



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2018-19 Winter & Spring Program Guide Boonslick Heartland YMCA

Now featuring  
**FREE**



## **FITNESS CLASSES!**

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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

5:15 AM - 1:00 PM

#### Christmas Day

Closed

#### New Year's Eve

5:15 AM - 5:00 PM

#### New Year's Day

Closed

#### Easter Sunday

Closed

### Pool Hours

#### Lap Swim

Mon - Fri 5:30-8:30 AM

#### Open Swim

Tue & Thu 8:30-11:00 AM

Mon - Fri 3:30-7:00 PM

Sat 7:30 AM-4:00 PM

Sunday 1:30-4:00 PM

### Contact Us

660-882-8500

757 Third Street  
Boonville, MO 65233

### Boonslick Heartland YMCA Board of Directors

#### President

Dave Johnson

#### Secretary

Andy Sarrazin

Mike Poindexter

Dr. Sarah Marriott

Rebecca Townlain

Cedric Ganaway

Jodee Stock

#### Vice President

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#### Treasurer

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Kathleen Maier

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#### ECLC Director of Operations

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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 Welcome 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!

Below are just a few of the perks that come with being a member of the Boonslick Heartland YMCA. Even better, starting this year all fitness classes at the BHYMCA are completely complimentary! Feel free to join any class, any time, no class pass needed!

### 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!

We also offer several fitness classes, all of which are exclusive to Members and are completely complimentary, no fees or registration required!



### Child Care and Youth Programs!

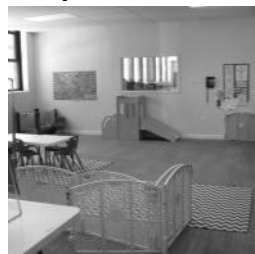


We offer numerous Youth Sports programs throughout the year to help kids stay active and have fun, and Members enjoy reduced registration cost on almost all of them!

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 benefits of the facility itself.

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 Guest Pass fees are subject to change

# 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	\$15	\$168
<b>Young Adult</b> Individual Membership for persons ages 19-22	\$24	\$276
<b>Adult</b> Individual Membership for persons ages 23+	\$32	\$360
<b>Couple</b> Two individuals living within the same household	\$39	\$465
<b>Family</b> 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. 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 no refunds will be made on any Membership payments (this includes Quarterly, Semi-Annual and Annual Membership payments).



# 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.

To register a child for the Adventure Club program, the following paperwork must be submitted to the Welcome Desk of the BHYMCA:

- Completed Child Care Enrollment paperwork
- Signed Parent/Guardian Handbook Sign-Off form
- Up-to-date shot records

**Shot records cannot be faxed to us by the school district, and must be on-hand**

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

January 2nd

January 21st

January 28th

February 15th

February 18th

April 18th

Available School's Out Day Camp days subject to change

Children must be registered for School's Out Day Camp attendance prior to the specific School's Out Day's specified registration deadline: walk-ins and day-of registrations will not be accepted under any circumstances.

In order to provide School's Out for a specific day, we must have a minimum number of 8 children registered for that day. Should this minimum not be reached for any given day, parents who have registered their children will be credited the cost of their registration.

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



# YOUTH PROGRAMS

## Special Thanks to Rick Ball Auto Mall

The Boonslick Heartland YMCA graciously thanks Rick Ball Auto Mall for their generous sponsorship of all of our Youth Sports Programs.



## Youth Sports Pricing

Registrations received after a program's deadline pay a \$10 Late Fee. If no deadline is listed, there will be no late fees. Individual program pricing may vary.

	Fees	
Members		\$25
Non-Members		\$50

## 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 deadline is December 7th.

## Spring Youth Soccer

Ages 3-9

### Season Dates

Games will be held on Saturdays starting March 3rd. Coaches meeting is scheduled for March 6th; practices begin March 12th. Practices will be held on Tues/Weds/Thurs from 5:30 - 6:30 or 6:30 - 7:30 PM.

### Registration

Register deadline is March 1st.

## T-Ball

Ages 3-7

### Season Dates

Dates and times for the 2019 T-Ball session will be announced at a later date.

### Registration

Registration deadline to be determined.



# YOUTH PROGRAMS



## Wrestling\*

Ages 4-14

A competitive wrestling team for both veterans and beginners!

Coached by Joey Bishop, with Assistant Coaches Louis Stock and Jesse Grant.

### Season Dates

Season runs November through March.

Practices begin November 12th, and will be held Mon. and Wed. from 5:30 - 7:30 PM.

### Registration Fees

Members	\$45	<b>Registration fees do not include the cost of Wrestling Card or Tournament fees.</b>
Non-Members	\$70	

## 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 through Thursday from 5:30 - 7:30 PM

### Fees and Pricing

Members	\$70	<b>Registration and fees for the Tae Kwon Do program are on a monthly basis.</b>
Non-Members	\$85	

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

## Annual Middle School Formal

**When: Saturday, March 2nd from 7:00 - 9:00 PM**

It's getting close to that time of year again. We'll soon be opening up ticket sales for our annual Middle School Formal once again, and this year's event will prove to be no less magical or enjoyable than last year.

### 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. Once a class or program begins, no refunds, make-ups or credits will be given for missing classes or activities due to circumstances beyond the control of the BHYMCA, or for cancellation of attendance by the participant. Class and program fees will be refunded for military transfers during times of national emergencies.



# BHYMCA FITNESS

## Morning Classes

### Pure Spin, Spinlates & Pilates

Every day is a different fitness experience!

**Monday: Spinlates**

5:30—6:15 AM

**Wednesday: Pure Spin**

5:30—6:15 AM

**Friday: Pilates**

5:30—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

### Fitness Rev with Joe Hayes

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

**Tuesday & Thursday**

5:30 - 6:15 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

### Bandamonium

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

**Saturday**

7:30 - 8:30 AM



## Evening Classes

### Cardio Sculpt

Half cardio, half weight training: the best of both worlds in a single hour.

**Monday** 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

### Yoga

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

**Tuesday** 6:00 - 7:00 PM

### Y-HIIT

High intensity interval training with Becca Townlain!

**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

### Toning Time with Kris

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

**Thursday** 6:00 - 6:45 PM

### Fit Happens

Join Jessica Ellison for this Sunday afternoon workout!

**Sunday** 3:00 - 4:00 PM

## FREE, FREE, FREE!

Starting Jan. 1st, 2019, all BHYMCA fitness classes will be 100% free for Members!

**BHYMCA aerobics class access is still exclusive to Members only.**



# 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. For availability of appointments, contact the Welcome Desk at the BHYMCA.

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	Fees
To schedule an appointment, e-mail; Christy at <a href="mailto:christyr@bhyanca.org">christyr@bhyanca.org</a> , or; Joe at <a href="mailto:joehayestrainer@gmail.com">joehayestrainer@gmail.com</a> .	\$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	Fees
Make payments at the Front Desk, with convenient online appointment scheduling.	\$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. Please register at least one week prior to the date of each race in order to be guaranteed a race shirt.

## St. Pat's Stroll

5K/10K

Join us and show off your Irish pride at the St. Pat's Stroll, our annual St. Patrick's Day 5K/10K. Don't forget to wear your green!

### Scheduling

The 2019 St. Pat's Stroll will be held March 16th.

### Fees

5K Entry	\$20
10K Entry	\$25

## Do or Die

Half-Marathon

For those looking to push themselves, look no further than the annual Boonville High School Do or Die Half Marathon. A point to point race that starts in Rocheport, and ends at the Isle of Capri parking lot in Boonville.

### Scheduling

The 2019 Do or Die will be held April 6th.  
Early Bird registration for the Do or Die will end 12/31/18.

### Fees

Early Bird	\$45
Standard	\$50

## 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	
Firecracker 5K	5K Fun Run	TBD	\$10	
Spoke Easy	Bike Group	July, TBD	\$10 Entry	\$10 Shirt
BoMoTri	Triathlon	August 11th	\$50 Member	\$60 Non-Member
Turkey Trot	5K	November 21st	\$20 Adult	\$10 Child



# FITNESS CHALLENGE

## Because I Said I Would

### 2019 12-Week Fitness & Accountability Challenge

#### Scheduling

Challenge begins Sunday, January 6th.

Register at the Welcome Desk until Jan. 6th, 4:30 PM.

#### Registration

Member \$55

Non-Member\* \$100\*

#### Registration Includes:

- **FREE** One-hour session with one of our staff certified personal trainers!!!
- **FREE** Entry into our ST. Pat's 5k/10k Race and special BISIW Race T-Shirt
- **FREE** Challenge events and competitions
- **FREE** Optional 12-week training schedule for the Do or Die Half Marathon. Includes optional weekly walks or runs with run training leaders, and 30% off of the Do or Die Half Marathon event registration.
- **FREE** Wellness Coaching, Fitness Classes, Child Watch, Pool, Sauna and more!

\*Non-Member registration includes classes and group participation only; does not include general daily access to the BHYMCA.

#### Challenge Kick-Off Event

Sunday, January 6th from 4:00 - 6:00 PM

Join us on the first evening of the challenge for a fun "Speed Dating" and "Promise Card" activity, get to know your teammates and other challenge participants a bit better while having a good, enjoyable time.

The kick-off event will also include the initial Weigh-In and Fitness Assessment for the challenge, sponsored by Mizzou Therapy Services! Don't miss out!

For those unable to attend the kick-off event, weigh-ins may be completed

# FITNESS CHALLENGE



## Because I Said I Would....THE BHYMCA 2019 Fitness Challenge

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

Think about what you will want to do differently in your life in 2018...will it be volunteering for your favorite cause? Eating healthier? Perhaps taking more vacations, learning a new craft or hobby, running a half marathon or helping to clean up your neighborhood?

As part of your BISIW commitment, we suggest that you make three **change promises** that will effect:

1. Your Health
2. Your Community
3. The World

## Compete with your Team for both prizes and fun!

Events and competitions will include, but are not limited to:

- Dodge Ball
- Meal Prep
- Obstacle Challenge
- And More!

## What's in it for me and how do I register?

- 5-10 Team Captains will be identified and introduced by January 1st.
- Each Team Captain will have 5 coupons to give to participants who want to be on their team; participants will need to bring that coupon to the Y when they register.
- Additional participants beyond 5 are still able to sign up, but will be put into a draft and will be chosen by Team Captains.
- Winning team participants will receive commemorative quarter zip jackets, not to mention bragging rights!

To register for the challenge, simply visit the Welcome Desk at the BHYMCA.

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



# 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.

**The BHYMCA reserves the right to combine and/or cancel sessions as necessary.**

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		

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

## Lifeguard and CPR/First Aid Community Certifications

Our certification classes are offered two weekends every year in the Spring, and include Lifeguard, CPR and First Aid.

Scheduling	Registration Fees	
Session I: April 26th - 28th	CPR/First Aid	\$45
	Jr. Lifeguard	\$75
Session II: May 10th - 12th	Lifeguard Recertification	\$75
	New Lifeguard	\$160

Contact Vanessa at [vanessad@bhyanca.org](mailto:vanessad@bhyanca.org) for offsite training for groups of 5 or more.



# 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).



# ADULT ACTIVITIES

## 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 will begin Monday, January 21st.  
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 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.

## Dancing With The Local Stars

### Boonslick Heartland YMCA Annual Fundraising Event



Make plans now to attend, or even participate, in our largest fundraising event of the year! Ten fun couples show



off their style and moves as they compete for the trophy. With good food and drinks, it will prove to be a most enjoyable evening for all in attendance.

### Scheduling

The 2019 DWtLS will be held June 15th.  
Once available, further information will be posted online to our website and official Facebook page.

### Ticket & Table Prices\*

Single Ticket	\$35
Regular Table	\$250
Preferred Table	\$350

\*Ticket and table prices subject to change

# GLASGOW REC CENTER



## Welcome to the Glasgow Rec Center YMCA!

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. For up to date information on programs or cancellations, please like our Glasgow Rec Center Facebook page.

### 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 - 6:00 PM
Tuesday	4:30 PM - 7:30 PM
Wednesday	4:30 PM - 7:30 PM
Thursday	4:30 PM - 6:00 PM

Please call the Boonslick Heartland YMCA at 660-882-8500 with any questions, comments or concerns, or to report any problems or suspicious behavior.

### 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
Yoga with Roxanne	6:00 - 7:00 PM

#### Wednesday

Low Impact Aerobics with Nikki	5:00 - 6:00 PM
Y-HIIT with Nikki	6:15 - 7:15 PM

#### Friday

Cross Fit with Brandon or Shannon	5:15 - 6:15 AM
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### Youth Basketball

Stay tuned for more information on our upcoming Youth Basketball League. Practices will be held in January, with games beginning in February. A community effort spearheaded by Chris Damron, look for details to arrive soon on the Glasgow Rec Center Facebook page.

### 2019 Annual Fitness Challenge

Stay tuned for our January Fitness Challenge. Grab your group and get ready to join our light-hearted fitness challenge.

### 2019 Glasgow Rec Center YMCA Fundraising Event

Join us Saturday, March 16th, and stay tuned for more details on our nearly famous fundraising event!



# 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

### 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/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



# 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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