

PUSHING FORWARD TOGETHER



OUR NEW MEMBER DRIVE IS
JANUARY 1-15
SEE THE INSIDE COVER
FOR MORE DETAILS!

2021 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The monthly fee for an **Ongoing Membership** is automatically withdrawn from a checking or savings account each month.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

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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/

YMCA NATIONWIDE RECIPROCITY

YMCA members have the flexibility to use other Y facilities all around the nation, at no extra charge. *Members must use their "Home Y" at least 50% of the time per month.

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 OUR
NEW MEMBER DRIVE
JANUARY 1-15, 2021
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 two locations between January 1-15.

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/.



Due to the local spike in COVID-19 infections, masks are required* for staff, members and guests at the Bedell Family YMCA and Milford HLPC facilities.

*** for all those over the age of 2 - unless engaged in vigorous physical activity or during aquatics activities.**

SUPERVISION POLICY – BEDELL FACILITY

All members/program participants must have completed facility waivers (by a parent or guardian if under 18). These are available at the YMCA Front Desk.

All program participants 11 years and under may utilize the YMCA Character Center (during hours of operation) prior to or after their supervised YMCA program when riding the bus. While supervision is provided, the YMCA Character Center is not a child care program.

- Children ages 11 and under must be accompanied by an adult or in a supervised program when visiting the YMCA.
- All participants 12 years and older are welcome in the YMCA Facility on their own, but must be accompanied by an adult while utilizing the YMCA Wellness Center and Weight Room.
- Children ages 13 and older may utilize the YMCA Wellness Center and Weight Room on their own.
- When using the pool, Children 7 and under **MUST** have a parent/guardian in the pool within arm's reach at ALL times!

SUPERVISION POLICY – MILFORD HLPC

- Children ages 13 and older may use the Milford Healthy Living Program Center without adult supervision.
- 12-year-olds are permitted to use the facility if accompanied by an adult.
- Opportunities for children under 12 are available at the Bedell Family YMCA facility.

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. (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

FREE for Bedell Family YMCA members and guests

Max 9 children. First come, First served.

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!

Dates/Themes: TBD

Days: Fridays

Time: 6–9pm

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

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/Elementary School Multipurpose/Lunch Rooms.

Hours of Operation:

Morning: 6am – The Start of School

Afternoon: 3–6pm

Full-Time rates only at this time.

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 10 years old

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

YMCA CHARACTER CENTER

Hours of Operation:

Monday – Friday: 2 – 6:30 pm

YOUTH DEVELOPMENT

AQUATICS – SWIM LESSONS



STAGE DESCRIPTIONS

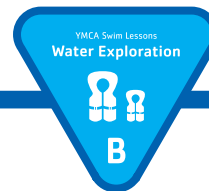
SWIM STARTERS

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.



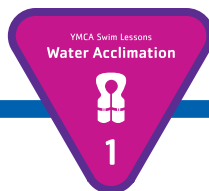
A / WATER DISCOVERY

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.



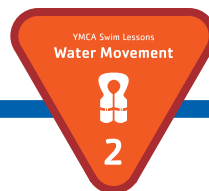
B / WATER EXPLORATION

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



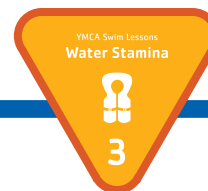
1 / WATER ACCLIMATION

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.



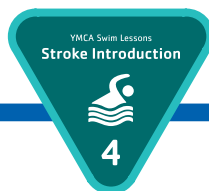
3 / WATER STAMINA

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

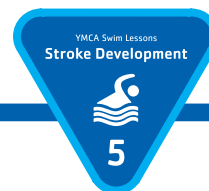
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

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



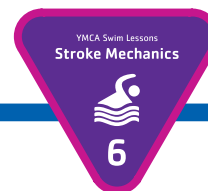
4 / STROKE INTRODUCTION

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

POOL HOURS AND INFO

Monday – Thursday 5am – 11am & 1 – 8pm

Friday 5am – 11am & 1 – 7pm

Saturday 8am – 3pm

Sunday 1 – 4pm

Reserve a lap lane or the play area in advance by visiting www.okobojiymca.com/aquatics.

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
per: \$192

Semi-Private*: (3) 30 Minute Sessions, per swimmer
Ratio 1:2 or 3 Member: \$39 Non-Member: \$78

(6) 30 Minute Sessions, per swimmer
Member: \$78 Non-Member: \$156

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

GROUP SWIM LESSONS – WINTER 1

Dates: January 5–February 9

Make up Date: February 16

4-430 Prek level 1 school age level 3/4

435-505 Prek level 2 school age level 1

510-540 prek level ¾ school age level 2

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

GROUP SWIM LESSONS – WINTER 2

February 23–March 30

Make up Date: April 6

4-430 Prek level 1 school age level 3/4

435-505 Prek level 2 school age level 1

510-540 prek level ¾ school age level 2

GROUP SWIM LESSONS – SPRING

Dates: April 13–May 18 **No make up date**

4-430 Prek level 1 school age level 1

435-505 Prek level 2 school age level 2

510-540 prek level ¾ school age level ¾

EASTER FUN AND GAMES

Date: March 27

More details to come.



YOUTH DEVELOPMENT



WINTER YOUTH SPORTS

ROOKIE BASKETBALL SEASON 2

Registration Deadline: January 17

Age: K – 4th Grade

Dates: February 13 – March 20

Game Day: Saturdays

Time: 9am–3pm

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

Practices Start: Week of January 25

SPRING YOUTH SPORTS

OUTDOOR ROOKIE SOCCER (U6–U10)

Registration Deadline: March 21 (\$15 late fee)

Games: Saturdays, April 17 – May 22 from 9am – 1pm

Practices start the week of April 5

Location: YMCA Fields

*See Program Flyer for More Information

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

OUTDOOR YOUTH SOCCER (U12–U14)

Registration Deadline: March 21 (\$15 late fee)

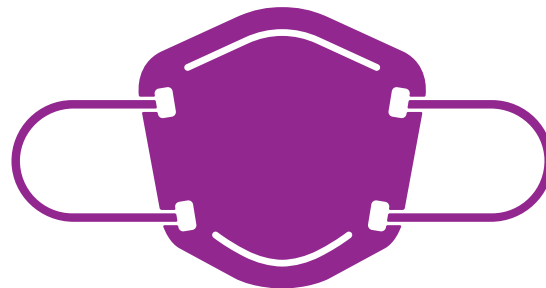
Games: TBD

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



MASKING PROTOCOLS FOR INDOOR YOUTH SPORTS

For everyone's health and safety we are implementing the following safety procedures for our winter basketball programs to help combat the spread of COVID-19. We are following recommendations from the CDC, IDPH, YMCA of the USA, and LRH. Even with additional safety guidelines no one can guarantee that we are safe from the virus. Here are some of the changes we are making:

- Please do not bring your child if they have a fever of 100.4 degrees or higher. Or if they are experiencing any of the following symptoms: sore throat, cough, shortness of breath, chills, unexplained muscle pain, and loss of taste/smell. Or if they have tested positive for COVID-19.
- If your child tests positive for COVID-19 they may return to our programs after all three of the following have occurred: 1) No fever for 24 hours without fever-reducing medication. 2) Symptoms improving. 3) 10 days since symptoms started.
- Please do not bring your child to our programs if a member of the household is testing or has tested positive for COVID-19. If the household member tests positive the child may return to our programs after 14 days if the child is not experiencing any symptoms.
- **Masks are required for spectators at all times and for participants when not on the court.**
- **Please limit spectators to two people per participant.**
- **Please do not bring team snacks. Please no food in the gym, only water bottles are allowed.**
- **Frequent handwashing will be emphasized. Additional cleaning and sanitizing will occur frequently.**
- **Staff and coaches will use small groups and encourage social distancing when possible.**

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 2021 EVENTS



Strong Kids Annual Campaign Event

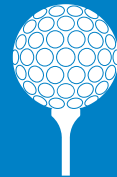


April 23, 2021 at Camp Foster

Join us for a night of philanthropy and fun!



Strong Kids Golf Outing



June 11, 2021 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 or 336-9622.

YMCA SKATE PARK

Park Opens: May 29 (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.

BEDELL FAMILY YMCA WINTER GAMES INDOOR PICKLEBALL TOURNAMENT

Saturday, January 30, 2021

In order to provide play for all levels of players, and if enough players sign up, Three (3) divisions will be played // 1.0- 2.0 // 2.5-3.0 // 3.5-4.5 // Women's, Men's and Mixed.

TOURNAMENT FORMAT

Un-officiated Round Robin with top teams advancing. Games to 11 must win by 2. We ask all players to honestly classify themselves based on their experience and ability.

Tournament format will be based on the number of entries for each division. Depending on number of players, round robin play may be combined at all skill levels, and then split into two divisions for championship play.

Final tournament information will be emailed to all players prior to the date of tournament. Please ensure that you provide a legible email address so we can contact you.

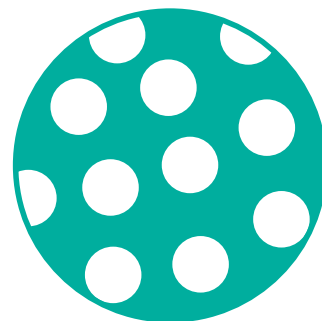
ENTRY FEE - \$25 per individual, \$5 additional for second event

Checks made payable to Bedell Family YMCA

Mail to: Bedell Family YMCA

C/O Brent O'Hara

1900 41st St. Spirit Lake, IA 51360



PRIZES - Prizes will be awarded to top 3 teams

REGISTRATION DEADLINE - Fill out and return completed registration form (on page 2) by Sunday, January 24, 2021 (Register early as space is limited).

QUESTIONS: Contact Brent O'Hara at brent.ohara@okobojiymca.com or 712-336-9622.



LAKES AREA HOCKEY ASSOCIATION

Website: www.lakesareahockey.com

Open Skate: Friday and Saturday nights from 7-9:30pm and Sunday from 12-1:30pm

Fee: \$6 admission and \$3 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

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



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. Participants will have the option of choosing 1, 2 or 3 days per week. **MUST** be a YMCA member.

Group Pricing (2 or 3 individuals):

5 sessions	\$50 per individual
10 sessions	\$90 per individual
15 sessions	\$130 per individual

Individual Pricing:

5 sessions	\$75
10 sessions	\$135
15 sessions	\$195

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

HEALTHY LIVING



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 locations.



PAID GROUP FITNESS CLASSES

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:

Tuesday, Thursday at 5:45am

Monday, Wednesday, Friday at 9:05am

Tuesday, Wednesday, Thursday at 6pm

Fee: Unlimited classes per month \$22

WELLNESS

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: 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

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.

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: Character Center
Join anytime, class registrations are monthly.

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

Weekly Class Offerings:

Tuesdays & Thursdays from 6-7:30pm 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

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: 8-9:30am & 12-3pm

Location: YMCA Basketball Courts

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



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.

CAMP FOSTER YMCA



CAMP FOSTER YMCA – DAY CAMP 2021

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. Spaces do fill fast!

2021 DAY CAMP SESSIONS

Specialty Camp Options Also Available, find descriptions online at campfosterymca.com/day-camp.

SESSION 1 | JUNE 14-18: 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 21-25: 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 28-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 5-9: 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 12-16: 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 19-23: 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 26-30: 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 2-6: 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. **Spencer bus available this week**

Register online at 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/

CAMP FOSTER YMCA

JOIN US AT CAMP FOSTER YMCA FOR WOMEN'S WELLNESS WEEKEND



▶ JANUARY 9TH
AT 10:00 AM

- to -

▶ JANUARY 10TH
AT 1:00 PM

Relax

Refresh

Revive

We invite you and your friends to join us at Camp Foster YMCA for Women's Wellness Weekend. This retreat is for anyone 18+ who is looking to focus on wellness, relaxation, and starting 2021 on a positive note! The weekend has a go at your own pace schedule with activities including meditation, pampering, crafts, wine tasting, and much more. A variety of Lakes Area vendors will be here to help us create a weekend focused on YOU!

To register and see a schedule of activities, please visit www.campfosterymca.com.



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 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?



Find us at: www.facebook.com/campfosterymca

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/

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 7am – 4pm

Sunday 12 – 4pm

Milford Healthy Living Program Center Hours:

Monday – Friday 5am – 8pm

Saturday 7am – 11am

Sunday Closed

Board of Directors

Bill Kallsen – President (CVO)

Ginny Gunderson – Past President

Sara Frerichs – CVO Elect

Mark Dykema – Treasurer

Dalton Kidd – Secretary

Jamin Trautman, Zach Borus, Tracy Evans, Dianne Elton, Kristy Miller, Jeremy Morrison, Abby Goodlaxson, Luke Donnenwerth, Alex Robinson, Debbie Parks, Chris Fuhrman, Michaela Tamisiea

Staff

YMCA of the Okobojs Association

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Amanda Shaffer	CFO
Kyle Struve	Communications Director
Cindy Rosa	Director of Dev. & Eng.
Jaymee Rickman	Administrative Assistant

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Bedell Family YMCA

Andy Wolf	Property Manager
Cory Danielson	Member Services Director
Brent O'Hara	Sports Director
Kyle Johnson	School-Age Director
Paula Edwards	Youth & Family Coordinator
Brittney Janicek	Fitness Director
Angie Gillespie	Aquatics Director

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Camp Foster YMCA

Josh Carr	Camp Director
Brian Forney	Director of Groups Camping
Kevin Godfredsen	Property Manager
Valarie Hinrickson	Camp Office Director

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE MORE THAN A GYM. WE'RE A CAUSE.

GIVE, JOIN, VOLUNTEER, AND DO SO MUCH MORE.

The Y.™ For a better us.™



Find us on
Facebook

Bedell Family YMCA
Camp Foster YMCA

YMCA Reading Buddies
Jiu Jitsu Okoboji

Healthy Living Program Center
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