



Summer 2026 Programs

AQUATICS AND SWIM LESSONS

U OF O POINT TO POINT SWIM

This is a 3.2 mile swim in West Lake Okoboji from Gull Point State Park to Pikes Point State Park. Each swimmer is responsible for having their own kayak along for the swim. If you need this service, kayaks will be available for rent for \$25 (limited number available). You are required to provide your own paddler. Kayaks will be first come, first served and can be reserved through the YMCA. Make-up rain date on Sunday, August 2.



Date: August 1 **Registration Deadline:** August 1 at 6:30am
Race Time: 7am **Fee:** \$40 prior to July 12; \$50 thereafter
Ages: 13 years and older

SCHOOL-AGE AND PRESCHOOL PROGRAMS

KAMP KERMIT

Your 3-5 year old will have super-fun 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 2: Week of July 6th
Session 3: Week of August 10

Days: Monday - Friday
Time: 9-11am

Fee: Members \$50, Non-Members \$65



SCHOOL YEAR Y KIDS 2026-2027 REGISTRATION

- > Currently enrolled Y Kids families: July 6-10
- > Public Registration: July 13-17



**JOIN US AUGUST 6 FROM 5-7PM FOR
MEMBER APPRECIATION NIGHT
GAMES | INFLATABLES | DINNER ON US!**

More info coming soon!

YOUTH SPORTS



3-DAY YOUTH SPORTS CAMPS

June 15-17: Basketball **June 22-24: Volleyball**
July 6-8: Soccer **July 13-15: Flag Football**
Times for all sessions: 10-10:45am
Ages: Grades 1-4
Fee: \$30 per session

CHALLENGER SOCCER CAMP

Dates: July 20 - 24
Ages: 3-16
Register at: www.challengersports.com



NFL FLAG FOOTBALL (FALL)

Deadline to Register: First week of August
Be on the lookout for more info coming soon!



ROOKIE SOCCER (FALL)

Deadline to Register: First week of August
Be on the lookout for more info coming soon!



YOUTH VOLLEYBALL (FALL)

Deadline to Register: First week of August
Be on the lookout for more info coming soon!

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 AND ADULT JIU JITSU

ADULT JIU JITSU

Instructor: Dana Bergman
Day: Every other Monday and Tuesdays & Thursdays
from 6:30 - 7:30pm
Fees: Members \$42 per month, Non-Members \$59 per month

YOUTH JIU JITSU

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





Summer 2026 Programs

FITNESS

FEE-BASED MONTHLY EXERCISE CLASSES

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

Yoga and HIIT

Register for these ongoing exercise programs at any time. Registration flyers can be obtained at the front desk.

Register online at: bedell.recliquecore.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:

Monday - Friday: 5am, 6am, 9am, 12pm

Saturday: 7:30am

Monday - Thursday 6 pm

Fee: \$105 for Y Members, \$145 Non-Members

Register by using the Mind Body App.



DELAY THE DISEASE ** Offered at no cost to participants! **

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

Ongoing monthly - attend at any time.

Dates: Tuesdays/Thursdays

Time: 11-11:30am



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):

5 sessions \$50 per individual

10 sessions \$100 per individual

15 sessions \$150 per individual

Individual Pricing:

5 sessions \$100

10 sessions \$150

15 sessions \$210

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 www.okobojimca.com/personal-training/.

CAMP FOSTER PROGRAMS

Mark your calendars! 2027 online registration for return camper families will open Tuesday, August 18, at 6am.

We will open registration to the public on Tuesday, August 25, at 8am. **Sessions will fill FAST!**

For more information visit www.campfosterymca.com.

LADIES RANCH DAY

10 spots available. Weight limit of 240lbs.

Registration opens: August 4

Date: September 12 **Time:** 9am-4pm

Price: \$200 (Ages 18+)

For more info and to register, visit www.campfosterymca.com



MYSTERY MADNESS

Join us for a fang-tastic overnight full of fun, mystery, and more! Don't forget your costume!

Check-in: October 10 at 9am **Check-out:** October 11 at 10am

Cost: \$100, Open to ages 8-14

Registration opens: August 25

For more info and to register, visit www.campfosterymca.com

LABOR DAY FAMILY CAMP

Did your kids love Camp Foster? How would you like to experience it TOGETHER? Get outside and enjoy a fun-filled weekend at Camp Foster. We will do all the cooking and cleaning while you focus on quality time with your family!

Dates: September 4-7

Check-in: Friday, September 4 at 6pm

Check-out: Monday, September 7 at 10am

Fee: \$480 for a cabin of 4, \$120 per person after 4

Registration opens: June 15

For more info and to register, visit www.campfosterymca.com



HORSE RIDING LESSONS

6 spots available (participants will attend each day).

Dates: August 16, 23, 30, September 13, 20, 27

Time: 3pm-5pm **Price:** \$360

PUBLIC TRAIL RIDES

10 spots available each day.

Dates: August 15, 22, September 19, 26, October 3, 24

Time: 10am-11am **Price:** \$40



Registration for Lessons and Trail Rides opens July 7

Weight limit of 240lbs. Ages 10+. Phone registrations only - Call 712-336-3272 during business hours to register.

Credit/debit card will be needed at the time of registration.

Follow our Facebook for more upcoming events
<https://www.facebook.com/campfosterymca>