



FALL 2023



BE ACTIVE BELONG

COLUMBUS FAMILY YMCA

www.columbusy.org
402.564.9477

3912 38th Street
Columbus, NE 68601

YMCA BOARD OF DIRECTORS

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COLUMBUS FAMILY YMCA

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Phone: 402.564.9477

3912 38th Street
Columbus, NE 68601

Fax: 402.564.2300



Strengthening the Foundations of Community.
Every day we work side-by-side with our neighbors in Columbus to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.



WELCOME TO THE COLUMBUS FAMILY YMCA

Financial assistance is available for all programs and membership. It's hard to say which will get stronger. Your body? Your family? Or your community? We are not a gym, though your body will grow strong. We are not a childcare center, though we have cared for thousands of Columbus' children over the years. We are not a social center, though countless friendships have been sparked here.

EVERYONE NEEDS A PLACE TO BELONG.

The YMCA is that place, for Columbus, and whether through your membership or one of the programs in this guide, for you as well. Welcome to the Columbus Family YMCA. We're glad you're here! To learn more about the YMCA's mission, values, and role in the community, please visit www.columbusy.org.



YMCA FACILITY HOURS BEGINNING JANUARY 1, 2024

*The Y is Members only after 9 PM. We will not take transactions or registrations after 9 PM.

MONDAY-SATURDAY
5 AM-10 PM

SUNDAY
12 PM-7 PM

LABOR DAY

OPEN: Monday, September 4 | 7 AM-2 PM

THANKSGIVING

CLOSING at 7 PM Wednesday, November 22

CLOSED: THANKSGIVING DAY, Thursday, November 23

OPEN: 7 AM-7 PM Friday, November 24

CHRISTMAS

CLOSED: CHRISTMAS EVE—Sunday, December 24

CLOSED: CHRISTMAS DAY—Monday, December 25

OPEN: 7 AM-10 PM, Tuesday, December 26

NEW YEAR'S

OPEN: 12 PM-5 PM, New Year's Eve, Sunday, December 31

OPEN: 12 PM-10 PM, New Year's Day, Monday, January 1

MEMBERSHIP

2022 MEMBERSHIP RATES	Monthly	Yearly
Two Adult & Children Household	\$69.50	\$834.00
One Adult & Children Household	\$58.00	\$696.00
Two Adult Household	\$64.00	\$768.00
Adult (27–64yrs old)	\$51.50	\$618.00
Two Senior Adult Household	\$57.50	\$690.00
Senior Citizen (65+ yrs old)	\$39.50	\$474.00
Young Adult (Out of high school–26 yrs old)	\$40.00	\$480.00
Youth (High school and younger)	\$19.25	\$231.00

- Youth are high school and younger.
- Young Adult Members are out of high school–26 years old.
- Adult Members are 27 years–64 years old.
- 1 Adult and Children Household memberships are for families with only one parent living in the household.
- 2 Adult and Children Household memberships are for 2 adults living in the same household and their dependent children.
- Senior Citizen Membership must be 65 years old or older.
- Two Senior Adult Household is for two seniors, both 65 years old and up, living in the same household.

Under the monthly bank draft plan, payments are withdrawn from member’s bank accounts the 10TH of each month. Bank drafts must be cancelled in writing by the 8TH of each month to stop the payment withdrawal. Bank draft memberships renew automatically without cancellation.

BENEFITS FOR MEMBERS

Added value: Access to YMCA’s across the state and country, FREE Group Exercise Classes, Free Y-Care, reduced program rates on youth sports and youth programs, first opportunity to register for classes, and belonging to a world-wide movement that seeks to impact our communities.

DAY FEES

Day Fees are able to be purchased at the Member Services Desk on a daily basis and are good for the day purchased. The YMCA reserves the right to refuse to sell day fees.

Youth | \$7
(High school and younger)

Adults | \$10

Senior Citizen | \$7
(65 and older)

YMCA FINANCIAL ASSISTANCE

The YMCA Board of Directors is determined to help children, adults and families who cannot afford to join the YMCA or participate in our various programs. The Columbus Family YMCA is a United Way Agency and receives funding to provide financial assistance to those who qualify. Application forms are available at the Member Services desk at the YMCA. Financial Assistance is awarded according to need and is based upon a sliding scale according to annual income levels.

the STRONG KIDS CAMPAIGN

Please consider a year end gift to the 2023 Strong Kids Campaign. Your gift helps us make a difference in the lives of those who cannot afford the Y due to financial struggles, family situations, and more. Youth and family programs are the focus of Strong Kids funding.

All gifts are tax deductible. Please help us attain our goal of \$90,000. **THANK YOU!**

FALL POOL HOURS SUBJECT TO CHANGE

Monday–Thursday

5:15 AM–9 PM

Friday

5:15 AM–7 PM

Saturday

7:15 AM–5 PM

Sunday

12:15 PM–5 PM

LAP POOL

OPEN ALL DAY

FAMILY OPEN SWIM

Thursday

6:30 PM–9 PM

Friday

4:30 PM–7 PM

Saturday

12 PM–5 PM

Sunday

12:15 PM–5 PM

Please Note: The lap pool is closed to patrons during swim team practice as all lanes are used at this time. The warm pool is closed to patrons during Ai Chi class and Tuesday 5:20 AM Aquasize, as the whole pool is used at this time.

Unless a pool is closed to patrons for another activity both the warm pool and lap pool will always welcome Adults with Children 4 years and under.

REMINDER

During Family Open Swim, children 6 years and younger must be accompanied by a care giver 16+ years **IN** the water with them.

SWIM TEAM

The Columbus YMCA Swim Club (CYSC) is our competitive swim team with practices and monthly meets. Swimmers who participate must be able to swim 25 yards (one length) of the pool using both the freestyle and backstroke. **Swimmers must know and understand the basic concepts of swimming—this is NOT swimming lessons.** Emphasis will be placed upon stroke instruction, endurance, sportsmanship and having fun. Swim Team has two sessions (see below). Swimmer(s) must register for the first session to be able to swim in the second session. Swim team participants are required to be YMCA members—Nebraska YMCA Swim League policy. Swimmers must be registered prior to the first meet in October to swim. All new swimmers will swim with a coach the first week of practice to make sure they qualify for the swim team. If for any reason the child is unable to successfully complete the swim, the family will be refunded in full for the cost of the session.

SESSION 1

September 18—December 14

Practice Times: Mon–Tues–Wed–Thurs

8 & under 4:15–5:15 PM

10 & older 4:15–5:45 PM (practice times for 10 & older subject to change based on number of swimmers)

*Swim practice times are subject to change under new head coach

Parent Meeting: TBD

SESSION 2

January 1—March 14

Practice Times: Mon–Tues–Wed–Thurs

8 & under 4:15–5:15 PM

10 & older 4:15–5:45 PM (practice times for 10 & older subject to change based on number of swimmers)

Fee:

Youth—5 years old to 8th Grade—\$120/session

High school student: \$60/session

There will be a clinic held for interested youth, who have not previously joined.

September 4–14, 4:15–5:15 PM, Weeks #1 & #2: Mon–Thur
\$50 for Members & Non-Members

Taking the clinic is not mandatory to join.

SWIM LESSONS

All swim lesson times/dates are subject to change based on instructor availability. Swim lessons are YMCA of the USA certified.

GROUP SWIM LESSONS

Group Swim Lessons will be offered. Please be mindful of designated ages and levels. Small groups are offered to ensure each swimmer is provided with plenty of one-on-one time. Each full session is 8 days for 30 minutes/evening. Any sessions with less than 8 scheduled days are offered at a prorated rate.

Members
\$45

Non-Members
\$68

LESSONS YOUR WAY

Lessons Your Way Program is a program the Columbus Family YMCA has created for those that cannot or are unable to attend regular swim lesson programming. All classes are dependent on an instructor who can meet with the swimmer at the same time. Participants can be training for competitions, in search of self-improvement, learning to lap swim, basic life saving skills, special needs, etc. Forms are available at the front desk and on the website.

Members
\$20 | 30 minute lesson

Non-Members
\$33 | 30 minute lesson

\$72 | (4) 30 minute lessons

\$119 | (4) 30 minute lessons



FOR YOUTH DEVELOPMENT



AFTERSCHOOL PROGRAM

Free program sponsored by United Way

Coming back this fall is our free after-school program, sponsored by United Way. Each session is limited to 50 kids. Registration will be available soon in person at the YMCA or on our website. YMCA staff will pick up your child at their school and bring them to the YMCA for games, crafts, community, and homework time! Youth must be picked up by 5:30 PM at the YMCA. The fall program will run from mid-September through mid-December.

SCHEDULE

Monday: Emerson, North Park, Immanuel

Tuesday: Centennial, St. Isidore, St. Bonaventure, St. Anthony

Thursday: Columbus Christian, West Park, Lost Creek

WEDNESDAY AFTERSCHOOL

When Columbus Public Schools dismiss early on Wednesdays, programming will be provided at the YMCA! Youth can be dropped off at the Y starting at 2:15 PM and **MUST** be picked up by 5:30 PM. This is open to all elementary school students. The cost is free for Members and a day pass fee of \$7 for Non-Members. Registration must be completed online. Youth must be dropped off and picked up by a parent or guardian in the youth gym at the YMCA. Enrichment activities will vary, and a schedule will be posted on the YMCA's Facebook page. **Program dates and registration will be available online.**

YOUTH GYM SUPERVISION

Games and fun will be provided in the youth gym from 5–8 PM Monday through Thursday and 4–8 PM on Fridays during the fall semester! Programming is available for children ages 7 and up. A parent must be present in the building for youth ages 7–9.

SCHOOL DAYS OUT CAMP

When school is out, YMCA camp is in. Fun field trips, outdoor exploration, and indoor games and activities including swimming. Minimum of 10 students to hold program. Register online or in person at the front desk.



CHILD WATCH FORMERLY Y CARE AND Y CLUB

The YMCA provides free childcare for children **ages 6 weeks old to 6 years of age**. Children are our business. The littlest Y members need special care so mom and dad can utilize the YMCA. This program is for members using the YMCA for classes, programs or individual exercise. Parents must remain in the building while their child is in Child Watch. Two (2) hour limit in Child Watch each day. This is a MEMBERS ONLY program- Day Passes are not eligible for this. All Children participating in Child Watch must be on either a Family or Single Parent Family account and can only be checked in or out by the Adult/Guardian on that membership.

Monday–Saturday
8:00–11:00 AM

Monday–Thursday Evenings
4:30–8:00 PM

**No Child Watch on Friday
or Saturday evenings.**
No Child Watch on Sundays.

****NO CHILD MAY BE UNATTENDED AT THE YMCA
WHO IS YOUNGER THAN 10****

BIRTHDAY PARTIES

Make your next party one that you won't forget at the YMCA!

Make your next party one that you won't forget at the YMCA! Price includes: Activity Rental, Party Room Rental, and Staff to supervise your party. We set up and tear down! You may bring in cake, food, beverages, and decorations for your time in the party room. You will also receive a special gift from the YMCA for the birthday boy or girl. We require registrations to be turned in no later than 2 weeks before the party.

20 Guest Limit (including birthday child and adults) and the party must be paid in FULL at registration. Child must be a member at the time of registration and on the day of the party to receive the member rate.

Birthday Party Options	Members	Non-Members
Recreational Swim Party	\$100	\$150

Boune House parties will resume once Fieldhouse is completed.

CLUB VOLLEYBALL

Saturdays | September 23–October 14

The Columbus Family YMCA's Club Volleyball League is for 3rd–6th graders. You must sign up as a team. There is an 8-game guarantee. Games will be played on **Saturday** starting at 8 AM and ending depending on the amount of teams. Come out and have a good time. **Referees will be provided by the YMCA.**

PRICING

\$200 per team

REGISTRATION DEADLINE

September 8

There will be a \$25 penalty per team for late registrations.

DATES

September 23–October 14

(4 weeks of games, two games each week)

CLUB BASKETBALL LEAGUE

Saturdays | November 11–18 & December 2

This league will run for 3 weeks, with games played on Saturdays. Separate divisions will be made for boys and girls. Referees will be provided by the YMCA.

GRADES

3rd–8th

DATES

November 11–18 & December 2

REGISTRATION DEADLINE

October 25

PRICING

\$200 per team

6 games guaranteed

There will be a \$25 penalty per team for late registrations.

DIVISIONS (Registration dependent)

Boys

3rd Grade, 4th Grade, 5th Grade, 6th Grade, 7th Grade, and 8th Grade

Girls

3rd Grade, 4th Grade, 5th Grade, and 6th Grade

ROOKIE BASKETBALL LEAGUE

Saturdays | January 6–February 10

A great way for your child to enjoy the game of basketball in a team atmosphere for our youngest ball players! This league will run for five weeks, with practices and games on Saturday mornings. All grades will play 4 on 4 to assure maximum playing time and involvement for all participants. Volunteer coaches are needed (please contact Sports Director, Kylee Bean, if you are interested in coaching)! Team t-shirts are included with the cost of registration.

This is a developmental league that is intended to teach youth the basics of basketball. We will not keep score for any of the games, and everyone will play as equally as possible! We will only accept individual registrations, and players will be assigned to a team/coach afterwards.

DIVISIONS (Boys and Girls will be in separate division as long as registration allows)

Kindergarten Division

Must be 5yrs old by start of league

1st–2nd Grade

TIMES

Saturday Morning's (league schedule will be made after registration deadline)

3rd–4th Grade

(if numbers of players/coaches allow)

DATES

January 6–February 10

REGISTRATION DEADLINE

December 19

PRICING

\$25 Member, \$60 Non-Member

There will be a \$10 penalty for late registrations.

ROOKIE FLAG FOOTBALL LEAGUE

Tuesdays, August 29—October 3

Join us for our Rookie Flag Football League! This league will run for six weeks, with practices and games on Tuesday night's. Each team will practice immediately before their game, and all teams will play one game per week. **VOLUNTEER COACHES ARE NEEDED** (please contact Sports Director, Kylee Bean, if you are interested in coaching)! Team t-shirts are included with the cost of registration. Both boys and girls are welcome to play!

This is a developmental league that is intended to teach youth the basics of football. We will not keep score for any of the games, and everyone will play as equally as possible! We will only accept individual registrations, and players will be assigned to a team/coach afterwards.

DATES

Tuesdays, August 29—October 3

GRADES

K—2nd Grade (for 2023–2024 school year)

*Divisions will be separated by grade if registration allows. Grades may be combined if necessary.

PRICING

Members

\$25

Non-Members

\$60

REGISTRATION DEADLINE

Monday, August 15

*Players may be added after the registration deadline with the approval of the Sports Director.

There will be a \$10 penalty for late registrations.

LOCATION

Grassfields west of CHS



ADULT SPORTS

MENS' 3 V 3 BASKETBALL (FALL SESSION)

Thursdays | September 7—November 16

The 3 on 3 Basketball league is for adults 18 years or older. High school athletes are NOT allowed to play in the 3 on 3 Adult League. Please enter as a team. The league will play on Thursday evenings. Fees must be paid during the registration in order for teams to be entered into the league. Registrations are due one week prior to the start of a session. Separate divisions are scheduled depending upon each team's selected skill level. **All dues are to be paid at time of registration. No rosters will be taken without full payment.**

DATES

September 7—November 16

REGISTRATION DEADLINE

August 30

There will be a \$25 penalty per team for late registrations.

PRICING

Members

\$25

Non-Members

\$70

SUB FEE

\$5 Members or \$10 Non-Members
(must be paid prior to playing)

WOMENS' 4 ON 4

Wednesdays | September 6–November 8

The Columbus Family YMCA's Women's 4 on 4 Volleyball League is for adult women. HIGH SCHOOL STUDENTS ARE NOT ALLOWED TO PLAY IN THIS LEAGUE. Team registrations only. No individual registrations will be accepted. All games will be played on **Wednesday night's between 5:30 and 10:00 PM.**

All FEES are to be paid at time of registration. No rosters will be taken without full payment.

DATES

September 6–November 8
(Last two weeks are tournament)

REGISTRATION DEADLINE

August 25

There will be a penalty of \$25 per team for late registrations

PRICING

Members	Non-Members
\$20	\$60

Sub Fee: \$5 Members or \$10 Non-Members
(must be paid prior to playing)



WOMENS' 6 ON 6 VOLLEYBALL

Wednesdays | November 29–February 7

The Columbus Family YMCA's Women's 6 on 6 Volleyball League is for adult women. HIGH SCHOOL STUDENTS ARE NOT ALLOWED TO PLAY IN THIS LEAGUE. Team registrations only. No individual registrations will be accepted. All games will be played on **Wednesday night's between 5:30 and 10:00 PM.**

All FEES are to be paid at time of registration. No rosters will be taken without full payment.

DATES

November 29–February 7
(Last two weeks are tournament)

REGISTRATION DEADLINE

November 19

There will be a penalty of \$25 per team for late registrations

PRICING

Members	Non-Members
\$25	\$70

Sub Fee: \$5 Members or \$10 Non-Members
(must be paid prior to playing)



COED VOLLEYBALL

Tuesdays | October 10–December 12

This league is for adults 18 years and older. High school athletes are not allowed to play in this league. Each player may only be registered on ONE team. Games will be played on Tuesday nights. Registration fees must be paid in full at time of registration. This is a 9 week session and there must be a minimum of 6 teams signed up for the league to happen.

PRICING

\$20 for Member
\$60 for Non-Member

REGISTRATION DEADLINE

September 27

DATES

October 10–December 12

SPECIALTY CLASSES

YOUTH STRENGTH CLINIC—STEP 1

Under quick construction! Private Sessions are still available for \$58.

Y-LOSE IT PROGRAM

September 25–November 18 (8 weeks)

Join the revolution of our Y-Lose It Program! This will be an AMAZING 8 week health and fitness journey for you! You will be on a team with up to six team members interested in making a change in their wellness habits. You get access to a wellness coach, you train, exercise and learn healthy habits that will last a lifetime along with your team. You can make your own team, or make some new friends by having the Y assign you to a team. Each team will work out together 2 days every week for 8 weeks of the Challenge. Your Wellness Coach will conduct weekly weigh-ins.

Top 4 people that lose the biggest percentage of body fat win \$50 each.

PRICING (based on 8 weeks)

Members

\$104.80

Non-Members

\$209.60



TURKEY TROT

Walk, Run, or even Trot the morning of Thanksgiving. Put the turkey in the oven and join us for a morning fun run. Register at getmeregistered.com

WHEN

8:00 AM on Thursday, November 23, 2023

WHERE

Wellness Center, main entrance

T-SHIRTS

\$15

FEE

Individual \$5

Family \$20 (includes immediate family only)



COLUMBUS FAMILY YMCA CODE OF CONDUCT

The Columbus Family YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we expect individuals to act appropriately at all times in a mature and responsible way, and to respect the rights and dignity of others when they are in our facility or participating in our programs.

The YMCA reserves the right to refuse service, suspend or cancel a membership at our discretion if actions or behaviors are not deemed in the best interest of the organization.

Prohibited actions specifically include but are not limited to:

- Inappropriate attire; appropriate attire includes gym shorts, shirts, or sweats in the exercise areas, and modest swimsuits or clean shorts without frayed ends in the pool, hot tub, steam room and sauna area.
- Angry or vulgar language, including swearing or name-calling, or any action that can hurt or frighten another person.
- Disrespect and Immodesty in the Locker Rooms/Showers/Steam Room/Sauna/Hot Tub Area/Bathrooms.
- Physical contact with another person in any angry, threatening or offensive way.
- Any kissing, sexual gestures, activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or any menacing behavior.
- Photographing or video recording of anyone at the YMCA without approval of the YMCA.
- Theft or behavior that results in the destruction of property, including any type of vandalism of equipment, fixtures and facilities.
- Letting non-members into the building through non-staffed doorways.
- Carrying any weapons or devices or objects that may be used as weapons.
- Using or possessing illegal substances or alcohol on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Loitering.
- Smoking, including smokeless tobacco, and vapes. The YMCA and its property is a smoke-free environment.
- Disrespect, harassment, disregard for instruction or inappropriate behavior towards YMCA staff.

The Columbus Family YMCA screens all individuals with Raptor to check against the national registered sex offender database and reserves the right to deny access or membership to any person who has been accused or convicted of any sex-related crime; habitually or excessively uses illegal substances; has ever been convicted of any offense relating to the use, sale, possession, or transportation of illegal substances, or continuous or excessive use of alcohol.

Based on the recommendations from our national organization YMCA of the USA, and due to the fact that personal training services are offered by our YMCA, only YMCA personal training staff members will be allowed to utilize YMCA facilities for personal training services, including and not limited to sports technique/agility training. All solicitations on YMCA Property must be approved by YMCA Management.

YMCA staff members are eager to be of assistance. **Members and guests should not hesitate to notify a staff member if assistance is needed.** In order to be able to carry out these policies, we ask that members and guests identify themselves to YMCA staff members when asked.

PROUD SUPPORTERS OF THE YMCA



Bank of the Valley

Kosch Financial

Charter West Bank

Loup Public Power District

**Columbus Area Chamber of
Commerce**

MARC

Columbus Bank and Trust

One United Federal Credit Union

Commonwealth Electric

Pinnacle Bank

Cruise and Associates

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Gene Steffy Ford

Service Master by Shevlin

Great Plains State Bank

Union Bank & Trust

Hy-Vee

Unity Eye Centers

Vyve



**DONATE TODAY! HELP US SURPASS
OUR 2023 STRONG KIDS CAMPAIGN
GOAL OF \$90,000.**

Your donation helps us serve those in our community who need the life change that the Y provides the most. All donations are tax deductible.

Contact **Corey Briggs, 402-564-9477**, to donate.

THANK YOU!!!



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