



JEFFERSON CITY AREA YMCA

Program Guide: June–August 2021

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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 Poiré.....	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 Keever.....	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

Luke Lamb.....	Sports & Wellness Director.....	761-3225
Quinton Sallin.....	Sports & Wellness Coordinator.....	761-9003

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/Rentals.....	761-9504
Johnna Shanks.....	Membership Coordinator.....	761-9001

Sports

Luke Lamb.....	Sports & Wellness Director.....	761-3225
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	\$30	\$0	\$50
Adult	\$41	\$0	\$75
Single Parent Family	\$41	\$0	\$75
Household	\$51	\$0	\$100
Household Add On	\$20/adult	in addition to a \$51/month Household membership	
Senior Adult	\$34	\$0	\$50
Senior Couple	\$41	\$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 LOCATIONS AND HOURS

FIRLEY YMCA

525 Ellis Boulevard
Jefferson City, Missouri 65101
(573) 761-9530

Firley Y Hours:

Monday-Friday: 4:30 a.m.-9 p.m.
Saturday and Sunday: 6 a.m.-6 p.m.

KNOWLES YMCA

424 Stadium Boulevard
Jefferson City, Missouri 65101
(573) 761-9531

Knowles Y Hours:

Monday-Friday: 5 a.m.-8 p.m.
Saturday and Sunday: 6 a.m.-6 p.m.

WEST YMCA

3507 Amazonas
Jefferson City, Missouri 65109
(573) 761-9532

West Y Hours:

Monday-Thursday: 4:30 a.m.-10 p.m.
Friday: 4:30 a.m.-9 p.m.
Saturday and Sunday: 6 a.m.-6 p.m.

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

AQUATICS

Lisa Dyer / 761-9007 / ldyer@jcymca.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 lesson 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. Lessons are held at Knowles YMCA, where we have warmer water for the comfort of our younger swimmers.

5 YEARS AND UNDER

STAGE A WATER DISCOVERY – \$42 Y-member/\$84 non-member

The youngest swimmers ages 6 months to 3 years 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.

Evenings

- June 1-24..... Tuesday and Thursday..... 4:30-5:10 p.m.
- July 6-29..... Tuesday and Thursday..... 5:15-5:55 p.m.
- August 3-26..... Tuesday and Thursday..... 5:15-5:55 p.m.

Location: Knowles Indoor Pool

Daytime

- June 1-11 Monday-Thursday..... 9:30-10:10 a.m.
- June 14-25 Monday-Thursday..... 9:30-10:10 a.m.
- July 5-16 Monday-Thursday..... 9:30-10:10 a.m.
- July 19-30 Monday-Thursday..... 9:30-10:10 a.m.
- August 2-13..... Monday-Thursday..... 9:30-10:10 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday..... 9:30-10:10 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

STAGE B WATER EXPLORATION – \$42 Y-member/\$84 non-member

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.

Evenings

- June 1-24..... Tuesday and Thursday 4:30-5:10 p.m.
- July 6-29..... Tuesday and Thursday 5:15-5:55 p.m.
- August 3-26..... Tuesday and Thursday 5:15-5:55 p.m.

Location: Knowles Indoor Pool

Daytime

- June 1-11 Monday-Thursday.....9:30-10:10 a.m.
- June 14-25 Monday-Thursday.....9:30-10:10 a.m.
- July 5-16 Monday-Thursday.....9:30-10:10 a.m.
- July 19-30 Monday-Thursday.....9:30-10:10 a.m.
- August 2-13 Monday-Thursday.....9:30-10:10 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday..... 9:30-10:10 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

STAGE 1 WATER ACCLIMATION – \$42 Y-member/\$84 non-member

For 3-5 year olds, 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!

Evenings

- June 1-24..... Tuesday and Thursday..... 4:30-5:10 p.m.
- June 1-24..... Tuesday and Thursday..... 5:15-5:55 p.m.
- July 6-29..... Tuesday and Thursday..... 4:30-5:10 p.m.
- July 6-29..... Tuesday and Thursday..... 5:15-5:55 p.m.
- August 3-26..... Tuesday and Thursday..... 5:15-5:55 p.m.

Location: Knowles Indoor Pool

Daytime

- June 1-11 Monday-Thursday..... 9:30-10:10 a.m.
- June 1-11 Monday-Thursday..... 10:15-10:55 a.m.
- June 14-25 Monday-Thursday..... 9:30-10:10 a.m.
- June 14-25 Monday-Thursday..... 10:15-10:55 a.m.
- July 5-16 Monday-Thursday..... 9:30-10:10 a.m.
- July 5-16 Monday-Thursday..... 10:15-10:55 a.m.
- July 19-30 Monday-Thursday..... 9:30-10:10 a.m.
- July 19-30 Monday-Thursday..... 10:15-10:55 a.m.
- August 2-13..... Monday-Thursday..... 9:30-10:10 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday 9:30-10:10 a.m.
- June 5-July 24..... Saturday 10:15-10:55 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

STAGE 2-3 WATER MOVEMENT AND STAMINA – \$42 Y-member/\$84 non-member

The swimming journey continues for 3-5 year olds with swimming longer distances, integrating arm and leg movements with floating and continued emphasis on water safety.

Evenings

- June 1-24..... Tuesday and Thursday..... 4:30-5:10 p.m.
- July 6-29..... Tuesday and Thursday..... 4:30-5:10 p.m.
- August 3-26 Tuesday and Thursday..... 4:30-5:15 p.m.

Location: Knowles Indoor Pool

Daytime

- June 1-11 Monday-Thursday..... 9:30-10:10 a.m.
- June 14-25 Monday-Thursday..... 9:30-10:10 a.m.
- July 5-16 Monday-Thursday..... 9:30-10:10 a.m.
- July 19-30 Monday-Thursday..... 9:30-10:10 a.m.
- August 2-13..... Monday-Thursday..... 9:30-10:10 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday 9:30-10:10 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

6-12 YEARS

STAGES 1-2 WATER ACCLIMATION AND MOVEMENT – \$42 Y-member; \$84 non-member

This class is for 6-12 year olds 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.

Evenings

- June 1-24 – Tuesday and Thursday – 5:15-5:55 p.m.
- July 6-29 – Tuesday and Thursday – 5:15-5:55 p.m.
- August 3-26 – Tuesday and Thursday – 5:15-5:55 p.m.

Location: Knowles Indoor Pool

Daytime

- June 1-11 Monday-Thursday..... 10:15-10:55 a.m.
- June 14-25 Monday-Thursday..... 10:15-10:55 a.m.
- July 5-16 Monday-Thursday..... 10:15-10:55 a.m.
- July 19-30 Monday-Thursday..... 10:15-10:55 a.m.
- August 2-13..... Monday-Thursday..... 10:15-10:55 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday 10:15-10:55 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

STAGE 3 WATER STAMINA – \$42 Y-member; \$84 non-member

The swimming journey continues for 6-12 year olds with swimming longer distances, integrating arm and leg movements with floating and continued emphasis on water safety.

Evenings

- June 1-24..... Tuesday and Thursday..... 5:15-5:55 p.m.
- July 6-29..... Tuesday and Thursday..... 5:15-5:55 p.m.
- August 3-26..... Tuesday and Thursday..... 5:15-5:55 p.m.

Daytime

- June 1-11 Monday-Thursday..... 10:15-10:55 a.m.
- June 14-25 Monday-Thursday..... 10:15-10:55 a.m.
- July 5-16 Monday-Thursday..... 10:15-10:55 a.m.
- July 19-30 Monday-Thursday..... 10:15-10:55 a.m.
- August 2-13..... Monday-Thursday..... 10:15-10:55 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday 10:10-10:55 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

STAGE 4 STROKE INTRODUCTION – \$42 Y-member; \$84 non-member

In this stage, 6-12 year old swimmers learn the freestyle, backstroke, elementary backstroke and learn to tread water.

Evenings

- June 1-24..... Tuesday and Thursday..... 5:15-5:55 p.m.
- July 6-29..... Tuesday and Thursday..... 5:15-5:55 p.m.
- August 3-26..... Tuesday and Thursday..... 5:15-5:55 p.m.

Location: Knowles Indoor Pool

Daytime

- June 1-11..... Monday-Thursday 10:15-10:55 a.m.
- June 14-25..... Monday-Thursday 10:15-10:55 a.m.
- July 5-16..... Monday-Thursday 10:15-10:55 a.m.
- July 19-30..... Monday-Thursday 10:15-10:55 a.m.
- August 2-13..... Monday-Thursday..... 10:15-10:55 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday..... 10:15-10:55 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

STAGE 5 AND 6 STROKE DEVELOPMENT AND MECHANICS – \$42 Y-member; \$84 non-member

In this final level, 6-12 year olds learn the breaststroke, butterfly, and flip turns. Swimming endurance is also increased.

Evenings

- June 1-24..... Tuesday and Thursday..... 5:15-5:55 p.m.
- July 6-29..... Tuesday and Thursday..... 5:15-5:55 p.m.
- August 3-26..... Tuesday and Thursday..... 5:15-5:55 p.m.

Location: Knowles Indoor Pool

Daytime

- June 1-11 Monday-Thursday..... 10:15-10:55 a.m.
- June 15-25..... Monday-Thursday..... 10:15-10:55 a.m.
- July 6-16..... Monday-Thursday..... 10:15-10:55 a.m.
- July 19-30 Monday-Thursday..... 10:15-10:55 a.m.

Location: Knowles Indoor Pool

Saturdays

- June 5-July 24..... Saturday..... 10:15-10:55 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

OTHER LESSONS

HIGH SCHOOL AND ADULT LESSONS – \$42 Y-member; \$84 non-member

It's never too late to learn to swim! Our classes are taught by adults who understand this and will work with you. Give yourself the gift of learning to swim in 2021!

- June 5-July 24..... Saturday..... 11-11:40 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

T.O.W. TERRIFIED OF WATER – \$42 Y-member; \$84 non-member

This class is designed for adults and teens who have intense water fear. The classes will progress gradually and participants will work within their comfort range.

- June 5-July 24..... Saturday..... 11-11:40 a.m.

Location: Knowles Indoor Pool *except classes on 6/19 held at Firley Outdoor Pool, same time.*

PRIVATE LESSONS. Private/Semi-Private lessons are a perfect option for those with busy schedules 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

AQUA CAMPS

JUNIOR GUARD CAMP – Ages 12-15 – \$25 Y-member; \$50 non-member

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: Friday, May 21

Time: 9 a.m.-4 p.m.

Place: Knowles Indoor Pool-424 Stadium

GO FOR THE GOLD AQUA CAMP – Ages 6-12 – \$100 Y-member; \$150 non-member

Let's learn to swim like Olympians 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: June 28-July 2

Time: 9:30-11:30 a.m.

Place: Knowles Indoor Pool-424 Stadium

'CUDA CAMP – Ages 6 and up – \$30 Y-member; \$60 non-member

This is a perfect opportunity for a swimmer who wants to get ready to join the Barracudas Swim Team! Meet current swim team members and coaches, learn the strokes, become a stronger and safer swimmer, and find out what being a 'Cuda is all about! Limit 20.

Days: August 2, 4, 9, 11, 16, 18

Time: 5-6 p.m.

Place: Knowles Indoor Pool-424 Stadium

GO FISH AQUA CAMP – Ages 6-12 – \$100 Y-member; \$150 non-member

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. Limit 15.

Days: August 16-20

Time: 9:30am-11:30 a.m.

Place: Firley Outdoor Pool-525 Ellis Blvd.

SPECIAL EVENTS

DAD'S DAY DIVE

June 20, 2021 – Spend Father's Day with your family at the YMCA! The Firley outdoor pool will have some special refreshments for Dads, plus some fun events each hour! Which Dad has the best Cannonball? Which dad and kid(s) will triumph in the dad/kid relay? Special *DADications* all day long, will make this a relaxing and memorable day for your whole family.

PATRIOTIC POOL PARTY

July 3, 2021 – Hey USA Swimmers! Come swim at the Firley Outdoor Pool on July 3, 2021 from 1-5 p.m. Special USA music, fun lifeguard contests, all American money dive, and a pool parade will make this a fun day!.

SHARK WEEK

July 5-9, 2021 – Join us for *Jawsome* events each day at Firley outdoor pool from 2-3pm!

- Shark games and relays for families and shark music!
- Shark Safety School where little fish learn to swim more safely!
- Safety Tips from Mark the Shark, our own YMCA Safety Shark!
- Learn about Sharks!

Don't miss YMCA Shark Week Survivor and Customer Appreciation pool and pizza party!

Friday July 9, 6-8 p.m. (pizza at 6) – Free for members and their guests, donations accepted for YMCA Learn to swim scholarships.

NATIONAL ICE CREAM DAY

July 18, 2021 – is National Ice Cream Day, a holiday not to be missed! We will have ice cream treats on hand for hungry swimmers from 2-4 p.m. at the Firley outdoor pool.

SWIM TEAM Practices start May 4!

JCAY BARRACUDA SWIM TEAM (Ages 7-21)

Be a Barracuda! This team has a proud, 40 year tradition here in Jefferson City. Barracudas learn all four competitive strokes, diving off the blocks, competitive swim turns and lots more. Swimmers receive an excellent 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 schedules allow. The Barracudas participate in swim competitions around the area. Swimmers select which meets they will attend as well. The team has two seasons, a fall-spring season, and a summer season. However, swimmers can join anytime! Families with more than one Barracuda are eligible for a discount. YMCA membership is required.

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. **Tryouts held May 4-14 at practice.**

For More Information: Contact Lisa Dyer at 573.761.9007 / lisad@jcmca.org or Don Eisinger at JCAY@Live.com.

LIFEGUARD CERTIFICATION CLASS

Must be 15 years old and pass a swim test on the first day of class. Lifeguard candidates must attend all class sessions. Bring a sack lunch, swim suit and towel each day. The YMCA hires applicants ages 16 and up. Upon successful completion American Red Cross Certificate is valid for two years. This includes Lifeguard, First Aid/AED and CPR.

Days/Times: Thursday, May 20 - 6-8 p.m.
Friday, May 21 - 9 a.m.-4 p.m.
Saturday, May 22 - 9 a.m. -4 p.m.
Sunday, May 23 - 1-4 p.m.

Fee: **FREE** for those who apply and will work at the YMCA
\$150 Y-members; **\$225** for Non-members who will work at other pools

PAT GLADBACH SCHOLARSHIP

The Pat Gladbach scholarship was created to help finance swimming lessons families for deserving families. Pat has been a treasured swim instructor and a water aerobics instructor for more than 35 years at the Jefferson City Area 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, in her name, ensures that even more young people will learn to swim in the future. The scholarship application is on-line at www.jcmca.org or pick up a copy at the Knowles YMCA at 424 Stadium.

Make a Donation: For those wishing to contribute, please contact Lisa Dyer, Aquatics Director, at 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. For more information, contact Lisa at 761.9007 or Idyer@jcmca.org.

Sessions: Monthly

Place: Knowles Indoor Pool, 424 Stadium or Firley Outdoor Pool, 525 Ellis Blvd.

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

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

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

NEW Aqua Kick **T/TH @ 11:15 a.m.** **\$20 Y-member/\$30 Non-member** **Firley Outdoor Pool**

Come join in a fun and intense shallow water workout. Aqua Kick will combine music, aqua dumbbells, aqua kickboxing bags, and a variety of exercises for a fun, cardio, stress- relieving workout. Aqua swim gloves and water shoes are recommended but not required.

Aqua Zumba **M/W @ 6 p.m.** **\$20 Y-member/\$30 Non-member** **Firley Outdoor Pool**

Brings new meaning to the idea of invigorating workout. It combines South America Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water based, body toning workout. So, liven up your work week with some Latin fever.

Cardio H2O **M/W @ 7:15 a.m.** **\$20 Y-member/\$30 Non-member** **Knowles Indoor Pool**

This class is a combination of deep water exercises (a buoyance belt is needed) in the deep 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 @ 6 p.m.** **\$20 Y-member/\$30 Non-member** **Firley Outdoor Pool**

T/TH @ 6 p.m. **\$20 Y-member/\$30 Non-member** **Firley Outdoor Pool**

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

Mid-Day Aqua Motion **M/W@ 11:15 a.m.** **\$20 Y-member/\$30 Non-member** **Firley Outdoor Pool**

Enjoy some sunshine and water aerobics! Instructor Dorothy will dish out a tough workout, but each participant can make it as challenging as they want!

Silver Sneakers Splash **T/TH @ 7:15 a.m.** **\$20 Y-member/\$30 Non-member** **Knowles Indoor Pool**

(Open to all members)

Join certified Silver Sneakers instructor, Kathy Deeken, in this invigorating morning workout! This class is shallow water based and packed with lots of variety, fun music and a positive start to your day. Silver Sneakers and Renew Active eligible.

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

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

Water Works **T/TH @ 6 p.m.** **\$20 Y-member/\$30 Non-member** **Firley Outdoor Pool**

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

CHILD DEVELOPMENT CENTER

Sunny Carron / 635-6665 / scarron@jcymca.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.jcymca.org or call 635-6665.

RATES	Y-member	Non-member
6 weeks-2 years	\$780	\$825
2 years	\$650	\$695
3-5 years	\$565	\$630

NURSERY & KIDS CENTER SERVICES

Josh Ferguson / 761-0716 / jferguson@jcymca.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 NURSERY HOURS - 525 Ellis Blvd.

Monday-Friday: 8 a.m.-11:30 p.m.

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

KNOWLES NURSERY HOURS - 424 Stadium

Monday-Friday: 8 a.m.-11:30 p.m.

Monday-Thursday: 4-8 p.m.

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

WEST NURSERY HOURS - 3507 Amazonas

Monday-Friday: 8 a.m.-11:30 p.m.

Monday-Thursday: 4:30-8 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 KIDS CENTER HOURS - 424 Stadium

Monday-Thursday: 4-8 p.m.

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

WEST KIDS CENTER HOURS - 3507 Amazonas

Monday-Thursday: 4:30-8 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 evening, Christmas Day, New Year's Eve evening, New Year's Day evening.

SCHOOL-AGE CHILD CARE

Jessica Keever / 761-3196 / jkeever@jcymca.org

AFTER SCHOOL Y-CARE

(Grades K-5)

Register at the Knowles YMCA at 424 Stadium Blvd. 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. A non-refundable

\$30 deposit is due at the time of enrollment.

MONTHLY FEES: \$140 Y-member; \$170 Non-member

- August fees are prorated: \$54 Y-member; \$65 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-Care is in session for all regularly scheduled early release days, with the exception of Good Friday. Y-Care *is not* in session when school is dismissed for inclement weather/emergency.

Y-CLUB @ THOMAS JEFFERSON and LEWIS AND CLARK MIDDLE SCHOOLS

Need something for your middle school student before school starts? Join Y-Club @ Thomas Jefferson or Lewis and Clark Middle Schools! 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 Y-member; \$75 Non-member

Outreach scholarships available to assist with tuition costs! Register at the Knowles YMCA at 424 Stadium Blvd..

SUMMER CAMP 2021

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 7–August 13 (closed July 5)

Weekly Fee: \$100/week Y-member, \$120/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 Monday through Thursday, June 7–July 1. Children will be escorted to the camp corresponding to the grade entering in Fall 2021. Afternoon snack provided.

Session Fee: \$140 Y-member, \$170 non-member

SUMMER SCHOOL AFTERCARE @ BLAIR OAKS

After summer school Y-Care held at Blair Oaks Elementary on days summer school is in session. Afternoon snack provided.

Session Fee: \$140 Y-member, \$170 non-member

NEW FRIDAY'S @ SUMMER CAMP

Is your child enrolled in summer school and needs a fun Friday at camp? If so, enroll in Friday's @ Camp! Drop off/pick up in the gym at the Knowles Y. Pick and choose the Friday's you need!

Dates: June 11, 18, 25, July 2

Session Fee: \$22/day Y-member, \$27/day 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@jcmca.org with questions.

Session Fee: \$300 with Outreach financial assistance available for qualifying families.

HEALTH & FITNESS

Luke Lamb / 761-3225 / llamb@jcymca.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.jcymca.org.

PERSONAL TRAINING

Quinton Sallin / 761-9003 / qsallin@jcymca.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 761-9003.

LIVESTRONG AT THE YMCA

Luke Lamb / 761-3225 / llamb@jcymca.org

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 next 2 sessions will be held:

- July 12–October 4 / 1 p.m. / West Y
- August 17–November 4 / 6:30 p.m. / Knowles Y

The YMCA is proud to partner with:



FITNESS CHALLENGES

Luke Lamb / 761-3225 / llamb@jcymca.org

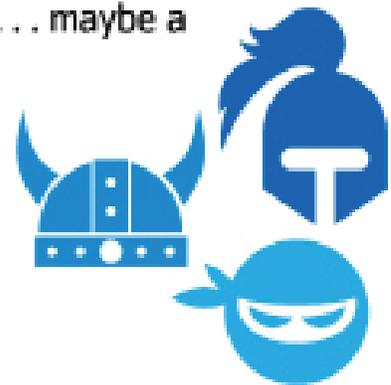


CHAMPIONS CHALLENGE

Be a YMCA Champion this summer when you take on the CHAMPIONS CHALLENGE!

The Challenge includes twice a week workouts with your Coach and optional Saturday workouts with all the Champions. The first workout of your week is designed by your Coach, the second workout will be based on that weeks Champion . . . maybe a Ninja, Viking, Spartan? You'll have to register to see!

- REGISTRATION:** May 1–June 6
CHALLENGE: June 11–August 2
LOCATION: West YMCA–3507 Amazonas
FEE: \$125 Y–member; \$250 Non–member
TEAMS/DAYS/TIME/COACH:



- Team 1: Monday/Wednesday @ 5:30 p.m. with Coach Dusty Haley
- Team 2: Monday/Wednesday @ 6 p.m. with Coach Charlene Fitch
- Team 3: Tuesday/Thursday @ 5 a.m. with Coach Dusty Haley
- Team 4: Tuesday/Thursday @ 5:30 p.m. with Coach Sarah Whitehead

NOTES: The number/size of teams is subject to change based on the final number of registered participants. Team shirts will be provided to participants the first week of the challenge.

The Challenge is 6 weeks and includes:

- June 11Initial weigh-in/InBody
- June 14–July 2.....First 3 weeks of Challenge
- July 2Midway Optional Weigh-in/InBody
- July 3–July 11Off for 4th of July
- July 12–29.....Final 3 weeks of Challenge
- July 30Final weigh-in/InBody
- August 2.....Awards Ceremony

Prizes awarded to the top 3 individuals and top 3 teams.

- 1 point for each pound of muscle gained
- 2 points for each % of body weight lost
- 3 points for each % of body fat lost

All participants have a chance to win other prizes by earning token. Tokens are earned in various ways and will be explained by your Coach.

For more information, visit www.jcymca.org or call 761.9003.

GROUP EXERCISE

Luke Lamb / 761-3225 / llamb@jcymca.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.jcymca.org** or at any Y facility. Classes offered subject to change.

LAND GROUP EXERCISE CLASSES

Barre and More	Dance & Tone	Step It Up
Boot Camp	Dance Mix	Strong Nation
Cardio Mix	High Fitness	Tabata/Core
Core and More	Low Impact Intensity Training	Tabata/Flex
Cross Box	Pilates	Tai Chi
Cycling	Pound	Yoga

YOUTH FITNESS

Luke Lamb / 761-3225 / llamb@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, Aug. 4, Sept. 8, Oct. 13, Nov. 3, Dec. 8

Time: 5 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 9, July 14, Aug. 4, Sept. 8, Oct. 13, Nov. 3, Dec. 8

Times: 6 p.m.

Location: West Y-3507 Amazonas

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

FOREVER FIT

Luke Lamb / 761-3225 / llamb@jcymca.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.jcymca.org or call 761-3459.

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

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

Day	Time	Courts
Monday	1-3 p.m.	3, 4
Tuesday (members only)	12-2:30 p.m. 11:30-2:30 p.m.	1, 2 3, 4
WEdnesday	10 a.m.-12 p.m.	3, 4
Thursday (members only)	12-2:30 p.m. 11:30 a.m.-2:30 p.m.	1, 2 3, 4
Friday	1-3 p.m.	2, 3, 4
Saturday	4-6 p.m.	3, 4

YOUTH SPORTS

Luke Lamb / 761-3225 / llamb@jcymca.org

7 v 7 SOCCER LEAGUES

BOYS AND GIRLS MIDDLE SCHOOL 7v7 SUMMER SOCCER LEAGUE

- \$150/team (NOT coed teams).
- Register by May 26
- Games to be played on Wednesday **OR** Thursday nights beginning June 9 or June 10. One makeup will be offered July 14 or 15.
- Games begin at 6 p.m. during the 4-week season.
- 6 field players and 1 keeper - minimum of 10 players per team.
- Two 25-minute halves and games will be officiated.
- Teams to wear matching color shirts or pinnies.

Game Night Notes: All teams must have a coach/adult representative present. All teams must check in with the League Rep prior to play each night.

GIRLS 7v7 HIGH SCHOOL SUMMER SOCCER LEAGUE

- \$280/team
- Register by May 26
- Games will be played on Wednesday **OR** Thursday nights beginning June 16. No games July 3-11 (Dead Week). League ends July 15. One makeup date on July 28 or 29 for either a rained out game **OR** the end of season tournament.
- End of season tournament will be held July 21 and 22.
- Game Times: 6 p.m. and 7:15 p.m. during this 4-week season
- 6 field players and 1 keeper - minimum of 10 players per team.
- Two 25-minute halves and games will be officiated.
- Teams to wear matching color shirts or pinnies

Game Night Notes: All teams must have a coach/adult representative present. All teams must check in with the League Rep prior to play each night.

BOYS 7v7 HIGH SCHOOL SUMMER SOCCER LEAGUE

- \$350/team
- Register by May 26
- Games will be played on Wednesday **OR** Thursday nights beginning June 9. No games July 3-11 (Dead Week). League ends July 15. One makeup date on July 28 or 29 for either a rained out game **OR** the end of season tournament.
- End of season tournament will be held July 21 and 22.
- Game Times: 6 p.m. and 7:15 p.m. during ths 5-week season.
- 6 field players and 1 keeper - minimum of 10 players per team.
- Two 25-minute halves and games will be officiated.
- Teams to wear matching color shirts or pinnies.

Game Night Notes: All teams must have a coach/adult representative present. All teams must check in with the League Rep prior to play each night.

YOUTH FALL SOCCER LEAGUE

FALL 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.)

Registration: July 1-31

Fees (Pre-K-K): \$35 Y-member; \$60 Non-member

Fees (1st-8th): \$40 Y-member; \$70 Non-member

Games Begin: September 11

Location: 63 Soccer Complex

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

3rd GRADE SOCCER ACADEMY The YMCA and the United Capital City Soccer Club are providing a developmental soccer academy for boys and girls in third grade. The Academy will focus on improving the player's technique, allowing them to get a feel for the game. It will also allow them to be more creative, take risks, become better with the ball and have fun. **The cost is \$100 and shirts will be provided. For more information or to register visit www.jcymca.org.**

PAL TACKLE FOOTBALL

PAL 5TH AND 6TH TACKLE FOOTBALL If your child is entering 5th or 6th grade and planning to attend Helias Catholic High School, this league is for you.

Registration & Equipment Checkout *check back for details: Parent & child should attend*

6th Grade:

Date/Time: July 13 – 5:30-6:30 p.m.

Location: West YMCA – 3507 Amazonas *(Parent & child should attend for fitting.)*

5th Grade:

Date/Time: July 20 – 5:30-6:30 p.m.

Location: West YMCA – 3507 Amazonas *(Parent & child should attend for fitting.)*

Make Up for both age groups:

Date/Time: July 29 – 5:30-6:00 p.m.

Location: West YMCA – 3507 Amazonas *(Parent & child should attend for fitting.)*

Fee: \$150 per child, plus \$150 deposit

Practice Schedule: TBA

Game Schedule: TBA

Game Location: TBA

Physical: Must have a copy from a physician that the child has had a physical within the last calendar year.

Coaching: Please let us know if you would be interested in coaching by calling 761-9003.

Additional Football Information:

Equipment included: League fees will include shoulder pads, pants, pant pads, practice jersey, helmet and game jersey.

Equipment not included: Parents are responsible for providing the mouth piece and football shoes.

INDOOR CLIMBING WALL – OPENING SOON!

ADULT SPORTS

Luke Lamb / 761-3225 / llamb@jcymca.org

7v7 ADULT SUMMER SOCCER LEAGUE

- \$280/team
- Register by May 26
- Games will be played on Monday **OR** Tuesday nights beginning June 7 or 8. No games July 3-11. League ends July 21 or 22. One makeup date on July 26 or 27.
- Game Times: 6 p.m. or 7:15 p.m. during the this 6-week season.
- 6 field players and 1 keeper - minimum of 10 players per team.
- Two 25-minute halves and games will be officiated.
- Teams to wear matching color shirts or pinnies.

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 26 (Games begin September 9)

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

Day	Time	Courts
Monday	1-3 p.m.	3, 4
Tuesday (members only)	12-2:30 p.m. 11:30-2:30 p.m.	1, 2 3, 4
Wednesday	10 a.m.-12 p.m.	3, 4
Thursday (members only)	12-2:30 p.m. 11:30 a.m.-2:30 p.m.	1, 2 3, 4
Friday	1-3 p.m.	2, 3, 4
Saturday	4-6 p.m.	3, 4

TENNIS

John Steinmeyer / 761-9012 / jsteinmeyer@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

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)

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: June 1-August 31

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: June 1-August 31

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.-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.