



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

2017 Fall Program Guide

Boonslick Heartland YMCA



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Our Mission

The mission of the Boonslick Heartland YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



ABOUT US

What We're About

As a community outreach and betterment organization, our entire goal here at the Boonslick Heartland YMCA is to help improve the community we serve, as well as to do what we can to help the people of that community improve their health and happiness!

Facility Hours

Monday - Thursday

5:15 AM - 9:00 PM

Friday

5:15 AM - 8:00 PM

Saturday

7:00 AM - 5:00 PM

Sunday

12:00 PM - 5:00 PM

Boonslick Heartland YMCA Board of Directors

President

Jodee Stock

Vice President

Dave Johnson

Secretary

Andy Sarrazin

Treasurer

Jasen Matyas

Mike Poindexter

Cedric Ganaway

Donnie Conz

Dr. Sarah Marriott

Jackie Leonard

Kathleen Maier

Evan Melkersman

Holiday Hours

Labor Day

Closed

Thanksgiving

Closed

Christmas Eve

5:15 AM - 1:00 PM

Christmas Day

Closed

New Year's Eve

5:15 AM - 5:00 PM

New Year's Day

Closed

Administrative Staff

Executive Director

Matt Schneringer

matts@bhymca.org

Associate Executive Director

Vanessa Dorman

vdorman@boonslickheartlandymca.org

Mission Impact Director

Jack Terrell

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Member Engagement Director

Tammy Huntsperger

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Youth Development Director

Ashley Ball

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Sports Coordinator

Mary Vollmer

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ECLC Director of Operations

Kathy Wolfe

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ECLC Assistant Director

Cyndi Roth

cyndir@bhymca.org

Contact Us

660-882-8500

P.O. Box 104

757 Third Street

Boonville, MO 65233

ABOUT US



Follow Us!

Figuratively, not literally: the Boonslick Heartland YMCA has an official Facebook page, where our Program Directors are constantly posting information on new and upcoming programs. We also post any notices about cancellations, closings or schedule changes!

Follow Us On Facebook @ "Boonslick Heartland YMCA"!

Download Us!

And by "us" I mean of course our brand-new, redesigned app! Some of you may already know that we have a mobile app, but it's now completely redone and better than ever! With a host of new capabilities and functions, the new app is already just as good as before, and we're still working on taking advantage of all it offers to bring the best experience possible to our Members!

Search for "Boonslick Heartland YMCA" on the following platforms



Let Us Help!

Life isn't easy: in fact sometimes it's just downright hard. We get that, and we want to help, which is why we have our own Financial Assistance program here at the BHYMCA. Funded by our annual Partners With Youth fundraising campaign (see page 21 for more info), our financial assistance is designed to give folks a bit of help by providing discounts on Membership and Youth Program registration prices. Our philosophy is that money should never be a barrier for those wanting to improve their health. Financial Assistance is intended to be a temporary source of help, and not a permanent solution: as such, Financial Assistance must be reapplied for every year. For more information on the application process, or to get an application, call or stop by the Front Desk today!

Financial assistance is based on household income, and can take 3-7 business days to process. Application processing times may vary.

Register Online!

Not everyone knows this, but you can actually register for programs and manage several aspects of your membership online! Just visit our website and navigate to the **Online Registration** page under the **Home** tab.



MEMBERSHIP

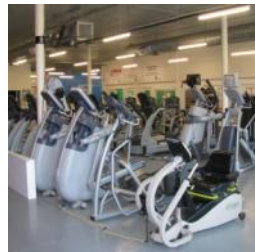
Membership Has Its Benefits!

There are perks to being a member of the Boonslick Heartland YMCA, and I'm not just talking about our winning personalities. Read below for a look at some, but not all, of the benefits that come with being a Member.

Unlimited Access to the Fitness Center!

During our hours of operation, our Members enjoy full, unlimited access to our Fitness Center, which includes the fully stocked Cardio Theatre and Free Weight areas!

On top of that, we also have several fitness classes that we offer, both paid and complimentary, and Members enjoy vastly reduced registration cost for our paid attendance classes!



Child Care and Youth Programs!

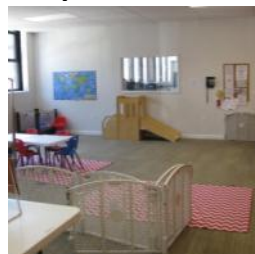


We offer numerous Youth Sports programs throughout the year to help kids stay active and have fun, and Members enjoy reduced registration cost on almost all of them!

And if you have school age kids and need a place for them to go after school, you'll definitely want to look into Adventure Club! Check out Page 5, or visit our website, for more information.

Complimentary Child Watch!

Babysitting while I work out? Complimentary for Members?? That's right, while you're in the facility either attending a fitness class or getting your solo fit on, we have trained staff on-shift at certain times during the week who can watch your kids for you! Just check them in to our Child Watch program, and we'll take care of the rest.



Monday - Friday from 8:00 - 10:00 AM

Monday - Thursday from 5:00 - 8:00 PM

Membership Not Required!

While Membership certainly has its benefits, it is by no means required to take advantage of the multitude of things we have to offer.

Non-Members may use the facility with the purchase of a daily Guest Fee, and may register for most programs at higher cost. Pricing for Guest Fees are listed below.

Youth	Individual Pass Age 18 & Under	\$3
Adult	Individual Pass Age 19 & Up	\$6
Family	Up to Two Adults, plus kids	\$10

MEMBERSHIP



Membership Fees

Below is a breakdown of the different types of Memberships we offer, along with their price and a short description.

Membership Type	Monthly	Annual
Youth Individual Membership for persons ages 18 & Under	\$13	\$144
Young Adult Individual Membership for persons ages 19-22	\$22	\$252
Adult Individual Membership for persons ages 23+	\$30	\$348
Couple Two individuals living within the same household	\$36	\$420
Family Two adults and however many financially dependent children living within the same household	\$42	\$492

All "new" Memberships are charged a \$25 Administrative Fee upon start-up.
All Memberships are considered "new" if they have either never been active, or have been inactive for more than 30 days.

Payment Options

Membership at the BHYMCA is pretty flexible: we don't do contract periods, and we have several different billing options to choose from.

Take a look below for a brief outline of the billing options we offer.

Monthly - make payments automatically each month via scheduled auto-draft. Payments can be made via EFT or credit/debit card.

Quarterly/Semi-Annually - make payments every 3 or 6 months, either via scheduled auto-pay or via mailed/e-mailed invoice.

Annually - make discounted payments every 12 months via scheduled auto-pay or via mailed/e-mailed invoice.

Cancellation Policy

All Membership cancellations, regardless of date received, will be processed and terminated at the end of the current month.

Once a month begins, scheduled payments for that month will not be cancelled and/or refunded, regardless of the account's draft date. Memberships, and scheduled membership payments, will not be cancelled mid-month.



CHILD CARE

Adventure Club

Grades K-5th

The Boonslick Heartland YMCA Adventure Club is an after school program for children of working parents. It provides a safe, wholesome environment for students K-5th grade, and is offered in conjunction with your school district.

The program uses a selection of curriculum taken from the YMCA After School Curriculum Framework several other current academic and physical fitness programs.

Program Goals

An extension of the YMCA Mission and Areas of Focus, the goal of Adventure Club is to develop students to their fullest potential. Academic enrichment activities are a staple, and other components of Adventure Club include artistic exploration, educational computer activities, recreational activities using the BHYMCA fitness facilities, education for healthy lifestyles and more.



Now offering Before School Care!!

The YMCA Adventure Club program now offers Before School Care, hosted at our new Early Childhood Learning Center! Drop your kids off at the ECLC and let the amazing Y Staff their care for your kids until the bus arrives to take them to school.

Hours of Operation

Before Care Hours of operation are from 6:30 AM until the bus arrives.

After Care Hours of operation are from the bus' arrival until 6:00 PM.

For a more detailed outline of the schedule of activities for our Before and After Care, visit our website or pick up a copy of the Parent Handbook at the Front Desk!

Rate Plans	Description	Member	Non-Member
Full Week	4+ Days Attendance	\$30	\$40
Partial Week	3 Days Attendance or Less	\$20	\$30
Before Care	Up to 5 Days of Before Care per week	\$5	\$5
Before Care ONLY	Same as above, with only Before Care	\$15	\$15

Additional Fees*	Description	Cost
Registration Fee	One-time fee per child (covers cost of supplies, etc.)	\$15
New Franklin Van Fee	Monthly transportation fee per family for New Franklin and St. Peter & Paul schools.	\$10

Fees listed under the Additional Fees category are not eligible for Financial Assistance

For more information regarding our Adventure Club program, please contact our Youth Development Director.

CHILD CARE



School's Out Day Camp

Grades K-5th

As an extension of our After School care programs, the Boonslick Heartland YMCA offers Full Day care on scheduled school closings, such as holidays*.

This does not include unscheduled school closings, like snow days.

School's Out Day Camp is a separate program from Adventure Club, and requires separate registration. The registration form for School's Out Day Camp only needs to be filled out once per school year.

Children who are already registered for the Adventure Club program do not need to fill out School's Out Day Camp registration paperwork.

Program Goals

School's Out Day Camp, just like Adventure Club, is designed with the goal of developing youth potential and participates in many of the same daily activities as our Adventure Club program.

The idea behind the program is to provide working parents with an affordable childcare option when their children are scheduled to be out of school.

Hours of Operation

Standard hours for Day Camp are 7:00 AM - 6:00 PM.

Hours of operation may vary based on facility hours on holidays or during times of inclement weather.

Rates and Fees**

Members \$15

Non-Members \$25

Day Camp fees are Daily fees per Child.

Schools Out Day Camp is not provided on days that the Boonslick Heartland YMCA is closed

Schools Out Day Camp Fees are not eligible for Financial Assistance

Child Watch

As mentioned with our other benefits of Membership the BHYMCA offers a babysitting service, our Child Watch program, so that parents don't have to deal with the hassle of watching their kids while they try to improve their health and fitness.

Hours of Operation

Monday - Friday 8:00 - 10:00 AM

Monday - Thursday 5:00 - 8:00 PM

Rates & Fees

Complimentary for Members.

Non-Members pay \$5 per family.

For more information regarding our Schools Out Day Camp and Child Watch programs, please contact our Youth Development Director.



EARLY CHILDHOOD

Stepping Stones joins the YMCA Family

Formerly known as Stepping Stones, the Infant through Age 12 Daycare facility has joined the BHYMCA as the new Early Childhood Learning Center.

Providing Full Day, Before and After School Care, this facility has a lot to offer!

State Licensed

The ECLC is a state licensed, curriculum-based daycare facility that uses age-appropriate curriculum to reinforce the concepts of math, science, language, social awareness, the environment, art and health.



Flexibility

The ECLC offers flexibility of choice to its participants; in the range of ages they accept (ages 6 weeks to 12 years) their hours of operation and even payment. Detailed pricing information for each age group is outlined on the following page.



Safety & Security

All staff at the ECLC are CPR & First Aid certified, with a required minimum of 12 hours of training per year. The facility features advanced security: a keypad entry system keeps the facility locked and secure, and the camera system which monitors all rooms and the playground ensures that nothing goes undetected.

LEARNING CENTER



Nutrition

Following the Federal Food Program (CACFP) guidelines, the ECLC provides nutritious, well-balanced meals for breakfast, lunch & an afternoon snack. Menus are posted weekly for parents to view ahead of time.



Room to Grow

With a fully fenced large play yard containing three separate areas (a toddler yard, 2-year old yard and 3+ yard), the ECLC has plenty of room for kids to play and grow.



Year-Round Care

With Before and After School Care, Full Day Care and swimming in the summers, small field trips to parks and libraries, there's plenty to keep kids active and learning!

Pre-K Rates

Infant Room	6 Weeks to 1 Year	\$120.00 Per Week	
Toddler Room	1 Year to 2 Years	\$110.00 Per Week	\$66 partial
Ages 2-5 (Various Rooms)		\$100.00 Per Week	\$60 partial

School Age Rates

Summer Care		\$75.00 Per Week	\$15.00 Per Day
Activity Fee	Covers additional activities and trips		\$20.00 One-Time
Before OR After Care	\$30 per week	Before AND After Care	\$40.00 per week



YOUTH PROGRAMS

Youth Sports Pricing

Registrations received after a program's deadline pay a \$5 Late Fee.

If no deadline is listed, there will be no late fees for late registrations.

Individual program pricing may vary.

Fees

Members	\$25
Non-Members	\$50

Soccer

Fun and exercise go hand in hand when kids get active with our Youth Soccer program!

Season Dates

Coaches meeting is scheduled for Wednesday, August 23rd.

Games will be held on Saturdays from September 9th - October 14th.

Registration

Register online and at the Front Desk until August 18th.

Ages 3-8



Flag Football

Join us and watch your kids score a fitness touchdown with our instructional Youth Flag Football program!

Season Dates

Coaches meeting is scheduled for Wednesday, September 20th.

Games will be played on Saturdays from October 7th - November 18th.

Registration

Register online and at the Front Desk until September 15th.

Grades 3rd-5th

Basketball

Every basket is a slam dunk of fun when kids stay active in our instructional Youth Basketball program!

Season Dates

Coaches meeting is scheduled for Wednesday, December 20th.

Games will be played on Saturdays from January 7th - February 11th.

Registration

Register online and at the Front Desk until December 15th.

Ages 3-11

Planning Ahead

Below are the expected registration dates for some of our other seasonal Youth Sports.

Youth Spring Soccer Expect registration to open in February, with a deadline in early March.

Youth T-Ball Expect registration to open in April, with a deadline in May.

YOUTH PROGRAMS



Spikers Volleyball*

Grades 7th-11th

The Spikers Volleyball Team is a competitive, travelling team. Players must be registered on HOAVB.org prior to tryouts, and are required to bring their Membership Card and Medical Form. Tryouts will be held in the BHYMCA Gymnasium: date of tryouts will be determined at a later date, and will be posted online on our website and Facebook page.

Registration & Fees

Season Fee \$150
Uniform Deposit \$50

Registration Fees do not include the cost of tournaments and travel expenses.

Wrestling*

Ages 4-14

A competitive wrestling team for both veterans and beginners! Season runs Nov. through March.

We are currently looking for a new Wrestling Coach to lead our Youth Wrestling program.

If you or anyone you know is interested, please contact our Sports Coordinator.

Tae Kwon Do*

Ages 6+

Martial arts can be a great way for individuals to build strength, focus and discipline. The program hosted here teaches the Youn Wha Ryu discipline.

Scheduling

Classes meet continuously every Monday - Thursday from 5:00 - 6:30 PM

Fees and Pricing

Members \$70
Non-Members \$85

Registration and fees for the Tae Kwon Do program are on a monthly basis.

The fees for these programs have limited or no eligibility for Financial Assistance

Program Refund & Credit Policy

The Boonslick Heartland YMCA reserves the right to cancel or combine classes as deemed necessary. If a class in which you are enrolled is cancelled, you will be given a credit for the full amount. No refunds, make-ups or credits will be given for missing classes or activities due to circumstances beyond the control of the BHYMCA. Class and program fees will be refunded for military transfers during times of national emergencies.

Sign Up Online!

Don't forget, you also have the option of registering for programs online! To do this, simply go to our website at bhyanca.org and navigate your way to the **Online Registration** page under the **Home** tab: there's even a tutorial on how online registration works!



MEMBER SPOTLIGHTS

Stories

Our members make the BHYMCA what it is, and below we've spotlighted a few of the wonderful people whom we are blessed to have with us here at the Y.

Jacob Surber and Joyce Hazlett



Jacob, age 13, has been attending programs at the Boonslick Heartland YMCA since he was six years old: Jacob received swim lessons in 2011, and then began attending our afterschool program.

When asked what he liked best about the programs at the BHYMCA, Jacob said "I like going swimming and the group activities and field trips but now I like working on the fitness machines". He also said that he liked all of his counselors in the Adventure Club, but his favorite was Marnie Rogers, who has worked at the Y almost as long as Jacob has been attending.

Jacob's grandmother, Joyce, has been an active member of the Y since she retired. When asked about the Y, she had this to say: "I just love water aerobics and the Active Adult class. The low membership rates here make it affordable enough for us to make use of the many programs and services offered".

Marie Pope, Assistant Swim Coach



"Our Y swimming program has a limitless impact on our community. Most importantly, it gives our parents peace of mind that their children are safe around water, but also we're teaching our children lifelong skills such as good sportsmanship by being gracious winners and losers, being good teammates and role models for the younger swimmers and learning to take responsibility for their own successes and failures".

"Coaching here has had a huge impact on my own life. It has helped me to come back to the sport I grew up loving and see it through the eyes of excited and passionate beginning swimmers. Coaching has made me fall in love with the sport all over again. We really do have wonderful children in our community and I have been lucky enough to watch some of them grow into amazing athletes".

MEMBER SPOTLIGHTS



Becca Townlain

"While the Dancing With the Local Stars event was to raise money for the youth scholarship programs they offer, I wanted to take a minute and say thank you for all the BHYMCA has to offer for adults!!!"

"I owe the YMCA and the programs they offer my fitness success!! Whether it's a fitness challenge they're putting on, one of the fitness classes they offer, hours with Child Watch or just truly amazing employees and members, they are always there and offer so much encouragement!! The YMCA is for any adult who wants to be healthy or stay healthy. I may be a hard worker, but it's because of the YMCA that I keep going!!!"

Winner of the 2017 DWtLS along with her partner, Gary Baker, Becca had this to say about the event:

"This is probably one of my favorite pictures from the Dancing With the Local Stars event night because do you see the size of my smile?!?! I had so much fun and it was something I was so excited about!!!"



Joanne Paige & Eva Cabler



We love coming to the Y now because we love coming to the Active Older Adults Fitness class on T/TH at 10:15am.

Eva had this to say: "I look forward to coming every week for camaraderie and a good laugh or two. It's more than just a work out class, it's a place and time to come together with people our own age. We have also had a few fun lunches with guest speakers about nutrition and exercise and I have learned a lot about taking charge of my own health."

And Joanne had this to say: "Since we are retired, we could come in anytime and workout but it's nice to have a class that keeps us accountable. In addition to being held accountable, the AOA Fitness Class has been a source of meeting new friends and getting involved in other organizations as well. I joined the Women's Club because I was invited by someone I met in the class. I have even started walking to the Y to come work out where I used to always tell myself that places were too far to walk. The class and coming to the Y has empowered me to try new things and push myself."



FITNESS

Complimentary Classes

Low Impact Aerobics

Join Jody on Monday and Terri McNeal on Wednesday for this low-impact fitness class!

Monday & Wednesday 8:30 - 9:30 AM

Active Older Adults

Join this popular weight-bearing fitness class that's a great start for beginners!

Tuesday & Thursday 10:15 - 11:00 AM

Spinsanity

Dark room, flashing lights, spin bikes...throw in some loud music and it's a blast!

Wednesday 7:00 - 7:45 PM

Class Pass Classes

For just \$15/month, Members of the Y can enjoy unlimited access to all of our paid attendance fitness classes: scheduling and details for these classes listed below.

Yoga

Stretch your body and relax your mind.

Wednesday 7:00 - 8:00 PM **Friday** 8:30 - 9:30 AM

Body Sculpt

A great class to help you not only feel but look your best as well!

Tuesday & Thursday 5:00 - 6:00 PM

Fitness Revolution

You name it, and Jody probably makes you do it in this high-intensity fitness class!

Tuesday & Thursday 5:15 - 6:00 AM **Monday - Wednesday** 6:00 - 7:00 PM

Dance2Fit

Have fun with Ashley and the gang as they lead you through a Dance2Fit workout!

Monday 5:00 - 6:00 PM **Thursday** 7:00 - 8:00 PM **Sunday** 3:00 - 4:00 PM

Pure Spin, Spinlates & Pilates

Every day is a different fitness experience!

Monday: Spinning	Wednesday: Spinlates	Friday: Pilates
5:30—6:15 AM	5:30—6:15 AM	5:30—6:15 AM

Fitness in Glasgow!

We also offer fitness classes in Glasgow at the old MFA Building at 102 2nd Street! Registration is \$25 per month for Members.

Low Impact Circuit Class Monday & Wednesday 5:00 - 6:00 PM

Glasgow HIIT Monday & Wednesday 6:00 - 7:00 PM



Building a Healthier Lifestyle

The BHYMCA helps you lead a healthier lifestyle in many ways: in addition to classes, we also offers several services to help you improve your wellness and nutrition!

Complimentary Wellness Coaching

Just need a few pointers, someone to show you how to use that new machine properly, or maybe some help outlining a workout regimen? The Boonslick Heartland YMCA has Wellness Coaches on staff to do just that.

The best part? Their services are completely complimentary for Members.

Mornings

Tuesday & Thursday 8:00 - 10:00 AM

Evenings

Monday - Thursday 3:30 - 9:00 PM

What's Wrong With You?

Everyone has aches and pains sometimes: when you embark on a fitness journey, even more may pop up. If and when that happens come see Matt Rowlett, from Mizzou Therapy Services, now at the Boonslick Heartland YMCA: no appointments necessary! Mr. Rowlett has set hours: his services are complimentary and first-come, first-serve.

For detailed scheduling information, visit our website.

Nutrition Counseling

Schedule an appointment with our staff Nutrition Counselor, Jill Granneman, RD. Appointments are available on Mondays from 8:00 - 10:00 AM and 5:00 - 7:00 PM.

Appointment Type

Individual Appointment

Single One-Hour Appointment

Member

\$25

Non-Member

Members Only

Package Appointments

One 1-Hour & Two 1/2-Hour

\$50

\$100

Personal Training

Ever start your workout and think that, perhaps you could use a little guidance? Someone to push your pedal to the metal? Look no further, as the BHYMCA now offers personal training! Book a private session with NCSF Personal Trainer Christy Rehagen; she'll show you the secrets of an effective workout, and lead you to definitive results.

Fees Personal Training is \$35/hour, or \$100 for 3 one-hour sessions.

To schedule an appointment, contact our Healthy Living Director, Vanessa Dorman at vdorman@boonslickheartlandymca.org, or at 660-882-8500.



RACES & CHALLENGES

Let's Glow Now

Not one to pass up a good opportunity, we're hosting our first ever 5k Glow Run to celebrate the total Solar Eclipse, a once-in-a-lifetime occurrence! Cause, y'know...glow sticks are fun.

Race Schedule

The Let's Glow Now 5k will be held Sunday, August 20th. Event starts at 7:00 PM.

\$20 Early Registration - \$25 Late Registration after August 14th.

Couch to 5k

A Fayette Program

A 12-week training program, train with Kris and learn the secrets of successfully completing a 5K! Includes 24 training sessions, which meet at 5:15 PM on Tuesdays and Thursdays at the REC Center), as well as free entry into the Turkey Trot 5k!

Registration is \$25: sign-up online at bhyymca.org or at the Front Desk today.

Turkey Trot 5k

Our final run of the year, the Turkey Trot is one of our biggest and best. A great way to burn some pre-meal calories, this race is ideal for both beginners and veterans alike.



Race Schedule

The 2017 Turkey Trot will be held Thursday, November 23rd. Start time is 8:30 AM.

Fees

Individual Adult Entry \$20 Individual Child Entry \$10

Racing The Year Away

When it comes to races, planning is important. So to help with that, below is a list of all of the races we offer annually, with dates and pricing to help you plan!

Race	Type	Date	Fees	
St. Pat's Stroll	5k/10k	March 17th	5k-\$20	10k-\$25
Do or Die	Half Marathon	April 7th	\$50	
Firecracker 5k	5k	July	\$10	
BoMoTri	Triathlon	August 11th	\$40 Member	\$50 Non-Member
Turkey Trot	5k	November 22nd	\$20 Adult	\$10 Child

Registration for all races is done online at itsyourrace.com

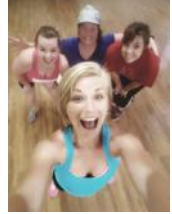
RACES & CHALLENGES



3rd Annual Healthy Happy Holidays

FREE to both Members and the Community, join us once again for our annual pre-new year holiday challenge!

Starting November 27th, track your fitness minutes through January: those tracking 150 minutes per week for all 6 weeks will receive a free YMCA t-shirt!



Fun and Fellowship with other participants will help keep you on track to your goals this holiday season!

Member Spotlight: Stephanie Richards



"People who know me have asked me to share my weight loss journey. I don't want to call it a weight loss 'journey', though ultimately I did lose 55 pounds, but really I started this whole thing in order to get healthy! Since starting this journey I have gained more energy and am able to enjoy outdoor activities with my son. I have met so many amazing people that I now call friends and have gotten involved in my community."

"Life is so busy right now but I wouldn't have it any other way! I am grateful to be a part of the Boonslick Heartland YMCA family and thankful for all the support I have received during my "journey"! I look forward to seeing where this transformation ultimately takes me (I am now a fitness instructor and lifeguard at the Y!) and cherish all the memories I have made along the way!"

COLOR CORE!

The 4th iteration of our Annual New Year Fitness Challenge, be a part of what everyone will be talking about in 2018! Our fun and friendly fitness challenge includes:

- Fitness Classes for January through March
- Group Meetings
- Optional 12 Week Group Half-Marathon Training
- Fun, fellowship and motivation
- And Prizes!

Expect more details in our 2018 Winter & Spring Guide, and get ready to join the fun!



ADULT SPORTS

Adult Co-Ed Volleyball

Bust out those gym shorts and warm up your serving arm!

Here once again, the Boonslick Heartland YMCA Adult Co-Ed Volleyball League is a great way to usher in the Fall season and stay in shape with some friendly competition.

Fees

Team Registration \$150

Scheduling

Season will run from October 16th - December 4th.

Games will be played on Monday nights.

Registration

Registration deadline for the 2017 League is October 9th.

Official Team Rosters must be submitted at the Front Desk at the time of registration.

All players must sign their team's Team Registration Form and Waiver before they play.

Adult Basketball

Think your squad has what it takes to take home the trophy? Then sign your team up for our annual Adult Basketball League, arguably our most popular Adult Sport league, and find out if your game is as strong as your talk!

Fees

Team Registration \$300

Scheduling

Season will run from January 8th - February 26th.

Games will be played on Monday nights, with a single elimination tournament at the end of the season.

Registration

Registration deadline for the 2018 League is January 2nd.

Official Team Rosters must be submitted at the Front Desk at the time of registration.

All players must sign their team's Team Registration Form and Waiver before they play.



**For more information on our Adult Sports programs,
please contact our Sports Coordinator.**



CMCA Classes & Events

Always a proud cooperator with Central Missouri Community Action, the BHYMCA will once again be hosting a round of community events.

Parenting Classes

Available to the community, these classes are a great resource for anyone: whether you are or are about to be brand-new parents for the first time, or you're long-time parents who perhaps just need some help or advice.

Scheduling

Scheduling for these classes has yet to be determined, but they will be this Fall: for more information, contact Melissa Williams at melissa-williams@showmeaction.org.

Family Resource Fair and Movie Night

Members of the community are invited to attend this family oriented Fair to learn more about Cooper County and its available resources: as an additional treat, attendees are invited to stay after the Fair and enjoy a family movie night!

Both the Fair and Movie Night are FREE for all members of the community.

Scheduling

The Resource Fair will be held Friday, September 29th from 5:30 - 7:00 PM, with the community movie night beginning immediately after.

Dancing With the Local Stars

Our annual fundraising event, the Dancing With the Local Stars is a social event like no other in Boonville. Well-known local personalities get paired up to dance and entertain attending members of the community while they enjoy good food and drink.

Proceeds from the event help us keep the facility running, keep Membership and Program prices affordable, and help us continue improving so that we can provide the best programs and services we can for the community.

Recap of the 2017 DWtLS

The winning pair of 2017 was Becca Townlain and Gary Baker! Make sure to check out the Member Spotlights for some quotes from Becca on the event and the Y in general. A huge thank you to Rick Ball for their generous sponsorship of the 2017 DWtLS.

2018 DWtLS

We won't have details for the 2018 Dancing With the Local Stars until sometime during our 2018 Winter & Spring season, but make sure to keep an eye out and join us for next year's event: save the date for June 9th!



AQUATICS

Water Aerobics

We also offer water aerobics classes here at the BHYMCA, with two complimentary classes in the morning and one paid evening class. Read below for details.

Water Aerobics

A standard water aerobics class, great for folks with low-impact restrictions.

Monday, Wednesday & Friday 8:30 - 9:30 AM

Rusty Hinges

A slower-paced class focused on maintaining and improving joint movement.

Monday, Wednesday & Friday 9:45 - 10:45 AM

Evening Water Aerobics

Another standard water aerobics class, hosted in the evening.

Evening water aerobics are bundled in the monthly Class Pass.

Monday & Wednesday 5:15 - 6:00 PM

Fayette Water Aerobics

We also offer a set of evening water aerobics in Fayette, hosted at the CMU Pool!

Tuesdays & Thursdays from 5:30 - 6:30 PM

\$25/month for Non-Members: FREE for CMU Students, Staff and Y Members!

Youth Group Swim Lessons

Ages 3+

The Boonslick Heartland YMCA offers monthly group swim lessons to children ages 3 and up. For half an hour on Tuesday & Thursday evenings, our swim instructor will work with your child and others in the class to improve things such as swim strength, endurance, and general confidence in the water.

Registration is monthly*, with swimmers divided into classes based on proficiency.

Swim Groups & Scheduling		Member	Non-Member
Beginner	5:45 - 6:15 PM	\$25	\$50
Intermediate	6:15 - 6:45 PM	\$25	\$50
Advanced	6:45 - 7:15 PM	\$30	\$55
Fayette Swim Lessons			
Beginner	5:45 - 6:15 PM	\$30	\$55
Intermediate	6:15 - 6:45 PM	\$30	\$55

Swim Lessons are not offered in the months of August & December

AQUATICS



Blue Marlins Swim Team

A competitive swim team, the goal of the BHYMCA Blue Marlins is to provide swimmers the opportunity to improve both their swimming and competitive skills, and to enable each swimmer to achieve success at his/her individual level of ability.

The focus of the team is providing each individual the opportunity to become a better swimmer, building character, and competing with good sportsmanship.

To register for the Blue Marlins Swim Team, entrants must be evaluated and recommended for the team by Head Coach Doug Gramlich or Assistant Coach Marie Pope.

Season Scheduling

The Fall & Winter Swim season runs from September through the beginning of March.

Practices will begin September 5th, and will be held Monday - Thursday from 7:15 - 8:30 PM.

Fall & Winter Season Meets are held on weekends at YMCA's and other facilities in the Area.

Registration Fees**

Fall/Winter Season Fee \$200

\$20 Sibling discount available for families with more than one child.

Or, for the younger or less experienced swimmers...

Mini Marlins Junior Swim Team

The Mini Marlins Junior Swim Team is an intermediate step between our Youth Swim Lessons and the Blue Marlins. The Mini Marlins is intended for swimmers who wish to participate in the competitive swim seasons and attend meets, but are still learning one or more of the strokes and need more individualized instruction than is available in the Blue Marlins swim practices.

To register for the Mini Marlins Junior Swim Team, entrants must be evaluated and recommended by Head Coach Doug Gramlich or Assistant Coach Marie Pope.

Season Scheduling

Practices will begin September 6th, and will be held Tuesdays & Thursdays from 5:00 - 5:45 PM.

Registration Fees**

Fall/Winter Season Fee \$150

\$20 Sibling discount available for families with more than one child.

Season Registration Fees do not include the cost of Meet Registration Fees.

Fall & Winter Swim Season registrants (Blue & Minis) must be Members of the BHYMCA.

****Registration fees for these programs are not eligible for Financial Assistance****



PARTNERS WITH YOUTH

Helping Us Help Others

Partners With Youth, our annual fundraising campaign, helps us fund the financial assistance we provide to people and families who need a helping hand. Donations help us provide Membership and Programs to those who need help affording them.

Thank you 2017 Partners With Youth Donors!

We would like to take this opportunity to thank everyone who donated this year!

Chairmen of the Round Table Donors

A special thank you to our Round Table donors for their generous donations.

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Heart of Missouri United Way

A special Thank You to the City of Boonville for its continued support.



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