



WINTER 2026 PROGRAM GUIDE

Youth Programs Sponsored by:



BRAZILIAN JIU JITSU JANUARY 5TH - MARCH 30TH

No meeting on February 16th

Mondays

Age 6-9 years: 5:00pm - 5:45pm
Ages 10-13 years: 5:45pm - 6:30pm

Members \$60 / Non-members \$96 / Scholarship \$36*
Can be paid in full or split into monthly auto billed payments.

Instructor Michael Garcia



YOUTH VOLLEYBALL JANUARY 20TH - FEBRUARY 19TH Sign up Deadline January 13th*

Pre-K - Kindergarten: Tuesdays 5:00p - 5:45p
Skill work

1st - 3rd grade: Tuesdays 6:00p - 7:00p
Skill work followed by scrimmage

4th - 6th grade: Thursdays 5:00p - 6:30p
Skill work followed by scrimmage
4th-6th rosters will be posted at ARC Youth Programs FB page and
www.alliancereccenter.com/schedule by noon on 1/19

Members \$35 / Non-members \$50 / Scholarship \$20*



YOUTH FLOOR HOCKEY FEBRUARY 24TH - MARCH 26TH Sign up Deadline February 19th*

1st - 2nd grade: Thursdays 5:30p - 6:30p
3rd - 6th grade: Tuesdays 5:30p - 6:30p

Members \$35 / Non-members \$50 / Scholarship \$20*
Skill work led by Jason Hager



The ARC Youth Programs Facebook group will be used for program updates and general reminders, while the Remind app will be reserved exclusively for schedule changes—general program information will not be shared on Remind. To receive Remind notifications, text @arcsports to 81010

*Scholarships are now available for youth recreation programs at the ARC! Stop by to fill out a sponsorship application and return it for review. Our goal is to make ARC programs accessible to all families so every child can participate and have fun.

PANHANDLE GYMNASTICS

Panhandle Gymnastics holds classes at the ARC. ARC Members get discounted rates. Contact Panhandle Gymnastics at 308-207-2799 or visit their website to learn more! www.panhandlegymnastics.com



ARC AFTER SCHOOL PRE-K (5YRS) - 5TH GRADE

Serving APS, IELS, & St. Agnes students.

Hours: School Dismissal - 6:00pm

Hosted at Grandview Elementary School
Homework, snacks, activities, & fun!

4-DAY SCHOOL WEEK

Member \$42 ~ Non-Member \$50 ~ Scholarship \$26

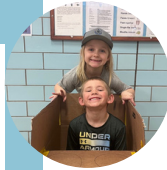
5-DAY SCHOOL WEEK

Member \$52.50 ~ Non-Member \$62.50 ~ Scholarship \$32.50

DROP-IN FEE - \$18/DAY

Enrollment Fee \$30 per student/ \$15 per drop in student

To learn more or pick up enrollment forms stop by the ARC or go online to www.alliancereccenter.com/arcafterschool



DHHS Child Care Subsidy Accepted!

Scholarships Available!!

5TH DAY OUT CAMP

PRE-K (5YRS) - 5TH GRADE

Hosted at Grandview Elementary School

Full day program for 4-day school week.

Hours: 7:30am - 5:30pm

Member \$23~ Non-Member \$25 ~ Scholarship \$13
dates on enrollment form

DROP-IN FEE - \$35/DAY

Enrollment Fee \$30 per student/ \$15 per drop in student

To learn more or pick up enrollment forms stop by the ARC or go online to www.alliancereccenter.com/arcafterschool



MIDDLE SCHOOL EVENTS *Sponsored by Snow Redfern Foundation*

**JAN 23RD: BUILD YOUR OWN SMALL
MOTORIZED CAR WITH UNL EXTENSION**
1-3pm - Free entry. Pre-registration preferred.

**FEB 6TH: LEARN TO BUILD IN TINKERCAD
WITH UNL EXTENSION**
1-3pm \$5 per person. Pre-registration preferred. Items will be 3D printed and delivered at a later date.

FEB 27TH: GLOW BASKETBALL NIGHT
6-8pm Members Free/ Non-member \$4 day pass.

Volunteer youth coaches needed! Coaches receive free enrollment for child, Contact Emily Stein 308-762-2201

*Price increases \$5 after the deadline. Late registrations may not be accepted.

"Putting the Unity in Community"

Scan here to register online



WOMEN'S VOLLEYBALL LEAGUE

JANUARY 21ST - MARCH 25TH

Sign up Deadline January 14th

Wednesdays 5:45pm, 6:30pm, & 7:15pm

Team Fee \$180

Registration Packets available at the ARC.

Must be in High School to participate.



YOUTH WEIGHT TRAINING

JANUARY 19TH - FEBRUARY 27TH

Mondays: 6:30-7:30pm

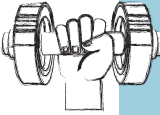
Fridays: 12-1pm

Join us for this interactive 6 week program where we will teach gym etiquette, equipment use, form, programming, safety, and more!
Held in the CrossFit room at the ARC.

Members \$35 / Non-members \$50 / Scholarship \$20*

FOR AGES 12+

Instructor Brock Brass



COED VOLLEYBALL LEAGUE

JANUARY 25TH - APRIL 12TH

Sign up Deadline January 18th

No league Feb 8th - Super Bowl

No league April 5th - Easter

Sundays 3:15pm, 4:00pm & 4:45pm

*times may vary depending on number of teams

Team Fee \$180

Registration Packets available at the ARC.

Must be in High School to participate.

WAYNE KNOTE PICKLEBALL TOURNAMENT

SATURDAY, FEBRUARY 28TH

Sign up Deadline February 24th

Novice: 8:00am-12:00pm

Round Robin - Singles sign up. Fee \$20

Competitive: 1:00pm-5:00pm

Partner Sign up. Team Fee \$40

Must be ages 16+ to participate.



MEN'S BASKETBALL LEAGUE

JANUARY 26TH - MARCH 30TH

Sign up Deadline January 19th

Mondays 6:00pm, 7:00pm & 8:00pm

Team Fee \$180

Registration Packets available at the ARC.

Must be in High School to participate.



SHAMROCK SHUFFLE & FAMILY FUN RUN

SATURDAY, MARCH 14TH

T-shirt Deadline March 2nd

To ensure a t-shirt on race day sign up by the deadline!

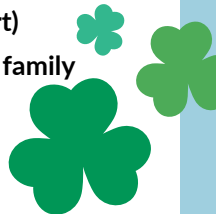
5k Registration: \$30 (includes tshirt)

Family Run Registration: \$10 for entire family (t-shirt not included)

T-shirt Only: \$15

Day of Registration: 8:30am

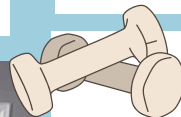
Race Start Time: 9:00am



Choose a 5K or 1-mile family walk/run, dress in festive green, and stick around to enjoy fun activities in the gym for all ages.

NO TEAM? NO PROBLEM!

Looking to join an adult league team but don't have one? Contact the ARC or sign up online to be added to our free agent list. Teams looking for players will contact you directly.



JOIN THE ARC MORE THAN A GYM

Enjoy 24-hour access to the facility, group fitness classes, newly remodeled locker rooms, infrared saunas with red light therapy, discounted rates on youth programs and more!

At the ARC, everyone belongs. Regardless of income or family situation, you are welcome here. Financial assistance is available because your health and well-being matter.

Join now and pay nothing until February 2026!

