



# BEDELL FAMILY YMCA | CAMP FOSTER Winter/Spring 2025 Programs

## AQUATICS

### SUMMER SWIM TEAM

The Bedell Barracudas Swim Team is a recreational competitive program that provides the guidance and practice to develop proper stroke technique while continuing to build endurance. At least 3 scheduled swim meets for the summer season.

**Registration Opens:** April 7  
**Registration Ends:** May 26  
**Practice Begins:** June 1  
**Ages:** 6-18 years old  
**Two Practice Groups:**  
Beginners - \$50  
Intermediate/Advanced - \$100



### POOL HOURS AND INFORMATION

**Monday - Thursday:** 6am - 12pm and 1 - 7pm

**Friday:** 6am - 12pm and 1 - 4pm

**Weekend hours subject to change due to staffing availability. Visit our Facebook page each Friday to see weekend hours. Occasionally we have to close the pool to the public to accommodate activities 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.okobojimca.com/aquatics](http://www.okobojimca.com/aquatics)

## SAVE THE DATES!

### BOOTS, BUCKLES, AND BIDS STRONG KIDS FUNDRAISER EVENT

- > SATURDAY, APRIL 26
- > ARNOLDS PARK MAJESTIC PAVILION



### STRONG KIDS GOLF OUTING

- > FRIDAY, JUNE 6, AT EMERALD HILLS



## 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 31 - Blacklight/Glow in the Dark Theme  
February 21 - Hawaiian (with swimming) Theme  
**Days/Times:** Fridays from 6-9pm  
**Fee Per Session:**  
Members \$23, Non-Members \$31

### 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.



**Priority registration for currently enrolled Y Kids families ONLY: Monday, March 24 to Friday, March 28.**

**Monday, March 31 public registration begins until filled (45 spots per site).**

### 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 one hour!



\*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:** 8:15-11am  
**Monday-Thursday:** 4-7pm  
**Friday:** 4-6pm



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

HAVE A QUESTION?  
712-336-9622

## YOUTH AND ADULT SPORTS

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

**Registration Deadline:** January 9 (\$15 late fee)  
No late registrations accepted after January 16  
**Games:** Saturdays, February 8 – March 15  
**Times:** 8am – 1pm  
**Location:** YMCA Gyms  
**Fee:** Members \$59, Non-Members \$114



### YOUTH/ROOKIE SOCCER

**Registration Deadline:** March 20 (\$15 late fee)  
No late registrations accepted after March 27  
**Games:** Saturdays, April 29 – May 24  
Practices start the week of April 7  
**Fee:** Members \$59, Non-Members \$114



### PICKLEBALL OPEN COURTS

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



## YOUTH AND ADULT JIU JITSU

### YOUTH JIU JITSU

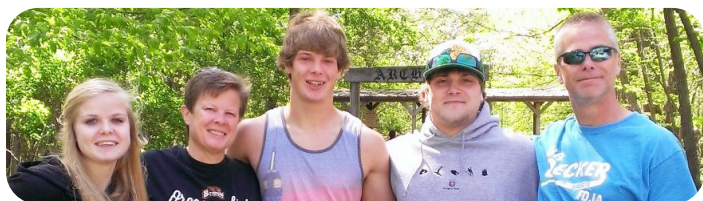
**Instructor:** Dana Bergman  
**Day:** Tuesdays & Thursdays from 5:30 – 6:30pm  
**Fees:** Members \$42 per month, Non-Members \$59 per month



### 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

## 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 quality time with your family!

**Registration Opens:** January 20  
**Dates:** May 16-18  
**Check in:** May 16 at 6pm (no dinner)  
**Check out:** May 18 at 11am  
**Fee:** \$440 for a cabin for a family of 4  
\$100 for any additional family members

## 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 | HIIT (new sessions begin in January)

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

Y-Fit is a fast-paced workout focused on functional movements that can be modified to fit anyone's fitness ability. This is a circuit style workout with a coach and TV screen to direct you through a safe and effective workout.



**Class Days/Times:** Saturday: 7am  
Monday – Friday: 5am, 6am, 9am, 12pm, or 6 pm  
**Fee:** \$105 for Y Members, \$145 Non-Members  
**Register by using the Mind Body App.**

### YOUTH SPORTS CONDITIONING

This training program focuses on developing body awareness, strength, balance, agility, flexibility and coordination. Each session is 30 minutes. MUST be a YMCA member.

Group Pricing (2 or 3 individuals):	Individual Pricing:
5 sessions \$50 per individual	5 sessions \$75
10 sessions \$90 per individual	10 sessions \$135
15 sessions \$130 per individual	15 sessions \$195

### 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 [okoboijymca.com/personal-training/](http://okoboijymca.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@okoboijymca.com](mailto:brittney.chapman@okoboijymca.com).

### 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



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