



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

YOU BELONG

2016 Winter Program Guide BOONSLICK HEARTLAND YMCA



Our Mission:

The Boonslick Heartland YMCA puts Christian principles into practice through programs that build healthy spirit, mind and body for all.



GENERAL INFORMATION

Financial Assistance

BHYMCA recognizes that from time to time, people may need some financial help. Financial assistance is intended to be temporary. You will be asked to reapply annually. BHYMCA programs & activities are designed to benefit persons of all backgrounds & fees are based on the cost of providing each program. Financial assistance is based on economic need. Form is available at the front desk. Processing of forms usually takes 2-5 days.

PARTNERS WITH YOUTH CAMPAIGN

The annual Partners with Youth Campaign ensures that the YMCA is there for those who need us most and enables every member of our community to have access to diverse programs and activities that meet their needs. By supporting this campaign, you help guarantee that everyone, regardless of their circumstances or ability to pay, can benefit from the YMCA's values-centered programs.

YMCA MANAGEMENT STAFF

Matt Schneringer,
Executive Director
matts@bhymca.org

Vanessa Dorman, Associate Director
Adult Fitness & Aquatics
vdorman@boonslickheartlandymca.org

Jack Terrell, Mission Impact Director
jackt@bhymca.org

Ginny Matthews,
Youth Development Director
ginnym@bhymca.org

Jessi Wilmsmeyer
Childcare Coordinator, Jessiw@bhymca.org

Andrea Kleinsorge, Sports Coordinator
andreak@bhymca.org

Board of Directors

Evan Melkersman - *President*

Jodee Stock- *Vice President*

Michelle Oliver- *Secretary*

Kristina Hahn - *Treasurer*

Brett Cooper

Donnie Konz

Katy Giroux

Dennis Huff

Jeff Koa, Mike Poindexter
and Martin Schwartz, Travis Thacher

Registration Information

Visit our website at
www.bhymca.org

REGISTER ONLINE for CLASSES

Please register for membership in person
at the Front Desk
Full payment must accompany registration.

Follow us on our Facebook page
Boonslick Heartland YMCA

CREDIT/REFUND POLICY

You must cancel in person or in writing
at the front desk.

If you cancel after the deadline, we are
not able to issue a credit or refund.

Credits will not be given for
individual class days missed.

The YMCA reserves the right to change, cancel, or combine classes as necessary. If a session is cancelled, a full credit or refund will be issued.

FITNESS PROGRAMS



RESOLUTION 2016!



12-Week New Year Accountability Program BOONSLICK HEARTLAND YMCA

This year's new year
fitness challenge has
been designed to educate
you, keep you motivated
and accountable to make
this your
resolution of a lifetime!



PRIZES FOR FAMILIES, GROUPS AND INDIVIDUALS!
Join us for our "Fed Up" Kick Off Event on Jan 4th, 6pm
Also, join us on Mon., Jan. 11th,
for the **FREE Boone Hospital Mobile Unit Screening**

For more information, go to BHYMCA.org or email: vdorman@boonslickheartlandymca.org

\$50 Members

Group participant BENEFITS :

- **FREE** "Class Pass" for Jan., Feb., March
- **FREE** entry into St. Pat's 5K & 10K Race & Upgraded Technical T-shirt
- **FREE** Weekly group meetings January 11 - April 4, Mondays 6pm
- **FREE** incentive prizes to boost attendance and accountability
- **FREE** health change behavior counseling with a nurse
- **FREE** Optional specifically-designed 12-week training schedule options: walk, walk run and run or 5K Training Group for the Do or Die Half Marathon includes weekly long walks or runs with group leader.
- **FREE** Wellness Coaching, Childwatch, Pool, Sauna and MORE!

\$100 Non Members

Group participant BENEFITS:

- **FREE** "Class Pass" for Jan., Feb., March
- **FREE** entry into St. Pat's 5K & 10K Race
- **FREE** Optional specifically-designed 12-week training schedule options: walk, walk run and run or 5K Training Group for the Do or Die Half Marathon includes weekly long walks or runs with group leader.
- *Includes classes and group meetings only, does not include access to the Y*

Prizes for Largest Group to Complete the Challenge \$100.00 and Person who loses the most body weight percentage \$100.00

(based on weigh in at Mobile Unit 1/11 and weigh in on April 4th)

Prizes for every person who attends 10 or more Monday night meetings!!



MEMBERSHIP

Facility Hours

Mon—Thurs
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

Holiday Hours

Christmas Eve -
5:15 am - 1 pm
Christmas Day - Closed
New Year's Eve—
5:15 am—5 pm
New Year's Day- Closed
Easter—Closed
Memorial Day—Closed
Independence Day
Closed
Labor Day—Closed
Thanksgiving—Closed

Child Watch Hours

Begins September 8th
Monday-Friday
8:00—10:00 am
Monday—Thursday
5:00—8:00 pm
Fri/Sat /Sun- Closed

Contact Us

(660) 882-8500
PO Box 104
757 Third St
Boonville MO 65233

Boonslick Heartland YMCA Membership Fees

Membership Type Fee	Monthly Fee	Annual
<i>Youth:</i> Ages 0–18	\$13	\$144
<i>Young Adult:</i> Ages 19–22	\$22	\$252
<i>Adult:</i> Ages 23–59	\$30	\$348
<i>Couple</i> (two adults in household)	\$35	\$420
<i>Family:</i> Households with up to 2 adults & their dependents 18 and younger	\$41	\$492

Plus a one-time \$25 admin fee due at the time of registration.

Y members may choose to pay their membership dues monthly through automatic bank draft, credit card or by annual or semi annual invoice.



Membership Has Its Benefits

Use of Aquatic Center, Fitness Center,
Gym and more!

No additional fees for some
adult exercise classes including water aerobics
Reduced fees on most program registrations
Free child watch.

Game room with ping pong and pool table.
Morning Coffee.

Y membership cards are often accepted as
guest entry to other YMCAs throughout the country.

SCHOOL AGE PROGRAMS



ROCKING THE RED CARPET

Middle School Formal
BOONSLICK HEARTLAND YMCA



BHYMCA
Middle School Formal
Saturday, March 5th 2016
7:00pm-10:00pm
For 6th, 7th, & 8th graders
Location of Event:
Boonslick Heartland YMCA GYM
Cost: \$10.00 (\$15.00 after February 27th)
Tickets go on sale January 16th - March 5th
(no ticket sales the night of the dance)

For more information, contact Ginny Matthews @ 660-882-8500.

LEARN & PLAY AFTER THE SCHOOL DAY

After School Program
BOONSLICK HEARTLAND YMCA



Grades: K-5th
Hours: School's end (including early outs) - 6:00pm
Full Weekly Fee
Members: \$30.00
Non-Members: \$40.00
New Franklin Van Fee: \$10.00/ month
Partial Week: Members: \$20.00 Non-Members: \$30.00

SCHOOL'S OUT FUN IS IN

Schools Out Day Camp
BOONSLICK HEARTLAND YMCA

Come join in on the fun when school is not in session.
We will be open on the days Boonville schools are scheduled
to be out of school. Please check with the front desk on the
dates we offer Schools Out Day Camp.



Hours: 7:00am-6:00pm
\$15.00- Members/ day
\$25.00- Non-members/ day
(Prices may change during holiday camp!)

Please contact Ginny Matthews ginnym@bhymca.org
660-882-8500.

www.bhymca.org



FAMILY DEVELOPMENT

TOGETHERHOOD

Community Service Projects

BOONSLICK HEARTLAND YMCA



Join us for at least 4 Community Service Projects throughout the year to help improve our community! Join our committee to be involved and suggest ideas to help!

Sign up at the front desk. Information meeting in January.

COME VOLUNTEER!

Contact Andrea Kleinsorge for information via email andreak@bhymca.org or call 660-882-8500.



KNOW YOUR NUMBERS!

Boone Hospital staff will be at the Y on January 11th from 7 am to 10:30 am. They will be here to help us get ready for **RESOLUTION 2016**

The BJC Professional Staff will screen individuals for Cholesterol, Blood Glucose, Body Composition Analysis and more!
We are pleased to bring you this screening that is FREE and OPEN TO THE PUBLIC .

The Screening will be held **INSIDE** in the warmth and comfort of the Boonslick Heartland YMCA.

Screenings are first come, first serve, however, Those who commute for work will receive preferential placement.

FAMILY DEVELOPMENT



SUMMERS ARE JUST “FUNNER” AT THE BHYMCA



Why not join us for
the most reasonably-
priced day camp
around?

Campers make friends,
play games,
Enjoy academic
enrichment,
learn to swim,
go swimming at
the Y Pool
and the City Pool,
and go on
weekly field trips.

Look for registration
and enrollment forms
April 2016



FOR YOUTH DEVELOPMENT
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CELEBRATE WITH US

Bounce House or Swimming Pool Parties
BOONSLICK HEARTLAND YMCA



\$50 Members

\$75 Non Members

Time Options: Friday 5-7, Saturday 11-1 and 2 to 4 and Sunday 2-4
Price includes 1 hour at venue of choice and 1 hour in the party room
Contact vdorman@boonslickheartlandymca.org 660-882-8500



FOR YOUTH DEVELOPMENT
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LIVE, LAUGH, & PLAY

Child Watch
BOONSLICK HEARTLAND YMCA



Our Child Watch is available, FREE to members.

Morning Hours: Monday– Friday 8:00am–10:00am

Evening Hours: Monday–Thursday 5:00pm–8:00pm

Parent must be present in the building. Children 6-weeks and up.

Contact ginnym@bhyymca.org @ 660-882-8500

www.bhyymca.org



Weekly Pool Schedule WINTER 2016

Mon/Wed/Fri

Open Swim

5:30 am - 8:30 am

Water Aerobics

8:30 am - 9:30 am

Rusty Hinges

9:45 am - 10:45 am

Swim Team (M/W)

7:00—8:30

Mini Marlins (M/W)

5-5:45 pm

Open Swim

5 - 8pm

Open Swim Fridays

3:30-7pm

Tues/Thurs

Open Swim

5:30 am - 11 am

And 3:30-7pm

Swim Team

7 to 8:30 POOL

CLOSED

WEEKDAYS FROM

11 AM - 3:30 PM

Saturday

Open Swim

7:30 am - 4 pm

Sunday

Open Swim

1:30 pm - 4 pm

POOL WILL BE OPEN

EXTENDED HOURS

ON SCHOOL

HOLIDAYS.

AQUATICS



FOR YOUTH DEVELOPMENT
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GREAT WAVES

Aquatic Exercise
BOONSLICK HEARTLAND YMCA



Water Aerobics

Mon/Wed/Fri. 8:30-9:30am

Evening Classes Coming Soon

Rusty Hinges

Recommended for Arthritis

Mon/Wed/Fri. 9:45-10:45am

Contact Vanessa Dorman at 660-882-8500 or vdorman@boonslickheartlandymca.org

HOW TO SAVE A LIFE

CPR/First Aid Training
BOONSLICK HEARTLAND YMCA



Register one week prior for email learnings

Spring Certification Dates: March 18 and April 22

Members \$45 Non Members \$50

For more information 660-882-8500 or vdorman@boonslickheartlandymca.org

AQUATICS



FOR YOUTH DEVELOPMENT
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SWIM TEAM

The Coolest Sport in Town
BOONSLICK HEARTLAND YMCA



\$100.00*

Summer season practices starts on May 2nd

Practices held each M/W/T/TH 7-8:30pm in the Y pool until mid June, practices will move to the City pool M-TH 7-8:30pm and T/TH 11-12:30pm at the Y after school is out. Most meets are on week night starting at 5pm in area pools including 2 or more meets in Boonville.

- **Cost for members & non member, includes all meet fees \$20 discount for siblings. Swim suit and cap extra.**

For more information or to register 660-882-8500 or vdorman@boonslickheartlandymca.org

YMCA Lifeguard Training



Start thinking now about Spring lifeguard training at the BHYMCA.

Strong swimmers interested in working in aquatics in the summer of 2016 and who will be

14 by March or April 2016 should look into our **Youth Aquatic Assistant Training**.

Strong swimmers interested in working in aquatics who will be **15** by **January 23rd** can take our Red Cross Certification Class in January and those who will be **16** by March or

April 2016 should look into our Lifeguard Certification classes.

Three certification classes will be held **January 23-24**,

March 18-20 and **April 22-24** of 2016.

YASA Certification \$75 Lifeguard Certification \$175

All certifications include first aid and CPR Pro accredited by the American Health and Safety Institute.

Contact Vanessa Dorman for class times. 660-882-8500



HEALTHY LIVING



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ST. PAT'S STROLL

**St. Pat's Stroll 5K & 10K
BOONSLICK HEARTLAND YMCA**



**Saturday, March 12, 2016
8:30 am**

**Age Division Prizes and Awards
\$20 5K and \$25 10K**

For more information 660-882-8500 or vdorman@boonslickheartlandymca.org

**MAKE PLANS NOW TO
JOIN US FOR OUR OTHER RUNS
BoMoTri Triathlon, August 14, 2016
Turkey Trot, November 24, 2016**

HEALTHY LIVING



New Schedule Begins in January!

LAND FITNESS SCHEDULE WINTER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am SPINNING* Aerobics Room With Christy	5:15 -6:15am *FITNESS REVOLUTION Formerly Y-HiIT Aerobics Room With Jody	5:30-6:15am SPINLATES* Aerobics Room With Christy	5:15 -6:15am *FITNESS REVOLUTION Formerly Y-HiIT Aerobics Room With Jody	5:30 -6:15am PILATES* Aerobics Room- With Christy	
8:30-9:30am LOW IMPACT AEROBICS Aerobics Room With Jody		8:30-9:30am LOW IMPACT AEROBICS Aerobics Room With Terri		8:30-9:30am PI-YO LIVE Aerobics Room- With Jennifer	
				NO COST! Wellness Coaching Schedule: <u>With Ryan Hackman</u> Mondays: 3:30-8 Tuesdays: 3:30-8 Wednesdays: 3:30-8 Thursdays: 3:30-8 With Christy Rehagen Tues/Thurs: 8 to 10am	
4-5pm HIP HOP* Aerobics Room- With Ashley B.	5-6pm BODY SCULPT* Aerobics Room With Jenny J.	5-6pm HIP HOP* Aerobics Room With Chelsea	5-6pm BODY SCULPT* Aerobics Room With Jenny J.		
Classes with * require purchase of the \$15 class pass!					
5 to 6:30 TAE KWON DO (not included in class pass)	5 to 6:30 TAE KWON DO (not included in class pass)	5 to 6:30 TAE KWON DO (not included in class pass)	5 to 6:30 TAE KWON DO (not included in class pass)		
Please use our cardio room for individual workouts only If classes are not in session.					
*FITNESS REVOLUTION 6-7pm Aerobics Room With Jody	*FITNESS REVOLUTION 6-7pm Aerobics Room With Jody HIP HOP* 7-8pm Aerobics Room	*FITNESS REVOLUTION 6-7pm Aerobics Room With Jody YOGA 7-8pm Aerobics Room With Vanessa	PI-YO* 6 to 7pm Aerobics Room With Jennifer		Check out Ashley's Pop In Hip Hop Class on Sundays at 3:00 starting in January!
STRENGTH AND CARDIO Join Jody on Wednesday and Terri McNeal on Wednesday for this class! SPINNING* Like Aerobics on a bike! BODY SCULPT A great way to look and feel better! TAE KWON DO* Individual/Family/Member/Non Member Pricing. See TKD flyer for details.		FITNESS REVOLUTION* Formerly known as Y-Hitt, now focused on lower impact, slower paced, yoga, spin- ning, core work, weights... SPINLATES* An action packed hour that combines the cardio of spinning with the intense core work out of Pilates. HIP HOP * Our newest dance aerobics class. Get your inner hip hop on as you dance calories off.		YOGA YogaFit method based on Vinyasa and Hatha types of Yoga with a wonderful, guided relaxation at the end of the hour. mats provided or bring your own. PILATES* Join us for this class on Friday mornings. A low impact, core workout! PI YO LIVE* A Chalene Johnson class that combines Pilates and Yoga for low impact & cardio!	

Wellness Coaching

Want to develop your own fitness routine,
 want to learn about free weights, questions about machines?
 Ask our wellness coaches, Ryan Hackman & Christy Rehagen
 They are here to help you feel more comfortable at the Y!
Ryan: MONDAY –THURSDAY 3:30PM TO 8:00PM
Christy: TUESDAY/THURSDAY 8AM TO 10 AM
 Or by Appointment.



YOUTH FITNESS

STRETCH YOUR LIMITS

Gymnastics BOONSLICK HEARTLAND YMCA

Session I: January 11th—February 29th
Tiny Tots (Ages 2&3) with a parent
5:30pm-6:15pm

Beginners / Intermediate (Ages 4&5)
6:15pm-7:15pm

Advanced (Ages 5 & up)
must be able to do round off
7:15pm-8:15pm

Members: \$25.00

Non-Members: \$50.00



For more information please contact Ginny Matthews @ 660-882-8500

Youth Track



Join the Cocomo Flyers for
another exciting season of Youth Track!
Practice runs April through June. Meets
will be on Wednesday nights in Columbia
with the Columbia Track Club.

ADULT FITNESS CLASSES



FOR YOUTH DEVELOPMENT
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CORE VALUES

Spin, Spinlats, Pilates
BOONSLICK HEARTLAND YMCA



M/W/F 5:30 a.m.
M-Spin
W-Spinlats
F-Pilates

Classes included in the class pass fee

For more information or to register 888-882-8500 or info@boonslickheartlandymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEFINE YOURSELF

Pi Yo Live! A Chalene Johnson Class
BOONSLICK HEARTLAND YMCA



Join us for this low impact, high intensity, restorative and empowering class. Set to uplifting music, you will sweat, stretch and strengthen your body as the hour flies by.

Thursdays 5:30 to 6:30 pm Fridays 8:30-9:30am
Classes included in the \$15 class pass.

For more information 888-882-8500 or info@boonslickheartlandymca.org
Or go to the website <http://boonslickheartlandymca.org>

Check out our NEW BHYMCA YMCA APP

To obtain simply open the App Store on your phone and search for "boonslick heartland ymca": once you find it and pull up the app's details, select to install the app. Get updates on closing and class cancellations and special deals!



FOR YOUTH DEVELOPMENT
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FIT, FRIENDS, FUN!

Fitness Revolution (PM) & Y-HIIT (AM)
with Jody Bass
BOONSLICK HEARTLAND YMCA



NOTING 6 to 7 PM
Strong girls, you expect cardio workout that is designed to help you lose weight, build your muscles and strengthen your core. (Class limited to 21 days, the Max 30, 4-7, 8-10, 11-12, 13-15, 16-18, 19-21, 22-24, 25-27, 28-30, 31-31, 32-34, 35-37, 38-40, 41-43, 44-46, 47-49, 50-52, 53-55, 56-58, 59-61, 62-64, 65-67, 68-70, 71-73, 74-76, 77-79, 80-82, 83-85, 86-88, 89-91, 92-94, 95-97, 98-100, 101-103, 104-106, 107-109, 110-112, 113-115, 116-118, 119-121, 122-124, 125-127, 128-130, 131-133, 134-136, 137-139, 140-142, 143-145, 146-148, 149-151, 152-154, 155-157, 158-160, 161-163, 164-166, 167-169, 170-172, 173-175, 176-178, 179-181, 182-184, 185-187, 188-190, 191-193, 194-196, 197-199, 200-202, 203-205, 206-208, 209-211, 212-214, 215-217, 218-220, 221-223, 224-226, 227-229, 230-232, 233-235, 236-238, 239-241, 242-244, 245-247, 248-250, 251-253, 254-256, 257-259, 260-262, 263-265, 266-268, 269-271, 272-274, 275-277, 278-280, 281-283, 284-286, 287-289, 290-292, 293-295, 296-298, 299-301, 302-304, 305-307, 308-310, 311-313, 314-316, 317-319, 320-322, 323-325, 326-328, 329-331, 332-334, 335-337, 338-340, 341-343, 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1007-1009, 1010-1012, 1013-1015, 1016-1018, 1019-1021, 1022-1024, 1025-1027, 1028-1030, 1031-1033, 1034-1036, 1037-1039, 1040-1042, 1043-1045, 1046-1048, 1049-1051, 1052-1054, 1055-1057, 1058-1060, 1061-1063, 1064-1066, 1067-1069, 1070-1072, 1073-1075, 1076-1078, 1079-1081, 1082-1084, 1085-1087, 1088-1090, 1091-1093, 1094-1096, 1097-1099, 1100-1102, 1103-1105, 1106-1108, 1109-1111, 1112-1114, 1115-1117, 1118-1120, 1121-1123, 1124-1126, 1127-1129, 1130-1132, 1133-1135, 1136-1138, 1139-1141, 1142-1144, 1145-1147, 1148-1150, 1151-1153, 1154-1156, 1157-1159, 1160-1162, 1163-1165, 1166-1168, 1169-1171, 1172-1174, 1175-1177, 1178-1180, 1181-1183, 1184-1186, 1187-1189, 1190-1192, 1193-1195, 1196-1198, 1199-1201, 1202-1204, 1205-1207, 1208-1210, 1211-1213, 1214-1216, 1217-1219, 1220-1222, 1223-1225, 1226-1228, 1229-1231, 1232-1234, 1235-1237, 1238-1240, 1241-1243, 1244-1246, 1247-1249, 1250-1252, 1253-1255, 1256-1258, 1259-1261, 1262-1264, 1265-1267, 1268-1270, 1271-1273, 1274-1276, 1277-1279, 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IT'S A REAL HIT!

Summer T-ball BOONSLICK HEARTLAND YMCA

Members \$25
Non-Members \$50
Register at the front desk,
online or call the YMCA.
Register starting in April.



Contact Andrea Kleinsorge via e-mail andreak@bhymca.org or call the Y at 660-882-8500 with any questions.

BUMP! SET! SPIKE!

Spring Youth Volleyball with Morgan Sprigg BOONSLICK HEARTLAND YMCA

Ages 3rd-5th grade

Learn drills and have scrimmages!
Will start after youth basketball season
around end of February, beginning of
March.

Members \$25
Non-Members \$50
\$5 late fee February 7th.



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YOUTH BASKETBALL

Boonslick Heartland YMCA

Ages 3-11

Members \$25
Non-Members \$50
\$5 late fee after Dec. 6th
Register at the Front Desk, Call, or Online at www.bhymca.org

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ADULT SPORTS



SHOOT! SCORE!

**Adult Basketball
BOONSLICK HEARTLAND YMCA**

**Monday night games
Starts January 11th.**

\$300 per team

**Register packet at the Front
Desk. Register by Jan. 3rd.**

If have any questions contact
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WHAT'S THE DILL?

**Pickleball
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**Coming in the Spring!
More info to come!**

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