



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

2018 Winter & Spring 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

Christmas Eve

Closed

Christmas Day

Closed

New Year's Eve

12:00 PM - 5:00 PM

New Year's Day

Closed

Easter

Closed

Memorial Day

Closed

Contact Us

660-882-8500

757 Third Street

Boonville, MO 65233

Boonslick Heartland YMCA Board of Directors

President

Jodee Stock

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Mike Poindexter

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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" 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!

Did you know? 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 access to a variety of Member Exclusive fitness classes!



Child Care and Youth Programs!

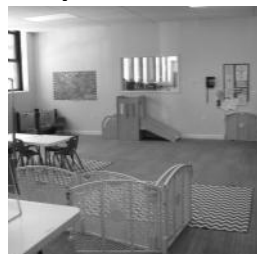


We offer numerous Youth Sports programs throughout the year to help kids stay active and have fun, and Members enjoy reduced registration cost on almost all of them!

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 - 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	\$37	\$432
Family 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.



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 there 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

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 \$15

Non-Members \$25

Day Camp fees are daily fees per child.

School's Out Day Camp is not provided on days that the Boonslick Heartland YMCA is closed

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

Upcoming Dates

	January 15th	February 16th	February 19th
Break Camps	Member	Non-Member	Dates Offered
Winter Break	\$13/day	\$17/day	Dec. 21st & 22nd, 26th-29th, and Jan. 2nd
Easter Break	\$13/day	\$17/day	March 29th & 30th April 2nd & 3rd

Fayette & Glasgow Adventure Club

Ages 5-15

The Boonslick Heartland YMCA Adventure Club program is also offered on-site at both the LJ Daly Elementary School in Fayette, and 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 both Fayette and Glasgow.

Before Care in Fayette

The Y is now offering Before Care with the Fayette Adventure Club program!

Rate Plans	Description	Member	Non-Member
Full Week	4+ Days Attendance	\$30	\$40
Partial Week	3 Days Attendance or Less	\$20	\$30
Before Care - Fayette	Up to 5 Days of Before Care per week	\$5	\$5



CHILD CARE

Summer Camp

Ages 5-15

We have fun for everyone this summer, regardless of your age, income or background. We bring people closer together in a welcoming, supportive environment to nurture the potential of youth, promote healthy living and give back to the community. This summer, children can learn, grow and thrive through the exhilarating fun of sports and enrichment day camps at the Y. In the midst of all the fun, they'll explore nature, find new talents, try new activities, gain independence and make lasting friendships. Middle schoolers can have fun socializing with their friends in a safe, positive environment while exploring interests, learning leadership skills and discovering all they can achieve. Plan your summer at the Y and experience the impact we can make in your life and the community!

Registration & Rates

Camp registration is on a weekly basis, with payment for each week due no later than the Wednesday preceding the start of the week. Available rate plans are listed below:

Rate Plans	Description	Member	Non-Member
Full Week	3-5 Days	\$65	\$85
Partial Week	1-2 Days	\$26	\$34

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

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.

Register for camp as early as March 1st for bigger savings!

Early Bird Special #1: March 1st to April 1st - Registration fee \$10 per camper.
Weekly fee discount of 5%!

Early Bird Special #2: April 2nd to May 1st - Registration fee \$5 per camper.

Pre-Payment and 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.**



Early Childhood Learning Center

An expansion of our Youth Development programs, the ECLC uses the YMCA’s Core Values and Mission Statement to provide affordable, high-quality child care to families.

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!

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

Activity Fee	Covers additional activities and trips	\$20.00 One-Time	
After Care	\$35 per week	Before & After Care	\$40.00 per week
Before Care ONLY		\$15.00 Per Week	
Summer Care		\$75.00 Per Week	\$15.00 Per Day



YOUTH PROGRAMS

Youth Sports Pricing

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

Youth Basketball

Ages 3-11

Every basket is a slam dunk of fun in our instructional Youth Basketball program!

Season Dates

Coaches meeting is scheduled for Wednesday, December 13th.

Games will be played on Saturdays from January 6th - February 10th.

Registration

Register online and at the Front Desk until December 6th.

Youth Volleyball

3rd-6th Grade

Bump! Set! Spike!

Spring Youth Volleyball with Morgan Sprigg (BHS Volleyball Coach).

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

Season Dates

Practices will be Wednesdays from 6:00 - 7:30 PM.

Season will run from January 31st through March 7th.

Registration

Registration opens January 15th.

Youth Soccer Camp

Ages 3-12

Kick off the season by coming to a FREE Soccer Camp!

Scheduling

Saturday, March 24th.

Registration

Register online or at the Front Desk until March 21st

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 bhymca.org and navigate your way to the **Online Registration** page under the **Home** tab: there's even a tutorial!

YOUTH PROGRAMS



Spring Youth Soccer

Ages 3-8

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

Season Dates

Coaches meeting is scheduled for March 14th .

Games will be held on Saturdays starting March 31st.

Registration

Register online and at the Front Desk until March 9th.

Summer T-Ball

Ages 3-8

It's a real hit!

Season Dates

Season will start May 14th, and will run through mid June.

Games will be held on Tuesdays for 3-4 year olds, and Thursdays for 5-8 year olds.

Coaches meeting is scheduled for April 25th.

Practices will be held on Saturdays, with times determined by the coaches.

Registration

Register online and at the Front Desk until April 20th.

Youth Tennis Camp

Ages 5-14

You're going to LOVE it!

You will learn the fundamentals of the game, such as forehand strokes and backhand strokes, as well as basic rules and sportsmanship.

Scheduling

Join us at the BHS Tennis Courts June 2nd.

Registration

Register online and at the Front Desk until May 22nd.

Registration Fees

\$15

Helping Kids Stay Active

Don't forget, Y Financial Assistance applies to the registration fees of nearly every one of our Youth Programs!

For more info on Financial Assistance see page 2, or call or visit the Front Desk.



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. Tryouts will be held in the BHYMCA Gymnasium on Saturday, December 2nd:

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

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

The 2017-2018 Spikers season will be coached by Jessica Luscombe.

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!

New Coach Joey Bishop, and 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 6:00 - 7:00 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 - 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

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 everyone here at our facility in Boonville.

Open for Fitness!

As of December 1st, the Glasgow Rec Center is officially open! Right now the facility has a fully stocked Fitness Center and several fitness classes, but we've got plans to expand and grow the facility, with 24/7 access coming Dec. 15th, as well the programs and services we offer, which you can read more about down below.

Plans for the Future!

Here are a few of the things we've already got in the planning stages:

- Youth Sports programs and a Summer Day Camp program
- Facility improvements, including a Batting Cage & Basketball goals
- Cheer camps, Art classes, Meeting Room rentals, and more!

Save the Date!

Saturday, March 17th - GRC Event with musical entertainment and a silent auction!

Staffed Hours of Operation

Tuesday 8:00 - 10:00 AM; Wednesday 4:00 - 6:00 PM; Thursday 5:00 - 7:00 PM

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

Breathe!

Beginning Yoga with Roxanne Connell

Join this low-impact, restorative and empowering class in the Group Fitness room.

Tuesday & Thursday

6:00 - 7:00 PM

Low Impact Class

Beginning Aerobics with Nikki Fuemmeler

A great place to start your fitness journey or stay in shape.

Monday & Wednesday

5:00 - 6:00 PM

HIIT Work Out Class

Beginning Aerobics with Nikki Fuemmeler

Interval and circuit training along with strength and conditioning.

Monday & Wednesday

6:00 - 7:00 PM

Getting Stronger

with Brandon Fuemmeler

Free-weight and stacked-weight machine instruction.

Tuesday

6:00 - 8:00 PM



BHYMCA 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!

Thursday 6:00 - 7:00 PM

Class Pass Classes

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

Yoga

Stretch your body and relax your mind.

Wednesday 7:00 - 8:00 PM

Body Sculpt

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

Tuesday 5:00 - 6:00 PM Thursday 5:30 - 6:30 PM

Fitness Revolution

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

Tues. & Thurs. 5:15 - 6:00 AM Tuesday 6:00 - 7:00 PM

Townlain Tough

Join Becca Townlain on Wednesday nights!

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

Fit Happens

Don't forget to join Jessica Ellison on Sundays!

Sunday 2:00 - 3:00 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



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

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 private session with NCSF Personal Trainer Christy Rehagen; she'll show you the secrets of an effective workout, and lead you to definitive results.

Scheduling

To schedule an appointment, e-mail
Christy at christyr@bhyanca.org.

Fees

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

Get Help Here

Coming in January of 2018

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.



RACES

Register Online!

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

St. Pat's Stroll

5K/10K

Join us for our annual St. Patrick's Day run, the St. Pat's Stroll!

For the 8th year **running**, flaunt your Irish spirit and run in style: and remember, all the cool kids run in green!

Scheduling

The 2018 St. Pat's Stroll will be held March 17th.
Race will begin at 8:30 am behind the BHYMCA.

Fees

5K	\$20
10K	\$25

Do or Die

Half-Marathon

Put your endurance to the test and join us for the annual Do or Die half-marathon! Half the distance of a standard marathon. The race begins in Rocheport and ends at the Isle of Capri parking lot in Boonville: a shuttle to the start line will be provided. Join our Color Corps New Year's Fitness Challenge (information on page 16) and get access to a 12-week training program to prepare for the Do or Die, along with 50% off the half-marathon's registration fee!

Scheduling

The 2018 Do or Die will be held April 7th.

Fees

5K	\$20
Half-Marathon	\$20

Firecracker 5K

5K

Take part in the hottest run in town! Held every summer, the Firecracker 5K is a great way to heat things up.

Scheduling

Date for the 2018 Firecracker 5K TBD.

Fees

5K	\$20
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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	
BoMoTri	Triathlon	August 11th	\$40 Member	\$50 Non-Member
Turkey Trot	5k	November 22nd	\$20 Adult	\$10 Child

FITNESS CHALLENGE



COLOR CORPS

Eat the Rainbow; Do the Work; Earn Your Stripes!

The 4th iteration of our Annual New Year Fitness Challenge, this is your chance to be a part of what everyone will be talking about in 2018!

Color Corps will be tailored to the individual: each participant will be asked to take a short written test and will be placed on a team according to the result. Group meetings for fun and education on Monday evenings at 6:00 PM!

Teams will be assigned at the kick-off event held on Monday, Jan. 8th at 6:00 PM.

Registration and Fees

Member \$55 **Register at the Front Desk until January 12th.**

Non-Member* \$100*

Exactly what you've come to expect from our annual challenge, registration includes:

- FREE Class Pass for January, February & March (access to ALL fitness classes)
- FREE entry into the St. Pat's Stroll 5K/10K and Color Corps Team T-Shirt
- FREE weekly "Color Mixers" every Mon. at 6 PM from January 5th - April 16th
- Optional, specifically-designed 12-week training schedule options: Training Group for the Do or Die Half Marathon includes weekly long-walks or runs with run training leaders, and 50% off of the Do or Die event registration
- FREE Wellness Coaching, Child Watch, Pool, Sauna, games and MORE!
- FREE "Run the Rainbow" fun run for friends, family and participants!

Non-Member registration DOES NOT include general daily facility access to the Y

Compete for Color Dominance

Teams will periodically participate in Color Clash competitive events and Color Mixer social events for points, fun and glory.

All events will be held on Mondays at 6:00 PM.

And the Winners Are...

Teams will be scored based on "Color Mixer" attendance, Weight Loss and "Color Clash" events. All participants on the winning team will receive a YMCA quarter-zip jacket and a certificate for a FREE MASSAGE!*

Prizes based on program registration of 50 or more participants; the Boonslick Heartland YMCA reserves the right to alter prizes based on enrollment

For more information, e-mail our Healthy Living Director at vanessad@bhyymca.org.



ADULT SPORTS

Adult Futsal

Join us for our first ever Adult Futsal league!

Scheduling

Games will be held on Sundays from 1:00 - 3:00 PM
Season will run December 17th through January 28th

Season Fees

Members	\$25
Non-Member	\$25

Registration

Register online and at the Front Desk until December

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

Season will run from January 22nd - February 26th.
Games will be played on Monday nights, with a single elimination tournament at the end of the season.

Fees

Team Registration	\$300
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Team Payment must be paid in full before the first game.

Registration

Registration deadline for the 2018 League is January 15th.
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 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

Season will run from December 20th - January 2nd.
Games will be played on Wednesday nights.

Fees

Team Registration	\$150
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Registration

Registration deadline for the 2017 League is December 12th.
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 SPORTS



Adult Co-Ed Softball

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

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

Scheduling

Detailed scheduling for the 2018 Softball League will be posted online at a later date.

Fees*

Team Registration	\$250
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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. All players must sign their team's Team Registration Form and Waiver before they play.

Registration dates and fees subject to change

Summer Adult 7v7 Soccer

Ready to kick some competitive fun into your summer? Join us this summer for our first ever Adult 7v7 Soccer league!

Scheduling

Games will be held on Saturdays
Starts June 2nd through June 23rd

Fees

League Fee	\$25
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Registration

Registration dates TBD.

A Warm Welcome

While no longer a "new" hire, we at the Boonslick Heartland YMCA would like to take a moment to introduce and welcome our Sports Coordinator, Mary Melkersman-Vollmer!

Mary Vollmer, married to Jim Vollmer, has two children named Josh & Leigha. Having worked for the Boonville R-1 School District for the past 30 years, Mrs. Vollmer just retired in May of 2017. Twenty-four of those years were spent as an Elementary level Physical Education Teacher, with the last six spent at the Middle School level. She coached basketball & track at LSE from 1987 to 1990, was the LSE Dodgeball Coordinator for the last six years, and was the Director of the Boonville School District's Kids Klub (school age child care) for the last 22 years.

Mrs. Vollmer has been the Boonville Babe Ruth Softball Treasurer since 2013.



AQUATICS

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 (will resume in February)

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

Tuesdays & Thursdays from 5:30 - 6:15 PM

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

Community Lifeguard Certifications

We also periodically offer Lifeguard certification classes that are open to the public: check our website for more details.

Upcoming dates for Spring of 2018 are April 28th and May 12th.

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 (will resume in February)			
Beginner	6:15 - 6:45 PM	\$30	\$55
Intermediate	6:45 - 7:15 PM	\$30	\$55

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.



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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