

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

# **YOU BELONG** 2015 Fall 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.

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# **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 valuescentered 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

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 Conz Katy Giroux Dennis Huff Jeff Koa, Mike Poindexter and Martin Schwartz

## **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 com-

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.



LA	ND FITH	IESS SCI	HEDULE	FALL 20	015
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30- 6:15am <b>SPINNING*</b> Aerobics Room	5:15 -6:15am Y-HIIT*	5:30-6:15am SPINLATES* Aerobics Room	5:15 -6:15am Y-HIIT*	PILATES* With Christy 5:30 -6:15	
8:30- 9:30am LOW IMPACT AEROBICS Aerobics Room		8:30-9:30am LOW IMPACT AEROBICS Aerobics Room			
ZUMBA* 4-5pm			ZUMBA* 4-5pm		
5 to 6:30 TAE KWON DO* Aerobics Room	5 to 6:30 TAE KWON DO* Aerobics Room	5 to 6:30 TAE KWON DO* Aerobics Room	5 to 6:30 TAE KWON DO* Aerobics Room		
		Classes with *	are fee added.		
<b>Y-HIIT*</b> 6:30- 7:30pm	Y-HIIT* 6:30-7:30pm HIP HOP* Aerobics Room 6:30-7:30PM	Y-HIIT* 6:30-7:30pm YOGA 7-8pm Conference RM		NO COST! Wellness Coaching Schedule: Mondays: 3:30-8 Tuesdays: 3:30-8 Wednesdays: 3:30-8 Thursdays: 3:30-8	
Join Jody Bass, ou a kinder, gentle morning an SPII Like Aerobics on a will guide you thr and dow enjoy the com Reserve your bil TAE K Individual/Family	AND CARDIO I AND CARDIO I Y-HIIT instructor for r version of his early d evening class! NING* a bike! Your instructor rough a ride of uphills ns while you fort of the indoors! se for \$15 per month WON DO* /Member /Non Member (D flyer for details.	mornings each week for our High Intensity Interval Training Class, similar to Insanity or P90X. SPINLATTES* An action packed hour that combines the cardio of spinning with the intense core work out of Pilates. YOGA YogaFit method based on Vinyasa and		mornings. Low impact and a great core workout!	



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**

Labor Day—Closed Thanksgiving-Closed 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

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

# MEMBERSHIP

## **Boonslick Heartland YMCA Membership Fees**

Membership Type	Monthly Fee	Annual
Fee		
Youth: Ages 0–18	\$13	\$144
Young Adult: Ages 19–22	\$22	\$252
Adult: Ages 23-59	\$30	\$348
Senior Adult: Ages 60+	\$28	\$324
Couple (two adults in household	) \$34	\$396
Senior Couple		
(two adults in household, one	\$32	\$372
must be at least 60+)		
Family:		
Households with up to 2 adults	\$40	\$468
& their dependents 18 and young	er	

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 most adult exercise classes Reduced fees on most program registrations Free child watch. Game room with ping pong and pool table. Y membership cards are often accepted as guest entry to other YMCAs throughout the country.

# SCHOOL AGE PROGRAMS





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## 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.



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# 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

For more information, Ginny Matthews ginnym@bhymca.org 660-882-8500



# FAMILY DEVELOPMENT



## FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

# PRINCESS BALL Father & Daughter Dance BOONSLICK HEARTLAND YMCA OCTOBER 24TH, 2015 7:00PM-9:00PM

Little girls and their daddies (or big brothers, grandpas, uncles, etc.) will enjoy a date full of princess fun. Dancing, snacks, games, crafts, and pictures will make this night one to remember. Ages: 3 – 12 years old Fee: \$20.00 per couple; \$10.00 for each additional girl Location: Boonslick Heartland YMCA Gym

Contact Ginny Matthews @ 660-882-8500 or ginnym@bhymca.org



# FAMILY 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



LIVE,

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## 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. Contact ginnym@bhymca.org @ 660–882–8500



Weekly Pool Schedule FALL 2015

#### 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) 3:30—5:00pm 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 Water Aerobics 6 to 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

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HOW TO SAVE A LIFE

CPR/First Aid Training BOONSLICK HEARTLAND YMCA

Register before 10/28 for email learnings Skills and Written Testing Friday, Nov. 6th, 5:30-7pm **Members \$45 Non Members \$50** For more information 660-882-8500 or vdorman@boonslickheartlandymca.org

GREAT WAVES



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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

# AQUATICS



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## MAKE A SPLASH Swim Lessons

BOONSLICK HEARTLAND YMCA



Beginners: 6:00 PM Intermediate :6:30PM

New sessions begin each month September 2, October 5, November 2 \$25 Members \$45 Non Members For more information or to register 660-882-8500 or vdorman@boonslickheartlandymca.org



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# JUST ADD H20

BHYMCA Blue Marlins Swim Team BOONSLICK HEARTLAND YMCA



Practices: M/W 3:30 to 5pm, T/TH 7 to 8:30pm Meets: Saturdays/Sundays \$200 Season/Members Only For more information 650-882-8500 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 2017 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 and will be 16 by March or April 2016 should look into our Lifeguard Certification classes.

Two certification classes will be held in March and April of 2016. Classes are blended learning based on elearnings and class time.

> YASA Certification \$75 Lifeguard Certification \$175

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

Contact Vanessa Dorman after January 15, 2016 for dates and times of classes.

> 660-882-8500 Or vdorman@ boonslickheart-



# **HEALTHY LIVING**



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# WHO LET THE DOGS OUT?!

Dog Jog BOONSLICK HEARTLAND YMCA

October 3rd 2015 9:00 AM 2 Mile Run/Walk

\$20 Adult



\$10 Child \$5 late fee day of Participants responsible for dog droppings and behavior Participants will get a shirt and goodie bag.

Contact andreak@bhymca.org or 660-882-8500

MAKE PLANS NOW TO JOIN US FOR OUR OTHER RUNS Turkey Trot, November 26, 2015 St. Pat's Stroll, March 19, 2016 Firecracker 5K. July 4, 2016 BoMoTri Triathlon, August 14, 2016 HEALTHY LIVING





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# **TURKEY TROT**

## Our 7th Annual Holiday 5K! BOONSLICK HEARTLAND YMCA

A fun, family-friendly event that will leave you feeling better the rest of the weekend!

Race Starts at 8:30 on Thursday, November 26th at the Boonslick Heartland YMCA. Individual Rate \$20, Individual Child rate \$12.50, 3-person family rate \$50 and \$12.50 per person thereafter. and \$12.50 per person thereafter

# Wellness Coaching

Want to develop your own fitness routine, want to learn about free weights, questions about machines? Ask our wellness coach, Ryan Hackman, he is here to help you feel more comfortable at the Y! MONDAY –THURSDAY 3:30PM TO 8:00PM



# **YOUTH FITNESS**



us for our world-famous wrestling

team coached

by Justin Hahn.

Starts this Fall!

Stay

**Tuned!** 



CoCoMo Flyers Youth Cross Country Team BOONSLICK HEARTLAND YMCA

## Practices: Thursdays 6pm 8/18 to 10/13 Meets: Saturdays/Sundays \$25 Members \$50 Non Members For more information 660-882-8500 or vdorman@boonslickheartlandymca.org

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5:30pm-6:00pm Pre-Gymnastics (Ages 4&5) 6:00pm-6:30pm

Gymnastics I (Ages 5 & up) 6:30pm-7:00pm

Gymnastics II (Ages 5 & up) must be able to do round off 7:15pm-8:00pm

Members: \$25.00 Non-Members: \$50.00

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



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### FAE KWON DO Boonslick Heartland YMCA



Monday, Tuesday, Wednesday & Thursday 5:00 to 6:30pm A great activity for the family to do together!

Available for ages 6 and up. Individual Rates: \$75 per month for members \$85 Non-members Family Rates Available. Not scholarable eligibet vdorman@boonslickheartlandymca.org call 660-882-8500

# ADULT FITNESS CLASSES the



## **MOVE IT**

Hip Hop Dance Class BOONSLICK HEARTLAND YMCA



Tuesdays 6:30 to 7:30 PM

Class included in class pass fee.



Classes included in the class pass fee Fee mere information or to register 660-882-8500 or vdorman@boonslickheartlandy FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY GET YOUR OM ON

Yoga Classes BOONSLICK HEARTLAND YMCA

Wednesday Nights 7-8pm

Yoga classes are included with membership.





Classes included in the class pass fee For more information or to register 660-882-8500 or vdorman@boonslickheartlandymca.org



www.bhymca.org

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# YOUTH SPORTS



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Fall Flag Football with Atiyyah Ellison BOONSLICK HEARTLAND YMCA

#### Ages 3rd-5th grade

Season starts Sunday, October 18th for 6 weeks.

Members \$25 Non-Members \$50 \$5 late fee October 5th

If need more information, contact Andrea Kleinsorge via e-mail andreak@bhymca.org or call the Y at 660-882-8500.





### JUST FOR KICKS!! Fall Youth Soccer BOONSLICK HEARTLAND YMCA





Season starts September 5th for 6 game

Members \$25 Non-Members \$50 \$5 late fee August 23rd

If need more information, contact Andrea Kleinsorge via e-mail andreak@bhymca.org or call the Y at 660-882-8500.



#### Spikers Volleyball BOONSLICK HEARTLAND YMCA

Tryouts will take place at the Boonslick Heartland Gym, times & dates TBA. \$10.00 Try out fee. Players need to be registered on HOAVB.org prior to tryouts. Please bring membership card and health form.

Grades: 7th-11th \$350.00 -Members \$375.00 -Non-members (Fee does not include tournaments and travel expenses.)



Please contact Chelsea Cox 660-537-3315, Chelsea-cox@showmeaction.org or Ginny Matthews @ 660-882-8500, ginnym@bhymca.org

# ADULT SPORTS



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## WHAT'S THE DILL? Pickleball BOONSLICK HEARTLAND YMCA

Wednesday nights September & October. 6pm-8pm.

\$20 Members \$30 Non-Members

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



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# JUST FOR THE FUN OF IT!

Adult Co-Ed Volleyball BOONSLICK HEARTLAND YMCA

Tuesday night games Starts September 1st Register by August 25th

\$125 per team

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





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Help us get ready for Adult and Youth Basketball this Winter!

We are always looking for referees!

lf you are interested, please contact Andrea Kleinsorge Andreak@ bhymca.org Or call 660-882-8500



Boonslick Heartland YMCA
PO Box 104
757 Third Street
Boonville MO 65233

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#### Thank you to our 2015 Partners with Youth Donors

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