

CHANGING LIVES, STRENGTHENING OUR COMMUNITY



JEFFERSON CITY AREA YMCA

January–May 2019

www.jcymca.org

Info Line: 573.681.9622

Stay Connected:



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United Way
of Central Missouri

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JEFFERSON CITY AREA YMCA STAFF

Administration

Craig Lammers	Chief Executive Officer	761-9011
Tom Jansen.....	Operations/Property Director	761-9014
Shelly Poire.....	Development/Marketing Director.....	761-9002
Kathy Frese	Finance Director	761-9004
Leslie Jeffries	Office Manager.....	761-9006

Aquatics

Ronnie Phelps.....	Aquatics Director/Pool Rentals	761-9007
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Childcare

Jessica Kever.....	Childcare Director	761-3196
Josh Ferguson.....	Assistant SAC Director	761-0716
Sunny Carron	YMCA Child Development Center	635-6665

Fitness Centers

Firley Fitness Center	525 Ellis Blvd.	761-9005
Knowles Fitness Center.....	424 Stadium Blvd.....	761-3542
West Fitness Center.....	3507 Amazonas Dr.....	761-9501

Health & Fitness

Kelsey Riggs.....	Health & Fitness Director	761-3225
Brett Blythe.....	Group Exercise/LiveSTRONG/SilverSneakers.....	761-3459
Luke Lamb.....	Health & Fitness Specialist.....	761-9021

Information

Firley Service Desk.....	525 Ellis Blvd.	761-9530
Knowles Service Desk.....	424 Stadium Blvd.....	761-9531
West Service Desk.....	3507 Amazonas Dr.....	761-9532
Online Registration	www.jcymca.org
YMCA Information Hotline	681-9622

Membership

Isaac Williams.....	Membership Director/Risk Management.....	761-9504
Amie Conway	Membership Coordinator.....	761-9001

Sports

Craig Hall	Sports Director/Facility Rentals.....	761-9003
Mickey Gage.....	Tennis Professional.....	761-9012

YMCA MISSION STATEMENT

The Jefferson City Area YMCA is an association comprised of persons of all ages, ethnic groups and religious affiliations dedicated to putting Christian principles into practice through programs that build a healthy spirit, mind and body for all.

MEMBERSHIP RATES (effective 1/1/19)

Membership Type	Monthly Bank Draft	Joining Fee with 12-month Agreement	Joining Fee without 12-month Agreement
Youth/Young Adult	\$29	\$0	\$50
Adult	\$40	\$0	\$75
Single Parent Family	\$40	\$0	\$75
Household	\$50	\$0	\$100
Household Add On	\$20/adult	in addition to a \$50/month Household membership	
Senior Adult	\$33	\$0	\$50
Senior Couple	\$40	\$0	\$75

MEMBERSHIP DESCRIPTIONS

Youth/Young Adult: Defined as an individual between the ages of 13-23. (*Individuals under the age of 13 must be accompanied by an adult with membership privileges.*)

Adult: Defined as any individual 24 years of age or older.

Single Parent Family: Defined as a household with one parent. The membership includes family members as defined in the household membership.

Household: Two adult persons living in the same household and immediate family living within the same household. Immediate family may include the following individuals living in the same home/household: (i) children 23 years of age and younger living in the home; (ii) legal dependent; (iii) disabled family members living at home; and (iv) legal guardians. (*Documentation and/or proof of residency may be required upon request.*)

Household Add On: Up to two additional adults may be added onto a Household membership for \$20 per adult per month. Adult(s) added onto the membership must show proof of same residency. Proof of residency may be requested periodically.

Senior Adult: Defined as any individual person 62 years of age or older. (Members must complete a membership change form when qualifying for the reduced rate.)

Senior Couple: Defined as two adults, who are both 62 years of age or older. (Members must complete a membership change form when qualifying for the reduced rate.) (*Verification may be required in the event of differing last names, residence, etc.*)

FACILITY HOURS

Monday-Thursday: Firley and West: 4:30 a.m.-10 p.m.; **Knowles:** 5 a.m.-10 p.m.

Friday: Firley and West: 4:30 a.m.-9 p.m.; **Knowles:** 5 a.m.-9 p.m.

Saturday and Sunday: Firley, West & Knowles: 6 a.m.-6 p.m.

Holidays: The YMCA is open every day of the year except Easter Sunday, Thanksgiving Day and Christmas Day.

Your membership includes access to all three Y facilities as well as reduced rates for YMCA programs.

FIRLEY • 525 Ellis Blvd. • 761-9530

25 Meter Outdoor Pool (4 ft.-12 ft.)

ActiveTrax Fitness Center

Racquetball/Handball Courts (5)

Indoor Tennis Courts (4)

1/14 Mile Indoor Track

Whirlpools

Saunas, Steam Rooms

Locker Rooms

Multipurpose Room

Indoor Basketball Courts (2)

Conference Room

Indoor Climbing Wall

Nursery

Indoor Cycling Room

WEST • 3507 Amazonas Dr. • 761-9532

ActiveTrax Fitness Center

Multipurpose Room, Group Exercise Room

Locker Rooms

Saunas, Steam Rooms

Nursery, Kids Center

KNOWLES • 424 Stadium Blvd. • 761-9531

25 Yard Indoor Pool (4 ft.-9 ft.)

ActiveTrax Fitness Center

Gymnastics Center

Indoor Basketball Courts (2)

1/16 Mile Indoor Track

1/3 Mile Outdoor Trail

Whirlpool

Locker Rooms

Saunas, Steam Rooms

Family Changing Rooms

School-Age Child Care

Nursery, Kids' Center

KNOWLES ANNEX • 424 Stadium Blvd.

Multipurpose Room

Big Brothers/Big Sisters

Young Life

FACILITY USAGE AGE REQUIREMENTS

Facilities: Individuals under the age of 13 must be accompanied by an individual 16 years or older.

Fitness Centers: Must be 13 years and older. Youth under the age of 13 who have passed the appropriate training class must wear an ID bracelet and be accompanied by someone 16 or above.

Pools: Ages 7 years and under must have an adult (16 or older) in the water within arm's reach. Ages 8-12 years must have an adult (16 or older) in the pool area. Ages 13 and older may swim independently.

Sauna/Steam Room: 14 and older

Spa/Whirlpool: Firley/14 and older
Knowles/16 and older

Nursery: 3 months-Pre-Kindergarten

Kids Center: 5-13 years old

DRESS CODE

Proper attire must be worn at all times. This includes clothing that covers the midsection, chest and back; athletic shoes are required and clothing with vulgar messages is prohibited. The YMCA recommends t-shirt, shorts or sweats.



PROGRAM REFUND & CREDIT POLICY

The following is provided as a reminder of policies relating to program fees:

1. Errors/Cancellations: In the event of an overcharge, the participant may choose a credit or refund.
2. Weather: Cancellations due to weather will be made up once during a program with six or fewer games, lessons or classes and twice for those with more than six. In certain programs, the YMCA may offer a pass to another class or lesson. No refunds will be issued due to weather related cancellations. In the case of winter sports, no credits, make-ups or refunds will be given.
3. Illness/Injury: When a serious illness or injury prevents a program participant from participating in more than half a program session, a credit will be issued for the full amount. The participant must request the credit during the affected program session, not after it has concluded. A medical statement must substantiate the illness or injury.
4. Program Withdrawal: A credit will be given to any registrant up to one week prior to the start of the program. Exceptions may exist as explained on specific program flyers and/or registration forms.
5. Credits: Credits are transferable to immediate family members and are valid for one calendar year, transferable to any YMCA program. Credits may not be applied to membership fees, swim team or gymnastics.
6. Private Lessons/Counseling: Cancellation or rescheduling of appointments requires 24-hour notice. A refund or transfer payment may be made due to relocation.
7. Bank draft for program fees must be cancelled in writing by the 25th of the month.
8. Program Directors, through the business office, will administer the credit/refund policy. Exception for cause may be made by the Department Director or Chief Executive Officer.

REGISTERING FOR PROGRAMS

For your convenience, the YMCA offers a variety of program registration options at all three of our Jefferson City locations. You may pay by cash, check, credit or debit card. Registration can be completed in person or online at www.jcymca.org (MC/Visa/Discover).

YMCA OUTREACH FUND

Financial support for the Jefferson City Area Y's Outreach Fund is provided by the Y's Annual Auction, Bob Linville Memorial Golf Tournament, individual donations and United Way funds. Any individual(s) who cannot afford the regular fees is welcome to complete an application for the Outreach Program. Applications are available at the service desk or on our website at www.jcymca.org.

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States, through membership at the Jefferson City Area YMCA. We understand that sometimes it is more convenient for members to take advantage of a Y when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

AQUATICS

Ronnie Phelps / 761-9007 / rphelps@jcymca.org

SWIM LESSONS

The Y uses the National YMCA Swim Program which stresses safety and skill. At each level, participants are involved in activities related to personal safety, stroke development, water sports and games, rescue skills, personal growth and fitness. Aquatics staff reserves the right to make changes based on the child's skills.

Session

Jan. 8-31

Jan. 12-Feb. 23

•(7classes)

Feb. 4-27

Feb. 5-28

Mar. 2-Apr. 27

•(7classes; no class Apr. 20)

Mar. 4-27

Mar. 5-28

Apr. 1-24

Apr. 2-25

Apr. 29-May 22

Apr. 30-May 23

Days

T/TH evenings

Saturday

M/W afternoons

T/TH evenings

Saturday

M/W afternoons

T/TH evenings

M/W afternoons

T/TH evenings

M/W afternoons

T/TH evenings

Stage 1: Water Acclimation 3-5 years.

Increase comfort with underwater exploration and basic self-rescue skills performed with assistance.

Jan. 8-31 6:30, 7:20 p.m.

Jan. 12-Feb. 23 9:30, 10:20, 11:10 a.m.

Feb. 5-28 6:30, 7:20 p.m.

Mar. 2-Apr. 27 9:30, 10:20, 11:10 a.m.

Mar. 5-28 6:30, 7:20 p.m.

Apr. 2-25 6:30, 7:20 p.m.

April 30-May 23 6:30, 7:20 p.m.

Stages 2-3: Water Movement and

Stamina 3-5 years. Forward movement in water and basic self-rescue skills performed independently. Develops intermediate self-rescue skills performed at longer distances.

Jan. 8-31 6:30 p.m.

Jan. 12-Feb. 23 10:20 a.m.

Feb. 5-28 6:30 p.m.

Mar. 2-Apr. 27 10:20 a.m.

Mar. 5-28 6:30 p.m.

Apr. 2-25 6:30 p.m.

April 30-May 23 6:30 p.m.

Session	Y-member	Non-member
8 classes	\$40	\$85
7 classes	\$35	\$80

5 YEARS AND UNDER

Stage A: Water Discovery 6 months to 3 years. Parent accompanies child into pool. Introduces infants and toddlers to the aquatic environment.

Mar. 5-28 6:30 p.m.

Apr. 30-May 23 6:30 p.m.

Jan. 12-Feb. 23 10:20 a.m.

Mar. 2-Apr. 27 10:20 a.m.

Stage B: Water Exploration 2-4 years.

Parent accompanies child into pool. Focuses on body positions, blowing bubbles and fundamental safety and aquatic skills.

Feb. 5-28 6:30 p.m.

Apr. 2-25 6:30 p.m.

Jan. 12-Feb. 23 9:30 a.m.

Mar. 2-Apr. 27 9:30 a.m.

6-12 YEARS

Stages 1-2: Water Acclimation and

Movement 6-12 years. Increase comfort with underwater exploration, basic self-rescue skills performed with assistance. Encourage forward movement in the water and self-rescue skills performed independently.

Jan. 8-31 6:30 p.m.

Jan. 12-Feb. 23 9:30 a.m.

Feb. 5-28 6:30 p.m.

Mar. 2-Apr. 27 9:30 a.m.

Mar. 5-28 6:30 p.m.

Apr. 2-25 6:30 p.m.

April 30-May 23 6:30 p.m.

Stage 3: Water Stamina 6–12 years.

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Jan. 8–31	7:20 p.m.
Jan. 12–Feb. 23	10:20, 11:10 a.m.
Feb. 5–28	7:20 p.m.
Mar. 2–Apr. 27	10:20, 11:10 a.m.
Mar. 5–28	7:20 p.m.
Apr. 2–25	7:20 p.m.
April 30–May 23	7:20 p.m.

Stage 4: Stroke Introduction 6–12 years.

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary back stroke.

Jan. 8–31	7:20 p.m.
Jan. 12–Feb. 23	11:10 a.m.
Feb. 5–28	7:20 p.m.
Mar. 2–Apr. 27	11:10 a.m.
Mar. 5–28	7:20 p.m.
Apr. 2–25	7:20 p.m.
April 30–May 23	7:20 p.m.

Stages 5 and 6: Stroke Development and Mechanics 6–12 years. Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

Jan. 8–31	7:20 p.m.
Jan. 12–Feb. 23	11:10 a.m.
Feb. 5–28	7:20 p.m.
Mar. 2–Apr. 27	11:10 a.m.
Mar. 5–28	7:20 p.m.
Apr. 2–25	7:20 p.m.
April 30–May 23	7:20 p.m.

SPECIAL GROUP CLASSES

Homeschool. These classes are for students members of the Jefferson City Home Educators program. Cards must be presented at time of registration. The 1:15 class is for 3–5 year olds and the 2:05 class for 6–12 year olds.

Feb. 4–27	1:15, 2:05 p.m.
Mar. 4–27	1:15, 2:05 p.m.
Apr. 1–24	1:15, 2:05 p.m.
Apr. 29–May 22	1:15, 2:05 p.m.

OTHER LESSONS

Private Lessons. Private swim lessons consist of 6 (six), 30 minute classes (one swimmer per instructor). Lessons are limited to instructor and pool availability. Cancellation or rescheduling of appointments requires 24-hour notice. For more information, please call 761.9007.

Fee: \$125 Y-member; \$185 Non-member

High School and Adult Lessons. Learn correct swimming techniques, basic lifesaving skills and safety. The teacher/student ratio is 1:6 for all classes. These classes are ideal for both beginning and advanced swimmers.

Jan. 8–31	8:10 p.m.
Feb. 5–28	8:10 p.m.
Mar. 5–28	8:10 p.m.
Apr. 2–25	8:10 p.m.
April 30–May 23	8:10 p.m.

T.O.W. – Terrified of Water. Designed for the high school and adult individual who is fearful of the water. A low teacher/student ratio will help the participant relax and learn to enjoy the water.

Jan. 8–31	8:10 p.m.
Feb. 5–28	8:10 p.m.
Mar. 5–28	8:10 p.m.
Apr. 2–25	8:10 p.m.
April 30–May 23	8:10 p.m.

MASTERS SWIMMING

Enjoy an adult, aquatics fitness program organized for the purpose of training, fitness and enjoyment of swimming. Most workouts will be supervised by a coach. This program is for the competitive swimmer, tri-athletes and those swimming for fun and fitness who are between the ages of 18–100+. Must register by the first of the month.

Day	Time	Place
T/TH	5:30 a.m.	Knowles Y
Fee:	\$35 Y-member; \$55 Non-members	

Safe Swimmer Policy, Pool Schedule and Rules can be found at jcymca.org.

LIFEGUARD CERTIFICATION

American Red Cross Lifeguard Certification. For those interested in becoming a certified lifeguard. Upon completion, participants will receive CPR for the Professional Rescuer/AED, First Aid and Lifeguard Certification. Participants must pass a swim test on the first day of class to continue with the course. If participant does not pass swim test they will receive a refund of half the registration fee. Must be at least 15 years old, the class must have 4 participants to be held and participants must attend all sessions.

Dates/Times: Mar. 29 / 1-6 p.m.
Mar. 30 / 8:30 a.m.-5 p.m.
Mar. 31 / 8:30 a.m.-5 p.m.

Fee: \$175 Y-member
\$250 Non-member

Register by: Mar. 23

Dates/Times: Apr. 26 / 6-8:30 p.m.
Apr. 27 / 8:30 a.m.-6:30 p.m.
Apr. 28 / 8:30 a.m.-6:30 p.m.

Fee: \$175 Y-member
\$250 Non-member

Register by: Apr. 20

American Red Cross RE-Certification Course. This course is for those who were previously certified and need to renew their certification. The course will begin with a swim test.

Dates/Times: May 11 / 8 a.m.-5 p.m.

Fee: \$85 Y-member; \$145 Non-member

Register by: May 9

WATER FITNESS

Sessions run every month, participants must register by the 10th of each month; after that date an additional late fee (\$2.50) will be charged to the monthly fee.

Sessions: Monthly

Fee: Y-Member/Month Non-Member/Month
\$15 one class, \$30 two classes \$25 one class, \$50 two classes

Place: Knowles Indoor Pool, 424 Stadium

Aqua Aerobics

T/TH @ 7:15 a.m.
T/TH @ 8:30 a.m.

Knowles Indoor Pool
Knowles Indoor Pool

Join this lively morning class to increase your strength, endurance, and flexibility. Enjoy the water's buoyancy and resistance throughout this easy-impact aerobic workout.

*New participants encouraged to arrive 10 minutes before start time for orientation.

Aqua Zumba

M/W @ 6:35 p.m.

Knowles Indoor Pool

Low-impact, high energy aquatic exercise. Less impact on joints so you can go all out, natural resistance created by water exercise helps tones muscles.

Cardio H2O

M/W @ 7:15 a.m.

Knowles Indoor Pool

While suspended in the deep water with your buoyancy belt you perform virtually any activity in the water that you do on land. This aerobics class will accelerate you mind and body to perform challenging exercises. Increase your balance, coordination, and strength. This muscle toning class is recommended for those individuals wanting to get a total body workout. You must be comfortable in the water to participate.

Deep H2O

T/TH @ 7:15 a.m.
T/TH @ 8:30 a.m.
T/TH @ 5:40 p.m.

Knowles Indoor Pool
Knowles Indoor Pool
Knowles Indoor Pool

Come experience this invigorating class to increase your sense of well-being through muscle toning, calorie burning cardio, and friendly camaraderie. While suspended in the deep water with your buoyancy belt, you perform virtually any activity in the water that you do on land (and more!)

Powersplash

M/W @ 6:35 p.m.

Knowles Indoor Pool

Check out this exhilarating aerobics class with choreographed moves. The water aerobics class consist of 12 times the resistance then land-based classes. It's intense without the stress to the joints and with the same aerobic conditioning and strength training as land based classes. Muscle strengthening, and flexibility will be improved.

Swimnastics

M/W/F @ 8:30 a.m.

Knowles Indoor Pool

Fun water exercise with low-moderate intensity. Lots of muscle toning with an assortment of water equipment. *New participants encouraged to arrive 10 minutes before start time for orientation.

Water Down Under

M/W @ 6:35 p.m.

Knowles Indoor Pool

A deep water workout using float belts. Exercises for every body part will be included! Not a class for non-swimmers or sissies!

Water Works

T/TH @ 5:40 p.m.

Knowles Indoor Pool

A class for any fitness level. Enjoy aerobic exercise with little joint impact. Improves the cardiovascular system while strengthening the muscles. Great fun in the water!

JCAY BARRACUDA SWIM TEAM

Anyone 5 to 21 years old can be a part of the JCAY Barracuda Swim Team. Must be able to complete a minimum of 50 continuous yards of freestyle and 50 yards of backstroke. To schedule a tryout or for more information, call 573.418.9659 or email kimminmo@gmail.com.



PAT GLADBACH SWIM SCHOLARSHIP

The Jefferson City YMCA Aquatics department offers a swim scholarship for individuals who wish to participate in our swim lesson program. Scholarship applications are reviewed on a needs basis as long as funding is available. Applications may be obtained by calling the Aquatics Department, 761-9007.

*If you would like to make a contribution to the scholarship program so that we can assist as many children as possible in the area of aquatic instruction, please contact the Aquatics Department, 761-9007.



STRONG SWIMMERS CONFIDENT KIDS

CHILD DEVELOPMENT CENTER

Sunny Carron / 635-6665 / scarron@jcyymca.org

The YMCA Child Development Center is located at 613 Ellis Blvd. and educates and nurtures more than 125 Newborns to Pre-Kindergarteners between the hours of 6:45 a.m. and 5:45 p.m., Monday-Friday. For more information, visit www.jcyymca.org or call 635-6665.



RATES	Y-member	Non-member
6 weeks-2 years	\$695	\$740
2 years	\$555	\$600
3-5 years	\$495	\$540

NURSERY & KIDS CENTER SERVICES

The YMCA provides free child care for our members at our three locations.

NURSERY SERVICES

(3 months-Pre-K)

Nursery services are available at all three YMCA's while parents enjoy the facilities. Two hour limit applies. Please note the nursery is for children 3 months to school entry. Children in the school-age population are welcome in the Kids Center. Nursery staff reserve the right to limit the number of children due to ages of children in care, the number of staff on site, and the number of children in the nursery.

FIRLEY, KNOWLES & WEST Nursery Hours

Monday-Friday: 8 a.m.-12 p.m.

Monday-Thursday: 4-8 p.m.

Saturday:..... 8 a.m.-12 p.m.

KIDS CENTER SERVICES

Kindergarten-13 years

YMCA Kids Centers are located at the Knowles and West Ys. Your children will have a great time while you are working out! Parent(s) must be at a YMCA facility to use the Kids Center. A two-hour limit applies. Please note the Kids Center is designed for children who are in kindergarten to 13 years old, children who have not yet entered kindergarten are welcome in the nursery. Children may only be left in the Kids Center by a parent/guardian.

KNOWLES & WEST Kids Center Hours

Monday-Thursday: 4:30-8:00 p.m.

Saturday:..... 8 a.m.-12 p.m.

The Nursery/Kids Center will be closed Thanksgiving Day, Christmas Day, New Year's Day and Memorial Day.



SCHOOL-AGE CHILD CARE

Jessica Kever / 761-3196 / jkever@jcymca.org

HOLIDAY CARE

(Grades K-5)

Take advantage of Holiday Care while school is on break. Children will enjoy structured activities including crafts, games, sports and swimming at the YMCA. Please provide tennis shoes, bathing suit and towel for your child. Holiday Care is held at the Knowles Y from 6:45 a.m.-5:30 p.m. each day. Lunch and an afternoon snack are provided. Pre-registration and pre-payment are required two business days before the date of service. Late registrations are not guaranteed services and will be charged an additional \$10 fee.

Dates: December 26-28 January 21
 January 2 February 18
 January 18 March 25-29

Time: 6:45 a.m.-5:30 p.m.

Place: Knowles YMCA - 424 Stadium

Fees: \$22/day Y-member; \$27/day Non-member

SUMMER CAMP 2019

Summer Camp Early Registration – April 2-5

The YMCA offers summer camp for kids from kindergarten to 6th grade. Your child's experience will include field trips, camp assemblies, special guests and events, climbing wall, swimming, arts and crafts, weekly themes, science, games, super cool counselors, and much more!

Save \$30 when you register April 2-5 online or at the Knowles Y Welcome Desk.

Registrations received at the welcome desk after April 6 must pay \$30 registration fee per child. \$20 deposit per week enrolled due upon registration.

Dates: May 29-August 23 (closed July 4-5)

Weekly Fees: \$90/week Y-member, \$110/week Non-member

Sliding Fees available. Please ask at any desk for an Outreach application.

SUMMER SCHOOL AFTERCARE @ the Y

JCPS will bus students from summer school to the Knowles Y at 424 Stadium Monday-Thursday. Friday's at camp are included in cost. Children will be escorted to the camp that corresponds to the grade entering in Fall 2019. Register online or at the Knowles Y starting April 2. Fees are \$125 Y-member, \$155 non-member for the session.

SUMMER SCHOOL AFTERCARE @ Blair Oaks

After summer school Y-Care held at Blair Oaks Elementary. Includes Friday's at Summer Camp at the Knowles Y at 424 Stadium Blvd. for the duration of summer school. Fees are \$125 Y-member, \$155 non-member. Register online or at the Knowles Y starting April 2.

COUNSELOR-IN-TRAINING PROGRAM (CIT)

The Counselor-In-Training (CIT) program teaches valuable leadership skills which will help prepare young adults for the future. CIT's are placed in responsible positions at camp, where they serve as role models to campers and peers, and learn about respect, responsibility, caring and honesty.

CIT program is open to those entering the 7th-10th grades. New applicants must provide references and complete an interview along with their application. Outreach financial assistance available for qualifying families. Applicants should plan on dedicating at least 4 weeks to the CIT program. Applicants are welcome all weeks of camp. Please contact Josh Ferguson at jferguson@jcyymca.org with questions.



BEFORE AND AFTER SCHOOL Y-CARE

(Grades K-5)

Y-Care offers a wide variety of fun, educational activities which are guaranteed to keep your school-age child entertained and learning! Y-Care is a state-licensed child care program that maintains a 16:1 child-staff ratio. Children will choose from a variety of activities including sports and games, arts and crafts, STEM, homework help and more! Afternoon snack is provided. Y-Care before school session begins at 6:45 a.m. Y-Care after school session ends at 5:30 p.m. Y-Care is in session for all regularly scheduled early release days. Y-Care is NOT in session when there is a late start or when school is dismissed for inclement weather.

Monthly Fees:

Y-member	AM <u>or</u> PM	\$125
Y-member	AM <u>and</u> PM	\$150
Non-member	AM <u>or</u> PM	\$155
Non-member	AM <u>and</u> PM	\$180

A non-refundable one-time \$30 registration fee is due at enrollment. Scholarships are available via the Y Outreach Fund (apply at any front desk). Y-Care also accepts FSD Child Care subsidy. Fees are auto-drafted at the beginning of each month from the payer's account. Visit jcyymca.org for more details.

Y-Care is offered at the following schools:

Belair	Cedar Hill
Lawson	North <i>(PM only)</i>
Moreau Heights <i>(PM only)</i>	Thorpe Gordon
West	Y@Y <i>(transports from Pioneer Trail and South; (PM only)</i>
Blair Oaks <i>(PM only)</i>	

HEALTH & FITNESS

Kelsey Riggs / 761-3225 / kriggs@jcmca.org

The YMCA offers three state-of-the-art fitness centers!

FIRLEY: 525 Ellis Blvd.

- 45 pieces of cardio equipment which includes: treadmills, ellipticals, recumbent bikes, upright bikes, row machine, steppers, Precor AMTs, Helix, Crosstrainers, Stairmaster Stepmills, Cybex Arc Trainers, etc.
- Cybex Strength Equipment
- Hammer Strength Equipment
- Free weights – Dumbbells 2-150 lbs. and Barbells 25-115 lbs.
- Cables
- Multigym
- Wheelchair accessible strength equipment

KNOWLES: 424 Stadium Blvd.

- 40 pieces of cardio equipment which includes: treadmills, ellipticals, recumbent bikes, upright bikes, steppers, Precor AMTs, Crosstrainers, Helix, Cybex Arc Trainer, Scifit StepOne, rower, etc.
- Cybex Strength Equipment
- Free weights – Dumbbells up to 50 lbs. and Barbells 20-110 lbs.
- Cables
- Wheelchair accessible strength and cardio equipment

WEST: 3507 Amazonas Dr.

- 55 pieces of cardio equipment which includes: Lifefitness treadmills, ellipticals, recumbent bikes, upright bikes, row machine, Precor AMTs, Cybex Arc Trainers, Helix, Stairmaster Steppers
- Two lines of resistance strength equipment
- Hammer Strength Equipment
- Free weights – Dumbbells 3-150 lbs. and Barbells 25-115 lbs.
- Cables
- Multigym
- Handicap accessible cables

FREE Fitness Center Orientation

Work with a fitness attendant and learn to use equipment safely and effectively. Sign up at any YMCA Fitness Center Desk or Welcome Desk.

The YMCA is proud to offer ActivTrax - a software that starts with a true measure of your strength as a basis for developing workouts for you. With a custom workout generated each time you go to exercise, you'll never feel lost or be bored in the gym again. Using ActivTrax requires no prior knowledge about fitness and takes less than 5-minutes to get started. You answer a few questions for us and we'll take it from there. Your ongoing feedback clues the system in to making the appropriate weight changes so that you're continually challenged. No more guessing or wondering...we do it all for you.

To schedule your ActivTrax orientation, sign up at any YMCA Fitness Center Desk or Welcome Desk.

PERSONAL TRAINING

Kelsey Riggs / 761-3225 / kriggs@jcyymca.org

Our professionally certified and experienced Personal Trainers will assist in achieving goals for weight loss, muscular strength, cardio and muscular endurance, increased flexibility or sport specific training.

Free Personal Training Consultation:

Sit down with a certified YMCA Personal Trainer to discuss your health and fitness goals. Call 761-3225 to schedule your appointment.

Intro to Personal Training Packages:

New to Personal Training? Need a new routine? Check out these packages:

1-Hour Sessions: \$99

- InBody Fitness Assessment & 3 Individual, 1-Hour PT Sessions

30-Minute Sessions: \$79

- InBody Fitness Assessment & 3 Individual, Half Hour PT Sessions

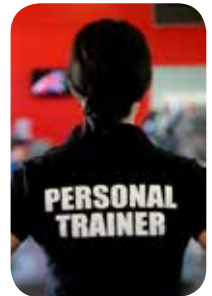
Personal Training Packages:

1-9 Full Sessions (1 hour)

- Individual:\$45
- Partner (2 clients):.....\$35/person/session

10+ Full Sessions (1 hour)

- Individual:\$40
- Partner (2 clients):.....\$30/person/session



For information about non-member or half session pricing, please call 761-3225. (Full Session(s) are approximately 60 minutes and Half Sessions are approximately 30 minutes.)

INBODY: TOTAL BODY FITNESS ASSESSMENT & CONSULTATION

The InBody results will help you achieve your goals by reporting your individual composition (in pounds/percentage) of body fat, segmental muscle distribution, BMI and basal metabolic rate.

Members receive 3 free InBody assessments each year!

Fee: 3 Free/Year Y-member; \$10/InBody after 3 in a Year
\$25 Non-member

Call 761-3225 to make an appointment. More information about the InBody can be found at www.jcyymca.org.



PERSONAL TRAINING SPECIAL **SHAPE UP FOR SUMMER!**

Purchase PT in May and Save 15%! Choose as many sessions as you like! Example – save \$60 on 10, 1-hour sessions and \$37 on 10, half-hour sessions! (Does not include Intro Packages)

Call 761-3225 for more information or visit jcyymca.org.

NUTRITION COUNSELING

Kelsey Riggs / 761-3225 / kriggs@jcympca.org

EAT RIGHT-LIVE RIGHT – Precision Nutrition Counseling

Do you struggle with information overload when it comes to health and nutrition? Have you tried every diet under the sun with little to no success? Or maybe you've had some short-term success only to find yourself falling back into poor choices and bad habits.

The Eat Right - Live Right Precision Nutrition Program is different. It isn't a diet. It's not a one-size-fits-all kind of program. And it's definitely not a lose-tons-of-weight-quickly program that never works anyway.

This is a habit-based coaching program designed to help you change your relationship with food. You will meet with a Precision Nutrition Certified Professional to discuss where you are and where you want to be. This interactive program will help keep you on track by slowly changing your habits, and a coach will help guide you every step of the way.

Fee: 3-Months: \$240 or \$80/month
6-Months: \$360 or \$60/month

For more information, call 761-3225.

IMPROVING YOUR GOLF GAME OFF THE LINKS

This golf training program is designed to make each participant more mobile where mobility is needed, stable where stability is needed, and stronger and more powerful where needed. The focus of this program will help you feel, move and perform better. **Class is limited to 4 participants. Register soon!**

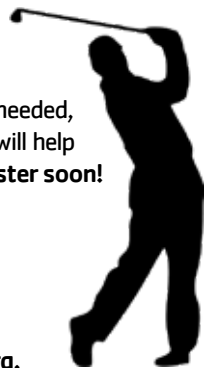
Days: T/TH - March 12-April 18

Time: 6:15-7:15 a.m.

Place: West Y-3507 Amazonas

Fee: \$175 Y-member; \$275 Non-member

For more information call 761-9021. Register online at www.jcympca.org.



LUCK OF THE IRISH 5K

Saturday, March 16 / Downtown Jefferson City / 9 a.m.

Registration will begin at 7:30 a.m. and the race will begin at 9 a.m. at the intersection of Jefferson and High Streets.

PRE-REGISTRATION: (thru March 10)

Adult: \$25; **Youth (14 & under):** \$20

DAY OF EVENT: (March 16)

Adult: \$30; **Youth (14 & under):** \$25

EARLY PACKET PICK UP: Fri., Mar. 15 / 4-6 p.m. / Firley Y

For more information, visit www.jcympca.org or call 761-3225.



YOUTH FITNESS

Kelsey Riggs / 761-3225 / kriggs@jcymca.org

These classes teach general anatomy, correct exercise form and range of motion, proper use of treadmill cardio equipment, resistance bands, body weight exercises and fitness floor etiquette. Registration ends 3 days prior to the first class. After completion, the individual will be certified to use all 3 of the fitness centers with an adult.

KIDS N TRAINING: For Y-members ages 8-10. Each class is limited to 5 participants. Parents are required to attend the class with their child.

Sessions: Jan. 29; Feb. 5; Mar. 5; Apr. 2; May 7

Time: 6-7 p.m.

Location: West Y - 3507 Amazonas

Fee: \$40 Y-members only

If minimum enrollment of 3 participants is not met, class will be cancelled.

KIDS N WEIGHTS: For Y-members ages 11-12. Each class is limited to 6 participants.

Sessions: Jan. 15/22; Feb. 19/26; Mar. 19/26; Apr. 16/23; May 21/28

Times: 6-7 p.m.

Location: West Y - 3507 Amazonas

Fee: \$60 Y-members only
\$40 for Kids N Training graduate

If minimum enrollment of 3 participants is not met, class will be cancelled.

One-On-One Sessions available. Visit www.jcymca.org for details.

OPERATION FIT KIDS: For ages 6-12, this class will be fun but challenging, using games and activities, to get and keep kids interested in exercise and being active.

Day: Saturday

Times: 9-10 a.m.

Location: West Y - 3507 Amazonas

Fee: Free Y-member; \$40 Non-member



YOUTH INTRO TO FUNCTIONAL STRENGTH & CONDITIONING: Developing good, safe, and effective exercise habits for youth is of the utmost importance. Your child will work with Luke Lamb in a small group setting twice each week for four weeks. Luke is a Certified Functional Strength Coach, ACSM Certified Personal Trainer, Functional Movement Screen Level 2 Certified Professional, and a Precision Nutrition Certified Coach with nearly a decade of experience. Luke will take your child through many foundational and functional exercises, making sure they learn proper, safe, and effective technique so they will be able to train on their own. By the end of the program, your child will have a solid understanding and foundation of strength and conditioning. He or she will be given a 3 month program to follow on their own once they've graduated from the program.

Ages: 12-15 years old

Sessions: Feb. 5-28, Apr. 2-25

Days: Tuesday/Thursday

Times: 4-5 p.m.

Location: West Y - 3507 Amazonas

Fee: \$99 Y-members only

GROUP EXERCISE

Brett Blythe / 761-3459 / bblythe@jcmca.org

FREE for Y-Members! Your YMCA membership includes more than 100 FREE fitness classes offered at all three YMCA locations and at various times throughout the day. Classes are held on monthly sessions.

Y-Member Reservations: \$10/month/class

Ensure a spot in your favorite class(es) with a reservation. . *Registration for classes is open until the 15th of the month. Registration opens on the 16th of the month prior.*

Non-Member/month: \$25/Express* class; \$40/class

(Express class is approximately 30 minutes.)

A complete class schedule can be found at www.jcmca.org or at any Y facility. Classes offered subject to change.

LAND GROUP EXERCISE

BABY AND ME - This is a full body conditioning class incorporating cardio, strength training for upper and lower body and focused core exercises. Please bring a front carrier to class if you have one available as we will use them frequently for cardio and strength training portions of class. Captivate your child's attention while you get a great workout!

BARRE and MORE - This 45-minute class uses the ballet barre for stretching and conditioning.

BODYPUMP - The original LES MILLS barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BUTTS AND GUTS - Join us for a high intensity burn focused on the abs and glutes. This class will be taught by a variety of Personal Trainers. No class will ever be the same!

CARDIO MIX - 45 minute, high energy class will use a variety of equipment including weights and stability balls to increase muscle tone and receive full body benefits while increasing your cardiovascular endurance.

CORE and MORE - Core muscles are everything on the front, side and back of your torso, not including your extremities (arms, legs and head). Core strength comes especially from your ab muscles and your erector spinae muscles, which are responsible for helping you stand erect. A variety of exercises and tools will be used to strengthen your core.

CROSS BOX - Put a little punch in your day! This class keeps you coming back . . . using a variety of equipment including versa bars, ropes and weights, combined with traditional boxing elements. Never the same workout twice. Gloves are not required, but are available for purchase at the welcome desk if desired.

DANCE MIX - Like Zumba and a little hip in your hop? Instructor Leslie brings her experience of dancing as a professional cheerleader for the arena football league and ten years of teaching dance to this class.

FITNESS FUSION - This workout is a fusion of several different fitness disciplines. It combines Yoga, Pilates, Barre, weight lifting, etc. and no two sessions will ever be the same!

FULL BODY BLAST - Using a variety of equipment, this class is convenient and challenging for those who need a full body workout, but time is an obstacle. Join us over the lunch hour.

HARDCORE HIIT – This is a training technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. HIIT workouts build cardiovascular endurance, while also improving strength, increasing lean muscle and maximizing calorie burn.

POUND – Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

STEP IT UP – Try out some simple step choreography and strength training. The class is focused on enhancing your cardio and muscular endurance. Join this high energy class!

TRX SUSPENSION TRAINING – TRX Suspension is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of challenging yourself on each exercise because you can simply adjust your body position to add or decrease resistance. TRX Benefits: fast and effective total-body workout, improve mobility/flexibility, build lean muscle, develop functional strength.

ULTIMATE STEP – This is a high intensity class using the step. Burn more calories in this class than the traditional aerobics class.

ZUMBA – The fusion of Latin and international music dance themes create a dynamic, exciting principle that workouts should be fun and easy to do.

MISSOURI STATE AEROBICS – All State Employees have the opportunity to take up to five group exercise classes FREE at the Truman Building. Class sizes are limited, so sign up early. State Employment ID is required.

BOOT CAMPS

EARLY BOOTCAMP – Half of the battle is just showing up, let us take care of the rest! This class is a true fitness challenge sure to enhance cardiovascular endurance and strength. Great class for those looking to kick up their fitness program!

MORNING BOOT CAMP MIX – Incorporating elements of other classes into a traditional boot camp style class. You'll be challenged while giving you a fresh and fun start to the day.

MID-MORNING BOOT CAMP – Kick up your fitness routine each Tuesday and Thursday with a great mid-morning workout.

EXTREME BOOT CAMP – Two personal trainers for the price of one. This high energy class will burn serious calories. Kick up your fitness program.

SWEAT – A weekly boot camp that includes obstacle courses and workout challenges that will make you fitness-ready!

LAUNCH INTO 2019

Tuesday, Jan. 1

Join us on New Year's Day to launch your 2019 fitness goals. The Y's group exercise instructors will help you start the year off right with a variety of 45-minute classes! It's FREE (donations to the YMCA mitten trees are encouraged), open to the public and you're welcome to stay for as many classes as you like. More details coming soon!



CYCLING

SUNRISE CYCLE – Start your day with a cardio challenge! Burn calories, add strength and endurance, decrease stress. The perfect trio.

CYCLE – A true cardio challenge linking the mind and body in an incredible, low impact workout.

SUNDAY CYCLING – Try this hour and a half ride to get your day started.

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YOGA / PILATES / TAI CHI

MID-MORNING YOGA – Boost your energy for the rest of the day! You'll experience stress reduction and mental clarity in addition to improved flexibility and strength for an overall increased feeling of well-being.

MID-DAY YOGA – Hectic morning? Afternoon not much better? This 30-minute lunch-time class will provide coping techniques such as restorative breathing exercises, stress reduction and mental clarity in addition to improved flexibility and strength.

AFTERNOON YOGA – This is a complete workout blending balance, strength, flexibility and power in a fitness format. Yoga improves cardiovascular endurance, core strength, posture, flexibility, range of motion and concentration.

YOGA BASICS – New to Yoga? This is the class for you. Introduces more than 40 postures to improve both physical and mental well being. All fitness levels welcome.

YOGA FITNESS – Offers a high heat, high energy workout with an emphasis on strength, concentration and flow. This powerful vinyasa format is designed to strengthen your body and stretch your mind. Prior Yoga experience required.

PILATES – Pilates is a fitness discipline that develops a strong core or "powerhouse" with emphasis on spinal and pelvic alignment and breathing. It builds flexibility, endurance, and muscle strength. It improves balance and circulation and reinforces musculature and correct posture.

TAI CHI – Tai Chi is a type of low-impact, weight-bearing, and aerobic – yet relaxing – exercise that began as a martial art. Practiced in a variety of styles, Tai Chi involves slow, gentle movements, deep breathing, and meditation This exercise program is easy to follow for seniors and all fitness levels.



LIVESTRONG

FOUNDATION

LiveSTRONG® at the YMCA is a free, 12-week physical activity and well-being program designed to help adult cancer survivors achieve their health and wellness goals.

Participants work with Y staff trained in supportive cancer care to increase flexibility, build strength and improve confidence and self-esteem. **For more information about participating in or supporting LiveSTRONG® at the YMCA, call 761-3459.**

Upcoming 2019 Sessions:

Jan. 14–Apr. 3
1 p.m.

Jan. 29–Apr. 23
6:30 p.m.

Apr. 29–July 22
1 p.m.

May 14–Aug. 6
6:30 p.m.

The YMCA is proud to partner with:



FOREVER FIT

Brett Blythe / 761-3459 / bblythe@jcmca.org

The YMCA is proud to partner with Tivity Health to offer a variety of fitness formats for active older adults that are multi-level, equipment-based, total-body conditioning classes. Find out if you are eligible by calling 1-888-423-4632. (Some insurance companies cover the cost.) Or visit one of our welcome desks and have your insurance card available. All SilverSneakers® classes are also available to Y members free of charge.

SILVERSNEAKERS® CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills.

Schedule: Mon. & Wed. – 10:30-11:15 a.m.

Location: West GXR – 3507 Amazonas

AND

SILVERSNEAKERS® YOGA: This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Schedule: Fri. – 10:30-11:15 a.m.

Location: West GXR-3507 Amazonas

Monthly Fee for Classic & Yoga: Free Silver Sneakers® and Y-members; \$40 Non-member

DAILY FITNESS CLASSES FOR ACTIVE AGING –SilverSneakers® and Y members: From low-impact aerobics, core strengthening using an exercise ball, Yoga, circuit training, and a “mix” class, you’ll burn calories, strengthen your heart, increase muscular strength, improve flexibility and have fun while doing it!

Time: 9–9:45 a.m.

Day/Location: Mon. (Cardio) and Fri. (Yoga) @ West Y–3507 Amazonas

Tues. (Ball), Wed. (Circuit), Thurs. (Cardio) @ Knowles Y Annex–424 Stadium

Monthly Fee: FREE Y-member and SilverSneakers®, \$40 Non-member

SilverSneakers® FLEX

If you’re looking for options outside the traditional fitness location, try SilverSneakers® FLEX. FLEX offers classes at four churches in our community on various days and times during the week. For more information, visit www.jcmca.org or call 761-3459.

Non-members pay \$20/month/location.

PEDALING FOR PARKINSON’S

Next session: TBA @ West Y

The YMCA is proud to offer **PEDALING FOR PARKINSON’S**, a 12-week cycling program. Cycling is useful for people with Parkinson’s disease due to balance challenges that many experience. Indoor group cycling led by a trained coach provides a monitored and safe exercise protocol.



For more information or to register, call 761-3459.

YOUTH SPORTS

Craig Hall / 761-9003 / chall@jcymca.org

OUTDOOR SOCCER Boys and Girls – Pre-K-8th Grade

Teams in this 8-week league will be school based with the coach allowed to freeze two children. Schools without enough players to fill a team will be combined with other schools. Volunteer coaches are needed. (Maximum of 2 weather related make-up games.)

EARLY BIRD: January 1-9
Fees (Pre-K-K): \$30 Y-member; \$45 Non-member
Fees (1st-8th): \$35 Y-member; \$55 Non-member

Registration: January 10-31
Fees (Pre-K-K): \$40 Y-member; \$55 Non-member
Fees (1st-8th): \$45 Y-member; \$65 Non-member

Registrations will be accepted after January 31 if there are still slots available on teams and a \$10 late fee will be charged.

Games Begin: March 23
Location: 63 Sports Complex
Equipment: Purchase jerseys at the Firley YMCA service desk @ 525 Ellis

3rd GRADE SOCCER ACADEMY

The YMCA and the United Capital City Soccer Club are providing a developmental soccer academy for boys and girls in third grade. The Academy will focus on improving the player's technique, allowing them to get a feel for the game. It will also allow them to be more creative, take risks, become better with the ball and have fun. **The cost is \$100 and shirts will be provided. For more information or to register visit www.jcymca.org.**

NEW THIS SUMMER! YOUTH SUMMER SOCCER LEAGUE



SUMMER SOCCER LEAGUE Boys and Girls – Pre-K-5th Grade

Games in this new league will be played on weekday evenings. Pre-K and Kindergarten will practice 30 minutes before their game. 1st-5th grade will have practices on a separate night.

Days: Weekdays / June 3-28 (4 games)
Place: 63 Sports Complex
Fee: \$30 Y-member; \$45 Non-member

Registration: April 1-21
Equipment: Purchase jerseys at the Firley YMCA service desk @ 525 Ellis

Registrations will be accepted after April 21 if there are still slots available on teams and a \$10 late fee will be charged.

OPEN STYLE TAE KWON DO Ages 6 & above

Earn a Black Belt in this exciting class geared toward, discipline, self defense, personal exercise and individual confidence. Advance through the respectable belt levels to earn up to the highest levels. Your instructor will be Brad Spraggs.

Age Group: 6-14 years / New Students and White Belts

Day/Time: Tuesday / 6-6:45 p.m.

Age Group: 6-14 years / Above Beginner

Day/Time: Tuesday / 6:45-8 p.m.

Age Group: 14 & older

Day/Time: Thursday / 7-9:30 p.m.

Location: Knowles Annex - 424 Stadium

Monthly Fee: \$20 Y-member; \$40 Non-member



INDOOR CLIMBING WALL

Climbing wall is open to all ages. Children under 12 must be accompanied by an adult in the climbing area.

HOURS: Monday 5:30-8 p.m.

*(Staff will be present, but belay service will **not** be provided. All climbers must be belay certified or share belays with other climbers.)*

Tuesday 5:30-8 p.m.

Thursday 5:30-8 p.m.

Saturday 12-3 p.m.

CLIMBING FEES: \$3 Youth; \$5 Adult

Unlimited Climbing Pass (Includes harness, carabiner, belay devices.):

Y-member: \$15/month

Non-member (student): \$50/month

Non-member (adult): \$60/month

BELAY CERTIFICATION: Certification takes place on a first come, first serve basis and takes about one hour. Must be 14 years or older. Includes a one month climbing pass.

Day/Fee: Monday / \$20

CLIMBING WALL RENTALS

Birthday parties, Scout gatherings, work retreats, etc. This package includes two hours of the climbing wall as well as a multi-purpose room for your party.

Gym Fees: \$80

Per person: \$3



ADULT SPORTS

Craig Hall / 761-9003 / chall@jcmca.org

INDOOR VOLLEYBALL

Recreational, Modified, and Power leagues are offered in this 10-week league. Teams will play six/side and must have two females on the court at all times.

Session 1: Registration ends Feb. 1

Games begin Feb. 14

Fee: \$180 per Team

Place: Firley YMCA-525 Ellis Blvd.

Leagues: 2A Low Medium High
3A Low High

3A leagues are for highly skilled players. The 2A leagues are for those players above recreational players (2A Medium & High) and those teams just starting the league (2A Low).

VOLLEYBALL OPEN GYM

This program is developed for all members and non-members to join the YMCA at Sunday Evening Open Gym. It is great time to meet new members and improve your volleyball skills.

Day: Every Sunday

Time: 8-10 p.m.

Location: Firley Gym/Tennis Courts - 525 Ellis Blvd.

Fee: \$1 Y-member; \$2 Non-member



RACQUETBALL

The YMCA has 5 racquetball courts at the Firley facility. Youth must be at least 14 years old to play on the courts without an adult from 5-10 p.m. on weekdays. Individuals engaged in non-germane activities on the courts must yield to racquetball players. Walk-on players are limited to one hour of play if others are waiting for a court. Desk staff will provide eye protection any time racquets are checked out. Racquets will be loaned for an item of value deposit. The racquet user will be responsible to pay for racquet damages.

Fees: Reservations - \$8

Walk on Play - FREE

PICKLEBALL

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball sets can be checked out at the Firley welcome center desk.

Open Play: Wednesday & Friday / 10 a.m.-12 p.m.

Location: Firley Tennis Courts - 525 Ellis Blvd.

DO MORE BE MORE

OPEN STYLE TAE KWON DO Ages 6 & above

Earn a Black Belt in this exciting class geared towards, discipline, self defense, personal exercise and individual confidence. Advance through the respectable belt levels to earn up to the highest levels. Your instructor will be Brad Spraggs.

Age Group: 6-14 years / New Students and White Belts

Day/Time: Tuesday / 6-6:45 p.m.

Age Group: 6-14 years / Above Beginner

Day/Time: Tuesday / 6:45-8 p.m.

Age Group: 14 & older

Day/Time: Thursday / 7-9:30 p.m.

Location: Knowles Annex - 424 Stadium

Monthly Fee: \$20 Y-member; \$40 Non-member



JC GYMNASTICS

Knowles YMCA • 424 Stadium Blvd. • 761-9008

Jefferson City Gymnastics is located at the Knowles YMCA and offers a variety of gymnastics programs for a wide age range.

- Recreational Gymnastics
- Competitive Gymnastics
- Cross-Training
- Private Lessons
- Birthday Parties
- Parent's Night Out



YMCA EMPLOYMENT OPPORTUNITIES

YMCA job openings can be found by visiting jcymca.org, clicking the "ABOUT THE Y" tab at the top left of the page and then clicking "Employment." Job opportunities can also be found at each YMCA Welcome Desk. Employment at the YMCA includes a free YMCA membership!

TENNIS

Mickey Gage / 761-9012 / mgage@jcymca.org

MULTIPURPOSE COURT FEES & REQUIREMENTS

The Firley Y offers four indoor multipurpose courts. Youth must be at least 13 years old to play on the courts without an adult from 5-10 p.m. on weekdays. This rule may be waived if youth have completed a YMCA tennis class. Walk-on players are limited to one hour of play if others are waiting. Black sole shoes are not allowed on the courts.

Reservation Fees:

Day of: \$7/Y-member; \$14 non-member (does not include day pass fee)

Walk-ins: Free Y-member

Advance:* \$10 Y-member; \$20 non-member (does not include day pass fee)

**May reserve up to 5 days in advance.*

PRIVATE LESSONS

Mickey Gage, a certified tennis instructor with the Professional Tennis Registry and a graduate of the Dennis Van Der Meer Tennis University, brings many years of teaching and playing experience to the Y tennis program. As a tennis player, Mickey has been ranked regionally and nationally in singles in his age division. Individual instruction for all ages and skill levels is available. Call Mickey at 761-9012.

Fee: \$35/hour Y-member; \$45/hour Non-member

PERMANENT COURT TIME

Permanent court time reserves a court for you or your group on the same day and time of each week for a 16-week session. Full payment is due when the reservation is made. Sign up must be made at the beginning of each session. YMCA members only. Registration is accepted at the Firley Y.

Fee: \$14/hour (Wednesday's only)

JUNIOR MATCH PLAY

Students will participate in drills, exercises, match play and advanced instruction geared toward learning strategies for improving match play abilities. Junior Match Play is intended only for youth who have previously participated in group or private lessons. Call Mickey or John for more information at 761-9012.

Sessions: January, February, March, April

Intermediate: Monday & Wednesday – 3:30-5 p.m.

Advanced: Tuesday & Thursday – 3-5 p.m.

Fee: \$60/month Y-member; \$70/month Non-member

YOUTH TENNIS LESSONS

Students learn the basics of the game including forehand, backhand, serve, volley and scoring. These lessons are for beginners who are 5-11 years old. Participants must provide his or her own racquet.

Sessions: January, February, March, April

Days/Time: Tuesday – 6-7 p.m.

Fee: \$40/month Y-member; \$50/month Non-member

TENNIS ROUND ROBIN

Tennis players interested in meeting new players and having fun are invited to a great time on the tennis courts! Pick your level and enjoy three and a half hours of tennis. The first 16 will be placed on doubles teams. Each 45 minutes we will rotate so you will play with a new partner. Participants must be at least 18 years old, play at an intermediate level and are asked to give a donation for tennis balls on a timely basis.

Levels: Mens/Ladies – Intermediate/Advanced

Day: Tuesday & Thursday

Time: 9 a.m.-12:30 p.m.

Fee: Free Y-member; \$7 Non-member

MONDAY NIGHT MEN'S LEAGUE

Come join the fun at the Monday night men's league for intermediate to advanced players. Participants will provide their own tennis balls. Substitutes must register with the front desk before play. Direct questions to Mickey at 761-9012.

Session: January 7-May 27

Day: Monday

Time: 7-9 p.m.

Fee: \$50 Y-member; \$60 Non-member

MEN'S ADVANCED LEAGUE

If you are an advanced player and thrive on competition, this league is the place to be. Players must have a NTRP rating of 4.0 or above. Participants will provide their own tennis balls. Direct questions to Mickey at 761-9012.

Session: January 7-May 27

Day: Monday

Time: 5:30-7 p.m.

Fee: \$50 Y-member; \$60 Non-member

YMCA POLICY ON PRIVATE INSTRUCTION

No YMCA member or day pass user may use the YMCA facilities to conduct private tennis instruction and charge or accept compensation.



YOU MAKE A BETTER US

Thanks to our community's philanthropic support, the YMCA provides more than \$200,000 in impact to those we serve.

Each year at the YMCA people of all ages and backgrounds reclaim their health, manage stress, overcome obesity, strengthen family bonds and attain personal fulfillment.

250+ Cancer Survivors have regained strength, made connections and worked on health goals in LiveSTRONG at the YMCA.



2,400+ Men, Women and Children who otherwise could not afford it, have access to the Y and the programs offered.

120+ Infants, Toddlers and Pre-Schoolers

learn, grow and thrive at the YMCA's Child Development Center while developing the building blocks of life.



300+ Children develop character, make friends and create life-long memories at YMCA summer camp.

1,300+ Children and Adults learn confidence and safety through the Y's swimming programs.



1,100+ Youth learn teamwork, sportsmanship and character development when they participate in YMCA youth sports programs.

For more information about supporting the Y's Outreach Fund, call 761-9002.



COMMUNITY WELLNESS EXPO

Improving the health and wellness of our community requires a collaborative effort from like-minded organizations working toward a common goal. That's why the YMCA, Capital Region Medical Center, Jefferson City Medical Group, SSM Health–St. Mary's Hospital and the United Way are teaming up for a comprehensive health & wellness expo. Our goal is to share resources, information and support to promote healthy living in Central Missouri. This free, family friendly event will cater to all ages. Watch for details!

DATE: Sat., January 5
TIME: 9 a.m.–1 p.m.
PLACE: Firley YMCA
COST: Free–open to all ages



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