



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 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

6:00 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

Jasen Matyas

Vice President

Dave Johnson

Secretary

Becca Townlain

Treasurer

Evan Melkersman

Mike Poindexter

Jackie Leonard

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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 Our App!

We have a mobile app some of you may already know about. This app comes in handy with or without a membership! It provides up to date facility, pool and fitness class schedules, the ability to receive notifications about facility closings and youth

Search for "Daxko" on the App Store or Google Play, download the app then search for "Boonslick Heartland YMCA" within the app.



Let Us Help!

Sometimes life isn't easy. We get that, and we want to help! The BHYMCA has its own Financial Assistance program funded by our annual Partners With Youth fundraising campaign. (see page 21 for more info) Our financial assistance is designed to give people some help by providing discounts on Membership and Youth Program registration prices. 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. Due to this, 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 Welcome Desk today or visit our website at www.bhymca.org

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

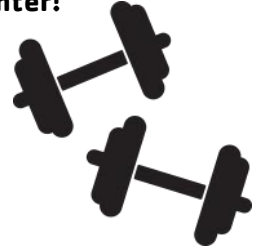
Membership Has Its Benefits!

There are perks to being a member of the Boonslick Heartland YMCA! Read below for a look at just a few of the benefits that come with being a Member.

Unlimited Access to the Fitness Center!

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

On top of that, we also have several fitness classes that we offer complimentary for Members to enjoy!



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!

Also, if you have school age kids that need a place 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!

While you're in the facility working out, we have trained staff on-shift at certain times during the week who can watch your kids up to 11 years old 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

*BHYMCA Fitness Classes 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
Youth Individual Membership for persons ages 18 & Under	\$15	\$168
Young Adult Individual Membership for persons ages 19-22	\$24	\$276
Adult Individual Membership for persons ages 23+	\$32	\$372
Couple Two individuals living within the same household	\$39	\$456
Family Two adults and however many financially dependent children living within the same household	\$45	\$528

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. Monthly fees will not be invoiced.

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 after school until 6:00 PM.

More detailed schedules of daily activities can be obtained on-site from the staff.

Registration Information

To register a child for the Adventure Club program, please stop by the Welcome Desk for a registration packet! 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



We are an equal opportunity provider.

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 16th

November 27th

December 26th & 27th

October 24th

December 23rd

December 30th & 31st

November 1st

January 2nd & 3rd

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 Youth Development Director.



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

Fall Youth Soccer

Ages 3-9

Season Dates

Games will be held on Saturdays starting September 21st.

Coaches meeting is scheduled for September 9th; practices begin Monday, September 9th

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 start in August, Mondays & Thursdays —1st Meet is September 7th

Registration Fees

Registration fee is \$30 for the 2019-20 season: fee covers practices, singlet and conference fees. Meets are optional, and are an additional \$3 each.

Youth Basketball Tournament

Grades 3rd - 6th

Information

This basketball tournament runs from September 14th through the 15th. It's a great way to introduce the competitive side of basketball. There is a three game guarantee.

Registration

\$150 Team Fee

Registration and team fees must be paid two weeks prior to the tournament.

Youth Basketball League

Ages 3-11

Season Dates

Practices will be on Tues. & Thurs. and will start the week after Christmas.

6 week Program

Registration

Registration opens Nov. 1st

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!

Season Dates

Season runs November through March.

Practices TBD

Registration Fees

Members \$50

Non-Members \$75

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 thru Thursday 5:30 - 7:30 PM

Fees and Pricing

Members \$70 per month

Non-Members \$85 per month

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 Sport Programs are proudly sponsored by Rick Ball Auto Mall.





BHYMCA FITNESS

Morning Classes

Spin

Like aerobics but on a bike!

Monday 5:30 - 6:15 AM

Pilates

A low impact, core workout!

Friday 5:30 - 6:15 AM

Fitness Rev

Join Joe and rev up your fitness routine. Cardio and strength designed for all around results.

Tuesday & Thursday 5:30 - 6:15 AM

Y-HIIT

High intensity interval training with Becca Townlain!

Wednesday & Friday 5:20 - 6:15 AM

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

Water Aerobics

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

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

Rusty Hinges Water Aerobics

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

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



Morning Classes Continued

Finally Friday

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

Friday 10:00 - 11:00 AM

Bandamonium

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

Saturday 7:30 - 8:30 AM

Evening Classes

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

Yoga

A workout that you don't even realize is a workout!

Tuesday 6:15 - 7:00 PM

Body Rock!

Strengthen, tone and define your entire body!

Wednesday 6:15 - 7:15 PM

Spin Magic

Fast paced and free styling calorie burning with Selena and Nikki.

Wednesdays 5:30 - 6:15 PM

Sunday 4:00 - 4:45 PM

Toning Time

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

Thursday 6:00 - 6:45 PM

Schedule starts in October!



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! Just stop by when our Wellness Coach is here to talk with them about whatever you need.

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	\$50
Package Appointments	One 1-Hour & Two 1/2-Hour	\$50	\$100

Personal Training

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. We even have a semi-private option where you and some friends can get trained together!

Scheduling

To schedule an appointment, e-mail; Christy at christyr@bhyymca.org, or; Joe at joehayestrainer@gmail.com.

Fees - Members Only

Individual Sessions	\$35 per hour \$100 for 3 one-hour sessions
Semi-Private Sessions (Up to 3 people)	\$50 per hour \$135 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

AQUATICS



Group Swim Lessons

Ages 3+

The Y offers monthly group swim lessons to children 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 and Semi-Private Swim Lessons

We also offer pre-scheduled private swim lessons at the Y. 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 a monthly basis every Tuesday and Thursday at the various times listed below, with a total of eight classes.

Each set of lessons begins the first full, uninterrupted week of each month.

Available Time Slots		Registration Fees	
		Private	Semi-Private (2 or more students)
5:15 - 5:45 PM			
6:15 - 6:45 PM	Members	\$75	\$100
6:45 - 7:15 PM	Non-Members	\$100	\$120

Blue Marlins Swim Team



The Boonslick Heartland YMCA Blue Marlins swim team is a competitive team whose goal is to provide swimmers the opportunity to improve their swimming and competitive skills, and to enable each swimmer to achieve success at his/her individual level of ability.

Scheduling

The fall/winter season's dates are yet to be determined. Season runs from September through the beginning of March with practices every Monday-Thursday.

Fees

\$200 per Swimmer
\$20 Sibling Discount

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



ADULT SPORTS

Adult Co-Ed Kickball Tournament

This adult co-ed kickball season is for anyone High School age and up! Season games will be on Sunday's at Lions Park field. Teams are made of 10 people with at least 4 females. Get your teams together and be ready to kick it!

Scheduling

The kickball league begins September 8th - October 13th with the tournament starting on the 13th. Games are held on Sundays at Lions Park.

Fees

Team Registration \$250
Team Payment must be paid in full before the first game.

Pickleball

Pickleball is a fun sport that combines tennis, badminton and ping-pong all in one! Come see what the big "dill" is! League play is Thursdays 9 - 10:30 AM & 6:30 - 8PM

Scheduling

October 3rd and 10th - Complimentary instructional sessions
6 week league starts October 17th with a tournament to follow.

Fees

Member \$10
Non Member \$20

Adult Co-Ed Dodgeball Tournament

Anyone high school age and up can register for this Dodgeball Tournament! Assemble your team and get ready to throw, dive, and dodge!

Scheduling

Tournament is November 2nd, 2019

Fees

Team Registration \$125
Team Payment must be paid in full before the first game.

Men's 40 & Over 3 v 3 Basketball

Basketball doesn't just have to be for the youth, grab a couple of buds to make your team of three!

Scheduling

The league will begin November 4th and go through December 9th.

Fees

Team Registration \$125
Team Payment must be paid in full before the first game.

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 2019 Co-Ed Volleyball League will be announced at a later date.

Fees

Team Registration \$150

Registration

Registration deadline for the 2019 League starts Nov. 5th and ends Dec. 10th.

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 League

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

2020 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 for the 2020 season starts January 1st.

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

TBD





FITNESS CHALLENGE

Join our **FREE** Fitness Challenge in November!

2019 HAPPY HEALTHY HOLIDAY

**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 18th). 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 **AND** 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 for a **BIG PRIZE!**

And then join our nearly **FAMOUS** New Year's Fitness Challenge:

BACK TO BASICS

In 2020 we're taking it back to the basics. The 2020 Fitness challenge will form a cohesive group of people who will train together to complete a common goal. Each Tuesday evening an expert will cover a different subject; shoes, clothes, hydration, nutrition, warm up, cool down, stretching, core fitness, run gait analysis, etc. We'll have community and staff members lined up each week to keep you accountable and on track with your personalized 12-week training program to walk or run the Do or Die Half Marathon or 5K!

Why not grab your group and make the commitment!? The largest group to complete one of the races will earn a quarter-zip for each member!

KICK OFF EVENT TUESDAY, JANUARY 7TH, 4:30-7PM

Join us for Mizzou Sports and Physical Therapy InBody Analysis and **NEW** Fitness Assessment by our Personal Trainers, Joe Hayes and Christy Rehagen.

Weigh out and fitness re-assessment on April 8th, 4:30-7pm

\$50 MEMBERS \$100 NON MEMBERS

For more information, e-mail our Healthy Living Director at vanessad@bhymca.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 and will guarantee a participant T-Shirt! There is a \$5 fee for late registrations.

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 14th	\$20 5K Entry	\$25 10K Entry
Do or Die	Half-Marathon	April 4th	\$50	
Family 4x4th	Obstacle Course	TBD	\$20 per family	
Spoke Easy	Bike Group	TBD	\$10 Entry	\$10 Shirt
2020 BoMoTri	Triathlon	August 16th	\$50 Member	\$60 Non-Member



Thinking of hosting a race event for your favorite organization?
The BHYMCA is available to bring our chip timing services to your event!

For more information, contact Vanessa Dorman at vanessad@bhyanca.org.



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.

GLASGOW REC CENTER



Welcome to the Glasgow Rec Center YMCA!

A program center of the BHYMCA, the Glasgow Rec Center is our way of expanding the boundaries of our community 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!

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.

Membership Type	Monthly	Annual
Youth (18 and under)	\$13	\$144
Young Adult (19-22)	\$22	\$252
Adult (23+)	\$30	\$348
Couple (two people in same household)	\$36	\$420
Family (two adults and as many kids in same household)	\$42	\$492

All new Memberships are charged a \$25 Administrative Fee upon start-up.

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 - 12:00PM 5:30 PM - 7:00 PM
Tuesday	5:30 PM - 7:00 PM
Wednesday	8:30 AM - 12:00PM 5:30 PM - 7:00 PM

GRC YMCA Fitness Classes

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

Monday

Low Impact Aerobics with Julie 5:00 - 6:00 PM Get your heart rate up!

Wednesday

Y-HIIT with Nikki 5:15 - 6:15 AM Early morning intense!

Active Older Adults with Tristy 10:00 - 11:00AM A great place to begin!

Low Impact Aerobics with Julie 5:00 - 6:00 PM Get your heart rate up!

Yoga with Roxanne 6:00 - 7:00 PM (starting 10/07)

Friday

Cross Fit with Shannon 5:15 - 6:15 AM Early morning intense!

**Join our Healthy Happy Holiday Fitness Challenge
Begins the week of Thanksgiving!**



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

Rates & Fees

Full Week (Includes Before/After School care)	\$40/week
Before School Care	\$15/week
After School Care	\$35/week
Partial Week Before & After School Care	\$24/week
Partial Week Before Care	\$9/week
Partial Week After Care	\$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

\$130 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 \$120/week
(4-5 Days)
Partial Week \$83/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 \$110/week
Partial Week \$77/week

3-5 Year Old Rates

Full Week \$105/week
Partial Week \$74/week

We are an equal opportunity provider.



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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 2019 Partners With Youth Donors!

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

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