



# PROGRESS IS OUR SUCCESS

**NEW MEMBER WEEK IS  
JANUARY 10-17  
SEE THE INSIDE COVER  
FOR MORE DETAILS!**

**2020 Winter/Spring Program Guide  
YMCA OF THE OKOBOJIS**

**Bedell Family YMCA  
Camp Foster YMCA  
YMCA Reading Buddies  
Jiu Jitsu Okoboji**

# MEMBERSHIP INFORMATION

## Ongoing Monthly Membership Rates & Categories

Membership Type:	Monthly	Joiners Fee	Day Pass	Annual
Youth (Age 2-20)	\$21	--	\$7	\$252
Adult (Age 21-64)	\$41	\$50	\$10	\$492**
Senior Adult (65+)	\$37	\$40	\$8	\$444**
Family*	\$63	\$70	\$25	\$756**
Senior Family (65+)	\$57	\$50	\$15	\$684**

**Financial Assistance:** The Bedell Family YMCA strives to provide memberships and program services to all who wish to participate. Our scholarship program, supported through contributions to the YMCA Annual Campaign, provides memberships and program scholarships for those in need within our available resources.

**\*\*If Annual payment selected, Joiner's Fee will be waived. If membership is cancelled prior to the end of membership year, Joiner's Fee will be debited from remaining refund.**

**LOCKERS available for rent!    Lockers are 12" x 12" x 30"    Cost is \$5 per month    Reservations taken at the front desk**

**\*Family memberships are defined as: A single adult raising dependent children under the age of 21 or two adults married or living as a couple in a single family household and children under the age of 21. Children 21 and older are not permitted to be the second adult and must establish their own adult membership, even if the child resides in the same household.**

**\*Couple defined as 2 adults who are permanently residing together as a single family. (Excludes adult children 21 years or older as the second adult.)**

The monthly fee for an **Ongoing Membership** is automatically withdrawn from a checking or savings account each month. The Joiner's Fee applies to brand new Ongoing Memberships or those who have allowed their previous membership to lapse 31 days or longer.

**Joiners Fee** dollars are utilized for building improvements and maintaining a maintenance reserve fund for unforeseen expenses.

**Draft Notice:** YMCA membership drafts are scheduled for the 20th of every month. If the 20th falls on a weekend or bank holiday, funds may be drafted on the preceding date or the following date. Please contact your bank with any questions regarding their drafting process.

## SHORT-TERM MEMBERSHIPS

If a **Short-Term YMCA Membership** better fits your needs, the rates in the box below apply. Simply multiply the number of months you wish to join by the rate! Any membership that is not

on an ongoing or annual basis, short-term rates will apply. For example, if you would like to purchase a six-month membership, you would pay the short-term rates without a Joiner's Fee.

Membership Type	Short-Term Monthly Rate	Short-Term Weekly Rate	Day Pass
Youth (Age 2-20)	\$32.50	\$22.00	\$7
Adult (Age 21-64)	\$61.00	\$32.00	\$10
Senior Adult (65+)	\$55.00	\$27.00	\$8
Family*	\$92.50	\$57.00	\$25
Senior Family (65+)	\$83.50	\$50.00	\$15

**\*Family memberships are defined as: A single adult raising dependent children under the age of 21 or two adults married or living as a couple in a single family household and children under the age of 21. Children 21 and older are not permitted to be the second adult and must establish their own adult membership, even if the child resides in the same household. \*Couple defined as 2 adults who are permanently residing together as a single family. (Excludes adult children 21 years or older as the second adult.)**



# MEMBERSHIP INFORMATION

## FINANCIAL ASSISTANCE

Our mission is to provide services to all individuals who desire to participate, regardless of their ability to pay for membership or established program fees. The Y will strive to provide the maximum assistance possible to all deserving individuals, youth, and families.

Financial Assistance Applications are available through the Member Services front desk.  
An online Financial Assistance application can be completed by visiting  
[www.okobojiymca.com/financial-assistance/](http://www.okobojiymca.com/financial-assistance/)

## YMCA NATIONWIDE RECIPROCITY

YMCA members have the flexibility to use other Y facilities all around the nation, at no extra charge.

### HOW IT WORKS

The intent of Nationwide Membership is that all Y members who visit facilities other than their "Home Y" will be able to utilize all areas/programs of the visited facility that are available to and included in visited facility's membership. Nationwide membership is available for active, full facility/full privilege Y members whose Home Y participates in the program. Nationwide membership does not apply to guest visitors; guest visits are governed by the Visited Y's guest policy. Nationwide Members must present either (a) valid Y membership card that includes a photo or (b) photo identification upon each visit to a YMCA. Y members under special memberships established by any Y for group homes, social service agencies, or other groups/nonprofit organizations are not eligible for Nationwide Membership. If you have any questions, please contact Member Services at 712-336-9622.

## NATIONAL DIVERSITY AND INCLUSION STATEMENT

Our Commitment to Inclusion: The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity. Our core values are caring, honesty, respect and responsibility - they guide everything we do.

## MILITARY FAMILY MEMBERSHIPS

Deployment can be a stressful and uncertain time for our nation's servicemen and women and their families. In partnership with the Armed Services YMCA and the Department of Defense, the Y is proud to offer memberships to eligible military families to give them extra support during this difficult period. It's our way of giving back to those who dedicate themselves to serving our country. As a member of the Y, you and your family can spend quality time together and enjoy fun activities in a warm, supportive environment. It's also a place to meet other military families who can relate to your unique situation.



**JOIN THE YMCA  
DURING NEW MEMBER WEEK  
JANUARY 10-17, 2020  
AND WE'LL WAIVE THE JOINERS FEE!**

Upon joining, you'll also be entered in a drawing to win a free one-year individual membership.

**Current members have the chance to be entered in a separate drawing for a free one-year individual membership too!**

Current members will receive one entry into the drawing for each check-in at any of our three locations between January 10-17.

## MASSAGE THERAPY

Massage Therapy is offered at the HLPC Spirit Lake location. Josh Creswell, Massage Therapist, LMT, BCTMB Specializes in Deep Tissue, Sports Massage and Reflexology.

### Session Pricing:

YMCA Member Pricing: \$50/hr. | \$35/half hr.

Non-Member Pricing: \$55/hr. | \$40/half hr.

Call 712-882-3078 for appointments.

## VOLUNTEER OPPORTUNITIES

Please share with us the commitment to continued growth and well-being of our youth and community by becoming a Y Volunteer! To find out how you can volunteer at the YMCA, please see the front desk or call 712-336-9622. Online applications can be completed by visiting [www.okobojiymca.com/volunteer-application/](http://www.okobojiymca.com/volunteer-application/).

# YOUTH DEVELOPMENT

## PRE SCHOOL-AGE PROGRAMS



### CHILD WATCH (LABOR DAY THROUGH MEMORIAL DAY)

We offer a safe, fun, and interactive environment for your child 6 weeks to 6 years old while you enjoy the YMCA. With trained and experienced employees, your child can enjoy Child Watch while you enjoy your workout! Parents and Guardians must remain on facility grounds at all times and can utilize Child Watch for up to two hours. Located in the YMCA's east hallway. **Note:** During school closings, late starts, or early outs due to weather, Child Watch will be closed (**Late Starts:** AM Child Watch closed, **Early Outs:** PM Child Watch closed, **No School:** Child Watch closed all day).

**Monday-Saturday: 8:15-11:30am**

**Monday-Thursday: 4-7:30pm**

**Friday 4-6pm**

**Fee:** FREE for Bedell Family YMCA members and guests

### YMCA CHARACTER CENTER

The YMCA Character Center is the one stop shop for kids of all ages! This interactive facility gives kids the place they need to be active, socialize and have fun! Complete with a 25 foot rock climbing tower, game room, learning center and plenty of open space for games; now kids have their own space to enjoy while waiting for their favorite program to start or simply have some fun while their guardian enjoys a fitness class.

#### Hours of Operation:

**Monday – Friday: 2 – 6:30 pm**

**Saturday: 9am – 1pm**

**Sunday: 1-4pm**

SEASONS CENTER FOR BEHAVIORAL HEALTH PRESENTS:

## *the Oklooji* Winter Games KIDS' CARNIVAL

**SATURDAY, JANUARY 25, 2020**  
**10:30 AM - 1:30 PM**

INDOOR FUN FOR ALL AGES.  
**INFLATABLES. CONCESSIONS.**  
CARNIVAL GAMES. PRIZES.  
**FACEPAINTING. POPCORN.**  
ROCK CLIMBING WALL.  
**KINDERMUSIK CLASSES.**  
CRAFT TABLE & MORE!

BEDELL FAMILY YMCA  
1900 41ST STREET  
SPIRIT LAKE

**Kindermusik**  
At the Lakes

KINDERMUSIK SESSIONS WILL RUN  
10:30-11:00, 11:15-11:45, 12:00-12:30



seasons



Autumn's  
CENTER

**Kindermusik**  
At the Lakes

PEARSON  
LAKES ART CENTER

### ACTIVE TODDLERS

In this class we'll cover a wide variety of games, crafts and educational skills. Designed for your 3-5 year olds, this class will get them moving, creating and learning! Activities will include tumbling, arts/crafts, running, jumping and much more. The class will meet weekly for four weeks. These 45 minutes of fun will focus and engage your child with a wide range of mental and physical activities.

**Dates:** Thursdays, February 6-27

**Time:** 9-9:45am

**Location:** YMCA Character Center

**Fee:** Members \$15, Non-Members \$21

### HEALTHY KIDS DAY

A nationwide YMCA day to focus on kids staying healthy.

**Free to members and guests.**

**Date:** April 11, 2020

# YOUTH DEVELOPMENT



## SCHOOL-AGE PROGRAMS

### KIDS NIGHT OUT

Kids deserve a night out too! Let your child enjoy swimming, crafts, games, and adventurous field trips and more! Keep an eye out for event flyers for the exciting dates below! Each date will provide its own twists and surprises!

**January 10:** Minds in Motion

**February 14:** Game Night

**March 20:** Black Light the Night

**Days:** Fridays

**Time:** 6-9pm

**Fee:** Members \$18, Non-Members \$27

### WEATHER RELATED LATE STARTS, EARLY OUTS & CANCELLATIONS IN YOUR SCHOOL

Parents, do not worry, we are here for you! When school starts late, lets out early or cancels due to weather, we have a place for your child. Y-Kids is available and open on these days (certain exceptions apply, see below). We encourage you to pack a lunch with your child in the event the weather may get bad and school may dismiss before lunch. \*\*Exceptions: Weather is bad enough that employees are unable to safely arrive, the YMCA closes at any time due to weather, and there are no more than 6 children at 9am.

### KIDS DAY OUT PROGRAMMING

Designed for holidays & in-service days, Kids Day Out follows the Okoboji and Spirit Lake School District calendars. These registered activities are a great way to give your child(ren) a safe, fun and interactive environment full of friends! With different planned activities and trips, this is a sure way to fill your child's day when school isn't in session. **Keep an eye out for flyers!**

### Y-KIDS CLUB OKOBOJI AND SPIRIT LAKE

This before and after school program is conveniently located in your school! Just a walk for the children and an assurance for the parents - we have a spot for you! Okoboji Y-Kids is located in the Elementary School and Spirit Lake Y-Kids is located in the Middle School Multipurpose/Lunch Room.

#### Hours of Operation:

**Morning:** 6am - The Start of School

**Afternoon:** 3-6pm

**Part-Time and Full-Time rates available.**

**For more information call your local site location:**

Okoboji School District 712-330-6944

Spirit Lake School District 712-330-0212

### Y-KIDS SUMMER ADVENTURE CLUB

Summer Childcare for school age children for both Spirit Lake and Okoboji.

**Ages:** 5 to 12 years old

Action packed detailed information to be released in mid-April. Watch the Bedell Family Y and your local schools for flyers.

# YOUTH DEVELOPMENT

## AQUATICS – SWIM LESSONS



## STAGE DESCRIPTIONS

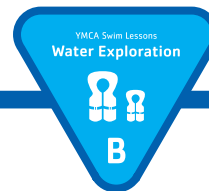
### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



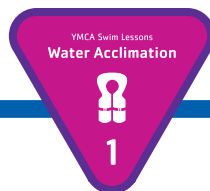
#### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



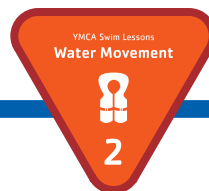
#### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.



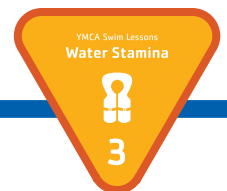
#### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



#### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



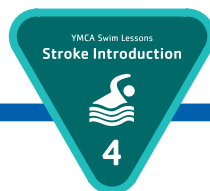
#### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



#### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



#### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



#### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

### SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



# YOUTH DEVELOPMENT

## AQUATICS - SWIM LESSONS

### PRIVATE/SEMI-PRIVATE SWIM LESSONS

One on one instruction, or semi-private instruction, which is two or three individuals at a prearranged time. Please contact Member Services to receive a Private Swim Lessons registration form and complete all information on preferred times and instructor (if you have one in mind). The Aquatics Director will contact you within approx. 2-3 weeks about finalizing your arranged days and times for your lessons.

#### Per Swimmer Pricing

Private:	(3) 30 Minute Sessions	
	Member: <b>\$48</b>	Non-Member: <b>\$96</b>
(6) 30 Minute Sessions		
	Member: <b>\$96</b>	Non-Member: <b>\$192</b>
Semi-Private*: Ratio 1:2 or 3	(3) 30 Minute Sessions, per swimmer	
	Member: <b>\$39</b>	Non-Member: <b>\$78</b>
	(6) 30 Minute Sessions, per swimmer	
	Member: <b>\$78</b>	Non-Member: <b>\$156</b>

\*These must be paid for at time of registration. No more than 3 may participate in semi-private lessons.

### GROUP SWIM LESSONS - WINTER 1

\* Six week sessions

Dates: January 7-February 11

Make Up Date: February 18

PLEASE SEE FLYER  
FOR SPECIFIC SESSION  
TIMES FOR EACH  
SWIM LEVEL.

### GROUP SWIM LESSONS - WINTER 2

\* Six week sessions

Dates: February 25-March 31

Make Up Date: April 7

### GROUP SWIM LESSONS - SPRING

Dates: April 14-May 19

No Make Up Date

#### Fees for All Sessions

Preschool: Members **\$30** Non-Members **\$60**

School-Age: Members **\$38** Non-Members **\$76**

Preschool sessions are 30 min.

School-age sessions are 40 min.

Late Registration Fee: **\$8**



### 2020 BEDELL BARRACUDA SUMMER SWIM TEAM

The Bedell Barracudas Swim Team is a recreational competitive program that provides the guidance and practice to develop proper stroke technique while continuing to build endurance. Swimmers are encouraged but not required to attend every scheduled practice and/or meet. **\*Must be able to swim 25 yards continuously on front and back.**



Dates: June 1-27 (Meets are held on Saturdays)

Ages: 5-18 years (Must be YMCA member)

Fee: **\$60**

### 2020 BEDELL FAMILY YMCA SWIM CAMP

This three day camp will give your swimmer superior stroke instruction, physical conditioning and stroke analysis by Todd Samland, Head Coach at University of Nebraska at Omaha.

Age: 8 -18 years old

Dates: TBD

Fee: **\$170** \*Includes camp T-shirt.

Campers please bring own lunch daily.

### UNIVERSITY OF OKOBOJI POINT TO POINT SWIM

This is a 3.5 mile swim in West Lake Okoboji from Gull Point State Park to Pikes Point State Park. **Each swimmer is responsible for having their own kayak along for the swim.** If you need this service, you may rent a kayak for \$25 prior to the event (6 available). You are required to provide your own paddler. Kayaks will be first come, first served and can be reserved through the YMCA. Contact Angie Gillespie with any questions: 712-336-9622.

Ages: 13+

Date: Saturday, August 1, 2020



# YOUTH DEVELOPMENT



## WINTER YOUTH SPORTS

### YOUTH TAE KWON DO

Learn self-defense with instructor Master Kevin Strantz.

**Age:** 5 years and up

**Days:** Tuesdays & Thursdays

**Time:** 4-4:45pm Introductory/Beginners  
4:50 – 5:40pm Experienced/Advanced

**Fee:** Members \$35 per month  
Non-Member \$50 per month

### YOUTH JIU JITSU

Our program will be based around anti-bullying, physical fitness, self defense and character building. Every month in the United States, three million children miss school due to fear of bullies. We will teach your child to use verbal assertiveness to deter bullies and several non-violent self-defense techniques to stay safe if physically assaulted. **Instructors:** Logan Morris & Ben Stacey

**Program Location:** Spirit Lake HLPC

**Join anytime, class registrations are monthly**

**Weekly Class Offerings:** Tuesdays & Thursdays at 6pm

**Fee per month:** Members \$35, Non-Members \$50  
(May attend unlimited # of classes per month)

**Gi Policy** – Athletes must wear a Gi when participating in a class or individual instruction at all times. If an athlete needs a Gi, they can purchase one at their own expense, or rent one for \$10 a week from the instructor.

### ROOKIE BASKETBALL SEASON 2

**Registration Deadline:** January 12

**Age:** K – 4th Grade

**Coaches Meeting:** Thursday, January 23 at 5:15pm

**Meet the Coaches:** Thursday, January 23 at 6pm

**Dates:** February 8 – March 14

**Game Day:** Saturdays

**Time:** 9am-12pm

**Fee:** Members \$38, Non-Members \$76

**Practices Start:** January 27

### YOUTH TENNIS LESSONS

**Days:** Mondays & Fridays

**Dates:** January 3, 6, 10, 13

**Class levels and times:**

**Time:** 4-4:45pm

For all players age 11-14, and players age 10 and under who have had previous lessons

**Fee:** Members \$50, Non-Members \$75

### INSTRUCTOR:

**Dan Taylor** is a USPTA certified tennis professional who played college tennis for the Luther Norse. He has taught lessons at the Bedell Family YMCA and coached the local high school team for over a decade.

**Private Tennis Lessons are also available. Please contact the Bedell YMCA for more information.**



## SPRING YOUTH SPORTS

### OUTDOOR ROOKIE SOCCER (U6-U10)

**Registration Deadline:** March 22 (\$15 late fee)

**Games:** Saturdays, April 18 – May 23 from 9am – 1pm

**Meet the Coaches:** April 2 at 6pm

Practices start the week of April 6

**Location:** YMCA Fields

\*See Program Flyer for More Information

**Fee:** Members \$38, Non-Members \$76

### OUTDOOR YOUTH SOCCER (U12-U14)

**Registration Deadline:** March 22 (\$15 late fee)

**Games:** TBD

**Practice Location:** YMCA Fields

Games will be played against teams from Storm Lake, Emmetsburg, Spencer, Sheldon, and Orange City in a jamboree setting with host towns putting on all the games.

\*See Program Flyer for More Information

**Fee:** Members \$38, Non-Members \$76



# A STRONG YMCA A STRONG COMMUNITY

Whether you donated to our Annual Strong Kids Campaign or our Strong Kids Golf Outing, know that your dollars have made an impact on youth and families right here in the lakes area. Thank you for supporting the YMCA mission of building healthy minds, spirits and bodies – for all!

## SAVE THE DATES FOR OUR 2020 EVENTS



### Strong Kids Annual Campaign Event

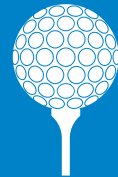


**April 3, 2020 at the Roof Garden**

Join us for a night of philanthropy and fun!  
Live and silent auction, food and drinks.



### Strong Kids Golf Outing



**June 19, 2020 at Emerald Hills**

Assemble your team for our 4-person, best ball, 8-inch cup tournament.

## Questions?

Please contact Cindy Rosa at [cindy.rosa@okobojiymca.com](mailto:cindy.rosa@okobojiymca.com) or 336-9622.

### YMCA SKATE PARK

**Park Opens:** May 30 (weather permitting)

All users of the Skate & Bike Park will be required to wear helmets. Elbow pads and knee pads are encouraged. All users will be required to check in at the front desk and sign all required release forms. Users under age 18 will need a parent or a guardian to sign for them. Waiver must be signed in the presence of a YMCA staff member. Participants must be over the age of 8 to be in the skate park alone.

### Skate Park Hours:

Monday – Friday: 4 – 6:30pm

Saturday: 1 – 5:30pm

### RACQUETBALL COURTS

The YMCA Racquetball Courts are available to all YMCA members and guests on a daily basis unless otherwise noted. Participants may reserve a single court time of 45 minutes no longer than 24 hours in advance. All reservations will be done through the YMCA front desk and a participant can only reserve a court for themselves/their partner. Athletes taking part in a racquetball league will have first option for scheduling their weekly match. League participants may schedule a court time beyond the 24-hour rule. The YMCA will reserve the right to block of court times for leagues and other special programs with the hope of always leaving one court open for the membership.

# HEALTHY LIVING



LIVESTRONG®

FOUNDATION

This program runs  
at no cost to  
participants.

## RECLAIM YOUR ENERGY RECLAIM YOUR POWER

LIVESTRONG®  
AT THE YMCA

A cancer survivor support group and wellness program.



Part of the Y's commitment to strengthening community through healthy living, LIVESTRONG at the YMCA offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

Next session February 5 - April 24. Wed./Fri. from 1:15 - 2:30pm.

For more information, please contact Scott Hunter  
at 336-9622 or [scott.hunter@okobojiymca.com](mailto:scott.hunter@okobojiymca.com).



LAKES AREA HOCKEY ASSOCIATION

Website: [www.bojibayice.com/home](http://www.bojibayice.com/home)

Open Skate: Friday and Saturday nights from 7-9:30pm

Fee: \$5 admission and \$2 skate rental (if needed)



# HEALTHY LIVING



## PERSONAL TRAINING

### PERSONALIZED FITNESS PROGRAM

Have a trainer create an exercise program designed to meet your individual goals. Programs can be designed for any kind of lifestyle or ability level.

**Fee:** Members \$25, Non-Members \$50

### NUTRITION SERVICES (1-HOUR SESSION)

Meet with a Registered Dietician to discuss a weight management plan that emphasizes the importance of achieving a healthy weight by maintaining a healthy lifestyle.

**Fee:** Members \$35, Non-Members \$70

### Y GET FIT

#### FREE 30-minute WELLNESS CENTER ORIENTATIONS!

Available by appointment. Please inquire at the front desk.

### BIOELECTRICAL IMPEDANCE ANALYSIS (BIA)

BIA is a commonly used method for estimating body composition, and in particular, body fat. Exercise provides a number of benefits that you won't see on your bathroom scale. Before starting any exercise regime, it is strongly encouraged that you find your current body fat percentage. Contact Scott Hunter to set up an appointment at 336-9622.

**Fee:** Members \$10, Non-Members \$20

### YOUTH SPORTS CONDITIONING

Jump start your aspiring athlete with this training program that focuses on developing body awareness, strength, balance, agility, flexibility and coordination in a fun, creative and positive environment. This program will create a solid base for long-term athletic development. Each session is 30 minutes and sessions will last for 4 weeks. Participants will have the option of choosing 1, 2 or 3 days per week.

#### Pricing per month:

4 sessions \$40

8 sessions \$75

12 sessions \$100

## Y PERSONAL TRAINING – HALF-HOUR SESSIONS

### MEMBER PRICING (PRICES LISTED ARE PER PERSON)

# of Participants	1	2	3	4
5 Sessions	\$125	\$106	\$94	\$75
10 Sessions	\$225	\$192	\$169	\$135
15 Sessions	\$300	\$255	\$225	\$180

### NON-MEMBER PRICING (PRICES LISTED ARE PER PERSON)

# of Participants	1	2	3	4
5 Sessions	\$188	\$160	\$141	\$113
10 Sessions	\$338	\$288	\$254	\$203
15 Sessions	\$450	\$383	\$338	\$270

## Y PERSONAL TRAINING – HOUR SESSIONS

### MEMBER PRICING (PRICES LISTED ARE PER PERSON)

# of Participants	1	2	3
3 Sessions	\$120	\$102	\$90
6 Sessions	\$210	\$179	\$158
12 Sessions	\$360	\$306	\$270

### NON-MEMBER PRICING (PRICES LISTED ARE PER PERSON)

# of Participants	1	2	3
3 Sessions	\$180	\$153	\$135
6 Sessions	\$315	\$268	\$237
12 Sessions	\$540	\$459	\$405



## VALUE-ADDED GROUP FITNESS CLASSES

**FREE to members!** Non-Members can participate with purchase of a day pass.

A list of value-added classes and class schedules can be found at the front desk at any of our three locations.



# HEALTHY LIVING

## PAID GROUP FITNESS CLASSES



### KETTLEBELLS/TRX

Get the most out of your workout with this innovative class that combines both TRX training and Kettlebells for a total body workout! Class is limited to a maximum of 12 participants.

**Dates:** Monthly

**Days:** Tuesdays/Thursdays from 6-6:30am

**Monthly Fee:** Members \$21, Non-Members \$35

### EXTREME INTERVAL TRAINING (XIT)

Get your motor running with eXtreme interval training (XIT)! This class will use free weights, bodyweight exercises and intense bursts of aerobic movements to make your motor redline, then we'll recover with short rest periods interlaced throughout the workout.

**Class Options:** Monday, Wednesday, Friday at 9:05am  
Monday, Wednesday, Thursday at 5:45pm

**Fee:** Unlimited classes per month \$22

## WELLNESS

### DELAY THE DISEASE™

The YMCA is dedicated to helping people with Parkinson's disease (PD) manage their symptoms and maintain a quality of life. It's one of the many reasons we offer OhioHealth Delay the Disease™, a fitness program designed to empower people with PD to take control of the disease with daily exercise.

The empowering results of our Delay the Disease fitness program can help with:

- Moving about with ease and confidence in a crowd
- Getting out of bed or rising from a chair independently
- Improved handwriting; dressing independently
- Diminishing worry that stiffness, slow steps and other symptoms are obvious, regaining a sense of moving with normality

**Dates:** Monthly, register at any time.



### BOJI BODY - WINTER

Our personal trainer, Brittney Janicek, has put together a sure fire way for you to be looking good and feeling great. This program, which is exclusively for women, will be a combination of strength, cardio, kickboxing and TRX.

**Dates:** January 6 - February 28

**Days:** Monday - Wednesday - Friday

**Times:** 6 - 6:30am

**Fee:** Members \$75, Non-Members \$150

### BOJI BODY - SPRING

**Dates:** TBD

### STIRRING YOUNG MINDS - YOUTH COOKING CLASS

2<sup>nd</sup> through 6<sup>th</sup> graders will gain first-hand experience learning how to prepare easy at-home snacks and small meals for themselves and the family. Each week will include a cooking and education component on healthy choices when preparing food. This course will be instructed by Registered Dietician Tina Bauermeister. \*Parents do not need to be present during class.

**Dates:** Tuesdays, February 4, 11, 18 & 25 at 4pm

**Fee:** Members \$20, Non-Members \$25

### TRIATHLON TRAINING PROGRAM

Looking for a new challenge in your fitness life or wanting to give a little more purpose to your workouts? This triathlon training program is designed for all levels of triathletes, even those that have never considered doing one. All workouts will be scalable to meet everyone's ability level while having a coach to help see you through!

**Date:** TBD

### INDOOR SPRINT TRIATHLON

**Date:** May 16

### BEGINNERS STRENGTH

This program focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age.

**Dates:** Monthly

**Days:** Monday - Wednesday - Friday from 10:40-11:25am

**Fee:** FREE to members

# HEALTHY LIVING

## JIU JITSU OKOBOJI

Jiu Jitsu is the fastest growing martial art in the country – the world's #1 most powerful system of self-defense. Jiu Jitsu, has proven its effectiveness in combat, protecting families; in competition, and every major UFC/MMA arena in the world today. According to FBI statistics 95% of street altercations end up on the ground. Brazilian Jiu Jitsu will help you understand how to control this situation.

**Instructors:** Dana Bergman & Wade Dixon

**\*Athletes must be 14 + to participate\***

**Program Location:** Spirit Lake HLPC  
**Join anytime, class registrations are monthly.**

**YOUTH BJJ NOW  
OFFERED! SEE THE  
YOUTH SPORTS PAGE  
FOR DETAILS!**

### Weekly Class Offerings:

Tuesdays & Thursdays from 7-8pm and every first and third Saturday of the month from 9-10am



**Fee per month:** \$35 Members, \$50 Non-Members  
(May attend unlimited # of classes per month)

**Gi Policy:** Athletes must wear a Gi when participating in a class or individual instruction at all times. If an athlete needs a Gi, they can purchase one at their own expense, or rent one for \$10 a week from the instructor.

## JIU JITSU PERSONAL TRAINING

With instructors Dana Bergman & Wade Dixon

**Ages:** 14 years old +



**Find us at:** [www.facebook.com/jiujitsuokoboji](http://www.facebook.com/jiujitsuokoboji)

### Member Pricing (One Hour Sessions)

1 Athlete:	3 Sessions - \$150/person	6 Sessions - \$270/person	12 Sessions - \$480/person
2 Athletes:	3 Sessions - \$120/person	6 Sessions - \$210/person	12 Sessions - \$360/person
4 Athletes:	3 Sessions - \$102/person	6 Sessions - \$179/person	12 Sessions - \$306/person
6 Athletes:	3 Sessions - \$90/person	6 Sessions - \$158/person	12 Sessions - \$270/person

### Non-Member Pricing (One Hour Sessions)

1 Athlete:	3 Sessions - \$210/person	6 Sessions - \$375/person	12 Sessions - \$660/person
2 Athletes:	3 Sessions - \$180/person	6 Sessions - \$315/person	12 Sessions - \$540/person
4 Athletes:	3 Sessions - \$153/person	6 Sessions - \$268/person	12 Sessions - \$459/person
6 Athletes:	3 Sessions - \$135/person	6 Sessions - \$237/person	12 Sessions - \$405/person

## ADULT SPORTS (Ages 18+)



### PICKLEBALL OPEN COURTS

**Ages:** 18+

**Days:** Monday - Friday

**Time:** 12-4pm

**Location:** YMCA Basketball Courts

**Fee:** Members: Free, Non-Members: Day Pass



### WINTER GAMES PICKLEBALL TOURNAMENT

**Ages:** 18+

**Registration Deadline:** January 10

**Date:** January 26

**Divisions:** 1.0 – 2.0 / 2.5 – 3.0 / 3.5 – 4.5  
Women's, Men's, and Mixed

**Location:** YMCA Racquetball Courts

**Fee:** \$25 for first event, \$5 for second event

# CAMP FOSTER YMCA



## CAMP FOSTER YMCA – DAY CAMP

### GET A JUMP ON SUMMER

Summer is calling! There's no better place for your child to spend summer than at Camp Foster YMCA. Guided by our professionally trained and totally awesome camp counselors, kids will learn the values of respect, honesty, fairness, caring, and responsibility while making new friends and participating in fun outdoor activities! So, what are you waiting for?

Register online at [www.campfosterymca.com](http://www.campfosterymca.com). Spaces do fill fast!

### 2020 DAY CAMP SESSIONS

Specialty Camp Options Also Available, find descriptions online at [campfosterymca.com](http://campfosterymca.com).

#### SESSION 1 | JUNE 15-19: THE GREAT OUTDOORS

FEE: \$200 AGES: 5-13

Let's explore the great outdoors! From fort building to nature hikes day campers will go on great outdoor adventures this week.

#### SESSION 2 | JUNE 22-26: SPACE RANGERS

FEE: \$200 AGES: 5-13

We are on a quest to a galaxy far, far away. Train with the Jedi's and get ready for a space adventure like no other.

#### SESSION 3 | JUNE 29-JULY 2: HOORAY FOR THE USA

FEE: \$160 AGES: 5-13

Help us celebrate the 4th of July through wacky games and American traditions.

**\*\*This is a short week of day camp and there will be no day camp on Friday.**

#### SESSION 4 | JULY 6-10: GAME ON

FEE: \$200 AGES: 5-13

Let's play some games! This week will be spent playing games, Camp Foster style. You never know what twists (twists!) will happen with your favorite game.

#### SESSION 5 | JULY 13-17: MYTHS & LEGENDS

FEE: \$200 AGES: 5-13

During this week we will bring to life our favorite camp myths & legends. Campers will explore the world of the troll under the bridge, where Petunia the Dragon came from, how fairies fly, and much more. It will be a magical week!

#### SESSION 6 | JULY 20-24: GO FOR GOLD

FEE: \$200 AGES: 5-13

It's the summer Olympics, Camp Foster style! Join us as we have fun playing wacky games and silly competitions to ring in the summer Olympics.

#### SESSION 7 | JULY 27-31: AROUND THE WORLD

FEE: \$200 AGES: 5-13

We jumped on the Foster plane and will be taking a tour around the world. During this magical journey campers will explore crafts and games from other cultures.

#### SESSION 8 | AUGUST 3-7: AARGH MATEY!

FEE: \$200 AGES: 5-13

Captain Jack and his pirate crew have landed on the shores of East Lake Okoboji in the search of treasure! Join us on a pirate adventure like no other.

Register online at [www.campfosterymca.com/day-camp](http://www.campfosterymca.com/day-camp)

**Financial assistance is available for all campers.**

**Apply on-line by March 1: [www.campfosterymca.com/apply-for-a-scholarship/](http://www.campfosterymca.com/apply-for-a-scholarship/)**



# CAMP FOSTER YMCA



## RETREATS

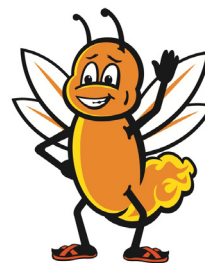
Interested in having the Camp Foster experience without going to summer camp? We offer camp programming, lodging, meals, space rental, and volunteer opportunities for groups and individuals. The space is great for youth retreats, school field trips, and family gatherings! Please give us a call at 712-336-3272 or email Brian Forney at [brian.forney@campfosterymca.com](mailto:brian.forney@campfosterymca.com) for more information. We would love to serve you!



## ARE YOU...

Enthusiastic? Positive? Outgoing?  
Not afraid to get a little dirty?  
Want to be a change maker?  
Looking to build your resume? Need a summer internship?

Camp Foster YMCA is hiring individuals who want to make a difference in the world by spending your summer working with children in the outdoors. Summer internships available. Apply at [www.campfosterymca.com/employment/](http://www.campfosterymca.com/employment/)



**Find us at: [www.facebook.com/campfosterYMCA](http://www.facebook.com/campfosterYMCA)**

## Our Mission

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

## Our Voice

Determined, Nurturing, Genuine, Hopeful, Welcoming

## Our Values

Caring, Honesty, Fairness, Respect, Responsibility

### Bedell Family YMCA Hours:

Monday - Friday 4:30am - 9pm

Saturday & Sunday 7am - 6pm

### Healthy Living Program Centers Hours:

Monday - Thursday 5am - 11pm

Friday 5am - 9pm

Saturday 6am - 9pm

Closed on Sunday

## Board of Directors

Ginny Gunderson - President (CVO)

Jamin Trautman - Past President

Nate Gruys, Jeremy Morrison, Dianne Elton, Tracy Evans, Dalton Kidd, Kristy Miller, Dr. Zach Borus, Jeanne-Marie Hardy, Abby Goodlaxson, Sara Frerichs, Mark Dykema, Bill Kallsen

## Staff

### YMCA of the Okobojs Association

Andrew Fisher	CEO	andrew.fisher@okobojiymca.com
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Cindy Rosa	Development Director	cindy.rosa@okobojiymca.com
Jaymee Rickman	Administrative Assistant	jaymee.rickman@okobojiymca.com

### Bedell Family YMCA

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Kyle Johnson	School-Age Director	kyle.johnson@okobojiymca.com
Scott Hunter	Program Operations Director	scott.hunter@okobojiymca.com
Paula Edwards	Youth & Family Coordinator	paula.edwards@okobojiymca.com
Brittney Janicek	Fitness Director	brittney.janicek@okobojiymca.com
Angie Gillespie	Aquatics Director	angie.gillespie@okobojiymca.com

### Camp Foster YMCA

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Abbie Parker	Director of Camping Programs	abbie.parker@campfosterymca.com
Brian Forney	Director of Groups Camping	brian.forney@campfosterymca.com
Kevin Godfredsen	Property Manager	kevin.godfredsen@campfosterymca.com
Valarie Hinrickson	Camp Office Director	valarie.hinrickson@campfosterymca.com

## YMCA OF THE OKOBOJIS

Bedell Family YMCA  
1900 41st Street  
Spirit Lake, Iowa 51360  
P 712-336-9622  
[WWW.OKOBOJIYMCA.COM](http://WWW.OKOBOJIYMCA.COM)

Camp Foster YMCA  
PO Box 296  
Spirit Lake, Iowa 51360  
P 712-336-3272  
[WWW.CAMPFOSTERYMCA.COM](http://WWW.CAMPFOSTERYMCA.COM)



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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**Bedell Family YMCA**  
**Camp Foster YMCA**

**YMCA Reading Buddies**  
**Jiu Jitsu Okoboji**

Healthy Living Program Center  
802 Lake Street  
Spirit Lake, Iowa 51360  
P 712-336-6888

Healthy Living Program Center  
2207 US 71  
Milford, IA 51351  
P 712-338-2707