



JUNE 2019

MEMBER NEWS

FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

A Newsletter for Friends of the YMCA OF THE PRAIRIE

DON SJOGREN COMMUNITY YMCA, HOLDREGE | ORTHMAN COMMUNITY YMCA, LEXINGTON | YMCA AT GOTHENBURG HEALTH

FOR SOCIAL RESPONSIBILITY

FROM INDIA TO HOLDREGE, DIBBEN FINDS HOME AT Y

Starting classes at Holdrege High School after three years of attending Millard South High School in Omaha was a major change for Megan Dibben.

Her family moved to Holdrege during her senior year of high school in 2014-15 to be near her mom's hometown of Oxford.

Megan said the change was good for her. She enjoyed the smaller class sizes and more one-on-one time with teachers. It felt like home for her – even though she was born more than 8,000 miles away.

Megan, 22, started her life in Chennai, India, and was adopted by Nebraska parents when she was almost 3 years old.

Her multicultural family also includes a sister from Ecuador, a brother from Africa and a sister from Haiti. Megan and her parents and brother are all little people.

About a year after graduation, Megan found another place that feels like home – the Don Sjogren Community YMCA, where she works at the front desk and in child watch.



YMCA Employee Megan Dibben

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YMCA SUMMER CAMPS

GOTHENBURG: Grades K-6 — Day Camps, Mondays-Fridays, June 3-24 & July 8-August 9

HOLDREGE: Preschool — One in a Minion (June 11-13) Soar Like a Superhero (June 25-27)

Elementary Full Day: Great Outdoors (June 3-7) Harry Potter (June 10-14) Week in History (June 17-21) Mad Science (June 24-28)

Elementary Half Day: Game On (June 10-13) Mission Possible (June 17-20) Buckets of Fun (June 24-27)

LEXINGTON: Grades 2-6 — Great Outdoors Adventure Camp June 30-July 2 at the Gruntorad Family Farm (Register by June 24)



JOIN US FOR A FAMILY BIKE RIDE!

Saturday, June 22, 10 a.m.-1 p.m.
Lexington City Bike Trail
Tacos for all participants!
Register by June 17

Youth Programs

Youth Weight Training

Lexington: June 8, 10 a.m.-Noon
Holdrege: By appointment for summer

Little Prairie Playhouse

Holdrege: June 10 & 17
6:30-8:30 p.m. for ages 7-10

Youth TRX Strength

Holdrege: June 4-20, T & TH,
11-11:30 a.m. Grades 5-8

Safe Sitter

Gothenburg: June 3, 8 a.m.-noon

Twin Dragon Martial Arts

Lexington: June 3-July 22

Summer Speed Camp

Lexington: June 4-27, TU & WED
9:30-11 a.m., Grades 7-12

Youth Boot Camp

Lexington: June 4-27, TU & TH
1-1:45 p.m., Grades 3-6

Multi Sport Youth Clinic

Lexington: June 10-14, M-F, 9 a.m.
9-10:30 a.m., Grades 3-6

Swim Lessons

Holdrege

June 3 & July 8: PM sessions begin
June 17 & July 15: AM sessions begin

Gothenburg:

June 17: Outdoor lessons begin

DIBBEN.....

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During her short time at Holdrege High School, Megan exercised at the YMCA as part of her vocational rehab P.E. class. Megan suffered a stroke as a baby and has full use of only one of her arms.

She started getting connected at the YMCA through her P.E. class and became acquainted with staff and members.

After high school graduation, Megan started training for a specific job in the community through vocational rehab. But, the company did not have a job for her after she completed her training.

She was disappointed, but she immediately began applying for other jobs. Her trainer encouraged her to apply at the YMCA. She was hired at the Y in 2016 and has worked here since then.

"I'm just glad I got the opportunity," Megan said. "I don't know where I'd be

without this place," she said of the YMCA.

At the front desk, she helps with scanning in paperwork and greets members.

"I'm just happy to be here," Megan said. "I like talking to people and getting to know them and getting to know their kids, too."

Megan is a big help in child watch. When the number of children reaches maximum capacity, Megan offers extra supervision and plays with the children.

"I try to help out as much as I can here," Megan said.

Some of the children are curious about Megan and why she's not much taller than them.

"I just tell the kids that's how God made me," she said.



NEW! HOLDREGE CLASSIC SOFTBALL TOURNAMENT

Saturday, June 29
Girls ages 12U and 10U
Register by June 14

LEARN SOMETHING NEW

Adult Enrichment

Door Charms With Jamie (Lexington)
Monday, June 3, 6:30 p.m.

Car Savvy (Lexington)
Saturday, June 8, 10 a.m.-Noon

Corn Hole League (Lexington)
Starts June 11/Register by June 3

ATV and Side-by-Side Safety (Holdrege): June 8, 1-3 p.m.

Fishing Clinic (Holdrege):
Saturday, June 22, 1-3 p.m.

STRONGER TOGETHER

Adult Fitness

Roll the Dice Group Exercise Challenge (Holdrege): June 1-July 31

Fitness in the Park (Holdrege):
Saturdays, through June 29, 9:30 a.m.
FREE classes at the North Park

County Fair Exercise Challenge (Lexington): June 3-July 21

Boga Fit (Holdrege):
June 3-26, M & W, 10:50-11:20 a.m.

Boot Camp Melanie (Lexington):
June 24-Aug. 16

TRX Strength (Lexington):
June 25-Aug. 15, TU & TH 6:30 a.m.

HERE FOR KIDS ALL YEAR LONG!

Kids Cafe FREE Lunches
June 3-August 2, M-F,
Noon-1 p.m., Holdrege
First Presbyterian Church



CROSSFIT IS COMING TO HOLDREGE

BECOME A CROSSFIT CHARTER MEMBER

Join May 20-June 20 for Exclusive Charter Member Benefits!

The Don Sjogren Community YMCA is bringing CrossFit to Holdrege! The program can be used to accomplish any goal, from improved health to weight loss to better performance. The program works for everyone — people who are just starting out and people who have trained for years!

JUNE COMMUNITY RACES

YMCA RUN & FUN 5K

Lexington, Saturday, June 1, 4 p.m. Register by May 23

Check-in time is 3:45 p.m.

Featuring BBQ & Finish Line Party with entertainment by Formerly Three

YMCA SILVER RUN

Holdrege, Saturday, June 15, 7:30 a.m. Register by June 10

2-Mile Walk/Run, 5K and 10K [FREE Kids 1-Mile Fun Run, 6:45 a.m.]