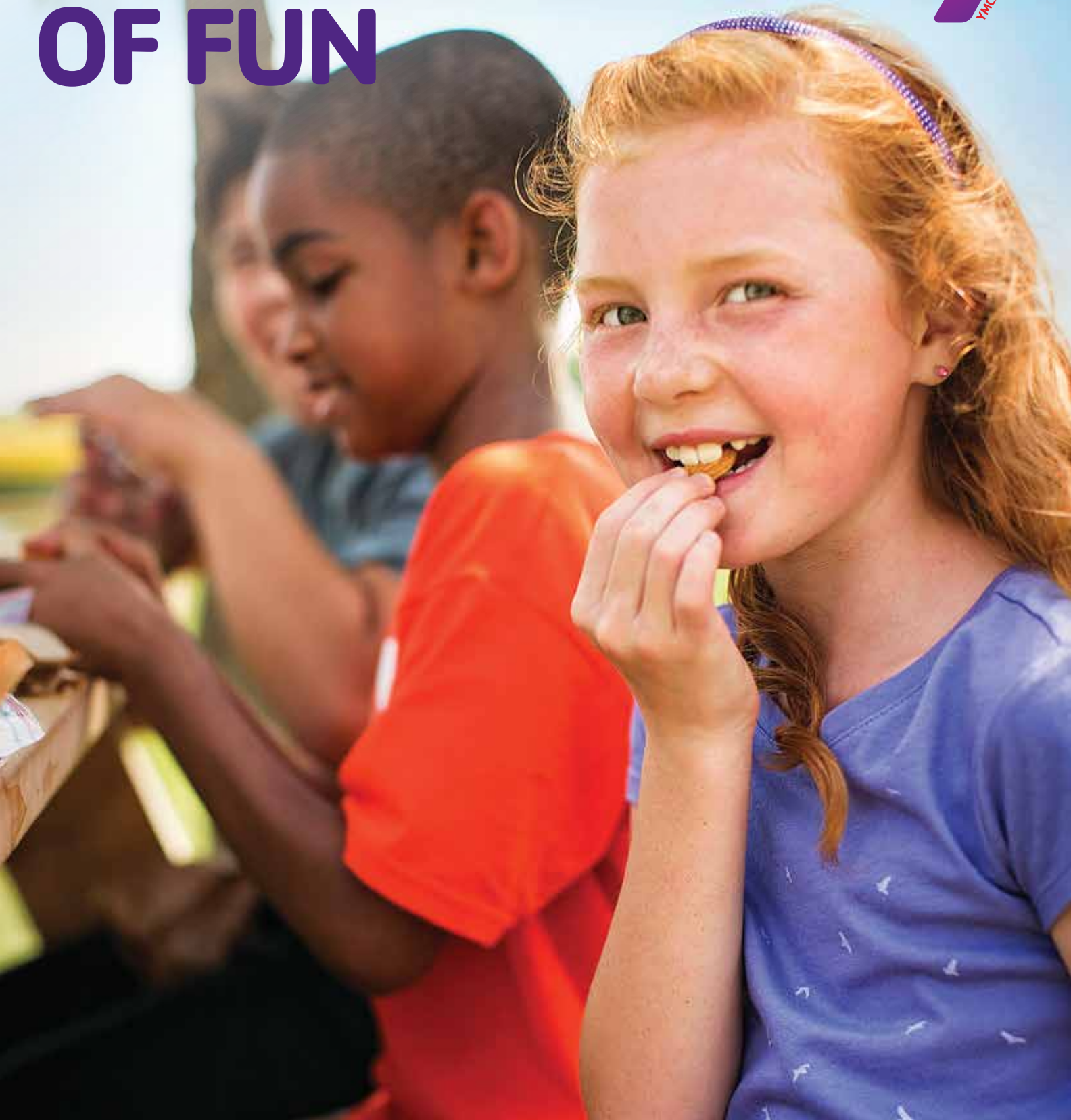


YOUR SUMMER OF FUN



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The monthly fee for an **Ongoing Membership** is automatically withdrawn from a checking or savings account each month.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

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.



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/.



**MAKE SURE YOU UPDATE YOUR EMAIL ADDRESS TO
JOIN THE BIRTHDAY EMAIL CLUB
AND BRING A GUEST DURING YOUR BIRTHDAY MONTH!**

Any member with an on-going membership and a current email on file will receive an email to bring in a guest at no charge 1x during the month of your birthday.



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 (MEMORIAL DAY THROUGH LABOR 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.

Monday-Friday: 8:15–11:30am

Monday-Thursday: 4–7pm

Saturday: 8:15–11am

FREE for Bedell Family YMCA members and guests

Max 9 children. First come, First served.

SCHOOL-AGE PROGRAMS

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

For more information call your local site location:

Okoboji School District 712-330-6944

Spirit Lake School District 712-330-0212

YMCA CHARACTER CENTER

Supervised Hours of Operation:

Monday – Friday: 8–11am

KAMP KERMIT

Days: Monday-Friday

Ages: 3–5

Times: 9 – 11am in the YMCA Character Center

Fee per session: \$40/Members \$55/Non-members

SESSION 1 JUNE 14–18 – “THE WACKY WORLD OF DR. SEUSS”

Our favorite Dr. Seuss stories come to life this week as we look inside his adventurous books. Daily activities will be based on those books, from acting out our favorite parts to making our favorite animals or characters out of clay and much more.

SESSION 2 JULY 12–16 – “OCEANS AND BEACHES”

Let's grab our sunglasses and catch some rays while we learn more about the beach, seashells and ocean animals as well as ways we can keep the beach and oceans clean and healthy through games, stories and crafts.

SESSION 3 AUGUST 9–13 – “THIS PLACE IS A ZOO!”

Come and join us with your favorite stuffed animal. We will get our wiggles out as we play and learn about the different types of animals that live at the zoo. We will even explore our creative side with some fun crafts.

Each camp session includes healthy snacks, crafts, music, special games, and more!! (Must be potty trained to participate)

YOUTH DEVELOPMENT

AQUATICS – SWIM LESSONS



STAGE DESCRIPTIONS

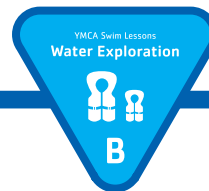
SWIM STARTERS

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.



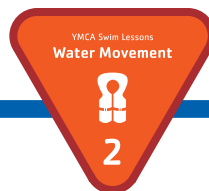
B / WATER EXPLORATION

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.



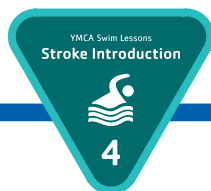
3 / WATER STAMINA

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



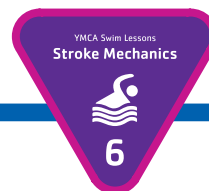
4 / STROKE INTRODUCTION

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

Hours subject to change. Please visit our website for up-to-date information.

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

Friday 5am – 11am & 1 – 7pm

Saturday 8am – 3pm

Sunday 1 – 4pm

Lap lanes or the play area must be reserved 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
	Member: \$48 Non-Member: \$96
	(6) 30 Minute Sessions
	Member: \$96 Non-Member: \$192
Semi-Private*: Ratio 1:2 or 3	(3) 30 Minute Sessions, per swimmer
	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.**

QUICK LESSONS

Sessions run for 1 week (5 days). See flyer behind front desk for more details.

Session Dates: June 7-11
June 21-25
July 12-16
July 26-30

YMCA SUMMER SWIM CAMP

The Bedell YMCA Swim Camp is for ages 8 and above. This clinic is highly competitive. Those who wish to participate need to be able to swim a 50 freestyle continuously. **Swimmers must bring own lunch daily***

Registration Deadline: July 1

Dates: July 13-15, from 9am-4pm

Fee: \$170 (includes t-shirt)

SUMMER SWIM TEAM

Practice Times: Tuesday/Wednesday/Thursday from 10-11am

Dates: May 25 – June 26

Fee: \$80

U OF O 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 7

Race Time: 7am

Registration Deadline: August 7 at 6:30am

Fee: \$40 prior to July 30 – \$50 thereafter

BOJI BAY POOLS INFORMATION

Season Dates: June 1 – August 16

Hours: Monday – Friday 1-7pm
Saturday & Sunday 1-5pm

Rates:

Family season pass (up to 5 people): **\$99**
(\$20 per person over 5)
Adult season pass: **\$60**
Youth season pass: **\$40**
Family day pass: **\$20**
Day pass Adults (18+): **\$5**
Day pass Children (1-13): **\$4**
Age 0-1: **Free**



Purchase passes online at www.bojibay.com

YOUTH DEVELOPMENT



YOUTH TENNIS CLINICS

Ages: 5 years old to 14 years old

Level 1: Age 10 and under

Level 2: Age 11-14 and advanced students 10 and under

Days/Times: TBD

Session Dates:

Session 1: TBD

Session 2: TBD

Location: YMCA Basketball Courts

Fee: Members \$42, Non-Members \$57



Each session will be limited to 12 Participants. Private Arranged Lessons are also available.

SUMMER YOUTH SPORTS

Y ROOKIE SPORTS 3-DAY SPORTS CLINICS

June 14-16: Basketball

K's & 1st 9 – 9:55am

2nd & 3rd 10 – 11am

June 21-23: Volleyball

K's & 1st 9 – 9:55am

2nd & 3rd 10 – 11am

June 28-30: Soccer

K's & 1st 9 – 9:55am

2nd & 3rd 10 – 11am

July 12-14: Flag Football

K's & 1st 9 – 9:55am

2nd & 3rd 10 – 11am

Please register by grade child will be enrolled in for the fall of the 2021-2022 school year.

Fee: Members \$22, Non-Member \$44

WACKY SPORTS ADVENTURE CLUB

This is a new activity offered at the YMCA that will incorporate a variety of fun unique games that kids have not played before, or may have been introduced to for only a short time. We will play games like: Ultimate Frisbee, Spikeball, Kickerball, and many more fun and challenging games.

Registration Deadline: June 13

Dates: June 15 – July 29 (No classes the week of July 4)

Days: Tuesday & Thursdays from 3-5pm

Fee: Member \$30, Non-Member \$60

Ages: 8-12 Years Old

Location: YMCA Soccer Fields



2021 CHUTE BASKETBALL SHOOTING CAMP

All New Camp in 2021! New Drills – More Action – More Fun! Make plans today to improve your shooting skills this summer!

Focus of the camp:

- Offensive Skills
- Proper Shooting Technique
- Footwork
- Offensive Moves
- Ball Handling

Dates: June 7 & 8

Camp Times:

8:30-10:30am | 6th – 8th Grade Girls & Boys

10:30am-12:30pm | 3rd – 5th Grade Boys

1:00-3:00pm | 3rd – 5th Grade Girls

(Grades refer to the players' grade next school year)

Fee: \$55

YOUTH DEVELOPMENT

2021 CHALLENGER SPORTS SOCCER CAMP

Dates: July 19-23



The British Soccer Camp program is Challenger's own brand of Individual Foot-Skills, Fakes, Moves and Turns, Freestyle Soccer, Technical & Tactical Instruction, Small-Sided Games, Daily World Cup Style Tournament, Cultural education, Character building, and fun! And now campers can continue to improve what they've learned at camp throughout the year through iChallenge - Challenger's new personal coaching app!

Each child will be coached by a member of Challenger's International coaching staff flown to the USA exclusively to work on these programs. Our camps now boast an incredible team of coaches from Australia, New Zealand, Holland, Brazil, Spain, France, USA and Canada as well as our traditional team of Brits from England, Scotland, Northern Ireland, Ireland and Wales. This diversity of experiences and cultures reflects the truly global nature of the sport of soccer and we are proud to share the best practices from around the globe with your players, parents, and coaches.

Each camper will receive a code to download the iChallenge app, and 20 videos for free! Campers view and practice the skills linked to their ability level, upload a video of themselves completing the skills, and then receive personalized online coaching from a member of our experienced virtual coaching team! Each camper can score points for their videos, see how they rank internationally, and challenge others to innovative freestyle duals!

Each Camper will receive over **\$100 of FREE GIFTS**, including a Camp T-shirt, Soccer Ball, Action Poster with Camp Report, a 12-month subscription to Online Coaching Resource, and access to our new Personal Coaching App.

In addition, any child who signs up online before June 8 will receive a genuine British Soccer Replica Jersey (valued at \$39).

For further info, please visit challengersports.com or call Jamie Chapman on 913-599-4884 x248 or jchapman@challengersports.com.

Register now at www.challengersports.com

First Kicks 3-5yrs 8-9am	\$93
Half-Day 6-16yrs 9:15am-12pm	\$160
Full Day 6-16yrs 9:15am-4pm	\$212

Late fee applied to all registrations received after July 9.



FALL YOUTH SPORTS

NFL FLAG FOOTBALL

Participants will receive a reversible NFL Team jersey and their own set of flags. No registrations will be accepted past September 6 due to jersey ordering requirements.

Registration Deadline: August 15

Age: Kindergarten – 4th Grade

Coaches Meeting: August 24, at 5:15pm

Meet the Coaches: August 24, at 6pm

Dates: Tuesdays, September 14 – October 19

Time: 5 – 7pm

Practices Start: September 6

Fee: Member \$55, Non-Member \$110

YMCA YOUTH VOLLEYBALL

Registration Deadline: August 15

Age: 3rd – 6th Grade (Please register by grade child will be enrolled in for the fall of the 2021-22 school year).

Coaches Meeting: August 31 at 5:15pm

Meet the Coaches: August 31 at 6pm

Dates: Thursdays, September 19–October 24

Time: 5 – 7pm

Practices Start: September 6

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

OUTDOOR ROOKIE SOCCER (U6-U10)

Registration Deadline: August 15 (\$15 late fee)

Coaches Meeting: August 26 at 5:15pm

Meet the Coaches: August 26 at 6pm

Games: Saturdays, September 14–October 19 from 9am – 1pm

Practices start the week of September 6. All games to be played at the Bedell Family YMCA. Teams will be made up of students from local school districts.

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

OUTDOOR YOUTH SOCCER (U12-U14)

Registration Deadline: August 19 (\$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

YMCA SKATE PARK

Park Opens: June 1 (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 off court times for leagues and other special programs with the hope of always leaving one court open for the membership.

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!

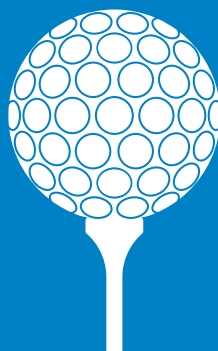
MARK YOUR CALENDAR AND JOIN US!



Strong Kids Golf Outing

June 25, 2021 at Emerald Hills

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



PRESENTED BY:



NORTHWEST BANK

Commitment you can bank on.

Questions?

Please contact Cindy Rosa at cindy.rosa@okobojiymca.com or 712-336-9622.

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	\$135	\$115	\$100	\$85
10 Sessions	\$235	\$205	\$185	\$150
15 Sessions	\$315	\$270	\$240	\$195

NON-MEMBER PRICING (PRICES LISTED ARE PER PERSON)

# of Participants	1	2	3	4
5 Sessions	\$195	\$170	\$150	\$120
10 Sessions	\$345	\$295	\$265	\$215
15 Sessions	\$465	\$397	\$352	\$285

Y PERSONAL TRAINING – HOUR SESSIONS

MEMBER PRICING (PRICES LISTED ARE PER PERSON)

# of Participants	1	2	3
3 Sessions	\$126	\$108	\$96
6 Sessions	\$219	\$183	\$165
12 Sessions	\$372	\$318	\$282

NON-MEMBER PRICING (PRICES LISTED ARE PER PERSON)

# of Participants	1	2	3
3 Sessions	\$186	\$159	\$141
6 Sessions	\$324	\$273	\$246
12 Sessions	\$552	\$471	\$417



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 Brittney Janicek 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



YOGA

Taught by certified instructors Chris Murphy and Linda Dusold.

Dates: Monthly

Day/Time: Monday/Wednesday from 9:40 - 10:40am

Monthly Fee: \$32 Members, \$56 Non-Members

Drop-In Fee: \$10 Members & Non-Members



MORNING TRX

Taught by certified TRX instructor Rachel Wavra.

Dates: Monthly

Day/Time: Tuesdays, 6 - 6:30am

Monthly Fee: \$16 Members, \$28 Non-Members

Drop-In Fee: \$10 Members & Non-Members

HIIT

Join us for high intensity interval training (HIIT). Each class will be different in a new, challenging way!

Dates: Monthly

Day/Time: Mondays, Wednesdays & Fridays from 6 - 6:30am

Fee: \$39

Session Limit: 15 participants max

Location: Character Center

WELLNESS

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

Time: Tuesdays & Thursdays from 10:40–11:30am

Fee: \$16 member, \$32 non-member

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.

Weekly Class Offerings:

Tuesdays & Thursdays from 6-6:45pm, 7-7:45pm 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

Days: Monday - Friday

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

(hours may differ depending on activities at the Y)

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 off court times for leagues and other special programs with the hope of always leaving one court open for the membership.

CAMP FOSTER YMCA



MYSTERY MADNESS

This one-night camp is a chance for you to stay over for a short spell and say "BOO!" to your favorite camp crew. This camp is available to campers age 7-17 at the time of camp. Registration for Mystery Madness is opens June 1. Log into your Camp In Touch account for more info! **Fee:** \$100

Dates: October 16-17

LABOR DAY FAMILY CAMP

Come spend a relaxing weekend with your family at Camp Foster for Labor Day Weekend. Have a fun, memorable weekend without worrying about cooking, dishes, laundry, or cleaning.

Dates: September 3-6

Fee: \$100 per person with a minimum of 4 people. Children age 3 and under do not count towards occupancy rate.

Register online at: www.campfofterymca.com/family-camps

WINTERFEST

Come join us as we celebrate with a Christmas break bash! Winterfest includes a skiing trip to Mt. Kato in Mankato, Minnesota (weather permitting). The equipment rentals, lift tickets, and ski lessons are included. No experience necessary. This camp is available to campers age 7-17 at the time of camp. Registration for Winterfest is open June 1. Log into your Camp In Touch account for more info! **Fee:** \$300

Dates: December 27-30

IN THE WILDERNESS: A SPIRITUAL JOURNEY

Join us for a seven-week course that uses God's great classroom "Nature", to explore topics such as; balance, storms, doubt, worry, leadership, and more. We will utilize scripture, meditation, and discussion to dive into His plan for our lives.

Dates: August 24-October 5 (7 weeks)

Day/Time: Tuesday evenings at 6pm

Ages: 18+

To Register: Call Camp Foster 336-3272
or email josh.carr@campfofterymca.com

Fee: Costs to cover journals and printing
\$10 for Y Members, \$15 public

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@campfofterymca.com for more information.

We would love to serve you!

Registration for 2022 summer camps opens on August 24 at 6am for our current campers. Registration will open to the public on August 31 at 8am.

**Financial assistance is available for all campers.
Apply on-line at www.campfofterymca.com/apply-for-a-scholarship/**

CAMP FOSTER YMCA

CARING FOR THE LITTLE THINGS HELPS GROW THE BIG THINGS!

Adopt a Cabin



Foster families expect a quality experience with comfortable cabins for their children. We strive to make their time here unforgettable, and the homey feeling of a well-kept, cozy cabin is at the forefront of their cabin experience. Our cabins have received minor improvements since the 1980s, but as we grow out of the pandemic, we're preparing to reinvest in them in a big way!

What happens if I adopt a cabin?

When you adopt a cabin, you'll be investing in the future of Camp Foster and enriching the lives of future campers! We'll use the funds to:

- Update our cabins to meet 21st century expectations
- Upgrade Electrical & HVAC services
- Refresh cabins (think doors and windows)
- Replace worn and/or worn out fixtures
- Fix or replace siding & roofing

For more information or to donate online, please visit
www.campfosterymca.com/adopt-a-cabin/

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 will begin hiring in September for Summer Camp 2022. We're seeking individuals who want to make a difference by spending the 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 10am – 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 Okobojis Association

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Amanda Shaffer	CFO	amanda.shaffer@okobojiymca.com
Kyle Struve	Communications Director	kyle.struve@okobojiymca.com
Cindy Rosa	Director of Dev. & Eng.	cindy.rosa@okobojiymca.com
Jaymee Rickman	Administrative Assistant	jaymee.rickman@okobojiymca.com

Bedell Family YMCA

Andy Wolf	Sr. Dir. of Facilities & Programs	andy.wolf@okobojiymca.com
Cory Danielson	Member Services Director	cory.danielson@okobojiymca.com
Brent O'Hara	Sports Director	brent.ohara@okobojiymca.com
Kyle Johnson	School-Age Director	kyle.johnson@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

Josh Carr	Camp Director	josh.carr@campfosterymca.com
Brian Forney	Groups & Conferences Director	brian.forney@campfosterymca.com
Ali Eisenman	Summer Camp Program Director	ali.eisenman@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

Camp Foster YMCA
PO Box 296
Spirit Lake, Iowa 51360
P 712-336-3272
WWW.CAMPFOSTERYMCA.COM



FOR YOUTH DEVELOPMENT®
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
2207 US 71
Milford, IA 51351
P 712-338-2707