

FALL SCHEDULE



**17
AUG**

WRESTLING CAMP

Nebraska wrestlers Liam Cronin, Peyton Robb, & Blake Cushing join us for a youth wrestling camp Aug 17 & 18!

**27
AUG**

ROBOTICS CLUB

Join us as we learn to build and program in our new STEM room at the YMCA! For 6th - 8th graders on Tuesdays/Thursdays, Aug 27 - Oct 3.

**09
SEPT**

FALL SWIM LESSONS

Fall swim lessons take place Sept 9 - Oct 3 and Oct 14 - Nov 7. Sign up for one or both sessions!

**14
SEPT**

JR. BRONCO

Fall sports are just around the corner! Get active with youth soccer, flag football, & volleyball!

**21
SEPT**

WRESTLING CAMP

Our September wrestling camp will be hosted by Silas Allred, Brock Hardy, & Ridge Lovett!

**08
OCT**

COOKING CLUB

Fall cooking club kicks off in our new STEM room beginning October 8! For Prek - 5th grade.

**14
OCT**

ADULT VOLLEYBALL LEAGUE

Adult volleyball leagues take place October 14 - December 12. Women's and COED leagues available!

**15
OCT**

ADULT BASKETBALL LEAGUE

Adult basketball league is starting October 15 on Tuesday nights at the YMCA.

**02
NOV**

HOOPS LEAGUE

This youth basketball tournament takes place Saturdays, Nov 2 - Nov 30 with over 100 teams coming from all over the area!

**16
NOV**

TURKEY TROT

Join us for annual Turkey Trot tradition! Race our 5K or family run!

FALL BACK INTO FITNESS!

HERE ARE SOME MONTHLY
CHALLENGES TO KEEP YOU
MOTIVATED!

AUGUST MARATHON CHALLENGE

Complete all the parts of a marathon on our iFit treadmills. Sign the completion sheet at the Welcome Center when you finish your marathon!

PRIZE: Free month membership!

SEPTEMBER MILE A DAY CHALLENGE

Run, bike, or walk a mile per day! Keep track of your miles and visit the Welcome Center to log your miles!

PRIZE: TBD

OCTOBER MILE A DAY CHALLENGE

Attend three group exercise classes per week! Track your class attendance at the Welcome Center.

PRIZE: TBD



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HASTINGSYMCA.NET

SCAN ME