

WHERE SUMMER COMES TO LIFE



2014 YMCA OF THE PRAIRIE SUMMER YOUTH PROGRAMS



YMCA OF THE PRAIRIE
PO Box 618
1415 Broadway
Holdrege, NE 68949

Non-Profit Org.
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Permit No. 253

Current Resident Or

Thank you to BD for sponsoring the 2014
YMCA Summer Camps!



PRESCHOOL CAMPS

MAGICAL LEARNING MOMENTS

Ages 3-4.

All camps are from 9-11:30 a.m.

Class limit is 24.

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

LIL' CHEFS — June 3-5

Preschoolers will become chefs for the week and learn the basics of nutrition, healthy eating and cooking at the Lil' Chefs Camp. Children will develop fine-motor skills as they learn to cut, spread, mix, measure, roll and cook. They will learn how to be safe and get creative in the kitchen. Children will make a cookbook including the week's recipes so they can practice skills all over again. Camp location: First Presbyterian Church.

BACK AT THE BARN — July 15-17

The Y will become a farm during Back at the Barn Camp. Kids will learn about life on the farm and the value of simple living. Activities will include learning about growing vegetables and food. Kids will enjoy showcasing their artistic talents by making their own barn. Special guests who need petting (guess who that might be?) will visit during camp.

ALL STARS — August 5-7

Preschoolers will develop physical and social skills in this All Stars sports camp. They will get up and move while learning new skills that improve coordination, control, self-confidence and teamwork. Each day, a different sport will be highlighted.



MAKING MEMORIES TO LAST ALL YEAR

SUMMER DAY CAMPS

Summer is filled with fun and friendships because Y camps share one thing: they're about discovery. Kids can explore nature, try new activities, gain independence and make lasting memories. Whether campers like sports, creative arts or the outdoors, YMCA summer camps are an adventure for all.



CAMP DETAILS

Camps are 8 a.m.-5 p.m. and feature swimming, nature, arts and crafts, sports and field trips. All camps incorporate character-building activities to promote Caring, Honesty, Respect and Responsibility.

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

FEES

Full week: \$75 members/\$90 non-members if registered **before May 19**. Fees are \$85 members/\$100 non-members after May 19. Camp fees are due one week prior to camp beginning.



FULL-DAY CAMPS — Register by May 19 for best rates!

SUMMER CAMP SAMPLER — May 27-30

MAD SCIENCE — Tuesday, May 27

Young scientists will enjoy this interactive camp where they can put on lab coats and get ready for some ooey goey, slimy activities as we discover how rain clouds form, erupt volcanoes and mix up slime!

GAMES GALORE — Wednesday, May 28

Get your game face on! Learn strategy and teamwork as you spend a day full of playing group games, board games, and more! We will take a field trip to the Big Apple in Kearney. Join the fun...it's your move!

ROARRRR! — Thursday, May 29

Step back in time to when giants roamed the earth and get to know your favorite prehistoric creatures. Enjoy dino games and crafts and an up close view of a T-Rex Skeleton and many other dinosaurs on the field trip to the Dinosaur Museum in Milford.

UNDER CONSTRUCTION — Friday, May 30

DANGER! Construction Zone...Gear up for fun in our construction challenges: bridge building, marshmallow skyscrapers, LEGO towers and bulldozer painting!

Fee: All four days, \$60 members/\$75 non-members. Individual days, \$18/\$25.

SPORTS OF ALL SORTS — June 9-13

Kids will be introduced to sports of all sorts this week, including traditional games like basketball, football, soccer and volleyball, and non-traditional sports such as bowling, skating, ultimate Frisbee, pickle ball and trash ball. Guest athletes will join us for this camp. Kids will get some great exercise while learning about the world of sports during this fun week.



Golf Camp Bonus:

Golf reinforces life and leadership skills, builds character and self-esteem and encourages healthy choices. Children in the Sports of all Sorts camp who are entering grades 3-5 will have the opportunity to be a part of the Introduction to Golf program at the Holdrege Country Club as part of their camp day. They will be transported to the golf course each day from 9-11:30 a.m. to learn fundamentals and basic golf skills.

TIME TRAVELERS — June 16-20

Travel back in time and experience the Wild West, pioneers, gold panning, a sock hop, a groovy fashion show and disco party and time capsules. Field trips to area museums are planned.

FULL-DAY CAMPS — Register by May 19 for best rates!

CRANE RIVER THEATER — June 23-27

We are partnering with the Crane River Theater Group of Kearney for this camp that will allow kids to challenge themselves while working with others and turn the ordinary into the extraordinary. Kids will perform for families and friends on the last day of camp. Campers also will participate in "Hollywood Day" camp activities including games, crafts and swimming.

IMAGINATION AT PLAY: Kindergarten - Grade 2

Let the imagination run wild in one of our most popular classes. Kids will use a variety of methods to create their own version of a well-known story through songs, dance and imagination.

LET'S MAKE A MUSICAL: Grades 3-5

Discover the art of creating and performing your own musical. Kids will create songs from popular melodies to tell a theatrical story of their very own.

SOAKED — July 7-11

The best thing about summer is wet n' wild fun in the sun! Kids will test their skills in water-gun wars, dress up in Hawaiian shirt day, and enjoy slip-n-slides, water balloons, and everything wet! The highlight will be a field trip to Hastings Water Park.

PIRATES & MERMAIDS — July 21-25

Campers will enjoy digging for treasure, walking the plank and finding magic seashells under the sea. There will be fishin' for the pirates and glitter and polish for the mermaids.

EXTRA OPPORTUNITY - MISSOULA Children's Theater

Camp kids who are interested may audition for the Missoula Children's Theater Production of "Treasure Island." We will transport kids to and from play rehearsals. A final performance will be held at the Tassel on Saturday, July 26.

OUTDOOR ADVENTURES — July 28-Aug. 1

Children will have the opportunity to explore nature and the outdoors during this camp. Activities will include making trail mix, fishing, sidewalk chalk art and nature explorations. Kids also will expand their creativity with nature projects and hiking. Field trips to The Prairie Loft agricultural and nature learning center in Hastings and area parks are planned.



END OF SUMMER SAMPLER — August 11-13

SAFARI — Monday August 11

Discover the animal kingdom and enjoy games and crafts related to our furry friends. An exciting field trip is planned to the Lincoln Children's Zoo, where kids will have the opportunity to see flamingos, monkeys, bald eagles and more.

TOP CHEF KIDS — Tuesday, August 12

Is your child the next top chef or cake boss? Learn quick and easy recipes that will impress the whole family! Learn the basics of nutrition, healthy eating and cooking as we make pan pizzas, desserts and more!

Back to School Party — Wednesday, Aug. 13

Children will get back in the school spirit at this camp that include a BBQ lunch, DIY school supplies, teacher gifts and of course lots of fun and games. After this exciting day, kids will be ready to strap their backpacks on and head right back to school.

Fee: All three days, \$45 members/\$60 non-members. Individual days, \$18/\$25

FINANCIAL ASSISTANCE: No one will be denied participation in the YMCA Summer Camp due to an inability to pay the full fee. For families with financial need, we offer financial assistance through our generous donors.

LET YOUR TALENTS SHINE



DISCOVER YOUR FUTURE THIS SUMMER



HALF-DAY PROGRAMS

LEGO CAMP — June 2-6, 1-4 p.m.

Your child will become a LEGO engineer this summer in the Y's first LEGO Camp! Young builders will enjoy building games, pin-ball, building challenges, balloon cars, BINGO, balance and measuring, LEGO freeze and more. Snack included. Class limit: 30. Fee: \$20 member/\$40 non-member. Grades: K-5. **Register by May 29.**

SPORTS OF ALL SORTS — June 9-13, 1-4 p.m.

Kids will be introduced to sports of all sorts this week, including traditional games like basketball, football, soccer and volleyball, and non-traditional sports such as bowling, skating, ultimate Frisbee, pickle ball and trash ball. Guest athletes will join us for this camp. Kids will get some great exercise while learning about the world of sports during this fun week. Participants will join up with friends from the full-day camp for this program.

Fee: \$20 members/\$40 non-members
Grades: K-5. **Register by May 19**

CRANE RIVER THEATER — June 23-27

Children will have a chance to shine this summer in the Crane River Theater classes that explore art, music, theater and performance. In addition to learning new skills, kids will have fun through imagination and play. Kids will challenge themselves while working with others, and they can discover how to turn the ordinary into the extraordinary. Classes are offered through Crane River Theater Company in Kearney in association with the Y. The final day of classes will include a performance.

IMAGINATION AT PLAY — Grades K-2, 9:30-11:30 a.m.

Let the imagination run wild! Kids will use a variety of methods to create their own version of a well-known story through songs, dance and imagination.

LET'S MAKE A MUSICAL — Grades 3-5, 12:30-2:30 p.m.

Discover the art of creating and performing your own musical. Kids will create songs from popular melodies to tell a theatrical story of their very own.

Fee: \$20 members/\$40 non-member. **Register by June 19**



KIDS' CAFE

Kids of all ages are invited to the summer Kids' Café, where they can socialize with friends, eat a **FREE** nutritious meal and enjoy crafts & games. This is for any child who is on their own for lunches this summer or who just needs a nutritious meal. Kids are encouraged to bring friends. Location: First Presbyterian Church. Begins Monday, June 2, Noon-1 p.m.

MIDDLE SCHOOL PROGRAMS

BABY-SITTING CLINIC — May 2 & 9

Ages 9-14, Fridays, May 2 & 9, 2-5 p.m.

This workshop will teach girls and boys the basics of baby-sitting, including safety tips, creative play ideas, and feeding and caring for infants, toddlers and young children. This class is offered in conjunction with University of Nebraska Extension in Phelps County.

Fee: \$18 for YMCA or 4-H members/\$32 non-members.
Register by April 24.

ENTREPRENEURSHIP CAMP — Starts May 28

Ages 10-14, May 28 & 29, June 4 & 5, 9 a.m.-12:30 p.m.

Your child might be the next Warren Buffett! Let them discover their entrepreneurial skills and start their own business this summer in the class, which is a partnership between the YMCA and the University of Nebraska Extension in Phelps County. Instructed by Janita Pavelka.

Fee: \$35 Y or 4-H members/\$60 non-members
Register by May 19

LEADERS IN TRAINING (LIT) — June 5 & 6

Entering grades 6-8, 9:30 a.m.-Noon

Teens will discover their leadership potential and make a difference in their community in this new program. Besides learning a good work-ethic and teamwork skills, teens will volunteer in our community throughout the summer and will have the option to serve as a junior summer camp counselor in Y summer camps. This is a joint program between the YMCA and the University of Nebraska-Lincoln Extension, Phelps County.

Fee: \$10 Y members or 4-H members/\$20 non-members.
Register by May 29

OMAHA ZOO CAMP OUT — July 17

Entering grades 4-8, Thursday 3 p.m.-Friday 4 p.m.

We're headed to Omaha's Henry Doorly Zoo and Aquarium for a **WILD** time! Enjoy a zoo night hike and zoo-related games and activities, sleep with the animals, take a morning guided zoo hike, enjoy breakfast and a little more time to see the rest of the zoo before we head home. Dinner, breakfast and lunch included.

Fee: TBA

**Space is limited so register early.
Final registration deadline is July 10.**



HUSKER FAN DAY TRIP — August 7

Entering grades 4-8

Calling all Husker Fans! You won't want to miss this behind-the-scenes tour of Memorial Stadium and Bob Devaney Sports Center! You will see exclusive areas in the stadium, including the Major Award Winners hallway honoring NU's football national award winners; Husker Power, the nationally recognized strength, conditioning and nutrition program; the Hawks Championship Center, where Husker student-athletes train indoors year-round; trophies on display; the Tunnel; and Tom Osborne Field.

Bring a sack lunch for the tailgate party in the park after the tours.

Fee: \$18 members/\$32 non-members
Register by Aug. 1.

WHERE ALL PLAYERS ARE MOST VALUABLE



SWIM, SPORTS & PLAY

YMCA/PSA BASEBALL & SOFTBALL

It's more than a game when kids play summer baseball or softball at the YMCA. They also gain confidence and learn about teamwork in this YMCA/Prairie Sports Association League. **Register by April 1** for Youth Travel Baseball (Grades 3-8), Youth Recreation Baseball (Grades 1-2) and Softball. Register by May 6 for Youth Coed T-ball (Ages 5-6).

MIDDLE SCHOOL AGILITY CAMP

Entering grades 5-8

Session dates and times TBA

This class will work with children on speed, quickness, agility, explosiveness and strength. We will incorporate fun and games, competitions and activities alongside workouts. Great for athletes or kids just looking to stay active. Coed class. Instructor: Personal Trainer Steph Monthey. Class limit: 20.

Fee: \$24 members/\$35 non-members. **Register by June 1.**

SWIM LESSONS — NEW SUMMER TIMES

Summer Session 1: June 2-26. Register by May 28

Summer Session 2: July 7-31. Register by July 2

YMCA lessons use a learn-to-swim progression from water orientation to stroke development that meets the needs of swimmers at all levels. Participants learn water safety skills and stroke development in a fun and supportive environment that emphasizes character development and physical fitness. Mid-morning and late evening lesson times offered during both sessions. Please check www.ymcaoftheprairie.org or stop by the Y for times for each level of lessons.

Fee: \$24 members/\$42 non-members for eight lessons. Water babies fee is \$12 members/\$21 non-members for four lessons.

YOUTH TENNIS LEAGUE

Grades 1-8, Fridays, June 6-July 18, 9-10 a.m.

Learn and compete in this summer league. Children will be divided for matches based on age and ability. The first meeting will be at North Park tennis courts. After that, players may meet at other courts. Fee: \$18 members/\$32 non-members. No games July 4. Instructor: Ray Ruybalid. **Register by May 31.**

INTRODUCTION TO GOLF

Grades 3-5, 9-11:30 a.m. June 9-13

Golf reinforces life and leadership skills, builds character and self-esteem and encourages healthy choices! Learn fundamentals and basic golf skills. Meets at the Holdrege Country Club.

Instructor: Darlene Thalken.

Fee: \$10 Y or Country Club member/\$15 non-members. Register by June 2.

HUSKER BASEBALL/SOFTBALL CLINIC

Wednesday, July 2, 9-2:30 p.m.

Husker baseball and softball players and staff will present an all-skills clinic for area youth in Holdrege on July 2. This program is not a Y program but is being offered to help players improve on baseball and softball skills. Registration forms will be available at the Y, or you can save \$5 by registering online at www.bigredacademy.com.

FCA BASKETBALL CAMP

Date TBA

For boys and girls grades 6-8 and 9-12 (2013-14 grades)

The camp will focus on basketball skills and fundamentals and will teach kids about keeping their Christian values while competing in sports.

REGISTRATION

Registration Begins March 1 for summer programs. You may register by completing the form below or downloading it from our web site at www.ymcaoftheprairie.org if you need more forms. You may also stop into the Y to register. Full-day camp registrations will also require parents to review a parent handbook so we can be sure all kids are safe this summer at the Y. **Register by May 19 for the best rates!**

Only one form per child.

Child's Name _____ Gender M F Birth date ___/___/_____ Grade _____

Shirt size YXS YS YM YL AS AM

Address _____ City _____ ZIP _____

Parent's Name _____ Parent's Birth date ___/___/_____

Parent's Cell Phone _____ Home Phone _____ Allow texting? Y N

Parent's E-mail _____ Additional E-mail _____

FULL DAY CAMPS	DATE	M FEE	NM FEE
CAMP SAMPLER			
<input type="checkbox"/> MAD SCIENCE	May 27	\$18	\$25
<input type="checkbox"/> GAMES GALORE	May 28	\$18	\$25
<input type="checkbox"/> ROARRR!	May 29	\$18	\$25
<input type="checkbox"/> UNDER CONSTRUCTION	May 30	\$18	\$25
<input type="checkbox"/> CAMP SAMPLER WEEK	May 27-30	\$60	\$75
<input type="checkbox"/> SPORTS OF ALL SORTS	June 9-13	\$75	\$90
<input type="checkbox"/> GOLF CAMP ADD-ON Entering Grades 3-5 Only	June 9-13	FREE	FREE
<input type="checkbox"/> TIME TRAVELERS	June 16-20	\$75	\$90
<input type="checkbox"/> CRANE RIVER THEATER	June 23-27	\$75	\$90
<input type="checkbox"/> SOAKED	July 7-11	\$75	\$90
<input type="checkbox"/> PIRATES & MERMAIDS	July 21-25	\$75	\$90
<input type="checkbox"/> MISSOULA THEATER Performance July 26	July 21-26	FREE	FREE
<input type="checkbox"/> OUTDOOR ADVENTURES	July 28-Aug. 1	\$75	\$90
<input type="checkbox"/> SAFARI	Aug. 11	\$18	\$25
<input type="checkbox"/> TOP CHEF KIDS	Aug. 12	\$18	\$25
<input type="checkbox"/> BACK TO SCHOOL PARTY	Aug. 13	\$18	\$25
<input type="checkbox"/> END OF SUMMER ALL WEEK	Aug. 11-13	\$45	\$60
TOTAL			

SUMMER PROGRAMS	DATE	M FEE	NM FEE
HALF DAY CAMPS			
<input type="checkbox"/> LEGO CAMP	June 2-6	\$20	\$40
<input type="checkbox"/> SPORTS OF ALL SORTS	June 9-13	\$20	\$40
<input type="checkbox"/> CRANE RIVER	June 23-27	\$20	\$40
MIDDLE SCHOOL PROGRAMS			
<input type="checkbox"/> BABY-SITTING CLINIC	May 2 & 9	\$18	\$32
<input type="checkbox"/> ENTREPRENEURSHIP CAMP	May 28-29 June 4-5	\$35	\$60
<input type="checkbox"/> LEADERS IN TRAINING	June 5 & 6	\$10	\$20
<input type="checkbox"/> OMAHA ZOO CAMPOUT	July 17	TBA	TBA
<input type="checkbox"/> HUSKER FAN DAY TRIP	Aug. 7	\$18	\$32
SWIM, SPORTS & PLAY			
<input type="checkbox"/> YOUTH TENNIS LEAGUE	June 6-July 18	\$18	\$32
<input type="checkbox"/> INTRODUCTION TO GOLF	June 9-13	\$10	\$15
<input type="checkbox"/> MIDDLE SCHOOL AGILITY	TBA	TBA	TBA
PRESCHOOL CAMPS			
<input type="checkbox"/> LIL' CHEFS	June 3-5	\$20	\$40
<input type="checkbox"/> BACK AT THE BARNYARD	July 15-17	\$20	\$40
<input type="checkbox"/> ALL STARS	Aug. 5-7	\$20	\$40
TOTAL			

Check included or

I have an automatic payment stored at the Y. Please draft. Full-week camp payments will be drafted the Wednesday of each camp. All other programs will be drafted when registration is received. **Full-day camp cancellation policy:** Full refunds will be given if cancelled two weeks prior to camp. Fifty percent refund will be given if cancelled less than two weeks prior to the camp. Please call the Y (308) 995-4050 with any registration questions.