



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOOD, FRIENDS AND SUMMER FUN

YMCA Kids' Cafe
June 3-July 26, Noon-1 p.m.

Kids can enjoy a social restaurant of their own at the Kids' Café where they can meet up with friends, eat a nutritious meal and participate in crafts and games. This is for any child who may be on their own for lunches this summer or who just needs a nutritious meal. Kids are encouraged to bring friends.



Price options: Through donations from local organizations, this program is offered for free (no paperwork required except registration form below). However, you may also choose to pay \$30 for the 40 meals (prepaid in advance at the Y) or \$1 per meal. Adults may eat for \$3.

LOCATION: Presbyterian Church, 1103 Sheridan

This program is made possible through funding from the Phelps Memorial Health Center Foundation, Phelps County Community Foundation, Bethel Lutheran Foundation and the Salvation Army. The program is operated by YMCA staff and volunteers in conjunction with Holdrege Public Schools.

REGISTRATION FORM

To register, fill out this form and return to the YMCA P.O. Box 618 Holdrege, NE 68949 or bring to the Y at 1415 Broadway.

Adult Name: _____ Home Phone: _____ Cell Phone: _____
Address: _____ City: _____ State: _____ Zip: _____
Adults Birth date: ___/___/_____ Male Female Email Address: _____

Waiver: I am entering the above children in the events listed and assume any and all responsibility for injuries they may incur as a direct result of participating in the events. Children must have a parent or guardian sign before participating.

Parent or Guardian Signature: _____ Date: _____

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



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TAKE ON SUMMER AT THE Y

We invite all children to participate in Y programs. Financial assistance is available based on your income for all programs and membership. To register for programs, please stop by the Y or call us at (308) 995-4050.

SUMMER CAMP

CAMP is for children entering grades K-5. Programs are Mon.-Fri., 8 a.m.-5 p.m. Snacks are provided. Children should bring a sack lunch and a swimsuit and towel. Camp limit: 50. Please register at least one week in advance. You may register for camps now and pay a week before it starts. FEE: \$65/week members and \$80/week non-members. **Camp scholarships available.**



THE GREAT OUTDOORS - June 4-8

Kids will create a YMCA garden.

BLAST FROM THE PAST - June 11-15

Dinosaurs, cowboys and much more.

NEBRASKA SAFARI - June 25-29

Learn about animals from Nebraska.

WET & WILD - July 9-13

Water games, messy arts and a trip to a

local water park.

WACKY WORLD OF SCIENCE - July 16-20

Science experiments, astronomy and gooey fun.

SUMMER OLYMPICS - July 30-Aug. 3

Kids with all sorts of talents will be bringing home the gold.

MEDIA ARTS - Aug. 6-10

Perform in the Missoula Children's Theater.

For further camp details, please visit www.ymcaoftheprairie.org

YOUTH TENNIS LEAGUE (Grades 1-8)

Fridays, June 8-July 20, 9-10 a.m.

Learn and compete in this summer tennis league. Children will be divided for matches based on age and ability. REGISTER by 6/4. FEE: \$18/\$32.

YOUTH CHEER CAMP (Grades 1-5)

Thursday and Friday, June 14-15, 9 a.m.-3 p.m.

Sheri Ellsworth is bringing this two-day cheer camp to Holdrege at the YMCA. Girls will learn a cheer routine and simple gymnastics skills. Each girl will receive a cheer outfit (shirt and shorts) and pom poms and a ticket to the Nebraska State Fair, where they will be performing if they want. They can also perform in the Swedish Days parade. REGISTER by 6/1. FEE: \$65.

AQUATICS

Swim Lessons

Next session begins May 29. Register by May 22.

Friday Night Splashing Adventures

Glow Stick Swimming, Friday, May 18, 6:30-8 p.m.

We will turn down the lights and light up the pool with glow sticks. Please pre-register.

Floats with Floats, Friday, June 1: Sip ice cream floats while you relax on a pool floatie.

SUMMER ENRICHMENT

You R Unique (Girls ages 10-12)

June 19 & 20, 1-3 p.m.

Girls will learn about healthy body image and a positive self-esteem. REGISTER by 6/13. FEE: \$5/\$10.

Food & Fitness Camp (Ages 8-12)

Tues., June 19, 9 a.m.-3:30 p.m.

Class will meet at the extension office. Lunch provided. FEE: \$25 Y or 4-H members/\$40 non-members. Limit: 20

Baby-Sitting Clinic (Ages 9-14)

Friday, June 1, 9-2:30 p.m.

FEE: \$18 Y or 4-H members/\$32 non-members. Limit: 20

