



WINTER SCHEDULE

MEMBERSHIPS FOR ALL!

Income based memberships

We offer memberships based on your household income. View our scale at hastingsymca.net/income-based to see what discount you qualify for.

PROGRAMS & EVENTS

12/6 & 12/7

WHOOERS & HOOPERS JUNIOR

12/6 & 12/7

4 PERSON GOLF SCRAMBLE

In our golf simulator

DEC - JAN

WINTER BREAK CHILD CARE

1/1 - 1/31

WINTER WARRIOR FITNESS CHALLENGE

1/8 - 1/29

GROUP SWIM LESSONS

1/11 - 2/21

NEBRASKA TOUR LEAGUE

In our golf simulator

1/12 - 3/26

WINTER ADULT SPORTS LEAGUES

FEB

YOUTH VOLLEYBALL CAMP

FEB

YOUTH SOCCER CAMP

FOREVERWELL

SENIOR INVOLVMENT

Monthly Senior Breakfast

Every 3rd Wednesday of the month, 8:00 - 9:00 am

Coffee & Social Time

Mon - Fri, 8:30 - 10:30 am

Walking Club

Sundays 4:30 - 5:30 at YMCA (FREE for community)

WHAT YOU CAN DO IN THE FACILITY:

HEALTH & FITNESS

- Youth Equipment Orientation
- Free member equipment orientation
- Golf Lessons
- Online and In-Person Personal Training
- Youth fitness and athlete training
- Assisted stretching sessions
- Personalized workout subscription
- Indoor walking track
- Walking Club - Sundays 4:30 - 5:30 pm at YMCA
- Extended workout hours - request access at the front desk
- Free group fitness classes
- InBody scans
- LIVESTRONG: Helping those living with, through, or beyond cancer reclaim their total health!
- Weight Room/Cardio Floor

SPORTS

- Golf Simulator
- Martial Arts for ages 8+
- Basketball/volleyball courts

CHILD CARE

- After School Care: We'll pick up your kids by bus!
- Preschool: You can still join during the school year!
- Child Watch: Free care for your kids while you use the facility! 2 hours a day for ages 6 weeks - 7 years old

AQUATICS:

- Aquatics fitness classes
- Indoor pool
- Hot tub, sauna, steam room
- 100 Mile swim club
- Lifeguard and CPR/First Aid certifications
- Business/Organization on-site CPR & First Aid Training
- Youth swim team: Ages 7 - high school

FAMILY FUN CENTER:

- Indoor jungly gym
- Birthday party rentals
- Bring your class or daycare for a discounted group rate
- Free memberships for 6th graders

**LEARN MORE AT [HASTINGSYMCA.NET](https://hastingsymca.net)
OR AT THE YMCA'S WELCOME CENTER**