

HAPPY BIRTHDAY

JEFFERSON CITY AREA YMCA



1970-2020

**Celebrating 50 years of making a difference
in the Jefferson City Community.**

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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

Lisa Dyer	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	761-9005
Knowles Fitness Center.....	424 Stadium.....	761-3542
West Fitness Center.....	3507 Amazonas.....	761-9501

Health & Fitness

Brett Blythe.....	Health & Fitness Director	761-3225
Luke Lamb.....	Health & Fitness Specialist.....	761-9021

Information

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

Membership

Isaac Williams.....	Membership Director/Risk Management.....	761-9504
Angela Ramsey	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

Membership Type	Monthly Bank Draft	Fee with 12-month Agreement	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.)

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

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.)

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.

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

Lisa Dyer / 761-9007 / ldyer@jcyymca.org

SWIM LESSONS

We are pleased to offer swimming lessons for every age and ability at the YMCA all year round. Swimming is a fundamental life skill which can be taught to anyone. YMCA instructors encourage participants to put forth their best effort using a gentle, fun approach to make learning to swim a positive experience. Learning to swim takes time! Your swimmer may be asked to repeat a level. This is all part of the learn to swim process. We strive to keep the student to teacher ratio as low as possible, with class sizes limited to 6 students. Classes may be combined based upon enrollment. Students with special needs are very welcome to participate. Please let us know how we can accommodate. Lessons missed due to weather are always rescheduled and made up.

SWIM LESSON FEES: \$42 Y-members; \$85 Non-members

5 YEARS AND UNDER

Stage A: Water Discovery 6 months to 3 years. The youngest swimmers can enjoy the water with their parent or caregiver. Swimmers will learn to acclimate to the water, enjoy a wonderful sensory experience, spend a cheerful morning splashing, playing and socializing with their new pool pals. The adults will learn how to guide their children to become swimmers as they grow.

•June 1-11	M-TH	9:30-10:10 a.m.	•June 15-25	M-TH	9:30-10:10 a.m.
•June 1-24	M/W	5:15-5:55 p.m.	•July 6-16	M-TH	9:30-10:10 a.m.
•June 6-Aug. 1 (no class July 4)	Sat.	9:30-10:10 a.m.	•July 6-29	M/W	5:15-5:55 p.m.
			•July 20-30	M-TH	9:30-10:10 a.m.

Stage B: Water Exploration 2-4 years. This class is designed to guide swimmers ages 2-4 who are continuing on their swim journey with a parent or caregiver in the water. Swimmers will learn to blow bubbles, float with help and some fundamental water safety skills.

•June 1-11	M-TH	10:15-10:55 a.m.	•June 15-25	M-TH	10:15-10:55 a.m.
•June 1-24	M/W	6-6:40 p.m.	•July 6-16	M-TH	10:15-10:55 a.m.
•June 6-Aug. 1 (no class July 4)	Sat.	10:15-10:55 a.m.	•July 6-29	M/W	6-6:40 p.m.
			•July 20-30	M-TH	10:15-10:55 a.m.

Stage 1: Water Acclimation 3-5 years. This class is for kids learning to push off and glide to their teacher, float with assistance, jump in and get back to the wall, and learn how fun swimming is!

•June 1-11	M-TH	9:30-10:10 a.m.	•July 6-16	M-TH	9:30-10:10 a.m.
•June 1-24	M/W	5:15-5:55 p.m.	•July 6-29	M/W	5:15-5:55 p.m.
•June 6-Aug. 1 (no class July 4)	Sat.	9:30-10:10 a.m.	•July 20-30	M-TH	9:30-10:10 a.m.
•June 15-25	M-TH	9:30-10:10 a.m.	•Aug. 3-13	M-TH	9:30-10:10 a.m.

Stages 2-3: Water Movement and Stamina 3-5 years. The swimming journey continues with swimming longer distances, integrating arm and leg movements with floating and continued emphasis on water safety performed independently. Develops intermediate self-rescue skills performed at longer distances.

•June 1-11	M-TH	9:30-10:10 a.m.	•July 6-16	M-TH	9:30-10:10 a.m.
•June 1-24	M/W	5:15-5:55 p.m.	•July 6-29	M/W	5:15-5:55 p.m.
•June 6-Aug. 1 <i>(no class July 4)</i>	Sat.	9:30-10:10 a.m.	•July 20-30	M-TH	9:30-10:10 a.m.
•June 15-25	M-TH	9:30-10:10 a.m.	•Aug. 3-13	M-TH	9:30-10:10 a.m.

6-12 YEARS

Stages 1-2: Water Acclimation and Movement 6-12 years old. This class is for those who enjoy the water, but may be lacking confidence in their swimming skills. Floating on fronts and backs, increasing comfort below the water surface, and beginning to swim with support as needed are all part of this class.

•June 1-11	M-TH	10:15-10:55 a.m.	•June 15-25	M-TH	10:15-10:55 a.m.
•June 1-24	M/W	6-6:40 p.m.	•July 6-16	M-TH	10:15-10:55 a.m.
•June 6-Aug. 1 <i>(no class July 4)</i>	Sat.	10:15-10:55 a.m.	•July 6-29	M/W	6-6:40 p.m.
			•July 20-30	M-TH	10:15-10:55 a.m.

Stage 3: Water Stamina 6-12 years. The swimming journey continues with swimming longer distances, integrating arm and leg movements with floating and continued emphasis on water safety.

•June 1-11	M-TH	10:15-10:55 a.m.	•July 6-16	M-TH	10:15-10:55 a.m.
•June 1-24	M/W	6-6:40 p.m.	•July 6-29	M/W	6-6:40 p.m.
•June 6-Aug. 1 <i>(no class July 4)</i>	Sat.	10:15-10:55 a.m.	•July 20-30	M-TH	10:15-10:55 a.m.
•June 15-25	M-TH	10:15-10:55 a.m.	•Aug. 3-13	M-TH	10:15-10:55 a.m.

Stage 4: Stroke Introduction 6-12 years. In this stage, swimmers learn the freestyle, backstroke, elementary backstroke and learn to tread water.

•June 1-11	M-TH	10:15-10:55 a.m.	•July 6-16	M-TH	10:15-10:55 a.m.
•June 1-24	M/W	6-6:40 p.m.	•July 6-29	M/W	6-6:40 p.m.
•June 6-Aug. 1 <i>(no class July 4)</i>	Sat.	10:15-10:55 a.m.	•July 20-30	M-TH	10:15-10:55 a.m.
•June 15-25	M-TH	10:15-10:55 a.m.	•Aug. 3-13	M-TH	10:15-10:55 a.m.

Stages 5 and 6: Stroke Development and Mechanics 6-12 years. In this final level, swimmers learn the breaststroke, butterfly, and flip turns. Swimming endurance is also increased.

•June 1-11	M-TH	9:30-10:10 a.m.	•June 15-25	M-TH	9:30-10:10 a.m.
•June 1-24	M/W	5:15-5:55 p.m.	•July 6-16	M-TH	9:30-10:10 a.m.
•June 6-Aug. 1 <i>(no class July 4)</i>	Sat.	9:30-10:10 a.m.	•July 6-29	M/W	5:15-5:55 p.m.
			•July 20-30	M-TH	9:30-10:10 a.m.



**STRONG SWIMMERS
CONFIDENT KIDS**

OTHER LESSONS

Private Lessons. Private/Semi-Private lessons are a wonderful option for those with busy schedules or patrons with special needs or circumstances. Those who need to reach a specific swimming goal, such as a scout badge, can achieve it! These are also a viable options for those with intense water fear. Contact Lisa Dyer at 573-761-9007 to get started! Lessons are scheduled at a mutually agreeable time.

FEES: Six Private 30-minute lessons: \$125 Y-member; \$185 Non-member

Six Semi-Private 40-minute lessons: \$150 Y-member; \$210 Non-member

High School/Adult Lessons. It's never too late to learn to swim! Classes are taught by understanding adults who will work with you. Give yourself the gift of learning to swim in 2020!

•**June 6-Aug. 1** Sat. 11-11:40 a.m.

T.O.W. - Terrified of Water. This class is for adults and teens who have intense water fear. Classes will progress gradually and participants will work within their comfort range.

•**June 6-Aug. 1** Sat. 11-11:40 a.m.

MASTERS SWIMMING

Fitness swimming for adults! Before or after work, workout in the pool! Masters swimming is perfect for triathletes, lap swimmers who want to be challenged by working out with a coach, former competitive swimmers and those who want to take their swimming to the next level. Stroke refinement and efficiency will be emphasized as well as increasing speed and endurance. This is an on-going, monthly program..

June & July Schedule (*August schedule TBA*)

Days/Times: T-F.....7:30-8:30 a.m.....Firley Outdoor Pool-525 Ellis Blvd.

T/TH.....6-7 p.m.Knowles Indoor Pool-424 Stadium

Fees: \$25/month Y-member; \$50/month Non-member

CAMPS

NEW! Homeschool Aqua Camp. Ready, Set, Jump In! Lots of swimming instruction, water games, cool pool crafts and water safety. Bring a light snack and towel. Limit 15.

Days/Time: May 11-15 / 2-4:15 p.m.

Location: Knowles Indoor Pool

Fee: \$100 Y-member ; \$150 Non-member

NEW! Go For the GOLD Aqua Camp - Ages 6-12. Hey Future Olympians . . . the 2020 Olympic Summer Games have been postponed, but we will hold our own Olympic event here in Jefferson City! Go for the Gold Aqua Camp will make every swimmer feel like an Olympic Champ! Each day at camp will feature swimming instruction, water games, cool pool crafts and water safety. Bring a light snack and towel. Limit 15.

Days/Time: June 29-July 3 / 9:30-11:30 a.m.

Location: M-TH/Knowles Indoor Pool; F/Firley Outdoor Pool (Finale/Closing Ceremonies)

Fee: \$100 Y-member ; \$150 Non-member

NEW! Junior Lifeguard – Ages 12-15. Want to know what it takes to be a lifeguard? Come and learn! Youth ages 12-15 will learn some basic lifeguard rescues, water safety and even some swim instruction tips. Junior Guards will then be eligible to volunteer around the pool as their schedule allows. Free for 8GI members and CIT staff members.

Day/Time: May 29 / 9 a.m.-4 p.m.

Location: Knowles Indoor Pool

Fee: \$25 Y-members ONLY (*Free for 8GI members and CIT staff members*)

NEW! Inside Out Aqua Camp – Ages 6-12. Fun swimming under the stars (and pool lights!) Each day at camp will feature swimming instruction, water games, cool pool crafts and water safety. Bring a light snack and towel. Limit 15.

Days: August 10-14

Times/Place: M/W - 6:30-8:30 p.m. - Firley Outdoor Pool

T/TH/F - 6-8 p.m. - Knowles Indoor Pool

Fee: \$100 Y-member ; \$150 Non-member

NEW! Go Fish! Aqua Camp – Ages 6-12. Learn to swim like a dolphin, shark, mermaid or even a barracuda! Before school starts, there's still time to squeeze in one more week of swimming fun! Each day at camp will feature swimming instruction, water games, cool pool crafts and water safety. Bring a light snack and towel. **Two camps to pick from-morning outdoor OR afternoon indoor!** Limit 15 in each camp.

Days: August 17-21

Times/Place: 9:30-11:30 a.m./Firley Outdoor Pool OR 1-3 p.m. Knowles Indoor Pool

Fee: \$100 Y-member ; \$150 Non-member

SPECIAL SWIM DAYS

Dad's Day Dive – June 21. Come spend Father's Day with your family at the Y's Firley Outdoor Pool. We'll have special refreshments for dads, plus fun events each hour! Which dad has the best cannonball? Which dad and kid(s) will triumph in the dad/kid relay? Special dad dedications all day long, will make this a relaxing and memorable day for your whole family.

Patriotic Pool Party – July 4. Hey USA Swimmers! Come swim at the Firley Outdoor Pool on July 4, from 1-5 p.m.! Special USA music, fun lifeguard contests, and a pool parade will make this a fun day! We'll salute those who have served in the United States Armed Forces. COVID-19 First Responders will also receive special recognition.

Sunday, Sundae at the Firley Outdoor Pool – July 19. National Ice Cream Day is Sunday, July 19, a holiday not to be missed! We will have ice cream and toppings for you to create your dairy own masterpiece! Come and enjoy a cool poolside treat!



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

Place: Knowles Indoor Pool, 424 Stadium OR Firley Outdoor Pool, 525 Ellis

Aqua Aerobics T/TH @ 8:30 a.m.-Knowles \$20 Y-member/\$30 Non-member

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 @ 5:45 p.m.-Firley \$20 Y-member/\$30 Non-member

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 \$20 Y-member/\$30 Non-member

T/TH @ 7:15 a.m.-Knowles \$20 Y-member/\$30 Non-member

This class is a combination of deep water exercises (a buoyancy belt is needed) in the deep end, and resistance work in the shallow end. This is a total body workout for those who are comfortable in the pool. A great way to start your day!

Deep Water M/W @ 5:45 p.m.-Firley \$20 Y-member/\$30 Non-member

T/TH @ 5:45 p.m.-Firley \$20 Y-member/\$30 Non-member

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!)

NEW!

Middy Aqua Motion M/W @ 11:30 a.m. \$20 Y-member/\$30 Non-member

T/TH @ 11:30 a.m. \$20 Y-member/\$30 Non-member

New for Summer 2020! Enjoy some sunshine and water aerobics! Instructors Kathy and Dorothy will dish out a tough workout, but each participant can make it as challenging as they want!

Swimnastics M/W/F @ 8:30 a.m.-Knowles \$20 Y-member/\$30 Non-member

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 p.m.-Knowles \$20 Y-member/\$30 Non-member

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 @ 5:45 p.m.-Firley \$20 Y-member/\$30 Non-member

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!

LIFEGUARD CERTIFICATION and RECERTIFICATION

American Red Cross Lifeguard Training. The best job you will ever have! Perfect for young people, college students, stay at home parents, 2nd job seekers and retirees!

Pre-requisites: Must be at least 15 years old and able to pass a swim test on the first day of class. All candidates must attend all class sessions.

Dates/Times: May 21 / 8-9:30 p.m.

May 22 / 5-9 p.m.

May 23 / 8:30 a.m.-4:40 p.m. *(Recerts attend this day only)*

May 24 / 9 a.m.-2 p.m.

Certification: \$175 Y-member ; \$250 Non-member

Recertification: \$100 Y-member; \$125 Non-member

(for those with current American Red Cross Lifeguard Certification)



JCAY BARRACUDA SWIM TEAM (ages 7-21)

Be a Barracuda! The Barracudas are a swim team with a 40 year tradition in Jefferson City! Swimmers learn all four competitive strokes, diving off the blocks, competitive swim turns and more. They will receive a workout each day from coaches who care! Practices are held each day, but swimmers attend only as many as their schedule allows. The Barracudas participate in swim competitions and swimmers select the meets they will attend. The team has a fall-spring season and a summer season. However, swimmers can join anytime! Families with more than one Barracuda are eligible for a discount.

Try Out Criteria: If your swimmer can swim one length of the pool doing the crawl (freestyle) with some side breathing, and one length of the pool on their back, contact us to schedule a try out!



For more information, see us on the web at: www.Jc-barracudas.com. YMCA membership is required. Contact Lisa Dyer at 573-761-9007 or ldyer@jcmca.org or Don Eisinger at JCAY@Live.com for more information or to schedule a try out.

PAT GLADBACH SWIM SCHOLARSHIP



The Pat Gladbach scholarship was created to help finance swimming lessons for deserving families. Pat has been a treasured swim and water aerobics instructor for 48 years at the YMCA. She has taught thousands of people of all ages to swim and exercise in the water and continues to share her expertise in aquatics today. This scholarship ensures even more young people will learn to swim in the future. The application can be found at www.jcmca.org or pick up a copy at the Knowles YMCA. For those wishing to contribute, please contact Lisa Dyer, Aquatics Director, 573-761-9007.

CHILD DEVELOPMENT CENTER

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

The YMCA Child Development Center is located at 603 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	\$730	\$780
2 years	\$590	\$640
3-5 years	\$520	\$570

NURSERY & KIDS CENTER SERVICES

Josh Ferguson / 761-0716 / jferguson@jcyymca.org

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

Monday-Thursday: 4-8 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

AFTER SCHOOL Y-CARE

(Grades K-5)

Register online at www.jcymca.org beginning on May 5. After registering online, new program participants are required to submit state mandated paper registration with current immunization records no later than July 31 in order to maintain enrollment. Paper forms available for download at www.jcymca.org.

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 is held from school dismissal until 5:30 p.m. Y-Care is in session for all regularly scheduled early release days except Good Friday. Y-Care is **NOT** in session when school is dismissed for inclement weather.

A non-refundable \$30 deposit is due at the time of enrollment.

MONTHLY FEES: \$135 Y-member; \$165 Non-member

- August fees are prorated: \$36 Y-member; \$44 Non-member.
- Fees are drafted the first of each month with the first draft on August 1.
- Jefferson City School District and Blair Oaks staff receive 20% off Y-Care fees.

YMCA Outreach Scholarships are available to families who apply and qualify! Please ask at any Welcome Desk for an Outreach application.

Y-Care is offered at the following schools:

Belair	Pioneer Trail
Cedar Hill	South (<i>transported to Thorpe Gordon Y-Care</i>)
Lawson	Thorpe Gordon
North	West
Moreau Heights	Blair Oaks

Y-CLUB @ Thomas Jefferson Middle School

Need something for your middle school student before school starts? Join Y-Club @ TJ! This state-licensed program is held from 7-8:20 a.m. each day and includes supervised activities like sports/recreation time, homework stations, arts and crafts and more!

MONTHLY FEES: \$65/month regular pay
\$35/month (reduced lunch students)
\$0/month (free lunch students)

All families must sign up for regular pay to begin services. Y-Club will verify free/reduced family status with JCSD and will discount rates accordingly. Any student with a discounted rate must attend at least 80% of days offered. Register online at www.jcymca.org.

SUMMER CAMP 2020

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! Lunch and afternoon snack included in fee, as well as any field trip fees.

DATES: June 1-August 14 (closed July 3)

WEEKLY FEES: \$95/week Y-member, \$115/week Non-member

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

Nonrefundable \$10 deposit per week enrolled due upon registration. Deposit subtracted from the weekly fee total. Remainder of weekly fee drafted each Monday your child is registered for camp.

SUMMER SCHOOL AFTERCARE @ the Y

JCSD will bus students from summer school to the Knowles Y on M-Th. Friday's at camp are included in cost. Children will be escorted to the camp that corresponds to the grade entering in Fall 2020. Register online at www.jcymca.org.

SESSION FEES: \$135 Y-member, \$165 non-member

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 for the duration of summer school. Register at www.jcymca.org.

SESSION FEES: \$135 Y-member, \$165 non-member

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@jcymca.org. with questions.



HEALTH & FITNESS

Brett Blythe / 761-3225 / bblythe@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.

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.jcmca.org.



PERSONAL TRAINING

Luke Lamb / 761-9021 / llamb@jcmca.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 761-9021. (Full Session(s) are approximately 60 minutes and Half Sessions are approximately 30 minutes.)

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.



LIVESTRONG

FOUNDATION

ONCE ENROLLED

- Survivors and their family receive a FREE four-month family membership at the Y.
- A LIVESTRONG at the Y professional will develop a plan based on the needs of the survivor that incorporates cardiovascular exercise, resistance training, balance and flexibility.
- Survivors meet in a group setting twice a week for 12 weeks to begin building a healthy lifestyle and to support one another.

For information about participating in or supporting LiveSTRONG® at the YMCA, call 761-3225.



The YMCA is proud to partner with:



FITNESS CHALLENGES

Brett Blythe / 761-3225 / bblythe@jcmca.org

ALL IN Summer Training Camp

Kick off summer with the Y's first ALL IN Summer Training Camp. Six weeks of team-based training with a YMCA certified personal trainer! Whatever your why is, we've got you covered. Maybe you're looking to improve your health and lose some weight, get active with your family or train for a race like the Gauntlet 4 Good. No matter your fitness goals we want you to push your chips to the center and go ALL IN this summer!



Registration: TBD (or until filled)

Cost: \$125 Y members; \$250 Non-members

Event Dates: TBD

During the 6 week training camp you will receive:

- 2 team personal training sessions/week designed by your team trainer
- 2 InBody Assessments (beginning/end) performed by your team trainer
- Pre and Post fitness testing (first and last session)
- Pop-up extra workouts on Saturday mornings
- Discounted entry in the 1st annual Gauntlet 4 Good obstacle course race
- Unique team colored buff

Chips will be awarded for the following: *(chips will used to draw for prizes at the completion of the program)*

- 2 chips for each team workout attended
- 4 chips for each pop-up workout attended
- 15 chips or any improvement in Body Fat % over the 6 week program
- 15 chips for registration into the Gauntlet 4 Good

RACES

Brett Blythe / 761-3225 / bblythe@jcmca.org



Gauntlet 4 Good

Are you capable of running the Gauntlet? The Jefferson City Area YMCA's Gauntlet 4 Good (G4G) is a unique 4-mile obstacle course and trail run/walk. The course will feature 15+ obstacles/stations to challenge all participants.

This exciting endurance event will test your strength, stamina, will-power and courage while benefitting a great cause. **All proceeds from the event will go toward the YMCA Outreach Fund, which supports local families and cancer survivors!**

Need to train for the event? **Sign up for the ALL IN Summer training camp and receive \$25 off your G4G registration fee.**

Date: TBD

Time: 9 a.m.

Place: County Park, 4301 County Park Rd., Jefferson City

Fee: \$45 Y-member; \$60 Non-member *(all participants must be 13 or older)*

GROUP EXERCISE

Brett Blythe / 761-3225 / 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 is approximately 30 minutes.*

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

LAND GROUP EXERCISE CLASSES

Barre and More
BodyPump
Boot Camp
Butts and Guts
Cardio Mix
Core and More
Cross Box
Cycling

Dance Mix
Fitness Fusion
Full Body Blast
Hardcore H.I.I.T.
High Fitness
Operation Fit Kids
Pilates

Pound
Step It Up
Strong by Zumba
Tai Chi
TRX Suspension Training
Yoga
Zumba

“FIREWORK-OUT”

Date: TBD

Join us TBD for the first annual “Firework-out!” The Y’s group exercise instructors will lead you through a variety of 45-minute classes. It’s free for all Y members and you’re welcome to stay as long as you like. More details coming soon!

Monetary donations are encouraged to support the Y’s Live**STRONG**® program. Live**STRONG**® 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.



FOREVER FIT

Brett Blythe / 761-3225 / 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.-Thurs. – 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

FOREVER FIT: 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. and Fri. @ West Y-3507 Amazonas

Tues., Wed. and Thurs. @ 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.

SILVERSNEAKERS® PICKLEBALL

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton and ping-pong.

Time: 1-3 p.m.

Day/Location: Monday @ Firley Y-525 Ellis Blvd.

DO MORE BE MORE

YOUTH FITNESS

Brett Blythe / 761-3225 / @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. 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: June 9, July 14, August 4

Time: 6-7 p.m.

Location: West Y-3507 Amazonas

Fee: \$40 Y-members only

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

Sessions: June 10, July 15, August 5

Times: 6-8 p.m.

Location: West Y-3507 Amazonas

Fee: \$60 Y-members only

\$40 for Kids N Training graduate

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



NUTRITION COUNSELING

Luke Lamb / 761-9021 / llamb@jcmca.org

EAT RIGHT–LIVE RIGHT – Precision Nutrition Counseling

Have you struggled 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** isn't a diet. It's not a one-size-fits-all kind of program. It's definitely not a lose-tons-of-weight-quickly program that never works anyway.

Eat Right–Live Right is a habit-based coaching program designed to help you change your relationship with food and exercise, one habit at a time. You will meet with Luke Lamb, the Y's Precision Nutrition Certified Coach, throughout the program to discuss where you are and where you want to be, perform InBody body composition tests, and take measurements.



You'll receive nutrition and lifestyle lessons, Q & A's, tips, advice, recipes and more. This interactive program will help keep you on track by slowly changing your habits, and Luke will help guide, support, and encourage you every step of the way.

This program also includes 30-minute personal training sessions with one of the Y's certified Personal Trainers to help you meet your fitness goals (6 sessions with the 3-month program and 12 sessions with the 6-month program). Our trainers will help guide you through strength and fitness routines to help you meet your goals.

If you're ready to make long-lasting changes, **Eat Right–Live Right** is for you!

For more information call 573-761-9021.

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

6-Months: \$360 or \$60/month

**ALWAYS WELCOME
IN EVERY
COMMUNITY**

Nationwide Membership

**Nationwide
Membership
is Here!**

Our members can now use any participating YMCA in the United States, making it easier to achieve their health and wellness goals!

One Membership . . . 2,700 Locations!

YOUTH SPORTS

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

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

Teams will be school based. 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: July 1-9

Fees (Pre-K-K): \$30 Y-member; \$45 Non-member

Fees (1st-8th): \$35 Y-member; \$55 Non-member

Registration: July 10-31

Fees (Pre-K-K): \$40 Y-member; \$55 Non-member

Fees (1st-8th): \$45 Y-member; \$65 Non-member

Games Begin: September 5

Location: 63 Sports Complex

Equipment: Purchase jerseys at the Firley YMCA service desk @ 525 Ellis

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: \$5 Youth; \$7 Adult

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

Y-member: \$20/month

Non-member (student): \$70/month

Non-member (adult): \$80/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.

Wall Fees: \$100

Per person: \$5

ADULT SPORTS

Craig Hall / 761-9003 / chall@jcymca.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: Register by: September 3 (Games begin September 17)

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: Sunday

Time: 8-10 p.m.

Location: Firley Gym/MPR 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 - \$7

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.-2:30 p.m. / Firley MPR Courts-525 Ellis Blvd.

Round Robin: Tuesday & Thursday / 12-2 p.m. / Firley MPR Courts-525 Ellis Blvd.
(no need to register)

SilverSneakers/Renew Active: Monday / 1-3 p.m. / Firley MPR Courts-525 Ellis Blvd.

Must use courts designated for Pickleball. Taping or marking additional Pickleball courts is not allowed.

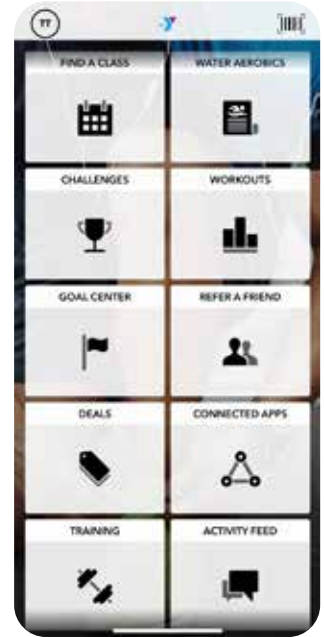
IT'S TIME TO GET HAPPY

We're excited to announce the YMCA has a mobile app to serve our members! Download the Jefferson City Area YMCA app from the iTunes store or Google Play today, create your account and get started.

Our app puts all the tools you need for a healthier lifestyle right in the palm of your hand.

- Scan in using the app
- Find group exercise classes
- Track your workouts
- Participate in fitness challenges
- Find out about personal training
- Contact YMCA staff
- Receive notifications, such as schedule changes, inclement weather and facility updates (*users must enable push notifications*)

All this from one convenient mobile app!



#shoesandasmile

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:

Walk-ins: Free Y-member

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

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)

MONDAY NIGHT 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: June 1-August 31

Day: Monday

Time: 7-9 p.m.

Fee: \$20 Y-member

MONDAY 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: June 1-August 31

Day: Monday

Time: 5:30-7 p.m.

Fee: \$20 Y-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: 8:30 a.m.– 12:30 p.m.

Fee: Free Y-member; \$7 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.



Knowles YMCA
424 Stadium Blvd.
761-9008



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

- 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!

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.



8GI 8TH GRADE INITIATIVE

OUR MISSION

The Y recognizes that as kids face the challenges of adolescence they are more likely to begin distancing themselves from formal organizations, friends and family to engage and experiment in unhealthy behaviors.

The Jefferson City Area YMCA's 8th Grade Initiative (8GI) offers an alternative where these youth can make new friends, discover their passions and begin to develop and cultivate a healthy lifestyle at a young age.

As Jefferson City's leader in promoting a strong mind, body and spirit we want to ensure these youth are set up for future success through an active lifestyle.

OUR PROGRAM

Any 8th grade student is eligible for a free membership at the Jefferson City Area YMCA during the duration of their 8th grade year. A membership application must be completed for a student to take part.

Registration for the program will open August 12 and students may sign up at any Jefferson City Area Y front desk. Student and parent must be present and provide proof of 8th Grade enrollment. 8GI members have full access to all three Jefferson City Area YMCA facilities.

Students will be invited to attend three core classes during the year with a focus on finances, self-defense and physical health. Prizes will be awarded at each class and students in attendance will become eligible for a yearly grand prize.

OUR GOALS

- Promote YMCA Character Values of Caring, Honesty, Respect, Responsibility.
- Increase physical and mental wellness.
- Develop and support healthy exercise and eating habits.
- Provide a safe and secure atmosphere.
- Establish a sense of belonging in each child.
- Have fun!

For more information, call Isaac at 761.9504 or send an email to iwilliams@jcmca.org.

