



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IT'S WHERE TO GET STARTED

Fall 2018 Program Guide
BLAIR FAMILY YMCA



Welcome to the Y

At the Y, a supportive community is a big part of wellness. At every age and every level of activity, you'll find people just like you living a bit healthier. Members and programs participants often cite the support and enthusiasm of fellow participants and staff as some of the key factors in their achievement of greater wellbeing. We hope you will find programs in this guide that help you on your way to a healthier lifestyle.

Sign Up For A Program and Save

Any non-member who registers for a fee-based program at the Y between August 1 and August 31 can join the Y without paying a joining fee. Choose from any program in this guide and pay the member program price. It's a win/win for everyone!

Membership for All

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



Child Watch

At the Y, we know that it's important for your child to have fun and learn while you are recharging. That's why we offer free Child Watch, supervised play for children ages 6 weeks to 7 years, while parents exercise at the Y. Parents must remain in the building. Hours are: Monday-Friday, 8:30-11 a.m. and Monday-Thursday, 4:30-7 p.m.

Hours of Operation

Monday-Thursday, 5 a.m.-10:00 p.m.
 Friday, 5 a.m.-8 p.m.
 Saturday, 7 a.m.-6 p.m.
 Sundays, Noon-8 p.m.

Pool Hours

Monday-Thurs., 5:30-1 p.m. & 4-9 p.m.
 Fridays, 5:30-1 p.m. & 4-7:30 p.m.
 Saturdays, 7 a.m.-5 p.m.
 Sunday, Noon-7 p.m.

2018 Membership Rates

Category	Annual	Monthly
Youth	\$228	\$19
Young Adult	\$402	\$33.50
Adult	\$522	\$43.50
Family	\$780	\$65
Single Parent Family	\$624	\$52
Senior	\$420	\$35
Senior Couple	\$576	\$48



YOUTH DEVELOPMENT

CHILD CARE

With a focus on safety, health, social growth and academic enhancement, Y afterschool programs serve kindergartners through middle schoolers with a variety of programmatic and activity options to explore and develop their interests and talents.

BEFORE & AFTER SCHOOL CARE

August 13, 2018-May 22, 2019

Before & After School Care engages kids in physical, learning and imaginative activities that encourage them to explore who they are and what they can achieve. They will get homework help, have a chance to socialize and form lasting friendships. Transportation to and from school is provided along with an afternoon snack.

Time: 6-7:50 a.m. & 3:45-6 p.m.

Grades: K-6

Before School: \$6 member/\$5 additional child

\$7.50 non-member/\$6.50 additional child

*There will be an extra charge for Fridays due to the PLC's

After School: \$8 member/\$7 additional child

\$10 non-member/\$9 additional child

PLC'S @ THE YMCA

Fridays, August 17, 2018 - May 17, 2019

In partnership with the Blair Community Schools the Y is opening its doors free to children 10 and up during the school's Friday morning late starts. This is a free service for members or non-members. This is not a part of a licensed day care. The is simply a drop off spot with transportation provided by Blair Community Schools. For questions contact Beth Villotta at bvillotta@blairymca.org.

Time: 6-9:00 a.m.

Ages: 10 - 18

CHESS CLUB

Thursdays, September 13 -December 13

Chess is a great game for all ages. Chess helps children develop good problem-solving and planning skills. The Y's Chess Club is in it's 3rd year of existence and brings in kids of different ages, interests and abilities.

Time: 4-4:45 p.m.

Grades: 1-8

Class Limit: 20

Member: \$20/Non-Member \$30

Free to kids enrolled in the Y's Before & After School Care

KID'S RUN CLUB

Mondays & Wednesdays, September 10 - October 10

Kids will run up and down the trail by the YMCA earning prizes for completing every 5K along the way to a ½ or Full Marathon. Kids that participate will be honored at the last day of the program.

Time: 4-4:45 p.m.

Grades: K-8

Class Limit: 20

Member: \$10/Non-Member \$20

Free to kids enrolled in the Y's Before & After School Care

JR. CHEFS & CULINARY KIDS

Our kids cooking classes are hands-on and are designed so even the youngest of chefs can tackle food prep and cooking techniques. Skills learned include how to read a recipe, science, math and social skills. Students are taught food origins, nutrition, cooking technique and safety, and they will have even more fun tasting their new creations. Students will try new foods and be inspired to cook at home while having fun!

Jr. Chefs (Ages 5-7) Tuesdays 4 - 5 p.m.

Culinary Kids (Ages 8-11) Thursdays 4 - 5 p.m.

Session 1: September 11 - October 16

Session 2: November 6 - December 11

Member: \$25/Non-Member \$40

Free to kids enrolled in the Y's Before & After School Care

Register by September 4th

LEAP AND LEARN

Tuesdays & Thursdays

The Leap & Learn program is a fun-filled time for children ages 3-5. Y staff will lead children through activities to encourage imagination, creativity, socialization and physical play. Activities may include reading stories, playing games and making art or craft projects.

Time: 9:30-10:45 a.m.

Ages: 3-5

Class Limit: 15

Member: FREE/Non-Member \$7.00 day

YOUTH DEVELOPMENT

Youth Sports

JR. BLUEJAYS FLAG FOOTBALL "COMPETITIVE"

Saturdays, September 8 - October 13

This flag football league is designed to give kids a higher level of competition than the skills program. Kids will be placed on a team and practice once or twice per week and play games on Saturdays. These teams will play against other Blair teams and teams from surrounding communities. Game & practice times will vary for each team.

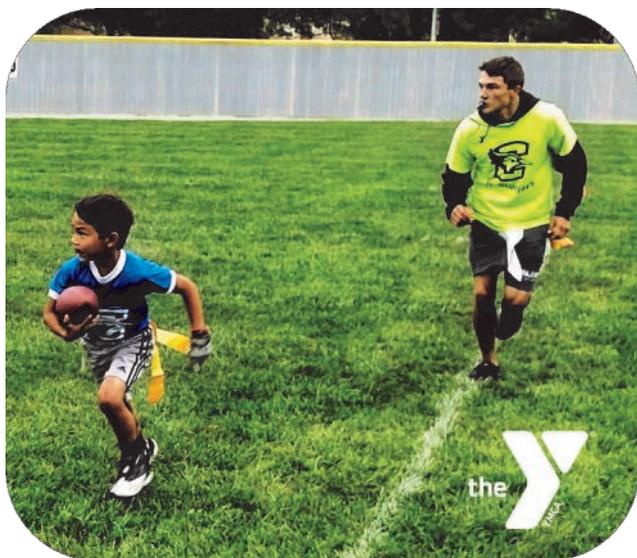
Grades: K-6
Member: \$40/Non-Member: \$60
plus \$20 Jr. Bluejays Jersey
Register by August 20.

JR. BLUEJAYS FLAG FOOTBALL "JUST FOR FUN"

Mondays, September 10 - October 15

This program teaches kids the basic rules, strategies and skills of the game. Playing in a challenging, non-competitive environment, we keep players focused on fundamentals and sportsmanship. Each night will consist of a clinic-style practice with stations focusing on fundamental skills followed by a scrimmage.

Grades: K-3
Time: TBD
Member: \$20/Non-Member: \$35
plus \$20 Jr. Bluejays Jersey
Register by August 27.



JR. BLUEJAYS FLAG FOOTBALL "PRE-K"

Tuesdays, September 11-October 16

This program teaches kids the basics of team sports including rules, techniques and safe practices. Kids will develop self-confidence and social skills through encouragement from coaches, parents and other children. Volunteer coaches needed.

Age: 4 or 5 years, (not in Kindergarten)
Time: 6:00-6:45 p.m.

Member: \$20/Non-Member: \$35.
plus \$20 Jr. Bluejays Jersey
Register by August 27

JR. BLUEJAYS VOLLEYBALL

Saturdays, September 8 - October 13

Hit the courts with the folks who invented the sport - the Y! Our youth program will teach skills such as passing, serving and hitting while emphasizing sportsmanship and teamwork. This program will consist of one practice session weekly and games on Saturdays against other Blair teams and teams from surrounding communities. Volunteer coaches needed.

Grades: 1-6
Member: \$40/Non-Member: \$60
Plus \$20 Jr. Blue Jays Jersey
Register by August 20.

JR. BLUEJAYS CHEERLEADING

Saturdays, September 8 - October 13

A great introduction to cheerleading. No tumbling, only cheers. Cheerleaders will practice 30 minutes before the game with a volunteer coach and will cheer at one game a week on Saturdays. Pom-poms and T-shirt provided. Participants should wear black pants or shorts and no jewelry.

Volunteer coaches needed.

Grades: K-5
Time: 9 a.m.-10 a.m.
Member: \$20/Non-Member: \$35, Will receive a Jr. Blue Jays cheerleading shirt and poms.
Register by August 27

Thank You to the following 2018 Jr. Bluejays Sponsors:



YOUTH DEVELOPMENT

Youth Sports

Introducing the Blair/Fremont YMCA League

JR. BLUEJAYS



BLAIR/FREMONT YMCA LEAGUE (2nd-6th)

Saturdays, November 3rd - December 15th

Develop fundamental basketball skills, while learning team-work, strategy and sportsmanship. Games will be played in both Blair and Fremont locations. Skills taught include passing, shooting, dribbling and the rules of the game. Come and have fun and meet new friends while playing basketball. Volunteer coaches needed.

- For grades 2nd - 6th (Age Groups will be determined after registration is complete.)
- Games will start on November 3rd
- Fee: Members: \$40, Non-Members \$60

*If needed, will purchase a \$20 Jr. Blue Jays Jersey



JUST GETTING STARTED (K-1st)

Saturdays, November 3rd - December 15th

This program gets kids ready to play in our league. The focus will be on learning the fundamentals of dribbling, passing and shooting in a fun and controlled setting. Practice and games are on Saturday afternoons.

- For K-1st grades
- Fee: Members: \$20, Non-Members \$35

*If needed, will purchase a \$20 Jr. Blue Jays Jersey

JUST FOR FUN BASKETBALL

Fridays, November 2nd - December 14th

This program teaches kids the basic rules, strategies and skills of the game. Playing in a challenging, non-competitive environment, we keep players focused on fundamentals and sportsmanship. Each night will consist of a clinic-style practice with stations focusing on fundamental skills followed by a scrimmage to get the kids game activity.

- For 2nd & 3rd Grade Boys & Girls
- Fee: Member: \$20/Non-Member \$35

*If needed, will purchase a \$20 Jr. Blue Jays Jersey

HEALTHY LIVING

YMCA BOOT CAMP (FREE FOR MEMBERS)

Boot camp is a group physical training program designed to help participants build strength, endurance, flexibility and overall fitness through a variety of exercises. This fast-paced, calorie-burning class is geared toward most fitness levels. Modifications are always offered for the beginner to the advanced. This class offers support, accountability and camaraderie. Weekly e-mails and tips will be sent to participants. This fall, we will enjoy the great outdoors by exercising outside when the weather permits. Classes are limited to 50, so sign up early! T-shirt not included. However, you may purchase a shirt.

FALL BOOT CAMP

Monday, September 10–Friday, November 2

Day of Week: Monday, Wednesday & Friday
Time: 5:30–6:15 a.m.
Member: Free/Non-Member: \$130

Monday, September 10–Friday, November 2

Day of Week: Monday, Wednesday & Friday
Time: 6:30–7 a.m.
Member: Free/Non-Member: \$100

HOLIDAY BOOT CAMP

Monday, November 12–Friday, December 21

Day of Week: Monday, Wednesday & Friday
Time: 5:30–6:15 a.m.
Member: Free/Non-Member: \$110

Monday, November 12–Friday, December 21

Day of Week: Monday, Wednesday & Friday
Time: 6:30–7 p.m.
Member: Free/Non-Member: \$80

GROUP EXERCISE CLASSES

The Y offers group classes for all ages, all levels and all interests. From low-impact pilates and yoga classes to calorie-burning classes like Zumba, Cardio-Kickboxing, Group Cycling and Circuit, you are sure to find a class that's fun, supportive and keeps you moving. Visit the website at www.blairymca.org for more details

PARTY IN PINK

Saturday, October 20, 8:30–10:30 a.m.

Join the fun in this FREE event with Kickboxing and Zumba classes. The day is part of an overall event to promote breast cancer prevention, early detection and awareness. Wear pink to be entered into a drawing for door prizes. Class Limit: 30



HOLD IT FOR THE HOLIDAYS

November 12–January 7

An average of 5–10 pounds is gained during the holidays. Challenge yourself to maintain your current weight with weekly weigh-ins and exercise at the Y. Earn points for a chance to win a free month membership. Every participant who maintains or loses weight will receive a t-shirt. Member: \$5
Register by November 9

JINGLE JOG

Saturday, December 15, 11 a.m.

Dig out your reindeer antlers, elf shoes and Santa suits and join us for the fourth annual 5K (ish) Jingle Bell Jog. This event is open to runners, joggers, walkers, strollers and pets. Costumes are recommended but optional. Awards:
Best Pet Costume
Best Family (group) Costume
Best Kid Costume
Best Adult Costume
Fee: Free-will donation of non-perishable food item(s) for the Washington County Food Pantry.



HEALTHY LIVING

Seniors & Adult Sports

CLASSIC FITNESS

Ongoing, Monday & Friday

This low-impact aerobics class will help seniors stay fit and healthy. Low-impact aerobics helps increase balance, coordination, flexibility and overall fitness with less strain on the joints.

Time: 9-10 a.m.

Class limit: 14-16

Fee: Included with membership.

BINGO

ONGOING, TUESDAYS & THURSDAYS

Bingo at the Y is a great place to meet other seniors and enjoy conversation and activities year round.

Time: 9 a.m. - 12 p.m.

Free for all seniors.

TAI CHI - MOVING FOR BETTER BALANCE

Tuesdays, Thursdays & Fridays 7:45-8:30 a.m.

This beginner's Tai Chi class for older adults is a gentle exercise also known as a "moving meditation" that helps improve balance and helps prevent falls. It empowers a person so they feel more confident in daily activities. Tai Chi improves a person's mental and social well-being. You will leave the class with a smile. Participants should wear comfortable clothing and shoes.

Fee: Free for Members/Day Pass for Non-Members.

FOUNDATIONS OF MOVEMENT

Tuesdays, Wednesday & Thursdays, 10:30-11:30 a.m.

This class is specific to those with Parkinson's Disease, however people with balance issues such as diabetes, multiple sclerosis and rheumatoid arthritis may also benefit from these exercises. It will be a safe environment with goals of increasing range of motion, improving strength and balance.

Fee: Free for Members/Day pass for Non Members

PICKLEBALL - DROP IN

Monday - Friday, 9 a.m. - 11 a.m.

Pickle ball is a fun game that is played on a badminton court with the net lowered to 34 inches. Enjoy learning and playing this game in drop-in pickle ball. It's easy for beginners and can develop into a fun, fast-paced competition for more advanced players. Drop in anytime to learn and play pickle ball and have fun staying active. No registration necessary.

Fee: Free for Members/Day Pass for Non-Members.

NOON BASKETBALL - DROP IN

Monday/Wednesday/Friday 12-1 p.m.

Need a little competition to exercise? Join us for pick-up basketball games played Mondays, Wednesdays and Fridays from noon-1 p.m. Must be 18 years or older to play.

Fee: Free for Members/Day Pass for Non-Members.

SUNDAY NIGHT BASKETBALL

Sundays, October 1 - April 29

Just like Noon Basketball this is for Adults to get together and plays some hoops in a semi-competitive environment. Must be 18 years or older to play.

Time: 6-8 p.m.

Fee: Free for Members/Day Pass for Non-Members.

ADULT COED VOLLEYBALL LEAGUE

WEDNESDAYS, OCTOBER 3-NOVEMBER 14

Improve your health and stay connected with friends at the Y's adult volleyball league. Games are once a week for 6 weeks with a single elimination tourney at the end of the season.

Age: 18 and older

Fee: \$105 per team

Register by Monday, October 1



AQUATICS

Swimming is a life skill as well as great exercise and a challenging sport. Ys offer swim lessons (for all ages), family swim and competitive swimming so we can all safely enjoy the pleasures of an aquatic environment.

FALL SWIM LESSONS

Sundays & Tuesdays

Kids of all ages will learn safety around the water while gaining confidence and self-esteem through learning to swim with American Red Cross swim lessons offered through the Y.

Session 1 Dates: Sundays September 9 - October 28
Tuesdays September 11 - October 30
Register August 15- August 30

Session 2 Dates: Sundays and Tuesdays
November 11-December 9
*No Class Sunday, November 25th
Register October 31 - November 8

Ages: 3 and up (must be toilet trained)
Levels: Pre-school/Levels 1-6
Members: \$40/Non-Members \$65

PARENT & CHILD SWIM LESSONS

Sundays, September 11 - October 30

Our parent/child swim lessons are designed to help parents and their children become comfortable and have fun in the water. The parent guides their child to learn aquatic skills and safety, creating a great learning environment for the child and an enriching experience for the parent.

Time: 7 - 7:30 p.m.
Ages: 6 months - 3 years
Member: \$40/Non-Member \$65
Register August 15- August 30

YMCA BLAIR BARRACUDAS SWIM TEAM

September 11 - March 10

The Blair Family YMCA provides boys and girls an opportunity to participate in a competitive swimming program that will focus on stroke development and having fun in the water and competing in meets against other YMCA's in Nebraska. Swimmers must be able to proficiently swim the length of the pool (25 yards) to compete in swim team.

Practice times: Mondays 7-8:30 p.m.; Tuesdays 7-9 p.m.;
Thursdays 7-9 p.m.; Sundays 3:00-4:45 p.m.
Ages: 5-18
Member: \$180
Registration begins



FUN STUFF FOR THE KIDS

PARENTS NIGHT OUT (FREE FOR MEMBERS)

Dates & Themes to be announced on the 20th of the previous month. Notice will be done by email, social media and the YMCA website.

Parents can enjoy a night out while children enjoy meeting new friends and having fun at the YMCA. Parents Night Outs are now offered once a month at the Y.

- Time: 5-10 p.m.
- Ages: 3-12 (must be toilet trained)
- Class limit: 75
- Dinner is provided.
- Fee: Members: Free/Non-Members \$30

Sponsored by:



NERF WARS

Saturdays, Sept. 29, Oct. 27, Dec. 1

Nerf Wars at the Y are 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. Kids will be arranged into age appropriate groups.

- Time: 7-8:30 p.m.
- Grades: K-5
- Class limit: 50
- Fee: Member: \$5/Non-Member: \$10

Register by 6 p.m. the night of the event.

SUPER HERO NIGHT

Saturday, Oct. 27

Kids will put their imaginations to work in this special event where they can become an official super hero by completing the Y's super hero training obstacle course. Little ones will also get creative making their own mask and cape. A snack will be provided, and super hero costumes are welcome.

- Time: 5-6:30 p.m.
- Ages: 3-5
- Class Limit: 30
- Fee: Members: \$7/ Non-Members: \$12

Register by October 24.

MIDDLE SCHOOL DODGEBALL NIGHTS

Saturdays, Sept. 29, Oct. 27, Dec. 1

Teens will get their hearts pumping while gaining skills like coordination and teamwork all while having a blast playing Dodgeball. Grab a friend and join us for some dodge ball fun at the Y!

- Time: 9-10:30 p.m.
- Grades: 6th-8th
- Fee: \$4 if pre-registered, \$5 at the door





CALENDAR OF EVENTS

AUGUST

- 13 - Before and After-School Care Begins
- 15 - Registration Begins for Fall Swim Lessons
- 17 - PLC's at the Y begins
- 20 - Deadline 1 for Fall Jr. Bluejays Sports Sign-up
- 27 - Deadline 2 for Fall Jr. Bluejays Sports Sign-up

SEPTEMBER

- 3 - YMCA Closed for Labor Day
- 8 - Jr. Bluejays Competitive Flag Football begins
- 8 - Jr. Bluejays Volleyball begins
- 8 - Jr. Bluejays Cheerleading begins
- 9 - Sunday Night Adult Basketball begins
- 10 - Jr. Bluejays "Just for Fun" Flag Football begins
- 10 - Kid's Run Club begins
- 11 - Jr. Bluejays Flag Football "Pre-K" begins
- 11 - Jr. Chefs begins
- 11 - Swim Team begins
- 13 - Chess Club begins
- 13 - Culinary Kids begins
- 29 - Nerf Wars 7-8:30pm
- 29 - Middle School Dodgeball Night 9-11pm

OCTOBER

- 3 - Adult Coed Volleyball begins
- 27 - Super Hero Night 5:00 - 6:30pm
- 27 - Nerf Wars 7-8:30 p.m.
- 27 - Middle School Dodgeball Night 9-11 pm

NOVEMBER

- 1 - Winter Clothing Drive Begins
- 2 - Jr. Bluejays "Just for Fun" Basketball begins
- 3 - Jr. Bluejays K-6th Basketball begins
- 6 - Jr. Chefs begins
- 8 - Culinary Kids begins
- 22 - YMCA Closed for Thanksgiving Day
- 23 - YMCA opens at 8:00 a.m.

DECEMBER

- 1 - Nerf Wars 7-8:30pm
- 1 - Middle School Dodgeball Night 9-11pm
- 1 - Blair YMCA Swim Meet
- 24 - YMCA Closes at 12:00 p.m. for Christmas Eve
- 25 - YMCA Closed for Christmas Day
- 31 - YMCA Closes at 5:00 p.m. for New Years Eve

BLAIR FAMILY YMCA

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