



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

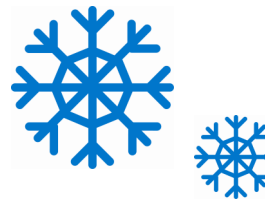


PROGRAMS, JANUARY-JULY 2013

YMCA of the Prairie, Holdrege, Nebraska

NEW!

- Dad & Daughter Snowflake Ball
- Robotics Club
- New Boot Camps!



YMCA of the Prairie
PO Box 618
Holdrege, NE 68949



We are an association of men, women and children joined together by a shared commitment to nurture the potential of kids, promote healthy living and foster a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together. That's why strengthening our community is our cause.

Open New Year's Day

Join us 10 a.m.-2 p.m. for the first exercise of the year. We will waive the joining fee for the first new member of the year!

Membership Rates

No change in rates for 2013
 Youth — \$18 monthly
 Adult — \$33.90 monthly
 Family — \$49.90 monthly
 65+ — \$29.90 monthly
 65+ Couple — \$41.90
 Golden (80+) — FREE

YMCA Hours

Extended Saturday Hours!

Note: Earlier closing time on Fridays, earlier opening on Saturdays
 Mon.-Thurs.: 5 a.m.-10 p.m.
 Fri.: 5 a.m.-8 p.m. (starting Jan. 4)
 Sat.: 7 a.m.-5 p.m. (starting Jan. 5)
 Sunday: 1-8 p.m. (1-6 p.m. starting May 4)



Become our fan on Facebook for all the latest updates. Invite your friends to join!

CALENDAR

Don't Miss A Thing

DEC. 31 — Closing at 5 p.m. for New Year's Eve
 JAN. 1 — Open New Year's Day, 10 a.m.-2 p.m.
 JAN. 5 — Y Opens at 7 a.m. on Saturdays
 JAN 7 — Registration Deadline for Rookies Basketball
 JAN. 14 — Registration Deadline for Lighten Up the Prairie
 JAN. 15-FEB. 15 — Bring A Friend to Group Exercise Incentive
 JAN. 16 — Registration Deadline for Kids Yoga, Lego and Gear-Tech 21
 JAN. 21 — Big Hairy Animal Challenge
JAN. 26 — Daddy & Daughter Date Night, Snowflake Ball
FEB. 9 — Healthy Hearts Women's Event
 FEB. 10 — Registration Deadline for Adult Volleyball and Basketball
 FEB 11 — Registration Deadline for Youth Spring Soccer
 FEB. 19 — Building Healthy Families information meeting
 FEB. 22 — Family Glow Stick Swimming in the Y Pool
 MARCH 4 — Exercise Bingo Begins
 MARCH 8-10 — Red Cross Lifeguarding Training
MARCH 23—Indoor Easter Egg Hunt & Egg Decorating
 MARCH 31 — Closed for Easter
 APRIL 1 — Registration Deadline for Youth Baseball & Softball
 APRIL 1 — Registration Begins for After-School Program (Members)
 APRIL 12 — Happy Hour Family Night in the Pool
 APRIL 27 — Last Day of Saturday Morning Child Watch for Summer
APRIL 27 — Kids Duck Run & Healthy Kids Day
 APRIL 29 — After-School Program Registration Opens for non-members.
 MAY 1 — Registration Deadline for Youth Coed T-ball
 MAY 3 & 10 — Baby-sitting Clinic
 MAY 4 — Summer Sunday Hours Begin (1-6 p.m.)
 MAY 20-23 — Entrepreneurship Camp
 MAY 27 — Closed for Memorial Day
 JUNE 1 — Summer Sizzle Begins
JUNE 1 — Mom & Son Fishing Fun, 9-10:30 a.m.
 JUNE 10 — Group Xtreme Team Weight Loss Challenge
 JULY 4 — Closed for Independence Day
 SEPT. 28 — YMCA Triathlon

YMCA Mission

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

FAMILY TIME

Better Together

Dad & Daughter Date Night — Snowflake Ball

Sponsored by Allmand Bros.

Saturday, Jan. 26, 6:30-8:30 p.m.

For girls ages 4 and older and their dad or father figure. Limit: 50 couples.



Daughters, bring your dad, grandpa, uncle or favorite guy to The Tassel for an extraordinary date, the Snowflake Ball. Each girl is as unique as a snowflake. Let them know it at this one-of-a-kind night. Please wear semi-formal attire. Enjoy a meal, special dances, take home craft and professional photos. A special message will be given to the dads by Pastor Kenton Birtell. Register by Jan. 19. FEE: \$30 per couple, \$12 for each additional girl for members/\$40 per couple, \$24 for each additional girl for non-members.



Indoor Easter Egg Hunt & Egg Decorating

Saturday, March 23, 9-10:30 a.m.

Children are invited to a morning of fun to hunt Easter Eggs inside the Y, decorate real eggs and see live bunnies provided by the LoneStar 4-H Club. Egg hunt will be divided into age categories: preschool and younger, young elementary and older elementary.

FEE: \$3 members/\$6 non-members.

Limit: 100 children. Register by March 20.

Mom & Son Fishing Fun

Saturday, June 1, 9-10:30 a.m.

For boys age 4 and older and their mom or mother figure.

Boys take your mom, grandma, aunt or best gal out to North Park for a morning of fishing. Don't worry if you have never baited a hook, a little special help will be provided. You can look forward to a "worm" eating contest and a take home photo of this special day. Event will be at the North Park. Fishing equipment available if needed. Limit: 25 couples. FEE: \$5 for mom and son and \$2.50 for each additional son for members/\$10 and \$5 for non-members.

Register by May 29.

SOCIAL RESPONSIBILITY

Always Here For Our Community

Volunteers

We welcome volunteers to share their talents at the YMCA. If you would like to teach a class or volunteer at an event, please visit with one of our staff.

Leave A Legacy

In 2010, YMCA donors made it possible to start an endowment. The principle money of the fund is never spent. Instead, the interest generated will help support the operations of the Y for years to come. If you are interested in learning more about this endowment program, or would like to become a Heritage Club member by making a commitment to the endowment program, please contact Development Manager Kim Hinrichs.

E-Mail Newsletter

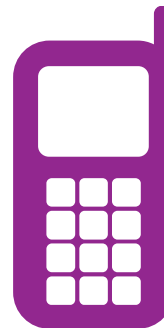
If you would like to receive monthly communication from the Y on programs and activities and other important information, please visit our web site at www.ymcaoftheprairie.org and sign up for our e-mail newsletter.

New Web Site

The YMCA recently unveiled a new web site that updates our Y with the new national logo standards. Visit the site often for updates and to download program guides or flyers for upcoming programs. The site is located at www.ymcaoftheprairie.org.

MEMBERSHIP FOR ALL

Did you know that the YMCA offers membership and program assistance so that everyone can belong to the Y, regardless of financial situation?



Smart Phone YMCA Check-In

Did you know that you can check into the Y using your smart phone? You just need to download a Key Ring Rewards App. Search for Key Ring Rewards and download the free App. Create a FREE account. You can even enter multiple cards. Then scan your card at the front desk. If you need help, please ask a YMCA front desk staff person for assistance.

Thank You to our 2013
Family Program Sponsor — CHS



SOCIAL RESPONSIBILITY

Always Here For Our Community

NEW!

Healthy Hearts Women's Event & Party in Red

Sponsored by Phelps Memorial Health Center

Saturday, Feb. 9, 8:45-11:30 a.m.

Nancy Cunningham of rural Miller was 58 years old when she nearly missed the signs that she was having a heart attack. She almost died by the time she

reached the hospital. Now, a year later, she has changed her lifestyle through diet and exercise, and she will share her story to help other women recognize the signs of a heart attack. Local Nurse Practitioner Michelle Hunter of High Plains Medical Clinic will share tips on what women need to know about

their hearts. The morning will start with a healthy breakfast and nutrition tips provided by Nutrition Educator Darlene Bantam of Family Service. Participants may choose to attend the Party in Red Zumba class after the presentation (at 10:30 a.m.).

FEE: \$5 per person or \$4 per person if you sign up with a friend!

Please register by Feb. 7

Building Healthy Families

For Children Ages 6-12 and their Families

Information Meeting: Tues., Feb. 19, 6 p.m. at the Y

Class: Tuesdays, 6-7:30 p.m. March 5-May 7

Building Healthy Families is a program developed by the University of Nebraska at Kearney. It is a program to help families develop healthy habits with exercise and nutrition education. Class includes fun family physical activities, nutrition education, goal-

setting and pre- and post-testing. Families are eligible to participate in the program if their child's weight is classified as being in an unhealthy range. To find out if your family is eligible to participate, please contact Health & Wellness Manager Reve' Fries at the Y. FEE: \$75 per family.



AQUATICS

Fun in the Pool

Red Cross Lifeguard Training

Ages 15 or older

March 8-10, 8 a.m.-5 p.m.

A course for professional lifeguards, includes training in CPR/AED for the Professional Rescuer, First Aid and water rescue skills. Lifeguard recertification is also available by contacting Reve' Fries.

FEE: \$150/\$200. Limit: 10

Register by March 1.

Friday Night Splashing Adventures

Enjoy Friday Family Nights at the Y pool with these special themed parties.

Register one week prior to each event. All events are 6-7:30 p.m.

FEE: \$5 per person member/\$7 per person non-member. LIMIT: 35.

- **Feb. 22—Glow Stick Swimming:** We'll turn down the lights and light up the pool with glow sticks!
- **April 12 — Happy Hour at the Pool:** Enjoy popsicles pool side with friends and music.



KIDS LOVE

Birthday Parties at the Y

The YMCA offers fun and convenient birthday party packages that include cupcakes, table service and a T-shirt for the birthday child. Birthday parties are \$50 for two hours. Bounce house parties are \$125 for two hours.

AQUATICS

Safe in the Water

Pool open extended hours during Christmas Break, Dec. 26-31

Regular Pool Hours:

Mon.-Thurs. - 5:30 a.m.-Noon, 4-8 p.m.

Fridays - 5:30 a.m.-8 p.m.

Saturdays - 8 a.m.-4:30 p.m.

Sundays - 1-5:30 p.m.

Swimming Lessons

The YMCA offers a wide range of swimming options for children and adults. Swimming builds self-confidence and develops the whole person—

spirit, mind and body. Plus, it's great exercise. Swim



classes are divided into ability groups with an instructor who emphasizes swimming skills, personal safety and rescue skills, endurance and social skills. Classes are Mon.-Thurs. for one week. Adult classes available upon request.

FEE: \$18 per session for members (\$25 after deadline)/ \$32 for non-members (\$45 after the deadline). Class limit: 6 (8 for Water Babies) Registration Deadline: 1 week before each lesson.

SESSION 1

Jan. 7-Jan. 10

Water Babies, 6-6:30 p.m.

Big Skippers, 6:30-7 p.m.

Jan. 14-Jan. 17

Skippers, 6-6:30 p.m.

Little Skippers, 6:30-7 p.m.

Jan. 21-Jan. 24

Fish, Flying Fish (4 & 5), 6:15-7 p.m.

Jan. 28-Jan. 31

Minnows (Level 3) - 6:15-7 p.m.

Feb. 4-Feb. 7

Guppies (Level 2) - 6:15-7 p.m.

Feb. 18-Feb. 21

Polliwogs (Level 1) - 6:15-7 p.m.

SESSION 2

March 11-14

Water Babies, 6-6:30 p.m.

Big Skippers, 6:30-7 p.m.

March 18-21

Skippers, 6-6:30 p.m.

Little Skippers, 6:30-7 p.m.

April 8-11

Fish, Flying Fish (4 & 5) - 6:15-7 p.m.

April 15-18

Minnows (Level 3) - 6:15-7 p.m.

April 22-25

Guppies (Level 2) - 6:15-7 p.m.

April 29-May 2

Polliwogs (Level 1) - 6:15-7 p.m.

Private Swim Lessons

The Y offers private and semi-private swim lessons for children and adults. FEE: \$10 per lesson for members/\$15 per lesson for non-members. Semi-private fee: \$7 per person members/\$12 per person non-members.

SOCIAL RESPONSIBILITY

Giving You the Tools to Succeed

Lighten Up the Prairie

Sponsored by Great Western Bank

Challenge Dates: Jan. 21-April 11

Our annual weight-loss challenge is back with some added benefits to help you meet your wellness goals in 2013, plus the option of completing the challenge with a partner for added accountability. Program includes weekly individual meet-

ings (40 minutes) with a coach and weekly group workouts as well as nutrition tips, recipes, mini challenges and t-shirts. Top prizes are \$250 each for the male and female who loses the highest percentage of

weight. A \$200 prize will be awarded to the partners who lose the highest percentage. Challenge is open to YMCA members only. New members who join the Y and the challenge at the same time will receive 50 percent off the joining fee.

FEE: \$60 individual/\$45 per person if you sign up with a partner.

Register by Jan. 14.

Kids Duck Run & Healthy Kids Day

Sponsored by Bruning State Bank

Saturday, April 27, 11 a.m.

Healthy Kids Day, 12-2 p.m.

Help your child (Grades K-6) set a goal to complete the third annual YMCA's Kids 1-mile Fun Run. After the event, runners and parents are invited to attend the annual FREE Healthy Kids Day event that features fun and education for the entire family.

DUCK RUN FEE: \$10.

Register by April 20.

NEW!

Male and Female Categories.

Register by Jan. 14



Making Life Great®
Member FDIC



**BRUNING
STATE
BANK**

ADULT SPORTS & RECREATION

It's Not Just For Kids

Men's Basketball League

Sun., Feb. 24–April 28, 6–9 p.m.
Five-on-five adult men's full-court basketball league.
Must be 18 or older to play. Games played at Holdrege High School.
FEE: \$100 per team.
Register by Feb. 10.



Morning Basketball

Tues. & Thurs, 6:20–7 a.m.
Ongoing. Pick-up games.
FEE: No fee for members/day pass non-members.

Women's Volleyball League

Sun., Feb. 17–April 28, 5:15–9 p.m.
Games are played six-on-six at the YMCA with a tournament following regular season play.
FEE: \$100 team.
Register by Feb. 10.

Coed Adult Volleyball League

Mon., March 11–May 6
Time: 6:30–9:30 p.m.
Games are played six-on-six at the YMCA with tournament play following the regular season. Ages 18 and older
FEE: \$60 team.
Register by March 1.

Drop-In Volleyball

Tuesdays, May 21–Aug. 12
Time: 6:30–8 p.m., High School-Adult
Enjoy scrimmages with drop-in volleyball this summer at the YMCA. Free to members/day pass rate for non-members. **No registration necessary.**

Indoor Triathlon

Watch for details on an upcoming indoor triathlon this winter.

NEW! Fencing

Tues., Feb. 5–March 19, 6:30–9 p.m.
Learn the basics of "Olympic" style foil fencing, a fun way to get in shape. Students must wear sweatpants or knickers that cover the legs, tennis shoes and a sturdy glove. Jackets, masks and other equipment will be provided.
FEE: \$74. The Y is a sponsor of this program offered through Central Community College. Register at CCC by calling 995-8133. Classes at CCC.



YMCA Triathlon

Sponsored by First National Bank
Saturday, Sept. 28
Discover your potential in the YMCA's annual sprint triathlon. Swim 11 laps in the pool, ride 10 miles on the bike and run a 5K.



YOUTH ENRICHMENT — Ongoing

Nurturing the Potential of Every Child

Leap & Learn — Ages 3–5

Mon., Wed., Fri., 9:15–10 a.m.
Year-round program
This class encourages imagination, creativity, socialization and physical activity.
Fee: Drop-in program/no fee for members. Day pass rate for non-members.



After School Program

Grades K–4
After school until 6 p.m.
Registration begins:
April 1 for Members
April 29 for non-members.

The Y's state licensed after-school program gives kids a safe place to go after school where they can continue their learning, enjoy free-time with friends and participate in structured physical activities. Special programs are planned throughout the year for continued education. Transportation is provided from Holdrege schools. Limit: 50. Non-refundable registration fee: \$25. **Registration fee doubles after Aug. 1.** Weekly fee: \$28 members/\$34 non-members. Program financial assistance available.

Youth Weight Training

For 11 to 15-year-olds
Saturdays, 8 a.m.–1 p.m.
Participants only need to attend one of the following sessions:
Jan. 12, Feb. 9, March 16, April 13, May 18



Participants will learn the basics of weight lifting followed by weight training on free weights and Cybex weights. Those under 15 will be able to use the wellness center upon completion. Class includes training on exercise etiquette, body composition, benefits of exercise, weight training basics, cardiovascular fitness, nutrition & supplement use, machine & free weight sessions.

REGISTER by one week prior to class. FEE: \$20. LIMIT: 6 each class

YOUTH ENRICHMENT — Summer

Nurturing the Potential of Every Child

Baby-Sitting Clinic

Ages 9-14

Fridays, May 3 & 10, 2-5 p.m.

A workshop for girls and boys to learn the basics of baby-sitting, including safety tips, creative play ideas, and feeding and caring for infants, toddlers and young children. Offered in conjunction with University of Nebraska Extension in Phelps County. Instructed by Linda Dannehl. Class limit: 40.

FEE: \$18 for YMCA or 4-H members/\$32 non-members.

Register by April 24.



Entrepreneurship Camp

Ages 10-14

May 20-23, 9 a.m.-3 p.m.

The YMCA and the University of Nebraska Extension Office in Phelps County are teaming up again to offer a class that helps capture a child's energy to start their own business. The class will use the 4-H developed Entrepreneurship Investigation (ESI) manual. The class will culminate with an entrepreneurship expo. The Phelps County Development Corporation is also a partner in this class. Lunch is not included. Participants will need to bring a sack lunch. A one hour break will be taken at noon. Instructed by Janita Pavelka.

FEE: \$35 YMCA or 4-H members/\$60 non-members. **Register by May 15.**

Middle School Boot Camp

Entering grades 5-8, Tues./Thurs., 11 a.m.-Noon

Session 1: June 4-27 & Session 2: July 8-Aug. 1

This boot camp will feature different training types to keep kids active. Class will work on speed, quickness, agility, explosiveness and strength. We will incorporate elements of fun and games, competitions and activities alongside workouts. Great for athletes or kids just looking to stay active. For boys or girls. Instructor: Brent Burgeson Class limit: 20.

FEE: \$24 members/\$35 non-members.

Register by June 1.

HEALTH, WELL-BEING & FITNESS

It's Good For The Heart

Group Exercise

Getting involved in a group exercise class improves your chances for developing a sustainable fitness routine. The Y offers a variety of group exercise classes at many times of the morning, afternoon and evening. Class schedules change slightly every eight weeks, many times adding new classes to accommodate member requests. For a current schedule of group exercise classes, pick up a copy at the Y or download a class schedule from the web site at www.ymcaoftheprairie.org.



View the current group exercise schedule at ymcaoftheprairie.org

Boot Camp

Discover your potential at Boot Camp. Boot camp gives you the accountability you need to stay focused on your goals. You will experience a variety of workouts and who knows, you might even make some new friends! Boot camps are offered in the following sessions:

Session 1: Jan. 7-Feb. 22
(Register Dec. 20)

Session 2: March 11-April 26
(Register Feb. 26)

Session 3: May 6-June 21
(Register April 23)

Session 4: July 8-Aug. 16
(Register June 25)

TIME: M-W-F or T-T, 5:30-6:30 a.m.
Evening Boot Camps will be added in May and July Sessions. Times TBA.
FEE: Three-day a week: \$63/\$128;
Two-day a week: \$42/\$100

NO EXTRA FEE!

TRX Suspension Training

This popular strength-training class is now offered as part of your membership at no extra cost. Attend classes whenever it's convenient. For a current schedule, please check the group exercise flyer. TRX develops strength, balance, flexibility and core stability simultaneously.

TRX Suspension Training High School Class

Jan. 15-Feb. 21

Tues./Thurs., 4-4:45 p.m.,

This training keeps athletes in shape during the off season. TRX builds a strong base of functional strength and fitness that translates into sport specific skills and is popular with many pro athletes. This class will incorporate drills for speed, agility and strength. FEE: None for members/\$18 for non-members.

WELL-BEING & FITNESS — Classes

Giving You the Tools to Succeed

Group Exercise 101

Jan. 17–Feb. 28

Thursdays, 6:45–7:45 p.m.

Have you ever wanted to try our Group Exercise Classes but felt unsure on how to start? This class will guide you through. You will have a team leader with you for every class. The group will meet different instructors each week and try different formats that we offer on our schedule, but geared to the beginner. You will gain knowledge, confidence and get to have fun while working out. FEE: \$18 members only.

Bring A Friend to Group Ex.

Jan. 15–Feb. 15

Bring the same friend to at least five group exercise classes during the challenge time frame and you will be entered into a drawing for you and your friend to win a YMCA sweatshirt. Ask your instructor for a tracking card.

NEW!

Group Xtreme Team Ongoing Starting Jan. 2

Be rewarded for your faithful attendance at group exercise classes with this new ongoing challenge. Prizes will be awarded for attending 50, 100, 250 or 500 group exercise classes. Please sign in during your group exercise class for your usage to be tracked for this challenge.

Group Xtreme Team Weight Loss Challenge

June 10–Aug. 16

Join a team of others in this summer group exercise weight-loss challenge. Your team will be challenged to have each person attend at least 10 group classes a month, keep a food journal and other challenges. Everyone who completes the challenge will win a t-shirt, and the winning team will receive a prize package. FEE: \$12.

Live a Life of Vitality

First Monday of Each Month

Does making conscious, healthy choices sound blah or overwhelming? This series will help you take small steps toward a more healthy, chemical-free and money-saving life. Instructed by Janita Pavelka. This class is in conjunction with Central Community College. Register one week prior to class at CCC. FEE: \$8 per class.

Unless otherwise

noted, classes meet at CCC, 6:30–7:30 p.m.

Jan. 10: Healthy Goal Setting and

Quitting Sugar

Feb. 7: It's Okay to LOVE Chocolate!

(Meets at Holdrege Middle School)

Mar. 7: Twelve Steps to Health & Happiness

Apr 4: Spring Renewal & Detox

May 2: Beautiful Inside and Out



YOUTH SPORTS — Summer

Nurturing the Potential of Every Child

YMCA/PSA Youth Baseball

May through July

Divisions: 7–8, 9–10, 11–12, 13–14
Child's age as of Jan. 1, 2013.

Children will learn baseball fundamentals and teamwork and will build confidence in this summer league. The 9 and older divisions will be competing in the South Central Baseball League and will travel to compete against other towns.

No registrations accepted after April 15. FEE: \$30 members/\$40 non-members. Late registration fee of \$20 after April 1.

Register by April 1.

YMCA/PSA Youth Coed T-Ball

May 28 through Late June

Ages 5–6: Child's age as of Jan. 1, 2013. Children will learn baseball/



softball fundamentals and teamwork and build self confidence in this league that is a joint program between the YMCA and the Prairie Sports Association. Games will be played twice a week. FEE: \$30 members/\$40 non-members. \$10 late fee added after May 1. Register by May 1.

YMCA/PSA Rec. Softball

May Through July

Division: 8U–10U. Age as of Jan. 1, 2013. Children will

learn softball fundamentals and teamwork and build

self confidence in this league that is a joint program between the YMCA and Prairie Sports Association. FEES: \$30 members/\$40 non-members. \$10 late registration fee added after April 1.

Register by April 1.



Holdrege Heat Softball

May Through July

Divisions: 10U–18U. Age as of Jan. 1, 2013. Children will compete and build friendships and confidence in this traveling softball league that is a joint program between the YMCA and PSA. FEES: \$70 members/\$80 non-members. **No registrations accepted after April 15.**

Youth Tennis League

Fri., June 7–July 19, 9–10 a.m.
Grades 1–8

Learn and compete in this summer league. Children will be divided for matches based on age and ability. First meeting at North Park tennis courts. After that, players may meet at other courts. FEE: \$18 members/\$32 non-members. Instructor: Ray Ruybalid. Register by May 31.

YOUTH PROGRAMS — March/April

Nurturing the Potential of Every Child



YMCA/PSA Soccer

Levels: U4-U14, child's age as of Aug. 1, 2012
Sun., March 17-April 28. Practices start after Feb. 24
Children will learn soccer fundamentals and teamwork and build self confidence in this league that is a joint program between the Y and Prairie Sports Association. No games on Easter (March 31)
FEES: (listed as member/non-member)
U4-U6: \$10/\$14 and U8: \$18/\$25
U10, U12 and U14: \$30/\$40
Register by Feb. 11. \$20 late fee added after Feb. 11.
No registrations accepted after Feb. 25.



Drop-In Soccer

Grades 1-3 and 4-6
Tuesdays, March 26-April 30
4-4:45 p.m. — Gr. 1-3
4:45-5:30 p.m. — Gr. 4-6
Drop in to the Y to get some exercise and practice soccer skills.
FEE: None members/day pass non-members.

Zumbatomic

Ages 4-10
Thurs., 4-4:30 p.m. Mar. 26-April 30
Zumbatomic classes are rockin' high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love. Zumbatomic can help kids increase their focus and self-confidence, boost metabolism and enhance coordination. Limit: 15.
FEE: \$18 members/\$32 non-members
Register by March 20

Chess Club

Grades 1-6
Mondays, 4-5 p.m. March 25-May 6
Chess is a great game for all ages. It helps with problem-solving and planning skills. This club is for all levels and is a great way to learn to play chess. No class April 1.
Limit: 12. **FEE:** \$12 members/\$24 non-members. **Register by March 20**

Y-Kids Art

Grades K-2 and 3-6
K-2: Tues., 4-5 p.m. Mar. 26-April 30
Grades 3-6: Thurs., 7-8 p.m. April 4-May 9
Children will expand their creativity and imagination with Y-Kids Art instructed by local art teachers. Limit: 15.
FEE: \$18 members/\$32 non-members
Register by March 20

EXERCISE CHALLENGES

Helping You Stay Accountable

The Big Hairy Animal

Jan. 21-March 1

Big Hairy Animals are on the loose at the Y! This unique challenge invites members to recruit a team of 2-4 to exercise and create the hairiest or most creative animal. The object is simple, just exercise 30 minutes to earn a hairy sticker to place on your team's Hairy Animal. Choose a name and type for your animal and compete against other teams or just challenge yourselves. Bonus stickers awarded for taking part in weekly challenges.
FEE: \$10 per team.
Register by Jan. 21

Group Exercise Bingo

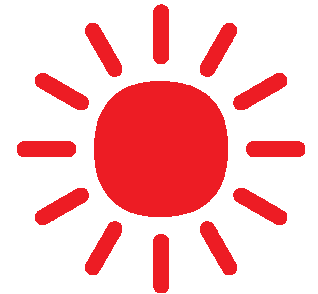
March 4-April 13

This challenge introduces you to a variety of group exercise classes. You just attend classes listed on your bingo card. Register and pick up your bingo card at the front desk. Prizes awarded for all bingos.
FEE: \$5. **Register by March 5.**

LazyMan Triathlon

Aug. 12-Sept. 20

Complete a full triathlon in six weeks, a 26.2-mile run, 112-mile bike ride and a 2.4-mile swim. This challenge is a great tool to prepare for the YMCA Triathlon on Sept. 28. **FEE:** \$5.



Summer Sizzle

Sponsored by
Reed Disposal
June 1-Aug. 31

Stay motivated at the Y this summer with Summer Sizzle. Exercise at the Y at least 15 times per month during June, July and August. We are changing the challenge this summer so that everyone is a winner. Monthly prizes will be awarded to everyone who completes the challenge each month.
FEE: \$5.

Register by June 1.



YOUTH PROGRAMS — January/February

Nurturing the Potential of Every Child



Rookies Basketball

Sponsored by Farm Bureau Financial Services
Grades 3-4, Jan. 10-Feb. 14

Practices: Saturdays 9 or 10 a.m.

Games: Thursdays, 5:30 or 6:30 p.m.

This program offers children the chance to learn both basketball fundamentals and to play games in a league format. Clinics will be run by Y staff and team coaches. T-shirt included in registration.

FEE: \$25 members/\$40 non-members

\$10 late fee after
deadline

Register by Jan. 7.  FARM BUREAU FINANCIAL SERVICES

Drop-In Hockey

Grades 3-4 and 5-6, Mondays, Jan. 21-Feb. 4

4-4:45 p.m. — Gr. 3-4 and 4:45-5:30 p.m. — Gr. 5-6

Drop in to the Y for some organized hockey. FEE: None members/day pass non-members.

Drop-In Dodgeball

Grades 3-4 and 5-6, Mondays, Feb. 11-25

4-4:45 p.m. — Gr. 3-4

4:45-5:30 p.m. — Gr. 5-6

Drop in to the Y to get some exercise and play dodgeball.

FEE: None members/day pass non-members.

NEW! Kids Yoga

Ages 4-10, Tues., 4-4:30 p.m., Jan. 22-Feb. 26

Yoga helps children with concentration, flexibility and balance and improves their sense of well-being, which leads to healthier relationships with family and friends and a boost of self-confidence. Yoga is a union of spirit, mind and body. It will help children calm their spirit to live in this rapidly-changing world.

FEE: \$18 members/\$32 non-members. Register by Jan. 16.

YOUTH ENRICHMENT — January/February

Nurturing the Potential of Every Child

Gear-Tech 21 Club

Ages 6-9 and Ages 10-14

Thursdays, Jan. 24-March 28

6-7 p.m. (6-9) and 7-8 p.m. (10-14)

Introduces younger students to the real-world engineering challenges by building

LEGO-based robots to complete tasks on a thematic playing surface. Participants will get to design, build, test and program robots using LEGO MINDSTORMS technology. The club will meet 8 times. No class on Feb. 21 or March 21. Instructor: Matt DeFreese.

Class limit: 12

FEE: \$25 members/\$40 non-members.

Register by January 16

New Program!
LEGO MINDSTORMS
Technology!

YMCA Lego Club

Grades K-6

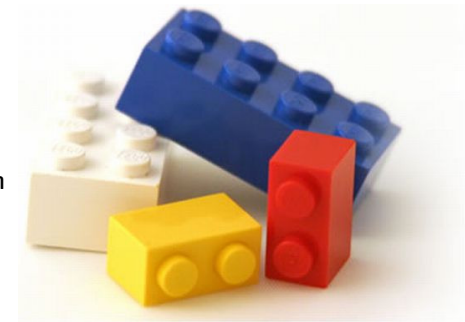
Tues., 4-4:45 p.m. Jan. 22-Feb. 26

Show off your Lego building passion and creativity in this YMCA program where participants design their own project with weekly themes.

FEE: \$12 members/\$24 non-members.

Class limit: 15

Register by Jan. 16



Fencing

Ages 10 and older

Tues., Feb. 5-March 19, 6:30-9 p.m.

Learn the basics of "Olympic" style foil fencing, a fun way to get in shape. Students must wear sweatpants or knickers that cover the legs, tennis shoes and a sturdy glove. Jackets, masks and other equipment will be provided.

FEE: \$74. The Y is a sponsor of this program that is being offered through Central Community College. Register for this program at CCC. Class will take place at CCC.

