



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



BRING ON SUMMER FUN

**Summer Program Guide 2018
SOUTHERN PRAIRIE YMCA**

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



JOIN US AT THE YMCA

Being a part of the Y family, you'll discover that you are part of a powerful nonprofit association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Any person regardless of race, religion or creed may become an active member by completing a written application and paying the membership dues.

MEMBERSHIP TYPE	ANNUAL	MONTHLY DRAFT
Youth (age 3-23)	\$240	\$20.50
Individual Adult	\$462	\$39.00
Couple	\$582	\$49.00
Single Parent Family	\$546	\$46.00
Family	\$702	\$59.00
Senior Citizen (62+)	\$336	\$28.50
Sr. Citizen Couple	\$420	\$35.50
6 month senior(62+): \$269 (One time payment)		
6 month senior couple: \$306 (One time payment)		
3 month Individual Adult: \$174 (One time payment)		
Bank drafts have .50/month added service charge.		

Payment Options

No contracts. Joining fee is applied to all new joins or re-joins after a 30 day lapse in memberships. Join fee for all membership types is \$45. Membership can be paid for by convenient monthly automatic bank draft (Electronic Funds Transfer or EFT) on the 25th of each month or by paying the full annual rate using cash, check, Visa, Discover or MasterCard. Payroll Deduction, where membership dues are withheld from employee paychecks and the employer pays the YMCA each month, is another option for some. Check with the YMCA to see if your employer participates in this program.

Y MEMBERSHIP/PROGRAM ASSISTANCE

In these uncertain times, we make assistance available to you and your family. We don't want anyone to be turned away. Financial assistance will help you and your family take part in the Y programs. Assistance is provided based on need, using established guidelines. Applications are available online at www.southernprairieymca.com or at the front desk. All requests are confidential.

Some insurance company policies include a free health club membership. The Southern Prairie YMCA does participate in the Silver and Fit and Silver Sneakers Fitness Programs. If your policy includes these programs bring in a copy of your health insurance card so we can check eligibility.

MEMBERSHIP BENEFITS

Wellness Coaching	Five free guest passes per year
Fitness Room – 16 yrs and up	Weight Room Orientation
25 meter pool (32 laps/mile)	Full size gym
Racquetball Court	Indoor Track (17 laps/mile)
Reduced Rates for Programs	Lock and Towel service
Guest WiFi	FREE fitness classes

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

What You Need to Know:

*Valid for active, full facility YMCA members

*Nationwide member visitors must use their home Y at least 50% of the time

CALL. CLICK. VISIT.

THREE EASY WAYS TO REGISTER

CALL our Welcome Center. Our staff can answer any questions and sign you up for programs. We are available at 641-782-9622.

CLICK our website. Current Southern Prairie YMCA members and program participants with an email on file can also sign up online at www.southernprairieymca.com. Skip the lines-get set up for online registration.

VISIT our Welcome Center in person. Sign up for classes, take a tour and pick up facility schedules.

PROGRAM REGISTRATION INFORMATION

To register at member rates, your membership must be current. Classes must be paid for at the time of registration using cash, check, Visa, MasterCard and Discover or a credit card by phone or in person at the YMCA welcome center. Online registration is also available at www.southernprairieymca.com. Participants are individuals who are not members of the YMCA but participate in a class or program offered by the YMCA.

Early registration is encouraged and a late fee may be charged for youth programs and swim lessons. Class schedules are subject to change or cancellation due to enrollment numbers.

The YMCA facility is handicap accessible for the enjoyment of all members and guests. **Children under age 10 must be have an adult (18 years or over) with them in the building.**

DAILY GUEST PASS RATES*

Youth (3-15 years)	\$4
Yg Adult (16-23 yrs)	\$6
Adult (24-61 yrs)	\$8
Sr. Citizen (62+)	\$5
Family (1 or 2 parent)	\$11

*Day passes are valid for the entire day.

Programs or organized events excluded.

MEET THE SOUTHERN PRAIRIE YMCA STAFF

Dana Dodge	Executive Director ddodge@southernprairieymca.com
Raquel Linch	Office Manager rlinch@southernprairieymca.com
Joyce Baker	Welcome Center Coordinator jbaker@southernprairieymca.com
Mike Richardson	Facility Manager mrichardson@southernprairieymca.com
Hannah Jaegers	Youth Programs Coordinator hannah@southernprairieymca.com
Missy Wernli	Aquatics Coordinator mwernli@southernprairieymca.com
JR Hicks	Fitness and Youth Sports Coordinator jrhicks@southernprairieymca.com

YMCA BOARD OF DIRECTORS

Chris Eaton, Board Chair	Skip Kenyon, Vice Chair	
Kim Coen, Secretary	Mike Taylor, Treasurer	
John Schlaht	Jim Nelson	Lesla Downing
Paul Varner	Matthew Buck	

SUMMER BUILDING HOURS

Mon-Thurs 5:30 AM-8:00 PM Fri 5:30 AM-6:30 PM
Sat 7:30 AM-6:00 PM Sun 12:00 PM-6:00 PM
Closed Memorial Day, 4th of July, Labor Day



YOUTH DEVELOPMENT

**BEST
SUMMER
EVER™**



SUMMER DAY CAMP

Over 40 hours/week

\$140/week 2nd child \$120/week

30-40 hours/week

\$130/week 2nd child \$110/week

20-30 hours/week

\$80/week 2nd child \$70/week

hourly

\$6/hour

- *Swim Lessons
- *Swimming
- *Field Trips
- *STEM activities
- *Games
- *Crafts



DATES: all summer long, Monday-Friday **TIME:** 7am-6pm

AGES: Jr Kind-6th Grade **LOCATION:** Southern Prairie YMCA

Campers must be going into Jr Kindergarten-6th grade and be YMCA members.

QUESTIONS? Contact Youth Programs Coordinator Hannah Jaegers
at 641-782-9622 or
hannah@southernprairieymca.com

Bubble Ball Party

Bubble Ball Party available at the YMCA for a half hour or hour for up to 10 people.

Member rate: \$50/half hour and \$75/hour

Participants: \$60/half hour and \$85/hour

Bubble Ball reservations need to be made at least 2 weeks in advance. Bubble Balls can be used for bubble ball soccer and just bouncing around. Five Bubble Balls can be used at one time. Availability dependent upon YMCA classes and program use.



**CELEBRATE
WITH US**

Birthday Parties at the Y

Swim and Gym Party

Come during open swim then play in the gym. The lobby is open for cake and presents. (Sorry, no private space is available.)

Groups with 10-20 people: Member rate \$60 Participant rate: \$75

Groups with 21-40 people: Member rate \$80 Participant rate: \$95

Gym and Swim Party reservations need to be made at least 2 weeks in advance. Groups over 40 must reserve private swim rental.

The age children can come to the Southern Prairie YMCA by themselves is age 10.

Children age ten can use the pool, gym, racquetball court and track without supervision.

Children under this age must have an adult with them in the building.

Parents may enroll children in the YMCA summer day camp for a structured, supervised program.

YOUTH DEVELOPMENT



GROUP SWIM LESSONS

Group Swim lessons run for eight lessons. Children will be placed in groups of the same swimming ability. Children must be ages 4 and up. Register early to guarantee your child a spot.

Beginner Session – Ages 4, 5 & 6

Members: \$45 Participants \$65 Class is limited to 12 children, minimum of 3

Youth Session – Ages 7 & up

Members: \$50 Participants \$70 Class is limited to 16 children, minimum of 4

June Lessons: Tuesday/Thursday June 5-28

Beginner: 8:00-8:30 AM; Youth 8:00-8:45 AM Registration Deadline May 29

July Lessons: Tuesday/Thursday July 3-26

Beginner: 8:00-8:30 AM; Youth 8:00-8:45 AM Registration Deadline June 26

STINGRAY SUMMER SWIM TEAM

Summer swim team is designed to help swimmers build good technique, stroke rhythm, and strength in each of the four strokes and a chance to come see what swim team is all about! *New this year, at the end of the program, participants will have the chance to compete in a "mini" meet right here in Creston. Open to ages 5-18 years.

**Participants must be able to swim 25meters/1 length of the pool (of any stroke).*

Coach: Nicole Webber
(stingrays@southernprairieymca.com)

Dates: June 5-July 26

Practices: Tuesdays and Thursdays, 12:30-1:30 PM

Cost: Members \$75, Participants \$95

(Must have 4 participants to run.)

Family Discount: \$10 off for each additional swimmer in the same family.

Financial assistance available for those who qualify.

PRIVATE SWIM LESSONS for kids and adults

Private lessons are a great opportunity for swimmers of all ages, including adults, to better their skills on a one-on-one basis. Private lessons are scheduled through collaboration with the instructor and the participant's parents and are 30 minutes long for 5 sessions. Lessons are based on the American Red Cross standards.

Cost: Members: \$65 Participants: \$90

Semi-private lessons are for 2-4 individuals at the same level.

Members: \$65 for first person, \$30 for each additional person

Participants: \$90 for first person, \$50 for each additional person

SWIMMING STROKE CLINICS

Our Stingray Clinics are designed to meet the needs of both newer swimmers, needing an introduction to the different swim strokes, turns and dives as well as veteran swimmers looking to fine tune and further develop their technique. Stingray Clinics also allow those who may be interested but unsure about joining swim team, a chance to see what it's all about. **Participants must be able to swim 1 length of the pool*

Dates: Session 1 – Saturday, May 19 9-11AM Session 2 – Saturday, June 2 9-11 AM

Cost: Members \$20/session, Participants \$30/session

(\$5 discount if you sign up for both sessions)

SUMMER POOL SCHEDULE (starts June 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	Lap/Exercise 6:00-7:30 am	Early Bird Aqua 6:00-6:45 am	
Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am		Lap/Exercise 6:45-7:45 am	Lap/Exercise 7:45-8:45 am
Aqua Medley 8:15-9:00 am	Swim Lessons 8:00-8:45am	Aqua Medley 8:15-9:00 am	Swim Lessons 8:00-8:45am		
	Camp Swim Lessons 9:00-9:30am		Camp Swim Lessons 9:00-9:30am		
Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	Arthritis Aqua 9:15-10:00 am	Aqua Power II 9:00-10:00 am	
Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	Aqua Interval 10:00-11:00 am	Aqua Power 10:00-11:00 am	
Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00am-12:30pm	Lap/Exercise 11:00-1:00pm
	Swim Team 12:30-1:30pm		Swim Team 12:30-1:30pm		
Open Swim 1:00-4:00 pm	Open Swim 1:30-5:00 pm	Open Swim 1:00-4:00 pm	Open Swim 1:30-5:00 pm	Open Swim 1:00-4:00 pm	Open Swim 1:00-4:00 pm
Wet n Fit 4:15-5:00 pm		Wet n Fit 4:15-5:00 pm		Wet n Fit 4:15-5:00 pm	
Deep Aqua 4:15-5:00 pm		Deep Aqua 4:15-5:00 pm			
	Aqua Bootcamp 5:15-6:00 pm		Aqua Bootcamp 5:15-6:00 pm		SUNDAY Lap/Exercise 12:30-2:30 pm
Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Lap/Exercise 5:00-6:00 pm	Open Swim 2:30-5:00 pm

HEALTHY LIVING

GROUP WATER FITNESS CLASSES

Aqua Medley - M,W 8:15-9:00 AM

Low impact water exercise class that focuses on a fusion of tai chi, yoga, pilates and range of motion. Great for beginners and anyone looking to increase their flexibility and core strength.

Instructor: Lynn Irr

Aqua Power II - M,W, F 9:00-10:00 AM

Cardio intensive with a variety of workouts. No swimming skills required. Deep water optional. Instructor: Mia Williams

Aqua Power - M,W, F 10:00-11:00 AM

Moderate intensity workout focusing on cardio, toning and strengthening exercises. No swimming skills necessary.

Instructor: Mia Williams

Early Bird Aqua - M,W, F 6:00-6:45 AM

Use water resistance to build muscle strength and work the cardiovascular system. Join us on Monday for Noodles, Wednesday for Water Tabata and Friday for Friday Flutters to Firm the Flabby Fanny! Plus we mix it up with fun water games. Instructor: Raquel Linch

Wet-N-Fit - M,W, F 4:15-5:00 PM

Use the resistance of the water, aqua bells and noodles to give you a great water workout. (CW) Instructor: Eula Dolecheck

Arthritis Aqua - T, Th 9:15-10:00 AM

Designed specifically to help with the aches and pains of arthritis and other limited mobility issues because water exercise relieves the excess strain on joints and muscles while allowing movement. Participants do gentle activities in the water with guidance from our certified instructor. Instructor: Lynn Irr

Aqua Interval - T, Th 10:00-11:00 AM

Try this fun and motivating class focusing on strength, stabilization, posture, and cardio. Movements to challenge people of all ages and skill levels. Swimming skills not required. Instructor: Lynn Irr

Aqua Bootcamp T,Th 5:15-6:00 PM

Get down to business with this all deep water class where several combinations of no impact exercises increase cardiovascular and muscular endurance, flexibility, and core strength. Flotation aides, as well as, other equipment are available to accommodate all levels. Instructor: Lynn Irr

Deep Water Aqua - M,W 4:15-4:45 PM

High intensity deep water workout. Deep water cardio and abs. Swimming skills required. Instructor: Kalian Smith

LIVE HEALTHY, LIVE HAPPY

The YMCA has become a second family to many people in our community. We celebrate happy times and are together during tough times. The YMCA offers a place for people to come together. Join us for classes, member socials and more.

MEMBER SOCIALS 2nd Wednesday of the month 9am-Noon

Bring treats to share during this monthly social at the Y



SAVE THE DATE: YMCA 5K RUN September 15

**WELLNESS COACHING FREE FOR NEW MEMBERS!
GET STARTED WITH A LITTLE HELP!**

MEET OUR PERSONAL TRAINER

JR Hicks is a certified Personal Trainer ready to help you navigate the weight room or other personal fitness goals. JR has a background in Mixed Martial Arts and teaches Boxing, P45 and Power Walking.

WELLNESS COACHING

We can assist you as you discover successful ways to accomplish your goals. We offer personal consultations, equipment orientations, fitness assessments, body composition testing, goal setting consultations and so much more. Check with the front desk staff about scheduling your wellness coaching with Jr.

PERSONAL TRAINING

We won't promise an easy, instant transformation, but we will make sure you get a personalized program designed to help you achieve your goals. We focus on an approach that is safe, efficient, easy to follow and helps you stay motivated. Whether your goal is to lose weight, recover from injury, tone-up, bulk up, or simply just feel better, our expert personal trainers provide plans, coaching and motivation to help you succeed.

Members: \$20/session or 6 sessions for \$100 Participant: \$40/session or 6 sessions for \$200

WEIGHT ROOM & CARDIO ROOM ORIENTATIONS

Learn the proper use of our fitness and cardio equipment after attending an orientation session (approximately 30 min). Open to anyone, especially our newest members. Required for 13-15 year olds who want to use the weight and cardio rooms. Check with front desk to schedule your appointment.



HEALTHY LIVING

All of these fitness classes are FREE for Southern Prairie YMCA members. Come to one or all. Classes are a great way to keep up your motivation, exercise and get social.

GROUP LAND FITNESS CLASSES

Yoga Stretch T,Th 5:30-6:00 PM

Great as your post workout routine. A series of yoga poses focused on deeper stretching and flexibility. Instructor: Mia Williams

Tabata T,Th 5:00-5:30 PM

This high intensity interval training inspired class works all major muscle groups and provides a great cardio workout. This class incorporates a mix of "tools" in order to achieve cardiovascular and muscular strength and endurance. Instructor: Angie Marlin

P45 M,W 5:30-6:15 PM

A high intensity interval based exercise class that will push you to work hard for a great cardio and strength workout. Instructor: JR Hicks

Boxing M,W 4:30-5:15 PM

This non-contact, fitness-based class will use boxing fundamentals such as punch combinations, mitt work, and high intensity cardio intervals, as well as partner and technique work for a great, full-body workout. Instructor: JR Hicks

**Participants must bring their own boxing gloves. Check with the Y for recommendations.*

Yoga M, W 6:45-7:45 AM; Sat 8:15-9:00 AM

PM Yoga T,Th 4:30-5:15 PM

A flowing sequence of yoga poses to build strength, stamina, flexibility and balance along with breathing and relaxation techniques. You'll leave feeling energized and calmly focused. Mon/Wed Instructor: Lynn Irr; Afternoon Instructor: Mia Williams

Morning Circuit T,Th, F 5:45-6:30 AM

Start your morning with friends in this class designed for strength training, cardiovascular exercise and core work in various interval and circuit-style formats. Instructor: Deb Peterson

Power Pilates T,Th, F 8:15-9:00 AM

Pilates improves posture, mental and physical well-being, core strength, and flexibility through controlled movements. Bands, weights, kettle bells and more enticing "tools" power up your results. (CW) Instructor: Angie Marlin

Funky Bunch M,W 9:00-10:00 AM

Your basic exercise class designed to building muscular strength, balance and cardio endurance. Keep the body young in this fun and funky class. Instructor: Lynn Irr

Morning Zumba M,W 8:15-9:00 AM

Burn calories, tone and shape, improve coordination, endurance and stamina. Body-sculpting exercises and high energy cardio create a fun calorie-torching session. (CW) Instructor: Angie Marlin

Power Walking T,Th 9:15-10:00 AM

Walk with a buddy or a class full of friends in this two day a week class. It's a walking class with a focus on fat burning and cardio. Instructor: JR Hicks

Tai Chi Arthritis and Fall Prevention T,Th, F 9:15-10:00 AM

Tai Chi teaches easy-to-learn, self-paced, exercises to help with balance and breathing while reducing the risk of falling. Balance deficits, arthritis mobility issues and stress reduction are addressed by adding tai chi to your weekly routine. Class meets on the stage. Instructor: Adonica Struhar

Chair Yoga Th 8:30-9:15 AM

A flowing sequence of yoga poses to build flexibility and balance. A chair is used in class to help with balance allowing you to focus on each pose. Instructor: Mia Williams

Parkinson's and Limited Mobility M,W 9:00-10:00 AM

Designed to help adults of all ages maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance.

Certified instructor, Mandy, creates a fun and friendly atmosphere to tackle even your most difficult challenges!

Instructor: Mandy Henderson

FREE for Members! Participants: \$25/month

Silver Sneakers Classic M,W 10:15-11:00 AM

Have fun and exercise to the music, on a chair or near one, to increase muscular strength, range of motion and balance needed for daily activities. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

Instructor: Jean Benoit

Barre Intensity M,W 4:45-5:45 PM

Inspired by ballet and strength training, this high intensity Barre class targets your arms, core, thighs and booty to help you create a long, lean dancer's body. Get ready to feel the Barre burn. (CW) Instructor: Mia Williams

Cycling T,Th 10:15-11:00 AM

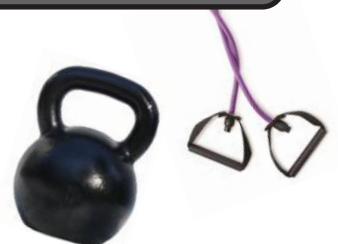
This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. Group cycling is a fun, energetic class that puts you in control of your own workout by allowing you to control your own intensity and speed. Class size limited to five riders. Instructor: Terry Ferris

(CW) means CHILD WATCH is available during this class

BOOT CAMP CHALLENGE

July 2-31 M,T,W,Th 5:30-6:30 PM

You've tired to do it on your own, but keep letting excuses get in your way. What you need is someone who can whip you into shape. Someone who won't take "no" or "later" for an answer. You need the Y's Boot Camp. Led by Personal Trainer JR Hicks. Registration deadline is June 28. Free for members! Participants: \$60/month



HEALTHY LIVING



CHILD WATCH (CW)

Care for your children while you are in the facility. Qualified, friendly staff provide fun, safe and enriching activities. FREE Child Watch for members!

Mon-Thursday 8:00-9:00 AM; 4:00-7:00 PM Friday 8:00-9:00 AM

SUMMER FITNESS CLASS SCHEDULE (starts June 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5:45-6:30 am Morning Circuit Deb		5:45-6:30 am Morning Circuit Deb	5:45-6:30 am Morning Circuit Deb
6:00-6:45 am Early Bird Aqua Raquel		6:00-6:45 am Early Bird Aqua Raquel	CLASS SCHEDULE SUBJECT TO CHANGE	6:00-6:45 am Early Bird Aqua Raquel
6:45-7:45 am Yoga Lynn		6:45-7:45 am Yoga Lynn		
8:15-9:00 am Aqua Medley Lynn		8:15-9:00 am Aqua Medley Lynn	8:30-9:15 am Chair Yoga Mia	
8:15-9:00 am Morning Zumba Angie	8:15-9:00 am Power Pilates Angie	8:15-9:00 am Morning Zumba Angie	8:15-9:00 am Power Pilates Angie	8:15-9:00 am Power Pilates Angie
9:00-10:00 am Funky Bunch Lynn	9:15-10:00 am Power Walking JR	9:00-10:00 am Funky Bunch Lynn	9:15-10:00 am Power Walking JR	
9:00-10:00 am Parkinson's Class Mandy	9:15-10:00 am Tai Chi Adonica	9:00-10:00 am Parkinson's Class Mandy	9:15-10:00 am Tai Chi Adonica	9:15-10:00 am Tai Chi Adonica
9:00-10:00 am Aqua Power II Mia	9:15-10:00 am Arthritis Aqua Lynn	9:00-10:00 am Aqua Power II Mia	9:15-10:00 am Arthritis Aqua Lynn	9:00-10:00 am Aqua Power II Mia
10:00-11:00am Aqua Power Mia	10:00-11:00am Aqua Interval Lynn	10:00-11:00am Aqua Power Mia	10:00-11:00am Aqua Interval Lynn	10:00-11:00am Aqua Power Mia
10:15-11:00 am Silver Sneakers Jean	10:15-10:45 am Cycle Terry	10:15-11:00 am Silver Sneakers Jean	10:15-10:45 am Cycle Terry	
4:15-5:00 pm Deep Water Kalian		4:15-5:00 pm Deep Water Kalian		
4:15-5:00 pm Wet-N-Fit Eula		4:15-5:00 pm Wet-N-Fit Eula		4:15-5:00 pm Wet-N-Fit Eula
4:30-5:15 pm Boxing JR	4:30-5:15 pm PM Yoga Mia	4:30-5:15 pm Boxing JR	4:30-5:15 pm PM Yoga Mia	
4:45-5:45 pm Barre Intensity Mia	5:15-6:00 pm Aqua Boot Camp Lynn	4:45-5:45 pm Barre Intensity Mia	5:15-6:00 pm Aqua Boot Camp Lynn	
5:30-6:15 pm P45 JR	5:00-5:30 pm Tabata Angie	5:30-6:15 pm P45 JR	5:00-5:30 pm Tabata Angie	
	5:30-6:00 pm Yoga Stretch Mia		5:30-6:00 pm Yoga Stretch Mia	

All group fitness classes are included in your Southern Prairie YMCA membership. Give one of them a try today.
Classes are a great way to get connected and stay motivated!



SOCIAL RESPONSIBILITY

IMPACTING LIVES EVERY DAY

Every day, we work to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Because of the Annual Giving Campaign, the Y was able to provide \$60,000 in support in 2017 which was distributed between financial assistance to 690 members and 60 youth participating in quality programing.

Our cause is one of values and mission. You have the power to make these changes for our community. With your generous support, we can have an impact of thousands of individuals.

GIVE. AND DO SO MUCH MORE.



GOLF, HAVE FUN, MAKE A DIFFERENCE

SOUTHERN PRAIRIE YMCA GOLF TOURNAMENT

Friday, August 3, 2018
Crestmoor Golf Club

Registration is open now. Visit our website for a sponsorship and entry form or call the YMCA.

Save the Date: November 3

Annual Giving Campaign Kick Off: Celebrate Life Gala



Dinner - Auction - Music- Presentation by Dr. Deming

FEATURED SPEAKER: Dr. Richard Deming is medical director of Mercy Cancer Center in Des Moines. He is the founder of Above + Beyond Cancer, a non-profit organization dedicated to elevating the lives of those touched by cancer. He has led cancer survivors on medical missions and inspirational mind-body-spirit pilgrimages to Mount Everest, Mount Kilimanjaro, and Machu Picchu. His greatest ambition is to encourage others to pursue lives of meaning, purpose, passion, and compassion.



ABOVE+BEYOND CANCER



SOUTHERN PRAIRIE YMCA

1201 W Townline, Creston, IA 50801

641-782-9622

www.southernprairieymca.com