share thoughts, coloring, crafts and gym games. Ages: 3-5 and confidently potty trained. Free Member Program.

MAY PROGRAMS

Adult Healthy Living

Boot Camp (Holdrege): May 9–June 17. Register starting April 18. Participants in Y boot camp will experience motivating high-energy workouts developed by personal trainers and experienced boot campers that demand and guarantee results. One of the best things about boot camp is the support and motivation the group setting adds to the program. With a limited ratio of members to instructors, participants will receive individual motivation from boot camp coaches. Ages 16 and older. Morning classes are M–W–F or T–Th, 5:30–6:30 a.m. Evening classes are T–Th, 5:45–6:30 p.m. Morning fee: M–W–F, \$58.50 for members and \$108 non-members; T–Th, \$39 for members/\$72 non-members. Evening fee: \$36 members and \$69 non-members.

Evening Boot Camp with Hailey (Lexington) Tuesdays and Thursdays, May 24–July 14, 6–7 p.m. Add some intensity to your workouts with evening boot camp. Boot camp will challenge the beginning exerciser as well as the avid exerciser. Register by March 15. Fee: \$35 members/\$50 non-members. Late fee: \$10.

REGISTER ONLINE AT
www.ymcaoftheprairie.org

Dancing with the Director (Lexington)

Mondays, May 2–23, 8–8:45 p.m. Join Executive Branch Director Riley Gruntorad as he teaches participants some of his favorite line dances. Register by April 29. Fee: \$20 members/\$25 non-members. Late fee: \$10.

Bicycling With Paul (Lexington)

One Saturday each month during the summer. Dates and times TBA. Join cycling instructor Paul Pack on an outdoor two-hour ride. Riders need to provide their own bike, water, sunscreen and sunglasses. Fee: \$10. Register by May 1. Minimum of 8 riders per session.

Fit-n-Pampered (Lexington)

May 23–July 16. Let us help you stay motivated to stay fit and healthy this summer with this challenge. The goal is to attend 24 classes in eight weeks. If you do, your name will be entered into a drawing for an awesome prize. Fee: \$5



Adult Sports

New Program! Knockerball (Holdrege)

The Y is offering kids and adults the chance to learn and play a new sport this summer – Knockerball, also known as bubble soccer. Watch for more details coming soon. Try out Knockerball this summer and let us know what you think!

Ages: Grades 6 to Adult

Fee: TBD

GIVING YOU REAL FACE TIME THIS SUMMER

Youth Enrichment & Fun

Youth Running Club (Holdrege): May 6–June 18, Wednesdays and Fridays, 10–11 a.m. 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. Local runners will be invited to talk to runners about their running experiences. Age Divisions: 8–10 years and 11 and older. Register by May 2, Fee: \$20 members/\$30 non-members (includes dry-fit shirt.) Does not include Silver Run fee.

Nerf Wars (Lexington): Thursday, May 12, 5–6:30 p.m. Kids will be aiming for fun and exercise at Nerf Wars at the Orthman Y. Bring your Nerf guns, and we will supply the darts. Snack included. For kids in grades K–6. Register by May 9. Fee: \$8 members/\$16 non-members.

Youth Weight Training (Lexington): Saturday, May 14, 10 a.m.–Noon. Participants between ages 11–14 may exercise on their own at the Y after completing this class. Register by May 1. Fee: \$15 members/\$30 non-members. Class limit: 6.

Nerf Wars (Holdrege): Saturday, May 21, 7–8:30 p.m. Nerf Wars at the Y is more than a battle with foam darts. This program helps kids develop teamwork, problem solving and sportsmanship. Bring your Nerf guns, and we will supply the darts and the engineering help. Nerf guns must be unaltered and compatible with foam bullets. Ages: 7–13. Class limit: 30. Fee: \$8 members/\$16 non-members.

Youth Baseball, Softball (Lexington): May 23–June 29. Kids will develop skills like hand-eye coordination and character values in Youth T-Ball/Coach Pitch (Ages 5–6 boys and girls divisions), Blast Ball (Ages 3–4, coed), Girls Coach-Pitch Softball (Ages 7–8) and Boys Coach Pitch Baseball (Ages 7–8). Days: Monday and Wednesday evenings. Time: TBA. Fee: \$20 members/\$28 non-members. Register by May 2. Late fee: \$20.



Family Time

Muffins With Mommy (Lexington)

Saturday, May 7, 8:30–9:30 a.m. It's mom's turn for a special event with her son (s) at the Y! Moms and boys can spend quality time together over breakfast muffins and then enjoy activities and fun. For boys ages 4 years to Grade 8 and their moms. Register by May 2. Fee: \$10 one child. Additional children \$5 each.

Mom & Son Fishing Fun (Holdrege)

Saturday, May 7, 9–10:30 a.m. Boys, take your mom, grandma, aunt or best gal out to North Park for a morning of fishing. The Y will provide all the fishing equipment needed. Don't worry if you have never baited a hook, a little special help will be provided. You can look forward to an unforgettable day! Register by May 7. Fee: \$5 members/\$2.50 each additional boy.

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JUNE PROGRAMS

Races & Challenges

Silver Run – June 18 (Holdrege)

Walk or run in the 24th Annual Silver Run that encourages people of all levels to get active. Races include sanctioned 2-mile, 5K or 10K runs and a 2 mile walk. All races start and finish at the North Park. Chip timing will be used. Medals and trophies will be awarded in age divisions, men's and women's events. Register by June 6 to guarantee a T-shirt and to avoid a late fee. Fee: \$25

Summer Sizzle (Holdrege):

June 1–August 31. If you are tempted take a vacation from your exercise routine this summer, let us help you with a little motivation with the Summer Sizzle challenge. The goal is to exercise at the Y at least 15 times per month in June, July and August. Monthly prizes will be awarded as well as a \$500 cash prize for one lucky person who completes the challenge. Fee: \$8 members only. Everyone who completes the challenge will earn a T-shirt.

Race to Olympics (Lexington):

June 5–August 5. This minutes challenge will take participants from the Orthman Community YMCA ALL the way down to the 2016 Summer Olympics in Brazil. Check in at checkpoints along the way. Those who make it to the Olympics by the end of the challenge will receive a prize. Fee: \$5.

Adult Healthy Living

Boot Camp, (Lexington)

June 6–July 29, 5:30–6:15 a.m. Join instructor Beth Roberts for high intensity workouts and support and encouragement to help you reach your fitness goals. M–W–F. Register by June 1. Fee: \$50 members/\$75 non-members. Late fee: \$10.

Boot Camp for the Rest of Us (Lexington)

Mondays and Wednesdays, June 6–July 14, 6–6:45 p.m. Join Melanie for this Boot Camp that still provides the same support and encouragement as regular boot camp but with a little less intensity and more modifications. June 6–July 14. Register by June 1. Fee: \$35 members/\$45 non-members. Late fee \$10.

Hip Hop Dance Class (Lexington)

Mondays, June 6–July 11, 8–9 p.m. Learn fun new hip-hop dance steps in six weeks. You'll have so much fun, you won't know you are exercising. Register by June 1. Fee: \$15 members/\$20 non-members. Late fee: \$10.

Simply Healthy Cooking BBQ With Melanie (Lexington):

Tuesday, June 21, 6:30–8 p.m. Join Melanie Schubert as she cooks up a healthy summer BBQ. Limit 6–12. Fee: \$7 members/\$9 non-members. Register by June 15. Late fee: \$3.

Adult Sports

Coed & Men's Sand Volleyball (Lexington):

Tuesdays, June 7–July 26, 5:30–9 p.m. Enjoy some competition with your exercise in this summer sand volleyball league. Teams of eight will compete in this Coed or Men's Sand Volleyball League Age: 16+. Register by May 15. Fee: \$100 per team of 10. Late Fee: \$20. Location: Plum Creek Park.

Dodge Ball Tournament (Lexington):

Saturday, June 18, 9 a.m. This competition will bring out the kid in you again! Gather your friends and form a team of 8 for this tournament at the Orthman Y. Age: 16 and older. Register by June 1. Fee: \$80 team of 8. A minimum of 8 teams required. Teams will compete for a cash prize.

DISCOVER MORE FUN

Social Responsibility

Kids Cafe (Holdrege):

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



Youth Sports & Movement

Youth Tennis (Holdrege):



June 3-July 8, Wed. and Fri., 9-10 a.m. 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. 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.

Introduction to Golf (Holdrege): June 6-10, 9-11:30 a.m. Golf 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. For kids entering grades 3-5. Fee: \$10 YMCA or Country Club members/\$15 non-members.

Youth Weight Training (Lexington):

Saturday, June 11, 1-3 p.m. Participants between ages 11-14 may exercise on their own at the Y after completing this class. Register by March 1. Fee: \$15 members/\$30 non-members. Class limit: 6.

Youth Enrichment & Fun

Nerf Wars (Holdrege)

Saturday, June 18, 7-8:30 p.m. Nerf Wars at the Y is more than a battle with foam darts. This program helps kids develop teamwork, problem solving and sportsmanship. Bring your Nerf guns, and we will supply the darts and the engineering help. Nerf guns must be unaltered and compatible with foam bullets. Ages: 7-13. Class limit: 30. Fee: \$8 members/\$16 non-members.

Leaders in Training (Holdrege): June 6-8. Discover Leadership potential and make a difference in your community. Besides learning a good work-ethic and teamwork skills, class includes volunteer opportunities and the option to serve as a Y junior summer camp counselor. Fee: \$10 for YMCA or 4-H members/\$20 non-members.

For information on full and half-day summer camps and preschool summer programs in Holdrege, visit www.ymcaoftheprairie.org.

JULY PROGRAMS

TRAIN EXECUTE SUCCEED

Camp Arrowhead Mini Sprint Triathlon (Lexington):

July 30 at Camp Arrowhead. If you've been considering competing in a triathlon, this is the perfect opportunity to start. Discover your potential in this mini sprint triathlon that challenges participants to swim 1/4 mile, bike 6.2 miles and finish with a half-mile run.



Adult Sports Leagues

Adult 3 vs. 3 Basketball Tournament (Lexington):

July 23, 9 a.m. Get back in the game this summer by warming up for this one-day indoor tournament.

Cash prizes awarded. Ages 16 and older. Register by July 18. Fee: \$80 team of 6. Late fee: \$20. Minimum of 8 teams required. Location: Orthman Community YMCA Gymnasium.



Men's and Coed Softball Church Leagues (Holdrege):

Get out and enjoy the summer nights and stay connected with your friends in the Men's and Co-ed Church Softball league organized by the YMCA. League will start in early July. Days TBD. Fee: \$200 per team. Ages: 16 and older. Contact Alex Mahundi at the Y or Brad Hartzog for more information.

Adult Healthy Living

Boot Camp (Holdrege): July 5–August 12.

Register starting June 14. Participants in Y boot camp will experience motivating high-energy workouts developed by personal trainers and experienced boot campers that demand and guarantee results. One of the best things about boot camp is the support and motivation the group setting adds to the program. With a limited ratio of members to instructors, participants will receive individual motivation from boot camp coaches. Ages 16 and older. Morning classes are M-W-F or T-Th, 5:30–6:30 a.m. Evening classes are T-Th, 5:45–6:30 p.m. Morning fee: M-W-F, \$58.50 for members and \$108 non-members; T-Th, \$39 for members/\$72 non-members. Evening fee: \$36 members and \$69 non-members.

Posture Perfected (Lexington):

Wednesdays, July 6–27, 7–7:30 a.m. Join Melanie for this 4-week, 30 minute class that will address issues of posture and how to correct them. Fee: \$20 members/\$25 non-members.

HOPPING THE SUMMER LEARNING GAP

Youth Enrichment & Fun

Summer Camp at the Y (Lexington):

Tuesdays and Thursdays, July 5–28. Kids will get their brains and bodies working again this summer with the July summer camp. Tuesdays will be spent having fun with activities and exercise at the Y. Thursdays will be field trip days! Grades: K-5. Times: 1–4 p.m. Register by June 27. Fee: \$40/week OR \$160/all 4 weeks. Late Fee: \$10.

Summer Camp at the Y (Holdrege):

Stars and Stripes, Club Hollywood, Soaked and Colors Wars full-day elementary summer day camps are planned for July at the Don Sjogren Community YMCA. Camps are 8 a.m.–5 p.m. and include field trips. See the summer camp guide online at www.ymcaoftheprairie.org for more details.

Just 4 Fun Sports (Holdrege)

Fridays in July, 10–11 a.m. 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. Location: South Park.

Nerf Wars (Holdrege):

Saturday, July 16, 7–8:30 p.m.

Nerf Wars at the Y is more than a battle with foam darts. This program helps kids develop teamwork, problem solving and sportsmanship. Bring your Nerf guns, and we will supply the darts and the engineering help. Ages: 7–13. Class limit: 30. Fee: \$8 members/\$16 non-members.

Nerf Wars (Lexington):

Thursday, July 14, 5–6:30 p.m.

Kids will be aiming for fun and exercise at Nerf Wars at the Orthman Y. Bring your Nerf guns, and we will supply the darts. Snack included. For kids in grades K-6. Register by July 11. Fee: \$8 members/\$16 non-members.

Youth Weight Training (Lexington): Saturday, July 9, 10 a.m.–Noon. Participants between the ages 11–14 may exercise on their own at the Y after completing this class. Register by July 1. Fee: \$15 members/\$30 non-members. Class limit: 6.



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AUGUST PROGRAMS

Youth Healthy Living

Youth Weight Training (Lexington): Saturday, August 13, 1-3 p.m. Participants between ages 11-14 may exercise on their own at the Y after completing this class. Register by August 1. Fee: \$15 members/\$30 non-members. Class limit: 6.

Youth Enrichment & Fun

Summer Camp at the Y (Holdrege):

Imaginarium and Go For the Gold full-day elementary summer day camps are planned for August at the Don Sjogren Community YMCA. Also, kids will enjoy a last blast of summer with the Artrageous Half-Day Camp and the Olympics Preschool Camp in August. See the summer camp guide online at www.ymcaoftheprairie.org for more details.

Nerf Wars (Holdrege): Saturday, August 20, 7-8:30 p.m. Nerf Wars at the Y is more than a battle with foam darts. This program helps kids develop teamwork, problem solving and sportsmanship. Bring your Nerf guns, and we will supply the darts and the engineering help. Nerf guns must be unaltered and compatible with foam bullets. Ages: 7-13. Class limit: 30. Fee: \$8 members/\$16 non-members.

After-School Program (Holdrege): At the Y, we believe that all children deserve a safe place to go after school to explore the arts, engage in physical activity, get help with homework and learn the importance of giving back to their community. After School Care is after school until 6 p.m. Grades K-4.



GAIN CONFIDENCE IN THE WEIGHT ROOM

Women & Weights (Holdrege):

Sundays in August, 6:30 p.m.

Weight lifting is an important part of every women's fitness plan to maintain strength and bone density, but sometimes it can feel intimidating with all those weights and machines. Join this after-hours class for women only to learn weight lifting techniques and tips to gain confidence in the weight room. This class will be instructed by a YMCA personal trainer.

Fee: \$32 members
\$50 non-members

AQUATICS

Safety Around Water (Holdrege)

Week of May 23. 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.

Swim Lessons (Holdrege)

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. For more information about swimming lesson times and dates, please visit the web site at www.ymcaoftheprairie.org or stop into the Y to pick up a schedule. Water Babies is offered on Tuesdays from 7-7:30 p.m., and other classes are offered twice a week at various times. Water Babies class fee: \$12 members/ \$21 non-members. Regular group-lesson fee: \$24 members/\$42 non-members.

2016 Summer Swim Lesson Sessions: June 6-30 and July 11-Aug. 4. Register at least one week prior to start date or earlier as lessons fill up quickly. Class sizes are limited.



Flick and Float (Holdrege):

May 13. Celebrate the end of the school year 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.



YMCA OF THE PRAIRIE
 PO Box 618
 Holdrege, NE 68949

LOOK INSIDE for details on life-changing programs for children and adults of all ages!

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



STAY CONNECTED
 Like the YMCA of the Prairie or the Orthman Community YMCA on Facebook.



ONLINE REGISTRATION
 Register for most YMCA programs online at www.ymcaoftheprairie.org or www.orthmanymca.org. click on the registration link in the upper left corner.

