

# Y M C A

# Since 1970

The logo is circular with a light purple background. It features a large blue '50' with a stylized 'Y' inside the '0'. The text 'JEFFERSON CITY AREA YMCA' is written in a semi-circle at the top, and '50th BIRTHDAY' is at the bottom. A central purple circle contains the text '1970 to 2020'.

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



Proud Partner Agency



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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 .....	.....	<a href="http://www.jcymca.org">www.jcymca.org</a>
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. 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.

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## 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](http://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](http://www.jcymca.org).

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## 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; \$84 Non-members

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### 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.

- Aug. 29-Oct. 17** Sat. 10:30-11:10 a.m. (first 2 classes held at Firley outdoor pool)
- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m.
- Oct. 5-28** M/W 9:30-10:10 a.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m.
- Oct. 24-Dec. 12** Sat. 10:30-11:10 a.m.
- Nov. 3-Dec. 1** T/TH 4:30-5:10 p.m. (no class Nov. 26)

**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.

- Aug. 29-Oct. 17** Sat. 10:30-11:10 a.m. (first 2 classes held at Firley outdoor pool)
- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m.
- Sept. 9-Oct. 5** M/W 10-10:40 a.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m.
- Oct. 24-Dec. 12** Sat. 10:30-11:10 a.m.
- Nov. 2-25** M/W 10-10:40 a.m.
- Nov. 3-Dec. 1** T/TH 4:30-5:10 p.m. (no class Nov. 26)
- Dec. 3-31** T/TH 4:30-5:10 p.m. (no class Dec. 24)

**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!

- Aug. 29-Oct. 17** Sat. 10:30-11:10 a.m. (first 2 classes held at Firley outdoor pool)
- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m.
- Sept. 9-Oct. 5** M/W 10-10:40 a.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m.
- Oct. 24-Dec. 12** Sat. 10:30-11:10 a.m.
- Nov. 2-25** M/W 10:45-11:25 a.m.
- Nov. 3-Dec. 1** T/TH 4:30-5:10 p.m. (no class Nov. 26)
- Dec. 3-31** T/TH 4:30-5:10 p.m. (no class Dec. 24)

**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.

- Aug. 29-Oct. 17** Sat. 10:30-11:10 a.m. •**Nov. 3-Dec. 1** T/TH 5:15-5:55 p.m.  
*(first 2 classes held at Firley outdoor pool)* *(no class Nov. 26)*
- Sept. 8-Oct. 1** T/TH 4:30-5:10 p.m. •**Dec. 3-31** T/TH 5:15-5:55 p.m.
- Oct. 6-29** T/TH 4:30-5:10 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 10:30-11:10 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.

- Aug. 29-Oct. 17** Sat. 11:15-11:55 a.m. •**Nov. 3-Dec. 1** T/TH 5:15-5:55 p.m.  
*(first 2 classes held at Firley outdoor pool)* *(no class Nov. 26)*
- Sept. 8-Oct. 1** T/TH 5:15-5:55 p.m. •**Dec. 3-31** T/TH 4:30-5:10 p.m.
- Oct. 6-29** T/TH 5:15-5:55 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 11:15-11:55 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.

- Aug. 29-Oct. 17** Sat. 11:15-11:55 a.m. •**Nov. 3-Dec. 1** T/TH 5:15-5:55 p.m.  
*(first 2 classes held at Firley outdoor pool)* *(no class Nov. 26)*
- Sept. 8-Oct. 1** T/TH 5:15-5:55 p.m. •**Dec. 3-31** T/TH 5:15-5:55 p.m.
- Oct. 6-29** T/TH 5:15-5:55 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 11:15-11:55 a.m.

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

- Aug. 29-Oct. 17** Sat. 11:15-11:55 a.m. •**Nov. 3-Dec. 1** T/TH 5:15-5:55 p.m.  
*(first 2 classes held at Firley outdoor pool)* *(no class Nov. 26)*
- Sept. 8-Oct. 1** T/TH 5:15-5:55 p.m. •**Dec. 3-31** T/TH 5:15-5:55 p.m.
- Oct. 6-29** T/TH 5:15-5:55 p.m. *(no class Dec. 24)*
- Oct. 24-Dec. 12** Sat. 11:15-11:55 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.

- Aug. 28-Oct. 16** Fri. 4:30-5:10 p.m. •**Oct. 23-Dec. 11** Fri. 4:30-5:10 p.m.  
*(first 2 classes held at Firley outdoor pool)*
- Aug. 29-Oct. 17** Sat. 11:15-11:55 p.m. •**Oct. 24-Dec. 12** Sat. 11:15-11:55 p.m.
- (first 2 classes held at Firley outdoor pool)*



## 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!

•Oct. 24-Dec. 12 Sat. 11:15-11:55 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.

•Oct. 24-Dec. 12 Sat. 11:15-11:55 a.m.

## JUNIOR LIFEGUARD

School is not in session for JC students on October 12—why not learn some new swimming safety skills? 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 schedules allow.

**Day/Time:** Oct. 12 / 9 a.m.-4 p.m.

**Location:** Knowles Indoor Pool

**Fee:** \$25 Y-member; \$50 Non-member (*Free for 8GI members*)



## SPECIAL SWIM DAYS

**Last Blast Family Pool Party of Summer 2020 - Sat., Sept. 5.** Join us on September 5 from 6-8 p.m. at the Firley Outdoor Pool for music, pool games and fun for families!





## JCAY BARRACUDA SWIM TEAM (ages 7-21)

Be a `Cuda! 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! Every swimmer is a winner on the Barracudas with no bench warmers! Everyone who makes the team, is part of the team! 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!

**Try Out Schedule:** Sept. 3 @ 4:30 p.m. - Firley Outdoor Pool/525 Ellis Blvd. *(additional tryouts Sept. 8-18 during practice times at Knowles Indoor Pool)*

**First Day of Practice:** Sept. 8 - Knowles Indoor Pool/424 Stadium

### **Practice Times:**

#### **Monday/Wednesday/Friday**

Novice: 4:30-5:30 p.m.

Bronze/Silver/Gold: 4:30-6 p.m.

#### **Tuesday/Thursday**

Novice: 6:30-7:45 p.m. *(Deck warmup 6:30-6:46 p.m.)*

Bronze/Silver/Gold: 6:30-8 p.m. *(Deck warmup 6:30-6:46 p.m.)*

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

## BARRACUDA BOOTCAMP BASIC TRAINING

This is perfect a perfect opportunity for a swimmer who is interested in joining the Barracudas Swim Team! Meet current swim team members and coaches, learn the strokes, and find out what being a `Cuda is all about!

**Session:** August 24-September 3 *(8 classes - Monday through Thursday each week)*

**Time:** 4:30-5:30 p.m.

**Location:** Firley Outdoor Pool

**Fee:** \$42 Y-members; \$84 Non-members

## PAT GLADBACH SWIM SCHOLARSHIP

The Pat Gladbach scholarship was created to help finance swimming lessons for families in need of financial support. Pat has been a treasured swim and water aerobics instructor for 48 years at the YMCA. She has taught thousands of people 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. The application can be found at [www.jcmca.org](http://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.



## **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

**Aqua Aerobics**                      **T/TH @ 8:30 a.m.**                      **\$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 @ 6 p.m.**                              **\$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.

**Deep Water**                              **M/W @ 6 p.m.**                              **\$20 Y-member/\$30 Non-member**

**T/TH @ 6 p.m.**                              **\$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!)

**Swimnastics**                              **M/W/F @ 8:30 a.m.**                              **\$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 Works**                              **T/TH @ 6 p.m.**                              **\$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!



# 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](http://www.jcyymca.org) or call 635-6665.



<b>RATES</b>	<b>Y-member</b>	<b>Non-member</b>
6 weeks-2 years	\$730	\$780
2 years	\$590	\$640
3-5 years	\$520	\$570

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## 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-Thursday: ..... 4-8 p.m.

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

The Nursery/Kids Center will be closed Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Eve PM, Christmas Day, New Year's Eve PM, New Year's Day PM.



# SCHOOL-AGE CHILD CARE

Jessica Kever / 761-3196 / [jkever@jcymca.org](mailto:jkever@jcymca.org)

## 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 [jcymca.org](http://jcymca.org) or at the Knowles Y Welcome Desk.

## AFTER SCHOOL Y-CARE (Grades K-5)

Register online at [www.jcymca.org](http://www.jcymca.org) or at the Knowles Y Welcome Desk. New program participants are required to submit state mandated paper registration with current immunization records in order to maintain enrollment. Paper forms available for download at [www.jcymca.org](http://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

## 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 a minimum of two business days before the date of service. Holiday Care dates often fill before the minimum of two business days, so register early to avoid missing out!

<b>Dates:</b> November 25	December 31
December 21	March 22
December 22	March 23
December 23	March 24
December 28	March 25
December 29	March 26
December 30	

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

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

**Place:** Knowles YMCA - 424 Stadium



**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

# HEALTH & FITNESS

Brett Blythe / 761-3225 / [bblythe@jcmca.org](mailto: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

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## **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](http://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.



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.



## **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@jcymca.org

## FINISH STRONG 50 WORKOUT CHALLENGE

The end of Summer and the beginning of Fall is a busy time, and we often find ourselves falling behind in our fitness goals. Oct. 5 marks the start of the final quarter of the year, and this is the perfect time to recommit to your health and wellness goals and finish the year stronger and fitter with our Finish Strong 50 Workout Challenge!



Your goal is to work out 50 times during the final 13 weeks of the year (Oct. 4-Dec. 31). This is a terrific way to stay on track as we head into the holiday season. Simply log your workouts on the tracking sheet. Once you fill your first sheet, you've hit the halfway mark! Submit the sheet to the Welcome Desk of any of our three YMCA locations and you'll receive your one-of-a-kind **YMCA stocking cap** or **fleece handband**. Once you hit 50 workouts, turn in your completed sheet and you'll be entered into a drawing for YMCA prizes including Personal Training Sessions and free months of membership. Join the private Facebook group to receive interaction and support throughout the challenge.

**Register:** August 31-November 10

**Session:** October 5-December 31

**Fee:** \$25

## JINGLE ALL THE WEIGH

Don't let the holidays weigh you down! Join our Jingle All The Weigh Challenge to maintain or lose weight during the holiday season. Maintain your weight or lose weight and you'll be registered for a chance to win some great prizes! Stop by any YMCA fitness center and a Fitness Center Attendant will weigh you in to begin the challenge.

**Weigh In:** November 16-22.

**Weigh Out:** December 28-January 3.

**Fee:** FREE and for YMCA Members Only!



## LIFT STRONG FOR LIVESTRONG®

The Jefferson City Area YMCA will host a Bench Press competition benefitting our LiveStrong® program this fall. This program has helped more than 350 cancer survivors regain their strength and stamina over the past 5+ years, now we are asking for your support. We welcome and encourage everyone to come out and throw some weight around for a great cause!

**Date, time and details are TBD.**



# GROUP EXERCISE

Brett Blythe / 761-3225 / [bblythe@jcmca.org](mailto: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](http://www.jcmca.org) or at any Y facility. Classes offered subject to change.

## LAND GROUP EXERCISE CLASSES

Barre and More  
BodyPump  
Boot Camp  
Cardio Mix  
Core and More  
Cross Box

Cycling  
Dance Fitness  
Dance Mix  
Fitness Fusion  
High Fitness  
Pilates

Pound  
Step It Up  
Strong Nation  
Tai Chi  
TRX Suspension Training  
Yoga

**NEW  
BEGINNING  
SEPTEMBER 1**



**DANCE FITNESS** is a high intensity dance party that fuses cardio, strength, Latin dance and hip hop.  
**Days:** Tuesday / Thursday  
**Time:** 5:35-6:20 p.m.  
**Place:** September 10-30  
**Fees:** Free Y-member; \$40 Non-member

## YMCA WALKING CLUB

The YMCA is interested in improving the health of our community by promoting walking for the final four months 2020. Brisk walking for at least 30 minutes, five days per week reduces the risk of developing diabetes by 58% and decreases cardiovascular disease and obesity. People who walk are at lower risk of breast cancer and colon cancer. For people with osteoarthritis, walking improves mobility and function. In addition, walking improves psychological well-being and self-esteem. Jefferson City is so beautiful with many exceptional walking opportunities so on nice days we encourage you to walk outside if you're able. If not, stop by our Firley or Knowles facilities to utilize our walking tracks.

Pick up a tracking form at any YMCA Welcome Desk and keep track of your miles. Earn an exclusive walking club t-shirt by reaching the **100 MILEstone** by the end of 2020.

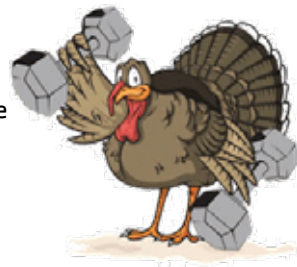
***In addition, join us at our free YMCA Walking Club class at Knowles every Monday and Friday.***

**Registration:** August 10-December 7  
**Session:** September 14-December 18  
**Time:** 8-9 a.m.  
**Cost:** \$15 Y Members Only



## TURKEY BURN

Join us the Friday after Thanksgiving (Nov. 27) to burn off the damage from the day before. The Y's group exercise instructors will burn those calories with a variety of 45-minute classes! It's FREE open to the public and you're welcome to stay for as many classes as you like. Watch for details!



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## 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:** September 1, October 6, November 10, December 1

**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:** September 2, October 7, November 11, December 2

**Times:** 6-8 p.m.

**Location:** West Y-3507 Amazonas

**Fee:** \$60 Y-members only

\$40 for Kids N Training graduate

# FOREVER FIT

Brett Blythe / 761-3225 / [bblythe@jcmca.org](mailto: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 Y – 3507 Amazonas

**Schedule:** Mon. & Fri. / 10:15-11 a.m.

**Location:** Knowles Y – 424 Stadium

## 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

**Schedule:** Wed / 10:15-11 a.m.

**Location:** Knowles Y – 424 Stadium

**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](http://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.

# 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. You'll focus on building habits, one at a time, through online lessons each week, and 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. Since the scale is not the only way to measure results, you will perform monthly InBody body composition tests and take body measurements which will help us get a better picture of your progress.



You'll also receive social support from a small group of like-minded participants (up to eight people) with online nutrition and lifestyle lessons, group discussions, Q & A's, tips, advice, recipes and more. This interactive program will help keep you on track by slowly changing your habits, and Luke, along with your peer group, will help guide, support, and encourage you every step of the way.

This program also includes six 30-minute personal training sessions with one of the Y's certified Personal Trainers to help you meet your fitness goals. 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.**

**Session:** September 7–December 7 (*Register Aug. 17–Sept. 4*)

**Fee:** 3-Months: \$270 or \$90/month  
(with the option to extend to 6 months for \$70 per 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@jcymca.org

## BASKETBALL – GIRLS

### **Girls Lil' Dribblers – Kindergarten–1st Grade**

Girls will play 3 on 3 half court in this 6-week league. Coaches assist in monitoring games and will be given rules and YMCA philosophy. Participants will learn the fundamentals of dribbling, passing, shooting and much more! Jerseys can be purchased at the Firley YMCA front desk.

**Early Bird:** September 1-9

**Fees:** \$25 Y-member; \$45 Non-member

**Registration:** September 10-30

**Fees:** \$30 Y-member; \$50 Non-member  
*(\$10 late fee after Sept. 30)*

**Games Begin:** November 7

### **Girls YBA – 2nd–5th Grade**

Girls will play 5 vs. 5 full court. Program emphasizes teamwork, fundamentals and character development. Purchase jerseys at the Firley YMCA front desk.

**Early Bird:** September 1-9

**Fees:** \$30 Y-member; \$50 Non-member

**Registration:** September 10-30

**Fees:** \$35 Y-member; \$55 Non-member  
*(\$10 late fee after Sept. 30)*

**Games Begin:** November 7

### **Girls Modified Recreational Basketball**

This league is for girls teams (2nd–8th grade) who wish to play against other select teams. Leagues will be broken up by grade.

**Registration:** September 1-30

**Fees:** \$250/team

**Games Begin:** November 8

## BASKETBALL – BOYS

### **Boys Lil' Dribblers – Kindergarten–1st Grade**

Boys will play 3 on 3 half court in this 6-week league. Coaches assist in monitoring games and will be given rules and YMCA philosophy. Participants will learn the fundamentals of dribbling, passing, shooting and much more! Jerseys can be purchased at the Firley YMCA front desk.

**Early Bird:** November 1-9

**Fees:** \$25 Y-member; \$45 Non-member

**Registration:** November 10-30

**Fees:** \$30 Y-member; \$50 Non-member  
*(\$10 late fee after Nov. 30)*

**Games Begin:** January 9

## Boys YBA – 2nd–5th Grade

Boys will play 5 vs. 5 full court. Program emphasizes teamwork, fundamentals and character development. Purchase jerseys at the Firley YMCA front desk.

**Early Bird:** November 1–9

**Fees:** \$30 Y-member; \$50 Non-member

**Registration:** November 10–30

**Fees:** \$35 Y-member; \$55 Non-member  
*(\$10 late fee after Nov. 30)*

**Games Begin:** January 9

## Boys Modified Recreational Basketball

This league is for boys teams (2nd–8th grade) who wish to play against other select teams. Leagues will be broken up by grade.

**Registration:** November 1–30

**Fees:** \$250/team

**Games Begin:** January 10

## 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@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:** Register by: August 30 (Games begin September 10)

**Session 2:** Register by: November 12 (Games begin December 5)

**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.

# TENNIS

John Steinmeyer / 761-9012 / [jsteinmeyer@jcyymca.org](mailto:jsteinmeyer@jcyymca.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

John Steinmeyer, a long-time Jefferson City resident and former All-Conference NCAA Division I tennis player for Missouri State University, brings extensive experience both playing and teaching players at all levels of the game. Individual instruction for all ages and skill levels available. Call John at 761-9012.

**Fee:** \$45/hour Y-member; \$60/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)

## YOUTH TENNIS LESSONS

Students learn the basics of the game including forehand, backhand, serve, volley and scoring. These lessons are for beginners ages 5 thru 11. Participants must provide his/her own racquet. Direct questions to John Steinmeyer at 761-9012.

**Sessions:** September, October, November, December

**Days/Times:** Tuesday/6-7 p.m.; Friday/5-6 p.m.

**Fee:** \$70/month Y-member; \$80/month Non-Member

## JUNIOR MATCH PLAY

Students will be taught the strategies of the game and to incorporate learned skills into match play. Activities will include use of the ball machine, drills, stroke and serve development, singles and doubles play. This program is for intermediate to advanced players who are 11-18 years old. Players 8 to 10 years old may only enroll if approved by the Tennis Director. Direct questions to John Steinmeyer at 761-9012.

**Sessions:** September, October, November, December

**Intermediate:** Monday & Wednesday / 4-5:30 p.m.

**Advanced:** Tuesday & Thursday / 4-5:30 p.m.

**Fee:** \$70/month Y-member; \$80/month Non-member

## 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 John Steinmeyer at 761-9012.

**Session:** September-December

**Day:** Monday

**Time:** 7-9 p.m.

**Fee:** \$60 Y-member; \$80 Non-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 John Steinmeyer at 761-9012.

**Session:** September-December

**Day:** Monday

**Time:** 5:30-7 p.m.

**Fee:** \$60 Y-member; \$80 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:** 8:30 a.m.-11:30 a.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.

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# DO MORE BE MORE



# 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 5 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@jcymca.org](mailto:iwilliams@jcymca.org).**

# 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.**