



Fall 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 FALL SESSION 1

Dates: September 12 - October 21

Day/Time: TBD

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



GROUP SWIM LESSONS FALL SESSION 2

Dates: October 31 - December 9

Day/Time: TBD

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

FALL SWIM TEAM

Information coming soon!



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.

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! Each date will provide its own twists and surprises!



Friday, October 21

Friday, November 18

Friday, December 16

Time: 6-9pm

Fee per session: Members \$21, Non-Members \$29

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.



Session 1: October 5, 12, 19, 26

Session 2: November 16, 30, December 7, 14

Time: 9-9:45am

Location: YMCA Character Center

Fee: Members \$21, Non-Members \$29

CHILD WATCH (LABOR DAY THROUGH MEMORIAL 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: 4-7:30pm

Friday 4-6pm

FREE for Bedell Family YMCA members and guests

SCHOOL YEAR CHARACTER CENTER HOURS

Monday - Friday: 3-6:30pm

Saturday: 9am-1pm

(Saturday hours start after Labor Day)

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.campfofterymca.com.

MYSTERY MADNESS

Join us for spook-tacular fun at Camp Foster!

Dates: October 15 & 16

Check in 9am October 15, Check out 11am October 16

Ages: 8-14

Fee: \$100

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.

Register online at: <https://bedell.recliquecore.com/programs/YogaPunchCards> - now available so you can attend classes on your schedule!



DELAY THE DISEASE

This program is designed to empower people with Parkinson's disease to take control of the disease with daily exercise.

Dates: Tuesdays/Thursdays weekly, register at any time.

PERSONAL TRAINING (30 MIN. 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 focused on developing body awareness, strength, balance, agility, flexibility and coordination. **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

TURKEY TROT 5K

Join us for a 5K walk/run that the whole family can attend! **Date:** Saturday, November 19



TURKEY DAY TABATA

Join us Thanksgiving morning to burn off some calories in advance of the day's big meal! More info coming soon!

ADULT SPORTS

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

ROOKIE BASKETBALL SEASON 1

Registration Deadline: October 9

Age: K – 4th Grade

Coaches Meeting: October 20 at 5:15pm

Meet the Coaches: October 20 at 6pm

Dates: November 5 - December 17

No games November 26th (Thanksgiving weekend)

Game Day: Saturdays

Time: 8:15am-12:45pm

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

Practices Start: Week of October 24



ROOKIE BASKETBALL SEASON 2

Registration Deadline: January 15

Age: K – 4th Grade

Coaches Meeting: January 26 at 5:15pm

Meet the Coaches: January 26 at 6pm

Dates: February 11 - March 18

Game Day: Saturdays

Time: 8:15am-12:45pm

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

Practices Start: January 30

YOUTH AND ADULT JIU JITSU

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



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

HAVE A QUESTION?
712-336-9622