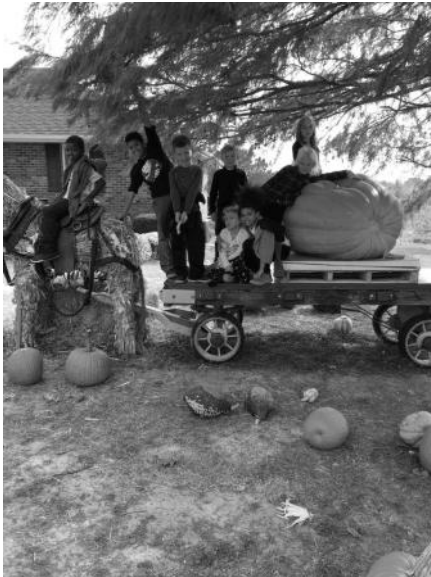




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 2017 Winter & Spring Program Guide Boonslick Heartland YMCA



### Table of Contents

About Us	1
Membership	2
Youth Development	3 - 4
Youth Programs	5 - 6
Fitness	7 - 8
Fitness Challenge	9
Races	10
Adult Sports	11
Aquatics	12
Off-Site Programming	13
Partners With Youth Recognition	14



### Our Mission

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



# ABOUT US

## Boonslick Heartland YMCA Board of Directors

### President

Evan Melkersman

### Vice President

Jodee Stock

### Secretary

Michelle Oliver

### Treasurer

Kristina Hahn

Mike Poindexter

Brett Cooper

Donnie Conz

Dennis Huff

Cedric Ganaway

Jeff Koa

Dave Johnson

Travis Thacher

Jasen Matyas

Andy Sarrazin

## 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

## Holiday Hours

Christmas Eve

7:00 AM - 1:00 PM

Christmas Day

CLOSED

New Year's Eve

7:00 AM - 5:00 PM

New Year's Day

CLOSED

Easter

CLOSED

Memorial Day

CLOSED

## Child Watch Hours

Monday - Friday

8:00 AM - 10:00 AM

Monday - Thursday

5:00 PM - 8:00 PM

## Administrative Staff

### Executive Director

Matt Schneringer

matts@bhymca.org

### Associate Executive Director

Vanessa Dorman

vdorman@boonslickheartlandymca.org

### Mission Impact Director

Jack Terrell

jackt@bhymca.org

### Member Engagement Director

Tammy Huntsperger

tammyh@bhymca.org

### Youth Development Director

Marc Jannin

marcj@bhymca.org

### Sports Coordinator

John Stralka

johns@bhymca.org

## Financial Assistance

We all need a helping hand now and then, and the Boonslick Heartland YMCA understands that. That's where our Financial Assistance program comes in: offering discounted prices on Membership and programs, Financial Assistance is there to help keep those who would not otherwise be able to afford it to stay active and involved.

Intended to be a stepping stone while people and families get back on their feet, financial assistance is temporary and will need to be renewed annually. The programs offered at the Boonslick Heartland YMCA are designed to benefit people of all backgrounds, and fees are based on the cost of providing each program. Assistance is based on the economic need of each household. On average, Financial Assistance paperwork takes 2-5\* business days to process.

\*Application processing times subject to variation\*

# MEMBERSHIP



## Boonslick Heartland YMCA Membership Fees

Membership Type	Monthly	Annual
<b>Youth</b> Individual membership ages 18 & Under	\$13	\$144
<b>Young Adult</b> Individual membership ages 19-22	\$22	\$252
<b>Adult</b> Individual membership ages 23+	\$30	\$348
<b>Couple</b> Two person living within the same household	\$36	\$420
<b>Family</b> Two adults and dependent children age 18 and under living in the same household	\$42	\$492

All new memberships are subject to a \$25 Administrative Fee at the time of startup. All Memberships that have been inactive for more than 30 days are considered new at the time of renewal. Members may choose to pay their dues monthly via auto-draft, or via quarterly, semi-annual or annual 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.

## We Have An App For That

It's never been easier to stay up to date on all the latest information and scheduling at the Boonslick Heartland YMCA, thanks to our very own mobile app. Receive facility notifications, check class scheduling, and more on your mobile device while on the go! Simply visit the App Store or Google Play Store and search for "Boonslick Heartland YMCA". You can even use the mobile app to check-in to the facility! Also make sure to follow us on Facebook at Boonslick Heartland YMCA, or check out our website at [www.bhymca.org](http://www.bhymca.org)!

## Membership Has Its Benefits!

Membership includes unlimited usage of the Aquatic Center, Fitness Center, Gymnasium, and more! Enjoy several complimentary Adult Fitness classes, including Pi-Yo and Water Aerobics! Take advantage of our complimentary Child Watch and let our trained staff watch your kids while you get your fit on! We also have a Game Room and the Gymnasium available for those harder to please Junior High kids.

Your Membership here at the BHYMCA will allow you free guest access to numerous Y's in the country, including most other Y's in Missouri! The opposite also holds true: the BHYMCA honors Memberships from all other YMCA's with unlimited free Guest access!

## Open Swim Hours

**Mon. Wed. Friday**  
5:30 - 8:30 AM

**Tuesday & Thursday**  
5:30 - 11:00 AM

**Monday - Friday**  
3:30 PM - 7:00 PM

**Saturday**  
7:30 AM - 4:00 PM

**Sunday**  
1:30 PM - 4:00 PM

**Follow Us On Facebook!**  
Boonslick Heartland YMCA  
**Visit Our Website!**  
[www.bhymca.org](http://www.bhymca.org)

## Contact Us

660-882-8500  
P.O. Box 104  
757 Third Street  
Boonville, MO 65233



# YOUTH DEVELOPMENT

## Adventure Club

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 offers a wide selection of curriculum taken from the YMCA After School Curriculum Framework, as well as a variety of other current academic and physical fitness programs.

### Program Goals

As an extension of the YMCA Mission and areas of focus, the main goal of Adventure Club is to develop students to their full potential. Academic enrichment activities are a staple, and other components of Adventure Club include artistic exploration, educational computer activities, recreational activities using the YMCA Aquatics Center & Gymnasium, education for healthy lifestyles and more.

### Hours of Operation

Adventure Club Afterschool Care is in operation from the time school releases until 6:00 PM. The Boonslick Heartland YMCA also offers Full Day care on days of scheduled school outings. This **does not include** unscheduled outings, such as snow days.

### Available Rate Plans

Full Week	\$30 Members
(4 or More Days per Week)	\$40 Non-Members
Partial Week	\$20 Members
(3 or Less Days per Week)	\$30 Non-Members

### Additional Fees\*

Registration Fee	\$15
(One-Time Fee per Child)	
New Franklin Van Fee	\$10
(Monthly Fee per Family)	

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

## Schools Out Day Camp

As an extension of our After School care programs, the Boonslick Heartland YMCA offers Full Day care on scheduled school outings, such as holidays\*. This **does not include** unscheduled outings, like snow days. Schools Out Day Camp is a separate program from our After School care, and requires separate registration. The registration form for Schools Out Day Camp only needs to be filled out once per school year. Children that are already registered for the Adventure Club program do not need to fill out Schools Out Day Camp registration paperwork.

### Hours of Operation

Schools Out Day Camp is in operation from 7:00 AM - 6:00 PM. Hours of operation on Holidays may vary based on facility hours.

### 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 not open for general use\*

\*\*Schools Out Day Camp Fees are not eligible for Financial Assistance\*\*

# YOUTH DEVELOPMENT



## Summer Camp

The Boonslick Heartland YMCA Summer Camp program is designed for children of working parents, and those that want their children involved in a fun-filled, recreational day camp with educational enrichment to help bridge the summer learning gap. It provides a safe, wholesome environment for students ages five to twelve.

### Program Details

The program will offer a wide selection of weekly themes, team & character building, a variety of sports exposure, swimming, weekly field trips, nutrition education & activities, hands-on science experiments & activities, as well as a variety of other reading, math enrichment and physical fitness programs.

### Registration & Rates

Camp registration is on a weekly basis, with payment for each week due no later than the Friday preceding the start of the week. There are two available rate plans, listed below.

Full Week	4+ Days per week	\$60 for Members	\$80 for Non-Members
Partial Week	3 Days per week or less	\$36 for Members	\$48 for Non-Members

Non-Refundable Registration Fee: \$15. This is a once per summer fee to cover the cost of shirt and supplies. **Rates and fees subject to change before the start of Summer Camp.**

**Camp size is limited.** Due to the limited spaces available, we will be asking for commitment for each week by the Wednesday of the preceding week, to ensure proper ratios in groups.

### Pre-Payment & Auto-Payment

As part of the commitment mentioned above, in order to pre-register and reserve weeks in advance, we require that parents either pre-pay for weeks at the time of registration, or schedule automatic payments through an EFT or credit/debit card.

**Pre-Payment and Auto-Payments are not required.** If you would like to register and pay for each week individually as the summer progresses, you are more than welcome to. **However, you will not be able to reserve your child's spot in advance until payment for that specific week has been made.**

## A Helping Hand

Just as we understand that sometimes it's hard to set aside extra money for Membership and Program fees, we also understand that, while child care is important for working families, it can also be expensive. As such, both our Adventure Club and Summer Camp child care programs are eligible not only for YMCA Financial Assistance, but also State Assistance.

In order for child care fees to be eligible for YMCA Financial Assistance, we require that families also apply for State Assistance. For more information or to receive an application, visit the Front Desk here at the BHYMCA. **One-Time Fees, such as Registration Fees, are not discount eligible.**



# YOUTH PROGRAMS

## Youth Sports Pricing

Members	\$25
Non-Members	\$50

In order to receive the Member rate, the participant must be an active Member of the BHYMCA.

Youth Sports registrations received after each program's designated deadline are subject to a \$5 Late Registration Fee. If no deadline is listed, registration is open for the duration of the program.



## Gymnastics

**Ages 3+**

Gymnastics is a great way to promote physical activity and coordination. Our program is divided into four groups based on age and experience level.

Tiny Tots	2-3	Requires Parent participation.
Beginner/Intermediate	4-5	Limited experience.
Advanced	5+	Must be able to do a round-off.

### 2017 Winter Sessions

Session I Jan. 9th – Feb. 27th

## Wrestling

**Ages 4-14**

A competitive wrestling team geared for both Veterans and Beginners! Season runs from November through March.

### Scheduling

Practices are Monday & Wednesday from 6:00 - 8:00 PM.

### Registration & Fees

Member Season Fee	\$45
Non-Member Season Fee	\$70

**Fees do not include cost of Wrestling Card or tournament fees**

## Spikers Volleyball

**7th-8th Grade**

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.

The 2016-17 Spikers season has been delayed due to logistical reasons. Once these issues have been resolved, full information regarding fees and scheduling will be posted to our website. We apologize for the inconvenience.

## Tae Kwon Do

**Ages 6+**

Martial arts can be a great way for individuals to build strength, focus and discipline. This program teaches the Youn Wha Ryu discipline of Tae Kwon Do. Classes meet continuously every Monday through Thursday from 5:00 - 6:30 PM.

### Fees and Pricing

Members	\$70	Registration and fees for the Tae Kwon Do program are on a monthly, non-recurring basis and are not eligible for YMCA Financial Assistance.
Non-Members	\$85	

# YOUTH PROGRAMS



## Youth Basketball

**Ages 3-11**

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

### Scheduling

Games will be held Saturdays starting January 7th.

Practices will be held on Tuesday or Thursday evenings, depending upon the team and coach.

Coaches will have the option of starting practices the week of December 12th.

### Registration

Late registration for Youth Basketball will remain open throughout the season.

## Youth Soccer

**Ages 3-8**

Our Spring Soccer session is a great way for kids to kick the year off right with some fit fun!

### Scheduling

Dates and times for the 2017 Spring Session to be determined.

### Registration

Register online and at the Front Desk until March 19th.

## Youth Volleyball

**3rd-5th Grade**

Our instructional Youth Volleyball program is a great way to teach kids drills, scrimmages, and other basics!

### Scheduling

Dates and times for the 2017 Session to be determined.

### Registration

Register online and at the Front Desk until March 5th.

## Youth T-Ball

**Ages 3-7**

A great summer pastime, our Youth T-Ball program will teach kids all the fundamentals!

### Scheduling

Dates and times for the 2017 Session to be determined.

### Registration

Register online and at the Front Desk until April 23rd.

## Middle School Winter Formal

**ANY 6th - 8th Grader**

Plans are underway for our annual Winter Formal. Mark your calendars for March 18th.



# FITNESS

## Complimentary Fitness at the YMCA

Here at the Boonslick Heartland YMCA, physical fitness is an important part of our mission, and we take it seriously. With our mission in mind, we offer several fitness classes and services that are complimentary to both Members & Non-Members\*.

Detailed information and scheduling for each class we offer can be found below.

**\*Class participation for Non-Members requires purchase of a Daily Guest Fee for facility access\***

### Strength & Cardio

Great for both beginners and experienced fitness buffs, our Strength & Cardio class is a low impact land-based fitness class that will get your heart rate up and your blood pumping.

Class meets weekly every Monday & Wednesday morning from 8:30 - 9:30 AM.

### Pi-Yo

Improved control, focus, breathing and flexibility: with the benefits of Pilates and Yoga, Pi-Yo can help you achieve all these things and more. Improve your body and stretch your limits!

Class meets weekly on Friday mornings from 8:30 - 9:30 AM.

### Active Older Adults

Geared towards older individuals, our new A.O.A. class is a very low-impact land fitness class designed to get folks involved in some weight-bearing exercise to help improve general health.

Class meets weekly every Tuesday & Thursday morning from 10:15 - 11:00 AM.

### Aquatic Fitness

The BHYMCA offers two separate water aerobics classes free of charge to members every Monday, Wednesday and Friday morning.

#### Water Aerobics

Our standard aerobic class, a great source of low impact exercise in the pool.

Class meets from 8:30 - 9:30 AM.

#### Rusty Hinges

Focuses on helping folks stay in motion by improving and maintaining joint movement.

Class meets from 9:45 - 10:45 AM.

### Wellness Coaching

Just need some tips, help with a new machine or creating 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. You can even schedule appointments with them!

**Ryan**

Monday - Thursday

3:30 - 9:00 PM

**Christy**

Tuesday & Thursday

8:00 - 10:00 AM



# FITNESS



## Nothing But Class

The Boonslick Heartland YMCA also offers several paid participation fitness classes. Thankfully, you don't have to pick and choose: for \$15 a month, Members can attend all of our classes!

## Body Sculpt

Intensely fun, our Body Sculpt class will get your heart rate going as you sculpt your body in this workout with weights and music! Class meets Tuesdays & Thursdays from 5:00 - 6:00 PM.

## Fitness Revolution

Our HIIT class, Fitness Revolution is a great way to bring your fitness game to a whole new level! Class meets Tues. & Thurs. from 5:15 - 6:15 AM, and Mon. - Wed. from 6:00 - 7:00 PM.

## Hip-Hop

A dance-fitness class built around the style of hip hop. Work your body and have fun doing it! Classes meet Monday 5:00 - 6:00 PM and Thursdays from 7:00 - 8:00 PM.

## Spinlates

Still in action and better than ever, our Spin class has now thrown Pilates into the mix! Join us every Monday, Wednesday and Friday morning. Classes meet from 5:30 - 6:15 AM.

### Pure Spin

Join us Monday mornings for a traditional Spin experience.

### Spinlates

A blend of Spin and Pilates, Spinlates dominates Wednesday!

### Pilates

Fitness at it's best, Friday's are the day to enjoy Pilates!

## Spinsanity

With three classes in one, our Spinsanity class gives you the benefits of spin, Insanity, and weight training! Classes meet Monday 5:00 - 6:00 PM and Thursdays from 7:00 - 8:00 PM.

## Move Your Muscles!

**New!**

Science tells us that muscle is alive and burns calories, so the more muscles you have and the more you move them, the better! Taught by Physical Therapist, Melissa Slatinsky.

Class meets Thursdays from 6:00 - 7:00 PM. A new class begins the first Thursday each month!

## Nutrition Counseling

Schedule an appointment with our staff Nutrition Counselor, Jill Granneman, RD. Appointments are available on Monday evenings from 5:00 - 7:00 PM.

Individual Appointment (Hour Long)

\$25 Members

N/A

Package Appointments (One 1-Hour, Two 1/2-Hour)

\$50 Members

\$100 Non-Members



# FITNESS CHALLENGE

Pick your district and get ready to compete in the Arena in...

## The Hunger Games

### Boonslick Heartland YMCA's 2017 12-Week Fitness Challenge

Join us for the 3rd annual Boonslick Heartland YMCA New Year's Fitness Challenge! This year's challenge has been designed to both educate and entertain, keep you motivated and accountable and to make you a victor in the crazy Arena we call life!

#### Registration

Members \$50 Register at the Front Desk from now until Jan. 20th.  
Non-Members \$100 **Late registrations will not be accepted.**

#### Registration benefits include:

- FREE Class Pass for January, February and March! Provides access to all fitness classes!
- FREE entry into our St. Pat's 5k/10k Race, with t-shirt!
- FREE weekly group meetings running Jan. 9th - April 9th every Monday at 6 PM!
- FREE optional, specifically designed 12-week training schedule. Training Group for the Do or Die Half Marathon includes weekly long walks or runs with your group leader.
- FREE Wellness Coaching, Child Watch, and all other standard Membership benefits!  
**Non-Member pricing includes classes and Group Participation: does not include general Y access.**

#### And the Winners Are...

Monthly prizes will be awarded to the Districts that win Arena Competitions! Other prizes that will be awarded to Districts and Individuals also include:

- \$100 Food and Beverage Credit at Finale for the District with most Weight Loss Percentage, Attendance Credits and Arena Challenge victories.
- \$75 Food and Beverage Credit at Finale for the District with the highest collective body weight percentage lost.
- \$100 Cash for the individual with the highest body weight percentage lost.

**Prizes are based upon enrollment numbers of 50 or greater. The Boonslick Heartland YMCA reserves the right to alter prizes based on enrollment.**

#### Choose Your District

This year, registrants of our New Year's Fitness Challenge will be divided into 13 groups, or "Districts". Registrants will pick their district at the time of registration. District leaders include:

D1	Jessica Ellison	D5	Jody Bass	D10	Cynda & Gerry West
D2	Sam Giroux	D6	Jenny Johnson	D11	Mandy Taylor
D3	Scott Fox	D7	Marc Jannin	D12	Courtney Ray
D4	Stephanie Johanning	D8	Christy Rehagen	D13	Kathleen Maier
		D9	Ashley Bueryky		

**Registration is limited to a maximum of 12 participants per District.**

Join us Jan. 9th, 6:30 - 10:00 AM for the FREE Boone Hospital Mobile Unit Health Screenings!

# RACES



## St. Pat's Stroll 5K/10K

Our annual St. Patrick's Day run/walk, the St. Pat's Stroll is one of our most popular races for both beginners and veterans, and a great way to start the year and show off your green in style!

### Scheduling

The 2017 St. Pat's Stroll will be held March 11th. The race begins at 8:00 AM at the BHYMCA.

### Registration

### Fees

Register online or at the Front Desk until March 13th.	5K	\$20
Day-Of registrations will be accepted at the race.	10K	\$25

## Do or Die Half Marathon

The Boonslick Heartland YMCA is proud to bring you the annual Do or Die Half Marathon, in conjunction with the Boonville High School. Proceeds from the race provide income for BHS service organizations, as well as two annual scholarships. A point to point run on the Katy Trail in both Cooper and Howard county, the Do or Die is a great way to show what you got!

### Scheduling

The 2017 Do or Die Half Marathon will be held April 1st. The half-marathon will begin at 8:00 AM in Rocheport: for those who wish to take the available shuttle service, it departs from the Isle of Capri Career Center parking lot at 7:00 AM.

### Half-Marathon Training

This year, our annual Half-Marathon Training group, designed to help folks prepare for the Do or Die Half Marathon, is bundled together with our New Year's Fitness Challenge!

## Firecracker 5K

Our annual 4th of July run/walk, the Firecracker 5K is a great way to get your holiday weekend off to a booming start!

### Scheduling

Held on or near July 4th, the 2017 Firecracker 5K will begin at 7:00 PM behind the BHYMCA.

### Registration

### Fees

Register online or at the Front Desk until June 25th.	\$20
Day-Of registrations will be accepted at the race.	

## Race The Year Away

Also make sure to mark your calendar for these other races!

BoMoTri	Sprint Triathlon	August 13th
Turkey Trot	5K/10K	November 23rd



# ADULT SPORTS

## Adult Basketball



Arguably our most popular Adult Sports program, our annual Adult Basketball League is a great way to show off your skills, stay in shape, and have some fun in the process. Think your squad has what it takes to take home the trophy?

### Scheduling

The 2017 Season will begin January 11th.  
Games will be played Wednesday nights.

### Fees

Team Registration \$300

### Registration

Registration deadline for the 2017 Adult Basketball 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 may play.

## Adult Co-Ed Softball

Our Adult Co-Ed Softball league is a marvelous way to have some competitive fun in the Summer, so bust out your gloves and bats and get ready to play some ball!

**Each team must contain a minimum number of 5 players of each gender.**

### Scheduling

Detailed scheduling for the 2017 Softball League will be posted in our 2017 Summer Guide.

### Fees\*

Team Registration \$250

### Registration\*

Registration deadline for the 2017 Adult Co-Ed Softball League is June 25th.

Official Team Rosters must be submitted at the Front Desk at the time of registration. Every player must sign their team's Team Registration Form and Waiver before they may play.

**\*Registration dates and fees subject to change\***

## Adult Co-Ed Volleyball

Bust out those gym shorts and warm up your serving arm! The Boonslick Heartland YMCA Adult Co-Ed Volleyball league is a great way to close out the Summer and usher in the Fall season with some friendly competition.

While our Adult Co-Ed Volleyball League is a Fall program it's important to plan ahead, as we are only able to offer the program if a minimum number of teams are registered, so make sure to mark your calendar if you're interested!

### Registration

Deadline will be announced in the 2017 Fall Guide.

### Fees

Team Registration \$150

# AQUATICS



## 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 Fees	Non-Member Fees
Beginner	5:45 - 6:15 PM	\$25	\$50
Intermediate	6:15 - 6:45 PM	\$25	\$50
Advanced	6:45 - 7:15 PM	\$30	\$55

\*Swim lessons are not offered in the months of August and December.

## Private Swim Lessons

All Ages

In addition to our Youth Group Lessons, the Boonslick Heartland YMCA also offers Private Swim Lessons to individuals of all ages. If you need more one-on-one instruction, never learned to swim as a kid, or simply don't have the flexibility in your schedule to attend our Youth Group Lessons, then Private Lessons are the way to go.

Packages & Rates	Member	Non-Member	Scheduling
5 Lesson Package	\$50	\$70	All scheduling is handled individually by the swim instructors.
8 Lesson Package	\$75	\$90	

## Community Certifications: Lifeguard & CPR/First Aid

The Boonslick Heartland YMCA periodically holds Lifeguard and CPR/First Aid certification courses that are open and available to the community. A valid e-mail is required at the time of registration, as both certifications have prerequisite e-learning courses that must be completed prior to the date of the class.

Youth Aquatic Safety Assistant (YASA or Jr. Guard) registrants must be 14 by the last day of class. Lifeguard Certification registrants must be 16 by the last day of class.

Certification consists of a 3 day course and a **prerequisite** swim test held the day before.

CPR/First Aid certification consists of a Skills Test and Written Exam the day of. Courses are held Fridays from 5:30 - 7:00 PM.

Registration Fees	Member Pricing	Non-Member Pricing
Lifeguard Certification	\$150	\$175
Jr. Guard Certification	\$75	\$75
Lifeguard Re-Certification	\$75	\$80
CPR/First Aid Certification	\$45	\$50

The registration cost of any of our Certification courses is subject to change: registration fees are non-refundable once you have received your e-learning access.

## Birthday Parties

Don't forget, you can also host your kid's birthday party right here at the Boonslick Heartland YMCA! For more information or to schedule a party, stop at the Front Desk!



# OFF-SITE PROGRAMMING

## Expanding Our Horizons

The Boonslick Heartland YMCA proudly offers off-site programming in various locations. For details on what we offer at each location, just read below!

### Fayette

With the cooperation of Central Methodist University, the Boonslick Heartland YMCA offers both monthly Water Aerobics and Swim Lessons in Fayette. First Session begins January 10th.

#### Water Aerobics

Tuesdays & Thursdays from 6:30 - 7:30 PM. Registration is FREE for Y Members and CMU Staff, or \$25 per month for Non-members.

#### Swim Lessons

Lessons are held monthly on Tuesday & Thursday evenings, with 8 lessons per month.

Preschool (3-5)	5:30 - 6:00 PM	\$30
Youth (6+)	6:00 - 6:30 PM	\$30

**Pre-Register online, or register in person in Fayette on the first day of the session.**

### LJ Daly Afterschool Care

With the cooperation of the LJ Daly Elementary School, the Boonslick Heartland YMCA proudly provides Afterschool Child Care to the families of Fayette. Structured like our own in-house Adventure Club program, our LJ Daly Afterschool program is our way of providing a necessary service to the people of Fayette at an affordable price.

#### Available Rate Plans

Full Week	\$30 Members
(4 or More Days per Week)	\$40 Non-Members
Partial Week	\$20 Members
(3 or Less Days per Week)	\$30 Non-Members

#### Additional Fees\*

Registration Fee	\$15
(One-Time Fee per Child)	
New Franklin Van Fee	\$10
(Monthly Fee per Family)	

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

### Glasgow

The Boonslick Heartland YMCA isn't just here for the people of Boonville: we now also offer fitness classes for the Adult community of Glasgow! Classes are at the Knights of Columbus Hall. Registration is FREE for Y Members, or \$25 per month for both classes for Non-Members.

#### Work Out with Julie!

Get your fit on with YMCA Aerobics Instructor Julie Hull! Wednesdays from 6:00 - 7:00 PM.

#### Work Out with Trevor!

Get in shape with CMU Strength & Conditioning Graduate Assistant Trevor Fritz! Class times may vary, so check the Glasgow Rec Center Facebook page for updates.

# PARTNERS WITH YOUTH



## Thank you to our 2016 Partners With Youth Donors!

Our annual Partners With Youth Campaign ensures that the Y is there for those who need us most, and enables every member of our community to have access to programs and activities that meet their needs. By supporting this campaign, you help guarantee that everyone can benefit from the YMCA's values-centric programs.

### Chairman of the Round Table Donors

A special thank you to our Chairman of the Round Table donors for their generous donations. Their banners can be found in the Cardio Theatre right here at the Boonslick Heartland YMCA.

#### Sisters Supportive Living Edward Jones Dave & Jennifer Johnson Boonville Rotary Club

John & Gail Sponaugle  
John & Nancy Ward  
Gary & Karla Anderson  
The Sarrazin Family  
Boone Medical Group  
BJC Healthcare  
Jeff & Deanna Koa  
Van & Susan Donley  
Hillyard, Inc.  
Thomas & Sandy Halford  
Chuck & Carol Harris  
Greg & Julie Herpin  
Joyce Lake  
Paul & Debby Davis  
Jack & Jennifer Terrell  
Michael & Jodee Stock  
David & Donna Wrenn  
Vickie Zeller  
Amanda Blumhorst  
Sarah & Collin Marriott  
Brett & Terry Cooper  
Matt & Jennifer Schneringer  
Robert & Coletta Eichenberger  
Sam & Katy Giroux  
Jason & Tammy Huntsperger  
Charles & Sandy Melkersman  
Patrick Hanna & Jeanne Pascale  
Christi Angelo  
Central Realty  
Joann Sullivan  
Phyllis Reesman  
Cecil Yaeger  
Robert & Kathleen Conway  
Cooper County Animal Hospital, P.C.  
Kurt & Josephine Rohr  
Terry & Becky Ehlers  
United Methodist Men  
William & Nancy Parker  
Brent Bozarth  
Greis Trucking & Excavating Inc.  
Diana Thomas  
Earl Wessing  
Rick & Judy Powell  
Wesley & Ada Gingrich  
Robert & Lucille Horne  
David & Karen Day

#### Greg & Rhonda Schneringer Stumph Dentistry, D.D.S., P.C. Joe Machens Ford, Lincoln Columbia Honda

Brian Mesik  
Joe & Laura Gramlich  
Stephanie Young  
Brent & Karen Brockmeyer  
Medical Arts Pharmacy  
Michael & Mary Beth Conway  
Gordon Jewelers  
Sharon Pike  
Brett & Evelyn Rogers  
Ken & Mona Brownfield  
Gill & Martha Jewett  
Thomas & Eileen Fangman  
MFA Agri Service  
Boonville Abstract & Title Co., LLC  
William & Pam Rapp  
Imhoff's Hometown Appliance  
Marvin & Tammy Eichelberger  
Richard & Danielle Blanck  
Tom & Betty Maxwell  
Travis & Lauren Thacher  
Don & Jill Campbell  
Rita & Larry Sanders  
Bill & Phyllis Faulks  
Kathleen Maier  
Dan & Sharlene Kammerich  
Melinda Richardson  
Tony & Donna Gerling  
William & Beverly Campbell  
Pilot Grove Cooperative Elevator  
Pete & Jane Rodman  
Scott & Haley Fox  
Stephen & Susan Hage  
Allen & Connie Hackman  
Tim & Brenda Campbell  
Pamela Jaeger  
Carolyn Koerner  
American Association of University Women  
Evan Woodward  
Andrew & Kristine Stodgel  
Wade & Gwyneth Davis  
Ken & Sandy Farris  
Josh Snoddy  
Judy Long  
Schlotzhauer Auto, LLC  
Snapp's Hardware, Inc.  
Browning Hardware

#### Ken & Michelle Oliver Frank & Julie Thacher Central Methodist University

Evan Melkersman  
Central MO Glass & More, LLC  
Ken & Sandi Rahm  
Dr. Gerald Kronk  
T.C. & Linette Meller  
Marie Pope  
Bonnie Gerke  
Johanna Johns  
Bobby Joe & Marsha Kempf  
Connie Whitehorse  
Donald & Margaret Scott  
Charles & Elaine Gramlich  
Glenn Langston  
Patty Dick  
Bobby & Arlene Welliver  
James & Karen Niederjohn  
Tristy Ginter  
Women's Fellowship EUCC  
Carol Schenck  
Pete & Julie Soener  
Jeanie Gordon  
James & Lori Woods  
Lester & Judith Peters  
Jim & Lou Ann Shell  
Francis & Melody Reardon  
Stephanie Cooper  
Copies Etc.  
Serck Tax & Accounting, Inc.  
Bryan & Katherine Waibel  
Warren & Marilyn Morse  
Jill Bronakowski  
Mark & Sara Loesing  
Celeste Bowman  
Lori & Jeff Wessing  
Eva White  
Jody Bass  
Jack & Dorothy Bell  
Cathy Gochenour



Heart of Missouri United Way

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



**Boonslick Heartland YMCA  
757 Third Street, P.O. Box 104  
Boonville, MO 65233**

**PRSR STD  
ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL**

**Local  
Postal Customer**