



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

# **2018 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

### 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

### Contact Us

660-882-8500

757 Third Street

Boonville, MO 65233

### Boonslick Heartland YMCA Board of Directors

**President**

Dave Johnson

**Vice President**

Jasen Matyas

**Secretary**

Andy Sarrazin

**Treasurer**

Jackie Leonard

Mike Poindexter

Cedric Ganaway

Donnie Conz

Dr. Sarah Marriott

Jodee Stock

Kathleen Maier

Evan Melkersman

### Administrative Staff

**Executive Director**

Matt Schneringer

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Mary Vollmer

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**ECLC Director of Operations**

Nikole Felten

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**ECLC Assistant Director**

Cyndi Roth

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# 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" we of course mean our mobile app! Some of you already know that we have a mobile app, but there are plenty of folks who don't, and don't know just how handy it can be. With up to date facility, pool and fitness class schedules, the ability to receive notifications about facility closings and other things, along with several other features, staying in the know while on the go is a pretty simple task!

**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!

Did you know? You can actually register for programs and manage several aspects of your membership online! Just visit our website and click on the **Online Registration** button on the **Home** page.



# MEMBERSHIP

## Membership Has Its Benefits!

There are perks to being a member of the Boonslick Heartland YMCA, and we're 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 access to a variety of Member Exclusive fitness classes!



### Child Care and Youth Programs!

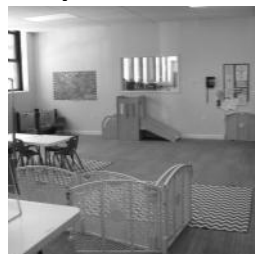


We offer numerous Youth Sports programs throughout the year to help kids stay active and have fun, and Members enjoy reduced registration cost on almost all of them!

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 - 7:00 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.

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

\*BHYMCA Fitness Classes, both paid and complimentary, are for YMCA Members only

# 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
<b>Youth</b> Individual Membership for persons ages 18 & Under	\$13	\$144
<b>Young Adult</b> Individual Membership for persons ages 19-22	\$22	\$252
<b>Adult</b> Individual Membership for persons ages 23+	\$30	\$348
<b>Couple</b> Two individuals living within the same household	\$37	\$432
<b>Family</b> Two adults and however many financially dependent children living within the same household	\$43	\$504

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. We keep students on track academically while having fun with our imaginative learning activities, encourage healthy eating habits and physical activity, and also provide assistance with homework.

### 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.



### Hours of Operation

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

More detailed schedules of daily activities can be obtained on-site from the staff at your specific Adventure Club location.

### Available Locations

The BHYMCA Adventure Club Program is offered separately at the following locations:

- Boonville (also serves the New Franklin School District)
- Pilot Grove (hosted at the Pilot Grove C-4 School)

To register a child for the Adventure Club program, up-to-date shot records **must** be on-hand at the time of registration. We cannot obtain them from the school district.

Rate Plans	Description	Member	Non-Member
Full Week	3-5 Days Attendance	\$35	\$45
Partial Week	1-2 Days Attendance or Less	\$20	\$30
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 for Boonville Adv. Club	\$10	

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

# CHILD CARE



## School's Out Day Camp

Ages 5 – 15

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.**

The schedule of available School's Out days follows the Boonville R-1 School Calendar.

### Program Goals

The idea behind School's Out Day Camp is to provide working parents with an affordable childcare option when their children are scheduled to be out of school. Designed to develop youth potential, our Day Camp program strives to engage children both physically and mentally while promoting a fun, safe and nurturing environment.

### 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 \$20

Non-Members \$30

Day Camp fees are daily fees per child.

**\*School's Out Day Camp is not provided on days that the BHYMCA is closed\***

**\*\*School's Out fees are not eligible for Y Financial Assistance: State Assistance is eligible\*\***

### Upcoming Dates

September 17th

October 29th

November 21st

November 23rd

December 7th

December 20th & 21st

December 26th-28th

December 30th

January 2nd

Available School's Out Day Camp days subject to change

For more information regarding our Adventure Club program, please contact the Welcome Desk or our Member Engagement Director.



# YOUTH PROGRAMS

## Youth Sports Pricing

Registrations received after a program's deadline pay a	<b>Fees</b>	
\$5 Late Fee. If no deadline is listed, there will be no late fees.	Members	\$25
<b>Individual program pricing may vary.</b>	Non-Members	\$50

### Fall Youth Soccer

**Ages 3-9**

#### Season Dates

Games will be held on Saturdays starting September 8th.

Coaches meeting is scheduled for August 22nd; practices begin Tuesday, August 28th.

Practices will be held on Tues/Weds/Thurs from 5:30 - 6:30 or 6:30 - 7:30 PM.

#### Registration

Register online and at the Front Desk until August 17th.

### Boonville Pirates Youth Cross Country Team

**Grades K-8th**

#### Season Dates

Meets will be held on Saturdays and Sundays.

Practices will begin August 1st, and will be held Mon-Thur from 6:00 - 7:00 PM.

#### Registration Fees

Registration fee is \$30 for the 2018-19 season: fee covers practices, singlet and conference fees. Meets are optional, and are an additional \$3 each.

### Youth Basketball

**Ages 3-11**

#### Season Dates

Games will be played on Saturdays from January 5th through February 9th.

Coaches meeting is scheduled for December 12th; practices begin December 17th.

Practice days and times for each team will be determined by the individual coaches.

#### Registration

Register online and at the Front Desk until December 7th.

### Program Refund & Credit Policy

The Boonslick Heartland YMCA reserves the right to cancel or combine classes as necessary. If you are enrolled in a class that 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.



# YOUTH PROGRAMS



## Spikers Volleyball\*

6th-11th 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.

Tryout date will be announced in the coming Winter & Spring Program Guide.

6th-8th Grade tryouts will be held at 10:00 AM

9th-11th Grade tryouts will be held at 11:00 AM

### 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!

Coached by Joey Bishop, with Assistant Coaches Louis Stock and Adam Cantrell.

### Season Dates

Season runs November through March.

Practices begin November 14th, and will be held Tues. and Thurs. from 5:30 - 7:30 PM.

### Registration Fees

Members \$45

Non-Members \$70

**Registration fees do not include the cost of Wrestling Card or Tournament fees.**

## 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 & Wednesday from 5:30 - 7:30 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\***

Boonslick Heartland YMCA Youth Sports Programs are proudly sponsored by Rick Ball Auto Mall.





# BHYMCA FITNESS

## Complimentary Classes

Here at the Boonslick Heartland YMCA, we offer several fitness classes complimentary with YMCA Membership. With no fees and no weekly or monthly restrictions, you can attend these classes as often as you want with no additional fees.

**All Boonslick Heartland YMCA Fitness Classes are for Members only**

### Low Impact Aerobics

Join Joe 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**

### Finally Friday

Join instructor Holly Hughes and start your Friday right with some relaxing yoga.

**Friday      10:00 - 11:00 AM**

## Aquatic Fitness

We also offer a couple of water aerobics classes here at the BHYMCA. With two complimentary classes and one class pass class, our Members have options in the pool.

### 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**



## Class Pass Classes

For just \$15/month, Members enjoy unlimited access to all of the classes listed below.

### Body Sculpt

Beginning in October

A great class that will focus on toning and training to help you look and feel great!

Monday 6:00 - 7:00 PM

### Toning Time with Kris

Beginning in October

Light on cardio, high on toning and sculpting: expect something different each class.

Tuesday 5:45 - 6:30 PM

### Fitness Rev with Joe Hayes

Beginning in October

Rev up your fitness routine. Cardio and strength designed for all around results.

Tuesday - Thursday 5:30 - 6:15 AM

### Y-HIIT

Beginning in October

High intensity interval training with Becca Townlain!

Wednesday 6:15 - 7:15 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 beginning in October 2018

### Bandemonium

Strengthening and toning with bands with instructor and personal trainer Joe Hayes!

Saturday 7:30 - 8:15 AM

### Fit Happens

Beginning in October

Join Jessica Ellison for this Sunday afternoon workout!

Sunday 3:00 - 4:00 PM

### Pure Spin, Spinlates & Pilates

Every day is a different fitness experience!

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

### Strengthen and Stretch with Jackie Leonard

Entry level class: strengthen, tone and a great workout.

Days and times TBD



# WELLNESS & 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. To schedule an appointment with a Wellness Coach, visit the Welcome Desk or simply visit one during their scheduled hours: however, appointments aren't necessary, they merely help guarantee you'll have a Wellness Coach available to help you when you need it.

### Mornings

Tuesday & Thursday 8:00 - 10:00 AM

### Evenings

Monday - Thursday 3:30 - 9:00 PM

## 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		Member	Non-Member
Individual Appointment	Single One-Hour Appointment	\$25	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 session with NCSF Personal Trainers Christy Rehagen or Joe Hayes; they'll help you get definitive results by finding a regimen that works for you.

### Scheduling

To schedule an appointment, e-mail;  
Christy at [christyr@bhyanca.org](mailto:christyr@bhyanca.org), or;  
Joe at [joehayestrainer@gmail.com](mailto:joehayestrainer@gmail.com).

### Fees

\$35 per hour  
\$100 for 3 one-hour sessions

## Get Help Here

With Joni Naumann

The Boonslick Heartland YMCA is proud to be able to offer in-house individual and family counseling services.

### Payments and Scheduling

Make payments at the Front Desk, with  
convenient online appointment scheduling.

### Fees

\$20 per hour  
\$100 for 6 one-hour sessions

For more information, contact Vanessa Dorman at [vanessad@bhyanca.org](mailto:vanessad@bhyanca.org).

# RACES



## Register Online!

Register for our races online at [www.itsyourrace.com](http://www.itsyourrace.com); prices listed are "Early-Bird". Early-Bird registration ends one week prior to the event; \$5 fee for late registrations.

## Pedaling for Polio

Join us on this bike ride from Boonville to Rocheport and join the Boonville Rotary Club in the fight against polio. Register online, or turn in paper registration at the BHMCA.

### Scheduling

The 2018 Pedaling for Polio will be held October 6th.

### Fees

\$20

## Turkey Trot 5K

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.

### Scheduling

The 2018 Turkey Trot will be held November 22nd.

### Fees\*

5K

\$20

\*Family rates for the event will apply: stay tuned for the promo code

## 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 16th	\$20 5K Entry	\$25 10K Entry
Do or Die	Half-Marathon	April 6th	\$50	
Firecracker 5K	5K Fun Run	TBD	\$10	
Spoke Easy	Bike Group	July, TBD	\$10 Entry	\$10 Shirt
2019 BoMoTri	Triathlon	August 11th	\$50 Member	\$60 Non-Member



# FITNESS CHALLENGE

Join us in November for...

## 2018 Happy Healthy Holidays

HAPPY HEALTHY HOLIDAY CHALLENGE  
IS **FREE** TO MEMBERS AND NON MEMBERS!

Feel **FREE** to be a part of the Boonslick Heartland YMCA's Holiday Fitness Challenge (anytime before November 19th). It's our 6-week program that begins Thanksgiving week and ends January 1st. Report your progress to our wellness or front desk staff after 3 weeks then return your completed challenge form at the end of the six weeks (and don't forget to take the pledge and tell us your story) to receive your **FREE** Healthy Holidays T-shirt AND for your chance to win a drawing valued at \$150.00.

And then join our nearly famous New Year's Fitness Challenge..

## “Because I Said I Would”

**Bettering ourselves and the world through promises kept**

Start thinking now about what you want to do differently in your life in 2018...be it volunteering more, eating healthier, taking more vacations, learning to sew, running a half marathon, cleaning up the neighborhood, or any number of other options...

***Grab your group and make a commitment!***

We'll have community and staff on hand to help you keep you motivated, so you can keep your “Because I Said I Would” promise.

**Starts January 7th!**

For more information, e-mail our Healthy Living Director at [vanessad@bhymca.org](mailto:vanessad@bhymca.org).

# 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.

### Scheduling

Scheduling for the 2018 Co-Ed Volleyball League will be announced at a later date.

### Fees

Team Registration      \$150

### Registration

Registration deadline for the 2018 League to be determined at a later date.

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!

### Scheduling

2019 Season dates to be announced at a later date.

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

### Fees

Team Registration      \$300

**Team Payment must be paid in full before the first game.**

### Registration

Registration deadline for the 2019 to be determined at a later date.

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 Tennis Group

Want to play tennis, but have no one to play with? Join us and others interested in some good old fashioned recreational tennis.

### Scheduling

Saturday mornings starting September 8th.



# 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 instructors will work with your child and others in the class to improve swim technique, 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/Mini Marlins	6:45 - 7:15 PM	\$30	\$55

## Private Swim Lessons

We also offer pre-scheduled private swim lessons at the Boonslick Heartland YMCA. Available monthly\* in pre-scheduled time slots, these lessons are an alternative option for aspiring swimmers who either need or simply prefer one-on-one instruction.

### Scheduling

Lessons are held on Tuesdays and Thursdays at various times (listed below), with two lessons per week over the course of four weeks for a total of eight lessons. Each set of lessons begins the first full, uninterrupted week of each month.

Available Time Slots	Registration Fees	
5:15 - 5:45 PM	Members	\$75
6:15 - 6:45 PM	Non-Members	\$100
6:45 - 7:15 PM		

## Community Certifications

Here at the Boonslick Heartland YMCA, we periodically hold CPR/First Aid and Lifeguard certification classes which are open to the public for registration. Whether you're putting them to use on the job or at home, knowledge on how to respond in emergency situations is a good thing to have.

For more information and pricing, visit the Community Trainings page on our website.

**Look for our YMCA Lifeguard & Junior Lifeguard Certification classes in March and April 2019!**

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



# MU THERAPY SERVICES



The Boonslick Heartland YMCA is proud to offer...

In Cooperation with



Mizzou Therapy Services

## Mizzou Sports Therapy Consultation at the BHYMCA

Everyone has aches and pains sometimes, it's just a natural part of life: and when you embark on a fitness journey, even more may pop up. If and when that happens, just come on by the Boonslick Heartland YMCA to see Matt Rowlett or Rick Sage of Mizzou Sports Therapy Services.

Available for consultation at various days and times, the services of these gentlemen are completely free of charge. To make things that much better you don't even need an appointment to meet with them, just stop on in (first come, first served).

Check the bulletin for their hours at the Y!

### What are Athletic Trainers (ATC's)?

- ATC's are certified and licensed health care providers that can diagnose, treat, rehab and make appropriate referrals for any athletic injury.
- People are on the move more than ever but as your level of activity increases, so does your chance for injury. ATC's can help avoid unnecessary medical treatment and disruption of normal life.
- ATC's have a wide array of techniques that can help keep you on top of your game. Take advantage of Matt and Rick's services.



Mizzou Therapy Services  
*University of Missouri Health Care*

Don't forget, you can always see Matt Rowlett or Rick Sage at Mizzou Therapy Services in Boonville, located at 1420 West Ashley Road: no referrals needed!

You can also call 660-882-3420 to schedule an appointment ahead of time; they provide free assessments and can treat if needed. Pricing is \$15/adults, \$10/students.

For more information about the Mizzou Therapy Services offered at the BHYMCA, Contact Vanessa Dorman at [vanessad@bhyanca.org](mailto:vanessad@bhyanca.org).



# EARLY CHILDHOOD

## Early Childhood Learning Center

Expanding upon the framework of the Youth Development programs we offer here at the Boonslick Heartland YMCA, the ECLC utilizes both the Core Values and Mission Statement of the YMCA to provide affordable, high-quality child care.

### 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.

### 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.

### 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!

## School Age Care

<b>Rates &amp; Fees</b>	<b>Members</b>	<b>Non-Members</b>
Full Week (Includes Before/After School care)	\$40/week	\$40/week
Before School Care	\$15/week	\$15/week
After School Care	\$35/week	\$35/week
Partial Week Before & After School Care	\$24/week	\$24/week
Partial Week Before Care	\$9/week	\$9/week
Partial Week After Care	\$21/week	\$21/week



## Pre-K Care

Below are details and information on the pre-K care offered at the ECLC.

### Infant Room

Our program provides a warm, welcoming environment where your baby can grow from a bundle of joy to a bundle of curiosity. Your baby's primary caregivers are nurturing child care professionals who focus on creating experiences and opportunities that invite exploration and support the rapid and important development that occurs in a child's first year.

#### Rates & Fees

\$125 Per Week

### Toddler Room

Toddler and 2 Year-Old classrooms are organized into learning centers to engage children in learning through play while building independence. Each classroom provides opportunities for structured activities, story and circle time, music and movement, guided play, meal times, and rest time.

#### Activity Details

- Group Story Time
- Social Skills
- Gross Motor
- Fine Motor
- Language
- Sensory/Discovery
- Outdoor Play
- Math Concepts

#### Rates & Fees

Full Week \$115/week  
(4-5 Days)  
Partial Week \$78/week  
(Up to 3 Days)

### Ages 2-5 (Various Rooms)

The Preschool classrooms provide a structured and nurturing environment that provides children with structured group activities, individualized learning opportunities, play and numerous activities to encourage your child's development. Preschool children engage in group circle time, purposeful play, meal times and rest time.

#### Activity Details

- Circle Time
- Small Group Activities
- Creative Art Activities
- Large Motor Activities
- Math & Manipulatives
- Writing/Language
- Sensory/Science
- Dramatic Play
- Music/Movement

#### 2 Year Old Rates

Full Week \$105/week  
Partial Week \$72/week

#### 3-5 Year Old Rates

Full Week \$100/week  
Partial Week \$69/week



# GLASGOW REC CENTER

## Welcome to the Glasgow Rec Center YMCA!

A program center of the Boonslick Heartland YMCA, the Glasgow Rec Center is our way of expanding the boundaries of our community outreach efforts by adding the Glasgow community to the list of those we currently serve.

Our goal is to do our best to help improve the spirit, mind and body of the Glasgow community as a whole, just as we strive to do for the community of Boonville.

### Open 24/7!

The Glasgow Rec Center YMCA is a 24-Hour fitness center that is open 7 days a week, featuring a keypad access system and top-notch video surveillance for security.

### Staffed Hours of Operation

While the facility is open 24/7, it isn't staffed the entire time. To the right are the current days and times during which the facility is staffed.	Monday	8:30 AM - 12:00 PM
		4:30 PM - 7:30 PM
	Tuesday	4:30 PM - 7:30 PM
	Wednesday	4:30 PM - 7:30 PM
	Thursday	4:30 PM - 7:30 PM

### GRC YMCA Fitness Classes

The following classes are complimentary with membership at the Glasgow Rec Center

#### Monday

Low Impact Aerobics with Nikki 5:00 - 6:00 PM

#### Tuesday

Cross Fit with Brandon or Shannon 6:00 - 7:00 PM (every other week starting 9/11/18)

#### Wednesday

Low Impact Aerobics with Nikki 5:00 - 6:00 PM

YHIIT with Nikki 6:00 - 7:00 PM (starting 9/5/18)

#### Thursday

Yoga with Roxanne Evening & Times TBD

#### Friday

Cross Fit with Brandon or Shannon 5:15 - 6:15 AM (every other week starting 9/7/18)

# GLASGOW REC CENTER



## Glasgow Adventure Club

**Ages 5-15**

The Boonslick Heartland YMCA Adventure Club program is also offered on-site at the Glasgow Elementary School.

With the same structure and ideas as our in-house Adventure Club program, our goal is to provide a safe, wholesome environment for the kids of Glasgow.

**Due to staffing issues, the Glasgow Adventure Club will be starting at a later date.**

### Hours of Operation

Adventure Club is in operation from the time school lets out until 6:00 PM.

Detailed schedules of activities may be obtained from the program staff on-site.

Rate Plans	Description	Member	Non-Member
Full Week	3-5 Days Attendance	\$35	\$45
Partial Week	1-2 Days Attendance or Less	\$20	\$30

To register a child for the Adventure Club program, up-to-date shot records **must** be on-hand at the time of registration. We cannot obtain them from the school district.

## Glasgow Rec Center YMCA Founding Members

We at the BHYMCA would like to issue a special "thank you" and recognition to every single one of our Glasgow Founding Members for their early and generous support of the Glasgow Rec Center YMCA.

Barry & Julie Fuemmeler	Kevin & Lisa Fuemmeler	Darren & Sonya Fuemmeler
Hugh & Angela Furneaux	Aaron & Nikki Gouge	Doug & Sally Hackman
John & Denise Haskamp	Bob & Stacey Kottman	Todd & Amanda Linneman
Ashley Monnig	Early & Kathleen Wellborn	Jeff & Mary Weydert
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David & Sherry Monnig	Tim & Carol Monnig	Becky Aulgur
Deborah Brucks	Sheila Ferguson	Michael Freese
Susan Freese	Peggy Fuemmeler	Debbie Himmelberg
Cindy Monnig	Mindy Nation	Donna Owens
Madelyne Sanders	Patrick & Stephanie Johanning	

**Special Thanks to MFA Agri Service**



# 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 2018 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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**Boonville Rotary Club**

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



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