



SPRING/SUMMER 2023



EMPOWERING YOUNG PEOPLE

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



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 Fee's are not eligible for this.

Monday–Saturday (Saturday hours subject to change)
8:00–11:00 AM

Monday–Thursday
4:30–8:00 PM

No Child Watch on Saturday evenings.

No Child Watch on Sundays.

****CHILDREN YOUNGER THAN 10 years of age may not be left at the Y without their parent/guardian in the Y at the same time.****

YCMA UPDATE



CONSTRUCTION ALERT

Starting May 1 and running approximately 5 weeks, there will be major construction and remodeling taking place on the Wellness Floor.

More information will be coming to members regarding specifics of the construction changes. Please be patient and understanding during this time. The end will result will be a larger and more functional space with more equipment.

Please contact Corey Briggs, CEO with any questions.

YOUTH DEVELOPMENT



BIRTHDAY PARTIES

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 setup and tear down! You may bring in food, cake, beverages and decorations for your time in the party room. You will also receive a special gift from the YMCA for the birthday girl or boy. We require registration to be turned in no later than 2 weeks before the party.

20 Guest Limit (including birthday child, invited children 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 party to receive the member rate.



Birthday Party Options

Birthday Party Options	Members	Non-Members
One House	\$130	\$180
Two Houses	\$180	\$230
Three Houses	\$230	\$280
Recreational Swim Party	\$100	\$150



YMCA SUMMER DAY CAMP

For kids who will have completed K-4 in the 2022-23 school year

Kids will participate in fun activities outdoors and indoors at the YMCA, including swimming every day and at least one field trip each week. Other activities include hiking, boating, swimming, archery, crafts, games, and friendships! Each child will be placed in an age-appropriate group, led by a trained counselor, and will enjoy activities in small and large group settings.

Register in-person at the YMCA
or online at columbusy.org

2023 WEEKS AND THEMES

WEEK	THEME
Week 1 June 5-9	Animal Kingdom
Week 2 June 12-16	Experimentation Nation
Week 3 June 19-23	Space Explorers
Week 4 June 26-30	Live in Color (+horse option)
Week 5 July 10-14	Sports and More
Week 6 July 17-21	Water Week
Week 7 July 24-28	Christmas in July (+horse option)
Week 8 July 31-August 4	Columbus Staycation

CAMP HOURS

7:30 AM-4:30 PM

After-care option: 4:30-6 PM for
\$3/day or \$10/week

COME JOIN US FOR A GREAT SUMMER!

COSTS

MEMBER	NON-MEMBER
Weekly \$150	Weekly \$180
Daily \$35	Daily \$45
+Add-on Horse Option only on specific weeks: \$35/child	
+\$10 additional fee for daily rate on field trip days.	

DISCOUNTS

Early Bird

If registered by April 1 = 10% off full week

Siblings

5% off 2ND child, 10% off 3RD,
15% off 4TH child in the same household

Siblings discount only applies to children signing up for the same full week of camp—does not apply to daily rates or different weeks.



CHIPMUNK CAMP

For Ages 4-5 | Must have turned 4 by May 15, 2023

Start your child on a lifelong adventure in the great outdoors. These 3-morning camp (4 hour) introduces kids to YMCA Day Camps. Traditional camp activities will be done including hiking, crafts, games, swimming and more. This is a great chance to introduce your little ones to camp!

SESSIONS

AM SESSION	PM SESSION
8-11 AM	1-4 PM

COSTS PER SESSION

MEMBER	NON-MEMBER
Full Program \$50	Full Program \$70
Daily \$20	Daily \$25

HEALTHY KIDS DAY

April 22 | FREE family event for Members and Non-Members

Gather with community partners to kick off the summer season! Family activities will be provided along with resources to establish healthy habits in your household.

GYM AND SWIM

Spring Dates TBD | Check website for more details

This 4-week program is for children ages 3-5 and runs for 1 hour, two days each week. One day is devoted to pool time, where the focus is on water comfort and water safety. The other day is spent in the gym, where the focus is on motor skills, coordination, and social skills.

Members
\$40

Non-Members
\$60

WEDNESDAY ENRICHMENT

Wednesdays | 2:15-5 PM | Grades K-4

On Wednesdays when Columbus Public Schools have an early dismissal, the Y has enrichment for students including games, a STEM activity, and a craft.

Pricing

\$10 Registration Fee

+ \$5 per day for Non-Members



AFTER SCHOOL CLUB

For elementary school students | Sponsored by United Way

FREE for all students! The YMCA bus picks children up at school and brings them to the YMCA for a snack, games, crafts, and character building. Parents pick up students at the YMCA between 5:00 and 5:30 PM.

Spring Semester Dates

January 16–April 27

Schedule

Monday: Emerson, North Park, Immanuel

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

Wednesday: Columbus Christian, West Park, Lost Creek

SCHOOL DAYS OUT CAMP

Grades K–5 | 7:45 AM–5:30 PM

When schools have scheduled days out, the Y has camp! Camp hours are 7:45am-5:30pm. Activities, swimming, games, and more are offered to elementary school students. Visit the columbusy.org website for dates and registration.

Members
Individual | \$25/day
Family | \$50/day

Non-Members
Individual | \$35/day
Family | \$70/day



KIDS' NIGHT OUT

Drop off your kids at the Y for a night of swimming, pizza, bounce houses and games!

March Dates

Grades K-4: March 31

Grades 4-6: March 24

Members
\$15 | Child
\$30 | Family

Non-Members
\$20 | Child
\$40 | Family

ADULT PROGRAM *NEW PROGRAMS



MEN'S 3 ON 3 BASKETBALL

Thursdays | June 8–August 24

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 registration in order for teams to be entered into the league. Registrations are due one week prior to the start of a session. Each session is an 11 week session. Separate divisions are scheduled depending upon each team's selected skill level.

Members \$25
Non-Members \$70

Registration Deadline: June 1

*SUMMER PICKLEBALL LEAGUE

Monday Evenings | June 6–27

Come be a part of a new program for the young and the old. Pickleball is a fun sport that combines the elements of tennis, badminton, and ping-pong. There will be different divisions, based on age and ability. Space will be limited, so register early. Prizes to the top 2 individuals in each division.

Cost
\$10 per person



KICKSTART SOCCER

June 27, 28, 29

This three day clinic is designed to give a basic understanding of soccer. Central Community College, Coach Jamie Bennett and Coach Luis Puidlo, and their players will be running the camp. Participants will work on ball handling, dribbling, passing, and shooting in a fun, interactive environment.

TIME

Peewee: Going Into Pre K–1ST
9:00–10:00 AM

Intermediate: Going into 2ND–4TH
10:15–11:30 AM

Where

Central Community College Soccer Field

PRICING

Members
\$30

Non-Members
\$45

FORWARD MOTION SUMMER RUNNING CLUB

Mondays & Wednesdays | June 5–28 (8 days)

This club will focus on starting your morning with activity and fresh air. Each day will begin with stretching and a warm up game. You do NOT need to be a runner to come move and have fun with this club.

Distance will be tracked for each participant. Incentives will be given as they reach major "mile"stones. (i.e. they will receive toe tokens for each lap, a prize after their miles add up to a 5K...). All participants will receive a t-shirt.

Time
9:30–10:30 AM

Who
Going into K–8TH Grade

PRICING
Members
\$30

Non-Members
\$45

SUMMER YOUTH VOLLEYBALL CLINIC

June 5, 6, 7, 9 | 1ST–8TH Grade Girls | Columbus Y

The Y, Janet Tooley, and her staff would like to invite all area 1ST–8TH grade girls to participate in a fun-filled volleyball clinic. Janet conducts one of the best volleyball clinics and uses ideas and drills from their past experiences! The clinic will meet four consecutive days and focus on skills and technique development. All participants will receive a t-shirt and daily treats.

June 9th will be a Daughter/Parent VB Clinic from 9:30-11 AM. This will be an informal session to learn basic one on one backyard/gym skills that your daughter can practice to further develop her fundamentals VB skills. Rotations, substitutions, basic offense/defenses will also be explained. Hands on participation and all questions concerning the game of VB will be welcome. If a parent can not attend, have your daughter bring a friend to partner up with!

TIMES

Going Into Grades 4TH–6TH
8:00–9:30 AM

Going Into Grades 7TH–8TH
9:30–11:00 AM

Going Into Grades 1ST–3RD
11:00 AM–12:00 PM

PRICING
Members
\$35

Non-Members
\$50

YOUTH BASKETBALL CAMP

July 17–20 (Mon–Thurs) | July 25–28 (Tues–Fri)

The staff at the YMCA would like you to join us for our YMCA Hoop Camp. Kylee Bean, retired teacher/coach from Arizona, will be bringing her summer hoop camp to the YMCA with the help of Ryan Beringer who both have a plethora of basketball knowledge. This camp will include small group instruction of basketball skills/vocabulary, games/contests each day, and a lot of FUN. All participants will receive T-SHIRT AND THEIR OWN BASKETBALL, and treats each day. Sign up for one week OR two weeks!

2 DIVISIONS

Intermediate Division:
Going Into Grades 3RD–5TH
9:00 AM–10:30 AM

Peewee Division:
Going Into Pre-K–2ND Grade
10:45 AM–11:45 AM

PRICING
Members
\$50 one week
\$75 for both weeks

Non-Members
\$75 one week
\$100 for both week

Where
Columbus Family YMCA



HIGH SCHOOL VOLLEYBALL LEAGUE

June 21–July 19/Single Elimination Tournament July 19

Come enjoy playing against teams from the surrounding area as well as staying active during the summer. It will be played on Wednesday nights (5 PM–10 PM) which will include 1 ref for each game. There will be two divisions; Varsity and Junior Varsity.

Registration Deadline	Cost
June 12	First Team \$200
	\$100 for any additional teams



JR. HIGH VOLLEYBALL LEAGUE

June 8–29

Come enjoy playing against teams from the surrounding area as well as staying active during the summer. This will take place Thursday mornings (9 AM–12 PM) which will include 1 ref for each game. There will be a 7th grade division and an 8th grade division.

Registration Deadline	Cost
May 29	First Team \$200
	\$100 for any additional teams



LITTLE TYKES

July 31–August 3

Does your child run, play, or move at least 60 minutes a day? This camp will get your child up and moving! Each day we will be doing a variety of activities (3–4) to develop motor skills, build confidence and social skills, and help develop coordination; all while playing and having fun. Skills would include: throwing, catching, kicking, jumping, listening, and working with others.

Time	PRICING
11:00 AM–12:00 PM	Members
	\$25
Where	Non-Members
Columbus Family YMCA Gym	\$40

Ages
4–6



*CHEER CAMP

Dates TBD

Calling all Cheerleaders! The Columbus High Cheerleaders will be putting on a cheer camp for boys/girls in Kindergarten–6th grade. We will be teaching cheers, chants and a sideline dance. We will also be making fun inspirational cheer posters. Much fun will be had by all! The CHS cheerleaders look forward to teaching these fun routines and mentoring these little ones! Fun, snacks & pom poms are included. You won't want your little to miss this!

"Little one's with big dreams become adults with vision".

PRICING	TIME
Members	Going Into K–2nd Grade
\$25	9:00–10:30 AM
Non-Members	Going Into 3rd–6th Grade
\$40	10:30 AM–12:00 PM



SUMMER RECREATIONAL SWIM TIMES | STARTING MAY 22ND

Monday–Thursday	Saturday
2:00–8:00 PM	10:00 AM–5:00 PM
Friday	Sunday
2:00–7:00 PM	12:15–5:00 PM

GROUP LESSONS

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/session. Any sessions with less than 8 scheduled days are offered at a pro-rated price.

Members	Non-Members
\$45	\$68

LESSONS YOUR WAY

This 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 that an instructor can meet with the swimmer at the same time. Participants can be training for competitions, in search for self-improvement, learning to lap swim, basic life-saving skills, special needs, etc.

Members	Non-Members
\$20 (30 minutes)	\$33 (30 minutes)
4 Lesson Package	4 Lesson Package
\$72 (4 Lessons)	\$119 (4 Lessons)

SUMMER GROUP LESSONS

Summer registration typically begins two weeks prior to the first day for members, one week for non-members. Please check the schedule online or in-person.

Registrations may be completed online at our webpage, www.columbusy.org, or in person at the YMCA. No phone registrations are taken. Registration opens at 12 AM online.

The first summer session starts May 22nd.

COLUMBUS YOUTH SWIM CLUB (CYSC)

Swim team members are required to be a YMCA member to participate on the team.

SESSION 1	SESSION 2*
Session Dates	Session Dates
September–December	January–March

*Must be registered in Session 1 to participate in Session 2



FITNESS DEPARTMENT

We have over 250 years of experience at our Y in the Fitness Department. It's what makes people keep coming back year after year. Our Instructors are the best in the business!

Days, times, and classes are subject to change based on instructor availability and class participation.

Schedules & Descriptions available at the YMCA or on our website: columbusy.org

- Classes are Free to YMCA Members
- Non-Members pay a day pass to take classes
- Adult Fitness Classes are for High School and Older
- Youth in middle school/junior high must be accompanied with an adult to take a class. Successful completion of Youth Strength Training Class and wearing their YMCA Muscle shirt allows them to take classes on their own.

FREE CLASSES OFFERED

LAND AEROBICS

Body Pump, Body Combat, Les Mills Core, Pilates, Muscle Strength & Sculpt, Group Cycling, Zumba, Stretching & Beyond, Move for Life, Yoga

WATER AEROBICS

Aqua Zumba, Aquacise

CLASSES GREAT FOR CHRONIC DISEASES LED BY YMCA AND BY CCH

Move for Life	Livestrong
Stretching & Beyond	Spine Fit
Ai Chi	Rock Steady Boxing
Enhance Fitness	

LAUNCHES

Free to Non-Members to try classes. The Y will waive the \$45 joiner fee if you purchase a membership during the week of Launch. A special card is given to you when you attend launch classes that need to be shown at Front Desk to waive the fee. **Launch Week is June 12–17.**

GETTING STARTED SESSIONS

Free for all members. All members will get 2 FREE Getting Started Sessions. First session will include a health questionnaire, assessments, and equipment education. Second session will include a free personal training session. Taking advantage of these 2 sessions will start you off on the YMCA right foot. Information on nutrition and classes can be addressed during these sessions as well.



36TH ANNUAL BOB LAUTERBACH MEMORIAL DOWNTOWN RUNAROUND

TIME AND LOCATION
July 22 | Downtown Columbus
Getmeregistered.com

JUNIOR RUNAROUND

TIME AND LOCATION
July 21 | Pawnee Park

SPECIALTY TRAININGS

PERSONAL TRAINING

This is a program for the individual looking for a one on one workout with a qualified trainer. The workout is geared toward the participant's goals. Personal training can be done at the YMCA or as an added option, it can be done virtually through one of our video conferencing methods. Workout in the comfort of your own home with a trainer via zoom. Price Brochures are available at the YMCA.

GROUP PERSONAL TRAINING

Workout with your friends or let us find some people to workout with. Group Training still has the same one on one experience but you are also motivated by others in your group.



Y LOSE IT PROGRAM

Weight Loss Challenge

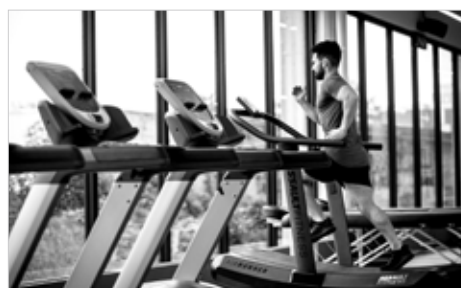
You will workout with up to 6 team members interested in kicking up their workouts a notch. You get access to a coach, you train, exercise and learn healthy habits that will last a lifetime.

Top 4 people that lose the biggest percentage of body fat, wins \$50 each (not a team contest).

Members	Non-Members
\$78.60	\$157.20

(Pricing based on 6 weeks)

June 12–July 22
Times available for workouts 8 AM, 12 PM, and 6:30 PM



LAZYS MAN IRONMAN CHALLENGE

Challenge yourself this summer!

Earn a Y Sweat Towel by completing the challenge. Cost is \$20 per person.

You have ONE month to complete:

- Run or Walk 26.2 miles
- Row or Swim 2.5 miles
- Bike or Elliptical 112 miles



YMCA Policy Reminder: The Wellness Floor and Fitness Classes are for youth—high school age and older (unless they have taken the Youth Strength Training Class and wear their shirt). On the last day of school as an 8th grader, after school is complete for the day, the youth is considered a 9th grader and can use the equipment.

YOUTH STRENGTH TRAINING CLASS STEP 1

This program is designed for 11 year olds to the end of 8th Grade, to teach them the principles of weight lifting and how to use machines on the Wellness Floor. Successfully completing the course earns you a YMCA muscle shirt to be worn when using the Wellness Floor, track and studios. Youth Strength Training shirts need to be worn until High School. This is a privilege and it can be taken away. This is **MEMBERS ONLY**. Limit of 10 per class.

DAYS AND TIMES

Tuesday, June 13 Monday, July 10
1:00–4:00 PM 1:00–4:00 PM

Thursday, June 29 Wednesday, July 19
1:00–4:00 PM 1:00–4:00 PM

COST

\$42 | Private Class also available: \$58

SPEED, STRENGTH, & AGILITY CAMP

Ages 8–18 | Led by our Certified Personal Trainer Instructor Gemini Wesley

This program will enable athletes to increase Explosive Power, Vertical Jump Height, Flexibility, Core Strength, Proprioception. This program decreases the risk of sports related injuries and can benefit athletes from any sport including football, basketball, soccer, baseball, volleyball, softball or track. **Limit 10 per class.**

SESSIONS

Session 1 Session 2
DUE TO CONSTRUCTION, TDB

PRICING

Members Non-Members
\$100 \$140

FACILITY HOURS



FACILITY HOURS

Monday–Friday 5 AM–10 PM
(9 PM for high school youth and under)

Saturday 6 AM–7 PM

Sunday 12 PM–7 PM

SPECIAL HOLIDAY HOURS

Memorial Day, Monday, May 29
CLOSED ALL DAY

Red, White, KABOOM Fireworks, Monday, July 3
Closing at 7PM

Independence Day, Tuesday, July 4
CLOSED ALL DAY



MEMBERSHIP

2023 MEMBERSHIP RATES	Monthly	Annually
Two Adult & Children Household	\$69.50	\$834.00
One Adult & Children Household	\$58.00	\$696.00
Two Adult Household	\$64.00	\$768.00
Adult (27–64 years old)	\$51.50	\$618.00
Two Senior Adult Household (both are 65 years old)	\$57.50	\$690.00
Senior Citizen (65+ years old)	\$39.50	\$474.00
Young Adult (19/out of high school–26 years old)	\$40.00	\$480.00
Youth (High school student and younger)	\$19.25	\$231.00

- Youth are high school and below.
- Young Adult Members are 19 and out of high school–26 years old.
- Adult Members are 27 years–64 years old.
- 1 Adult and Children Household is for families with only one parent living in the household.
- 2 Adult and Children Household membership is for 2 adults living in the same household.
- 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.

YMCA OPEN DOORS PROGRAM

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. 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.

DAY FEES

Day Fees may be purchased at the Member Services Desk on a daily basis.

Youth | \$7
(High school and younger)

Adults | \$10

Senior Citizen | \$7
(65 and older)

Household | \$25
(2 adults & children)

PROSPECTIVE MEMBER PASS POLICY

Current Y members may request a Guest Pass for prospective Y members who want to check out the YMCA facilities. To obtain a Guest Pass, contact the CEO or any full time staff at the YMCA at least one week prior to your visit. Prospective Member Passes are only issued to adults 18 years old and older and are valid for one free visit.

FACILITY RENTAL

The Columbus Family YMCA is available to be rented by organizations, groups, and individuals. Single rooms or the entire facility may be rented when the facility is not being used by the YMCA members. Contact Corey Briggs, CEO, for more information regarding renting the YMCA for your activity.



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.



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

Remax Total Realty

Ernst Auto Center

Schumacher, Smejkal and Elm, P.C.

Gene Steffy Ford

Service Master by Shevlin

Great Plains State Bank

Union Bank & Trust

Hy-Vee

Unity Eye Centers

Vyve



THANK YOU ALL FOR YOUR SUPPORT!



SPRING 2023

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