



BEDELL FAMILY YMCA | CAMP FOSTER Winter/Spring 2024 Programs

AQUATICS - SWIM LESSONS

PRIVATE/SEMI-PRIVATE SWIM LESSONS

These lessons are one-on-one instruction, or semi-private instruction, which is two or three individuals at a prearranged time.

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 2

Dates: TBD

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



PARENT/TODDLER SWIM CLASS

Dates: April 1 - May 6 (6 weeks)

Time: Mondays from 4:30-5pm

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

YOUTH AND ADULT JIU JITSU

YOUTH JIU JITSU

Instructor: Dana Bergman

Day: Tuesdays & Thursdays from 5:30 - 6:30pm

Fees: Members \$42 per month, Non-Members \$59 per month



ADULT JIU JITSU

Instructor: Dana Bergman & Wade Dixon

Day: Every other Monday and Tuesdays & Thursdays from 6:30 - 7:30pm

Fees: Members \$42 per month, Non-Members \$59 per month

SAVE THE DATE:
STRONG KIDS GOLF OUTING
JUNE 7, 2024 AT EMERALD HILLS



POOL HOURS AND INFORMATION

Hours subject to change due to staffing availability. Occasionally we have to close the pool to the public to accommodate things like Swim Lessons & Swim Team.

Lap lanes or the play area must be reserved in advance of your visit. To see pool spaces available at specific times of the day, please consult the pool scheduler at www.okobojiymca.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. Keep an eye out for event flyers for the exciting dates below. Each date will provide its own twists and surprises!

Dates: January 13, February 10, March 8

Days/Times: Fridays from 6-9pm

Fee Per Session:

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, 2024. Open registration begins Feb. 14, 2024.

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



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

YOUTH AND ADULT SPORTS

BASKETBALL SEASON II (PRE-K – 4TH GRADE)

Registration Deadline: January 17 (\$15 late fee)
Hard cutoff (no late registrations) after January 24
Games: Saturdays, February 10 – March 16 from 8am – 1pm
Practices start the week of January 29
Location: YMCA Gyms
Fee: Members \$55, Non-Members \$110

YOUTH/ROOKIE SOCCER

Registration Deadline: March 27 (\$15 late fee)
Hard cutoff (no late registrations) after April 3
Games: Saturdays, April 20 – May 25
Practices start the week of March 27
Fee: Members \$55, Non-Members \$110



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 SPRING PROGRAMS

SPRING FAMILY CAMP

Get outside and enjoy a fun filled weekend at Camp Foster!
We will do all the cooking and cleaning all you must do is focus on it quality time with your family!

Dates: May 17-19
Check in: May 17 at 6pm, **Check out:** May 19 at 11am
Fee: \$400 for a cabin of 1-4 people
\$100 for any additional person after 4

JOIN THE YMCA TEAM!

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BETTER
US
STARTS WITH U



FLEXIBLE
WORK
SCHEDULES!

MANY POSITIONS AVAILABLE!

- Y-Kids Staff
- Child Watch Staff
- Character Center Staff
- Lifeguards
- Swim Instructors
- Youth Sports Referees



Free Y Membership + other benefits upon employment!



scan to apply.

Apply online at okobojymca.com/employment

FITNESS

FEE-BASED MONTHLY EXERCISE CLASSES

Yoga Punch Cards – are available so you can attend classes on your schedule! Available for purchase online or in person.



Yoga | XIT | HIIT (new session begins January 3)

Register online for these ongoing exercise programs at any time. Registration flyers can be obtained at the front desk.
Register online at: <https://bedell.reliquerecore.com/programs/>

Y-FIT

We have a challenge coming for Y-Fit participants in January – be on the lookout for more information!
Register for Y-Fit by using the Mind Body App.

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 SPECIAL

Watch for dates in January. 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.chapman@okobojymca.com.

YOUTH FIT – Coming in January!

The YMCA's new youth training program. Youth Fit is a fitness class for kids grade 7-12. We offer two classes a week with one class on Tuesday being a general fitness class working on the basics. Lifting form & technique; Speed and Agility; Strength and Power, Mobility & Coordination, Injury Prevention and Nutrition Education. The other class on Thursday will be a rotating sports specific class focusing on the upcoming sports season. Kids are encouraged to come to as many classes as possible to maximize the benefits and results. The program will be run by Brock Massner, and will be run as small group personal training to focus on each individual's needs and goals.
Register for Youth Fit by using the Mind Body App.



DELAY THE DISEASE

This weekly, ongoing program is designed to empower people with Parkinson's disease to take control of the disease with daily exercise. Register at any time.



Dates: Tuesdays/Thursdays from 10:40-11:30am
Fee: Members \$16, Non-Members \$32



TO REGISTER FOR PROGRAMS, SEE CURRENT MEMBERSHIP RATES AND CATEGORIES, OR FOR INFORMATION ON HOURS OF OPERATION, PLEASE VISIT [WWW.OKOBOJYMCA.COM](https://www.okobojymca.com).

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