



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOONSLICK HEARTLAND YMCA 2019-20 WINTER & SPRING PROGRAM GUIDE



BE PART OF SOMETHING BIGGER

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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

Boonslick Heartland YMCA Board of Directors

President

Jasen Matyas

Vice President

Evan Melkersman

Secretary

Jodee Stock

Treasurer

Dr. Sarah Marriott

Mike Poindexter

Jackie Leonard

Donnie Conz

Gary Anderson

Audrey Phelps

Kathleen Maier

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

Administrative Staff

Executive Director

Matt Schneringer

matts@bhymca.org

Associate Executive Director

Vanessa Dorman

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Member Engagement Director

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Christy Rehagen

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Kathy Wolfe

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Sports Coordinator

Mike Goetze

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ECLC Director of Operations

Kathy Wolfe

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ECLC Assistant Director

Cyndi Roth

cyndir@bhymca.org

ABOUT US



Follow Us!

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 programs, and several other features that come in handy.

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!

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!

Assistance is intended to be a source of help during times of financial hardship. The YMCA reserves the right to ask for updated/current income documentation at any given time. In doing so, you will receive notice by mail asking you to resubmit a Financial Assistance Application along with copies of all updated proof of income for continued assistance.

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 that 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

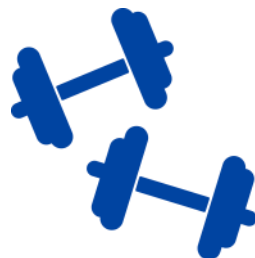
Membership Has Its Benefits!

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

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 7, 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 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 multiple 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	\$5
Adult	Individual Pass Age 19 & Up	\$10
Family	Up to Two Adults, plus kids	\$15

*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	\$16	\$180
Young Adult Individual Membership for persons ages 19-22	\$25	\$288
Adult Individual Membership for persons ages 23+	\$33	\$384
Couple Two individuals living within the same household	\$40	\$468
Family Two adults and however many financially dependent children living within the same household	\$46	\$540

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).



24-HOUR ACCESS

Work out on your time!

The BHYMCA has upgraded to become a 24-Hour Access fitness center! Now you can workout on your schedule! This is available for anyone ages 18 and older who purchases a key fob. Stop by the Y to sign up for your 24-Hour Access!

Safety and Security

The YMCA has installed a 24-Hour video recording system for security purposes. It will be reviewed on a daily basis to address any security concerns and monitor who is entering the building. Please use caution when entering and leaving the building. Telephones are in place in the Game Room, in the room adjacent with the restroom, in the Aerobics' room and at the Welcome Desk.

Zero Tolerance Policy

With the addition of 24-Hour access, the Boonslick Heartland YMCA is adopting a Zero Tolerance Policy. If you are caught not abiding by the following YMCA Policies, your membership privileges will be revoked and no refunds will be given. These policies are in place for everyone's safety and enjoyment of the Boonslick Heartland YMCA at all hours of the day.

Monthly Rates

Start-up Fee	\$5 (due at time of start-up)
Individual (one adult)	\$5 per month
Couple (two adults)	\$8 per month
Family (three or more adults)	\$10 per month
Replacement Fob	\$10

All fees will be processed with your regularly scheduled membership dues.



Call the Y or e-mail our Member Engagement Director, Tammy, for more information!



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

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 Trainer Christy Rehagen! She can 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@bhyanca.org

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



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 and 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.

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	4-5 Days Attendance	\$35	\$45
Partial Week	3 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

January 2nd - 3rd	January 20th	February 14th
February 17th	March 12th - 13th & 16th	April 9th - 10th & 13th - 14th

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.





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 after a program's deadline will pay a \$5 Late Fee. Members \$25
Individual program pricing may vary. Non-Members \$50



Youth Basketball



Grade K - 4th

Season Dates

Games will be played on Saturdays starting January 11th through February 15th. Practices begin the week after Christmas.

Registration

Registration deadline is December 28th.



Competitive 5th & 6th Grade Basketball League



Season Dates

\$25 per player and must bring your own team.
8-week league with games beginning January 11th through February 29th.

Registration

Registration deadline is January 1st



Spring Youth Soccer



Ages 3-9

Season Dates

Practices begin in March
Games will be held on Saturdays

Registration

Register deadline TBD



T-Ball



Ages 3-7

Season Dates

Practices begin at the end of March
Games will be played in April and May

Registration

Registration deadline TBD

YOUTH PROGRAMS



Wrestling*

Ages 4-14

A competitive wrestling team for both veterans and beginners!
Required equipment is head gear and wrestling shoes.

Season Dates

Season runs November through March.
Practices begin November 12th, and will be held Tues. and Thurs. from 6:00 - 7:30 PM.

Registration Fees

Members	\$50	Registration fees do not include the cost of Wrestling Card or Tournament fees.
Non-Members	\$75	

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

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

Annual Middle School Spring Formal: *Be Our Guest*

When: Saturday, March 28th from 7:00 - 9:30 PM

Please "Be Our Guest" for our annual Middle School Formal! It's getting close to that time of year again and ticket sales go on sale soon! It's **\$10 per ticket until March 9th** then the late fee beings, making the tickets **\$15 per student**. We hope that you're excited for another magical dance!



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

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

Y-HITT

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

Tuesday & Thursday 5:30 - 6:15 AM

Low Impact Aerobics

Join Terri McNeal on Mondays and Wednesdays 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

Finally Friday

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

Friday 9:00 - 10:00 AM

Classdemonium

Strengthening and toning with varying workouts and instructors each week!

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 Sunday 3:00 - 4:00 PM

Y-HITT

Join Becca in the evening for some high intensity interval training and be prepared to get a good workout!

Monday 6:15 - 7:15 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.

Wednesday 5:30 - 6:15 PM

Sunday 2:00 - 2:45 PM

Toning Time with Kris

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

Thursday 5:45 - 6:30 PM

Zumba

Not your ordinary Zumba class!

Thursday 6:30 - 7:15 PM





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. 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 2020 St. Pat’s Stroll will be held March 21st.

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 2020 Do or Die will be held April 4th.
Early Bird registration for the Do or Die will end 12/31/18.

Fees

Early Bird	\$45
Standard	\$50
5K	\$25

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	
Family 4x4th	Obstacle Course	July 2nd	\$25 per family	
Spoke Easy	Bike Group Ride	TBD	\$10 Entry	\$10 Shirt
2020 BoMoTri	Triathlon	August 16th	\$50 Member	\$60 Non-Member
Turkey Trot	5K	November 26th	\$20 Adult	\$10 Child

AQUATICS



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

Fees - Members: \$25 Non-Members: \$50

Swim Groups & Scheduling

Beginner 5:30 - 6:00 PM **OR** 6:00 - 6:30 PM
Intermediate 6:30 - 7:00 PM

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. The times listed work for either option. Each set of lessons begins the first full week of each month.

Registration Fees

Available Time Slots

		Private	Semi-Private (2 or more students)
6:00 - 6:30 PM	Members	\$75	\$100
6:30 - 7:00 PM	Non-Members	\$100	\$120



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. The following dates are tentative.

Scheduling

Session I: March 20th - 22nd
Session II: April 24th - 26th

Registration Fees

Jr. Lifeguard \$75
Lifeguard Recertification \$75
New Lifeguard \$160

Contact Vanessa at vanessad@bhyymca.org for offsite training for groups of 5 or more.



FITNESS CHALLENGE

Introducing our nearly FAMOUS New Year's Fitness Challenge 2020:

SURVIOR

CAN YOU DO WHAT IT TAKES TO SURVIVE?

Grab your tribe and get ready to compete! Individuals can participate alone and as a group.

Points will be assigned for any fitness activity!

- running 1pt per mile
- swimming and biking 4 pts per hour
- walking 2 points per hour
- classes/events/weights/pickle ball 3pts per hour.
- Must complete a minimum of points each week to "survive".
- Immunity points can be earned by attending group runs, events or "found".
- Workouts outside the BHYMCA must be recorded by a selfie post to the challenge event Facebook page.
- Minimum survival points will increase every 4 weeks.



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 SUNDAY, JANUARY 5TH, 3-5PM

Join us for Mizzou Sports and Physical Therapy InBody Analysis and NEW Fitness Assessment by our Personal Trainer Christy Rehagen.

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

MAKE PLANS TO ATTEND OUR FITNESS CLASS EXPO

on 1/5/2020 from 2-4pm...we'll have a full line up of 15 minute class samples for you to try! Stay tuned for a schedule of classes.

For those unable to attend the kick-off event, weigh-ins may be completed at the Welcome Desk through January.

\$55 MEMBERS

\$100 NON MEMBERS

Includes:

- 30% OFF Promo Code registration for the Do or Die Event of your choice!
- FREE fitness assessment by Mizzou Therapy Services
- FREE entry into St. Pat's 5K & 10K Race and Race T-shirt for participants
- FREE fun competitions and classes

For more information, e-mail 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.



ADULT SPORTS



Adult Basketball



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 20th.
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.



Golf Tournament

Join us for our first ever golf tournament! Enter as a team or individual for this Four Person Scramble at the Boonville Hail Ridge Golf Course this spring!

Scheduling

Date: TBD

Fees

Team Registration \$300



Pickleball



By popular demand, this game is now being offered in the winter!

Scheduling

Games start January 2nd, 2020. Registration is open now!

Fees

Member \$20
Non-member \$30



Co-Ed Softball



Competitive fun for the summer! Bust out your mitt and get ready to play some ball!

Scheduling

Season start date TBD

Fees

Team Registration TBD



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 - 12:30 PM
Tuesday	5:30 PM - 7:00 PM
Wednesday	8:30 AM - 12:30 PM
Thursday	5:30 PM - 7:00 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 Julie	5:00 - 6:00 PM
Yoga with Roxanne	6:00 - 7:00 PM

Wednesday

ZUMBA with Stephanie	5:15 - 6:00 AM
Active Older Adults	10:00 - 10:45 AM
Low Impact Aerobics with Julie	5:00 - 6:00 PM

Friday

Boot Camp with Shannon	5:15 - 6:00 AM
------------------------	----------------

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.



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)	\$47/week
Before School Care	\$22/week
After School Care	\$42/week
Partial Week Before & After School Care	\$31/week
Partial Week Before Care	\$16/week
Partial Week After Care	\$28/week

We are an equal opportunity provider.



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

\$137/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 \$127/week
(4-5 Days)
Partial Week \$90/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 \$117/week
Partial Week \$84/week

3-5 Year Old Rates

Full Week \$112/week
Partial Week \$81/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 2019 Partners With Youth Donors!

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

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