



BEDELL FAMILY YMCA | CAMP FOSTER Summer 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.**

QUICK LESSONS:

June 13-17

Pre-K & School-Age Level 1, 9-9:30am
Pre-K & School-Age Level 2, 9:35-10:05am
Pre-K & School-Age Level 3, 10:10-10:40am

June 20-24

Pre-K & School-Age Level ¼, 9-9:30am
Pre-K & School-Age Level 2, 9:35-10:05am
Pre-K & School-Age Level 1, 10:10-10:40am

June 27-July 1

Pre-K & School-Age Level ½, 9-9:30am
Pre-K & School-Age Level ¾, 9:35-10:05am

July 11-16

Pre-K & School-Age Level 1, 9-9:30am
Pre-K & School-Age Level 2, 9:35-10:05am
Pre-K & School-Age Level ¾, 10:10-10:40am

July 18-23

Pre-K & School-Age Level ½, 9-9:30am
Pre-K & School-Age Level ¾, 9:35-10:05am

July 25-29

Pre-K & School-Age Level ¾, 9-9:30am
Pre-K & School-Age Level 2, 9:35-10:05am
Pre-K & School-Age Level 1, 10:10-10:40am

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



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.okobojymca.com/aquatics.

YMCA SUMMER SWIM CAMP

Campers must bring their own lunch daily. Registration is limited to 15 swimmers.

Dates: July 11-13
Fee: \$170 (includes camp t-shirt)



SCHOOL-AGE AND PRESCHOOL PROGRAMS

KAMP KERMIT

Your 3-5 year old will have a wacky and wild time at Kamp Kermit. Each day of camp includes healthy snacks, crafts, music, special games, and more!! (Must be potty trained to participate - classes limited to 15 kids per session)

Session 1: Let's Pretend - June 13-17
Session 2: Summer Spectacular - July 11-15
Session 3: Up, Up and Away - August 8-12

Days: Monday - Friday
Time: 9-11am
Fee: Members \$40, Non-Members \$55



CHILD WATCH (MEMORIAL DAY THROUGH LABOR DAY)

We offer a safe, fun, and interactive environment for your child ages six weeks to six-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-Saturday: 8:15-11:30am
Monday-Thursday: 4-7pm
FREE for Bedell Family YMCA members and guests



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

**HAVE A QUESTION?
712-336-9622**

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



YOUTH SPORTS

3-DAY SPORTS CLINICS

June 14–16: Basketball

June 21–23: Volleyball

June 28–30: Soccer

July 12–14: Flag Football

Times for all sessions:

K/1st Grade: 9–9:55am | 2nd/3rd Grade: 10–11am

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

ROOKIE SOCCER (FALL)

Deadline to Register: August 14

Practices start the week of September 5

Games: Saturdays, September 17–October 22



NFL FLAG FOOTBALL (FALL)

Deadline to Register: August 14

Practices start the week of September 5

Games: Tuesdays, September 13–October 18



YOUTH VOLLEYBALL (FALL)

Deadline to Register: August 14

Practices start the week of September 12

Games: Thursdays, September 22–October 27



CAMP FOSTER PROGRAMS

2023 SUMMER CAMP REGISTRATION

Online registration for summer 2023 camp sessions will open to return campers: **6am on Aug. 23, 2022**. Online registration will open to the public: **8am on Aug. 30, 2022**.

Create an account or log in at www.campfosterymca.com.

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. Check-in is Friday night at 6pm (no Friday night meal) and check-out is Monday at 11am.



Dates: September 2–5, 2022

Registration Deadline: August 22, 2022

Fee: \$120 per person with a minimum of 4 people. Children age 2 and under do not count towards occupancy rate.

To register, visit www.campfosterymca.com/family-camp/.

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

Register online for all fitness classes and programs at www.bedell.reliqucore.com/programs/

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.

Register online at: <https://bedell.reliqucore.com/programs/>

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 okobojymca.com/personal-training/.



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@okobojymca.com.

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. 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



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