



BEDELL FAMILY YMCA | CAMP FOSTER Winter/Spring 2022 Programs

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 register- 336-9622.

Per Swimmer Pricing

Private: (3) 30 Minute Sessions
Member: \$51 Non-Member: \$102

(6) 30 Minute Sessions
Member: \$102 Non-Member: \$204

Semi-Private*: (3) 30 Minute Sessions, per swimmer
Ratio 1:2 or 3 Member: \$42 Non-Member: \$84

(6) 30 Minute Sessions, per swimmer
Member: \$84 Non-Member: \$168

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

GROUP SWIM LESSONS WINTER SESSION 1

Dates: January 6 - February 3 (5 weeks)

Make Up Date: TBD

Day: Thursday evenings

Times: Level 1/2 - 4-4:30pm, Level 3/4 - 4:35-5:05pm

Fee: Members \$35, Non-Members \$62.50

GROUP SWIM LESSONS WINTER SESSION 2

Dates: February 17 - March 17 (5 weeks)

Make Up Date: TBD

Day: Thursday evenings

Times: Level 1/2 - 4-4:30pm, Level 3/4 - 4:35-5:05pm

Fee: Members \$35, Non-Members \$62.50



SCHOOL-AGE AND PRESCHOOL 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 \$21, Non-Members \$29



Y-KIDS SUMMER ADVENTURE CLUB

Summer Childcare for school-age children from both Spirit Lake and Okoboji, ages 5 to 10 years old. We offer supervised freedom, creativity, learning and fun! We provide worthwhile experiences through nature hikes, field trips, active play, swimming and much more. Staff are trained to highlight teachable moments and emphasize accomplishments in all kids. Registration is by the week so families have flexibility.

Early registration for current Y-Kids families begins Feb. 1, 2022. Open registration begins Feb. 14, 2022.

CHILD WATCH (LABOR DAY THROUGH MEMORIAL DAY)

We offer a safe, fun, and interactive environment for your child ages 6 weeks to 6 years old while you enjoy the YMCA. Parents and Guardians must remain on facility grounds at all times and can utilize Child Watch for up to two hours! (Late Starts: AM Child Watch closed, Early Outs: PM Child Watch closed, No School: Child Watch closed all day).

FREE for Bedell Family YMCA members and guests

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

Monday-Thursday: 4-7:30pm

Friday: 4-6pm



READING BUDDIES

Do you have 30 minutes over your lunch break available to come and read with a child? Reading Buddies meets once a month from December through May. All volunteers must complete a volunteer application, pass a background check, complete an online child abuse training. First-time volunteers must attend one face-to-face training.

Contact Paula Edwards at 712-336-9622, 712-260-8320 or paula.edwards@okobojimca.com for more information.

POOL HOURS AND INFORMATION

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

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

Friday 5am - 11am & 1 - 5pm

Saturday 8am - 3pm

Sunday 1 - 4pm

Lap lanes or the play area must be reserved in advance by visiting www.okobojimca.com/aquatics.



TO REGISTER FOR PROGRAMS, SEE CURRENT MEMBERSHIP RATES AND CATEGORIES, OR FOR INFORMATION ON HOURS OF OPERATION, PLEASE VISIT WWW.OKOBOJIMCA.COM.

HAVE A QUESTION?
712-336-9622

YOUTH AND ADULT SPORTS

BASKETBALL SEASON II (K-4TH GRADE)

Registration Deadline: January 16 (\$15 late fee)
Games: Saturdays, February 12 – March 19 from 9am – 1pm
Practices start the week of January 31
Location: YMCA Gyms
Fee: Members \$55, Non-Members \$110

OUTDOOR ROOKIE SOCCER (U6-U10)

Registration Deadline: March 27 (\$15 late fee)
Games: Saturdays, April 23 – May 28 from 9am – 1pm
Practices start the week of April 11
Location: YMCA Fields
Fee: Members \$55, Non-Members \$110
(Updated Soccer Jerseys for 2022!)



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.
Fee: Members \$55, Non-Members \$110
(Updated Soccer Jerseys players will get to keep for 2022!)

ADULT SPORTS (AGES 18+)

PICKLEBALL OPEN COURTS

Days: Monday – Friday
Time: 8 – 9:30am & 12 – 2:30pm
Location: YMCA Gym
Fee: Members- Free, Non-Members- Day Pass



CAMP FOSTER WINTER PROGRAMS

WOMEN'S WELLNESS WEEKEND

This retreat is for anyone 18+ and 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 on site for weekend focused on YOU!

Check in: January 8 at 10am, **Check out:** January 9 at 2pm
Fee: \$125

NO-SCHOOL DAYS SKI TRIPS TO MT. KATO

7:30am pick-up and 6pm drop-off for all sessions at the Bedell Family YMCA.

1/17/2022 Okoboji & Spirit Lake
2/7/2022 Okoboji
2/21/2022 Spirit Lake
3/14/2022 Okoboji & Spirit Lake



Thanks to contribution from the Dickinson County Endowment Fund, the fee for each day is only \$50!

YOUTH AND ADULT JIU JITSU

Gi Policy: Gi required for all classes. If an athlete needs a Gi, they can purchase one at their own expense, or rent one for \$10 a week from the instructor.



YOUTH JIU JITSU

Instructor: Dana Bergman
Day: Tuesdays & Thursdays from 5:30 – 6:30pm.
Fees: Members \$35 per month, Non-Members \$50 per month
Location: Bedell Family YMCA Character Center

ADULT JIU JITSU

Instructor: Dana Bergman & Wade Dixon
Day: Tuesdays & Thursdays from 6:30 – 7:30pm.
Fees: Members \$35 per month, Non-Members \$50 per month
Location: Bedell Family YMCA Character Center

FITNESS

FEE-BASED MONTHLY EXERCISE CLASSES

Yoga | XIT | TRX | HIIT
Register online for these ongoing exercise programs at any time. Registration flyers can be obtained at the front desk.



PERSONAL TRAINING (HALF OR FULL-HOUR SESSIONS)

Work with a certified trainer to achieve your fitness goals, including weight loss, strength training & overall health. Rates can be found at okobojiymca.com/personal-training/.

NEW YEAR NEW ME WEIGHT-LOSS PROGRAM

Dates: Monday, January 3 – February 25

BODY COMPOSITION TESTING

By measuring body composition, an individualized health plan can be created to best fit your goals and personal needs. Call 712-336-9622 or email brittney.janicek@okobojiymca.com.

GIRLS ON THE RUN

Girls on the Run is for every girl! This program builds social, emotional and physical skills while learning healthy habits for life.

Ages: 3rd – 5th Grade

Dates: Beginning in March



NEW PROGRAMS COMING IN EARLY 2022:

Diabetes Prevention Program

If you have prediabetes or risk factors for Type 2 Diabetes, the PreventT2 lifestyle change program can help you take charge of your health!

Blood Pressure Monitoring Program

This program is designed to help adults with hypertension lower and manage their blood pressure.



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