



JEFFERSON CITY AREA YMCA

Program Guide: September–December 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 Kever	Childcare Director	761-3196
Britney Watkins.....	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
Quinton Sallin	Sports & Wellness Coordinator.....	761-900
John Steinmeyer.....	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.)*

www.jcymca.org

YMCA MEMBER BENEFITS

Your Y membership entitles you to use all three YMCA facilities as well as participate in land group exercise classes for FREE and receive reduced rates for programs.

FIRLEY • 525 Ellis Blvd. • 761-9530

Hours:

Monday-Friday: 4:30 a.m.-9 p.m.

Saturday-Sunday: 6 a.m.-6 p.m.

Amenities:

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

Fitness Center

Racquetball/Handball Courts (5), Indoor Tennis Courts (4)

1/14 Mile Indoor Track

Locker Rooms with whirlpools, saunas, steam rooms

Multipurpose Room

Indoor Basketball Courts (2)

Indoor Cycling Room

Conference Room

Nursery

KNOWLES • 424 Stadium Blvd. • 761-9531

Hours:

Monday-Friday: 5 a.m.-8 p.m.

Saturday-Sunday: 6 a.m.-6 p.m.

Amenities:

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

Fitness Center

Gymnastics Center

Indoor Basketball Courts (2)

1/16 Mile Indoor Track, 1/3 Mile Outdoor Trail

Locker Rooms with saunas, steam rooms

Family Changing Rooms

Nursery, Kids' Center, School-Age Child Care

KNOWLES ANNEX • 424 Stadium Blvd.

Multipurpose Room

Big Brothers/Big Sisters

WEST • 3507 Amazonas Dr. • 761-9532

Hours

Monday-Thursday: 4:30 a.m.-10 p.m.

Friday: 4:30 a.m.-9 p.m.

Saturday-Sunday: 6 a.m.-6 p.m.

Amenities: Fitness Center

Group Exercise Room, Multipurpose Room

Locker Rooms with saunas, steam rooms

Nursery and Kids' Center

HOLIDAYS

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

MORE THAN YOU IMAGINE

The Jefferson City Area YMCA is the place where families have fun and spend quality time together, kids play and build character, adults develop ways to live healthier and neighbors connect with their community.

- Free Land Group Exercise Classes
- Youth and Adult Sports
- Personal Training
- Fitness Challenges
- Swimming Lessons
- Aquatics Trainings and Certifications
- Indoor and Outdoor Pools
- Water Aerobics Classes
- Tennis Lessons and Leagues
- Pickle Ball Leagues
- Racquetball Leagues
- Indoor Climbing Wall
- Indoor Tracks
- Basketball Courts
- Before and After School Care
- Summer Camp
- YMCA Child Development Center
- Kids Centers and Nurseries

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 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

REGISTERING FOR PROGRAMS

For your convenience, the YMCA offers program registration online at www.jcymca.org or at any of our three Jefferson City locations. You may pay by cash, check, credit or debit card.

CORPORATE MEMBERSHIPS

The YMCA Corporate Membership Program is a great way for companies to promote the benefits of exercise to their employees. For more information about corporate memberships, please call 761-9504.

DAY PASS

A non-member can use the YMCA facilities by showing a current photo ID* and paying the day pass fee. Non-members 12 and under must be accompanied by an adult 16 years or older with a valid photo ID which includes date of birth. Non-members 16 and older must show a valid photo ID*.

Day Pass Fee: FREE Child (under age 5)
\$5 Youth/Young Adult (6-17 years)
\$5 Senior (62 and older)
\$10 Adult (18 and older)
\$15 Family

6-Day Pass Fee: \$48 Adult
\$25 Youth/Young Adult, Senior

GUEST ENTRY POLICY

Guest entry is for those interested in a Y membership. Membership privileges may be granted one time at no charge after the following has been accomplished: check-in with the service desk; provide current photo ID that includes date of birth; tour the facility.

VISITOR PASS POLICY

Each Y membership account is given six visitor passes per year to share. Each pass grants an individual or a family access into the facilities for one day. Visitors must be accompanied by a member 13 years or older, adhere to membership guidelines and provide a current photo ID that includes date of birth. Visitors may only use six passes per calendar year.

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. We offer this so you can reach your health and wellness goals wherever you live, work or travel.

LOCKER RENTAL

Lockers may be rented on annual basis. At the Firley Y, the full locker fee is \$75 and half locker fee is \$50. At the Knowles Y, the locker fee is \$63. At the West Y, the extra-large locker fee is \$100, the full locker fee is \$75 and the half locker fee is \$50. Individuals may use empty lockers and are asked to bring their own locks that MUST be removed daily. Call 761-9504 to rent a locker.

INCLEMENT WEATHER

Due to the unpredictability of each weather situation, the Y reserves the right to alter this procedure on a case by case basis. Cancellations and closings will be announced at jcymca.org, on the Y's Facebook page and on the Y information line at 681-9622.

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. Anyone who cannot afford the fees can complete an Outreach application. Applications are available at the service desk or at www.jcymca.org.

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

LEVEL A WATER DISCOVERY – \$44 Y-member/\$86 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 and playing and socializing with their new pool pals. The adults will learn how to guide their children to become swimmers as they grow.

Daytime

- September 7-30.....Tuesday and Thursday9:30-10:10 a.m.
- October 5-28.....Tuesday and Thursday9:30-10:10 a.m.
- November 2-30.....Tuesday and Thursday9:30-10:10 a.m. *No class 11/25.*

Location: Knowles Indoor Pool

Evening

- September 7-30.....Tuesday and Thursday4:30-5:10 p.m.
- October 5-28.....Tuesday and Thursday4:30-5:10 p.m.
- November 2-30.....Tuesday and Thursday4:30-5:10 p.m. *No class 11/25.*

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday.....9:30-10:15 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool.....

LEVEL B WATER EXPLORATION – \$44 Y-member/\$86 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.

Daytime

- September 7-30.....Tuesday and Thursday9:30-10:10 a.m.
- October 5-28.....Tuesday and Thursday9:30-10:10 a.m.
- November 2-30.....Tuesday and Thursday9:30-10:10 a.m. *No class 11/25.*

Location: Knowles Indoor Pool

Evening

- September 7-30.....Tuesday and Thursday4:30-5:10 p.m.
- October 5-28.....Tuesday and Thursday4:30-5:10 p.m.
- November 2-30.....Tuesday and Thursday4:30-5:10 p.m. *No class 11/25.*

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday.....9:30-10:15 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

STAGE 1 WATER ACCLIMATION – \$44 Y-member/\$86 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!

Daytime

- September 7-30.....Tuesday and Thursday10:15-10:55 a.m.
- October 5-28.....Tuesday and Thursday10:15-10:55 a.m.
- November 2-30.....Tuesday and Thursday10:15-10:55 a.m. *No class 11/25.*

Location: Knowles Indoor Pool

Evening

- September 7-30.....Tuesday and Thursday4:30-5:10 p.m.
- October 5-28.....Tuesday and Thursday4:30-5:10 p.m.
- November 2-30.....Tuesday and Thursday4:30-5:10 p.m. *No class 11/25.*
- December 2-28.....Tuesday and Thursday4:30-5:10 p.m.

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday.....9:30-10:15 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

STAGE 2-3 WATER MOVEMENT AND STAMINA – \$44 Y-member/\$86 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.

Evening

- September 7-30.....Tuesday and Thursday4:30-5:10 p.m.
- October 5-28.....Tuesday and Thursday4:30-5:10 p.m.
- November 2-30.....Tuesday and Thursday4:30-5:10 p.m. *No class 11/25.*
- December 2-28.....Tuesday and Thursday4:30-5:10 p.m.

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday.....9:30-10:15 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

6-12 YEARS

STAGES 1-2 WATER ACCLIMATION AND MOVEMENT – \$44 Y-member; \$86 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.

Evening

- September 7-30.....Tuesday and Thursday5:15-5:55 p.m.
- October 5-28.....Tuesday and Thursday5:15-5:55 p.m.
- November 2-30.....Tuesday and Thursday5:15-5:55 p.m. *No class 11/25.*
- December 2-28.....Tuesday and Thursday5:15-5:55 p.m.

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday.....10:15-10:55 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

STAGE 3 WATER STAMINA – \$44 Y-member; \$86 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.

Evening

- September 7-30.....Tuesday and Thursday5:15-5:55 p.m.
- October 5-28.....Tuesday and Thursday5:15-5:55 p.m.
- November 2-30.....Tuesday and Thursday5:15-5:55 p.m. *No class 11/25.*
- December 2-28.....Tuesday and Thursday5:15-5:55 p.m.

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday..... 10:15-10:55 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

STAGE 4 STROKE INTRODUCTION – \$44 Y-member; \$86 non-member

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

Evening

- September 7-30.....Tuesday and Thursday5:15-5:55 p.m.
- October 5-28.....Tuesday and Thursday5:15-5:55 p.m.
- November 2-30.....Tuesday and Thursday5:15-5:55 p.m. *No class 11/25.*
- December 2-28.....Tuesday and Thursday5:15-5:55 p.m.

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday..... 10:15-10:55 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

STAGE 5 AND 6 STROKE DEVELOPMENT AND MECHANICS – \$44 Y-member; \$86 non-member

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

Evening

- September 7-30.....Tuesday and Thursday5:15-5:55 p.m.
- October 5-28.....Tuesday and Thursday5:15-5:55 p.m.
- November 2-30.....Tuesday and Thursday5:15-5:55 p.m. *No class 11/25.*
- December 2-28.....Tuesday and Thursday5:15-5:55 p.m.

Location: Knowles Indoor Pool

Saturday

- September 11-November 13Saturday..... 10:15-10:55 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

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 online at www.jcymca.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.

OTHER LESSONS

HIGH SCHOOL AND ADULT LESSONS – \$44 Y-member; \$86 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!

•September 11-November 13Saturday..... 11-11:40 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

T.O.W. TERRIFIED OF WATER – \$44 Y-member; \$86 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.

•September 11-November 13Saturday..... 11-11:40 a.m. *No class 10/23 and 11/6.*

Location: Knowles Indoor Pool

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:\$140 Y-member; \$185 Non-member

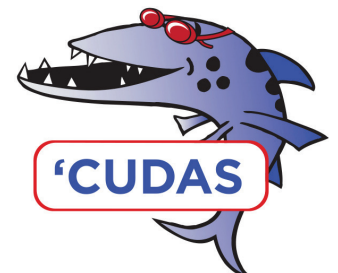
Six Semi-Private 40-minute lessons:\$160 Y-member; \$210 Non-member

JCAY BARRACUDA SWIM TEAM

Ages 7-21 – Fall season starts September 7

Try Outs/Information Meetings (attend any one that works for you!)

- September 7..... 6:45-8 p.m.
- September 8..... 4:30-5:30 p.m.
- September 9..... 6:45-8 p.m.
- September 10..... 4:30-5:30 p.m.



Be a 'Cuda... A team with a 40 year tradition here in Jefferson City! Swimmers on the swim team 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 2 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.

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, they are ready to join! For more information, see us on the web at: www.Jc-barracudas.com.

YMCA membership is required.

For more information or to schedule a tryout: Contact Lisa Dyer at 573-761-9007 / ldyer@jcymca.org or Don Eisinger at JCAY@Live.com.

AQUA CAMPS

JUNIOR GUARD CAMP – Ages 12-15

Want to know what it takes to be a lifeguard? Come and learn! Youth **ages 12-15** will learn some basic lifeguard rescues, water safety and even some swim instruction tips. Junior Guards will then be eligible to volunteer around the pool as their schedules allow.

Day: Saturdays, September 11–November 13 / *No class 10/23 and 11/6.*

Time: 10:15–10:55 a.m.

Place: Knowles Indoor Pool–424 Stadium

Fee: \$25 Y-member; \$50 non-member

LIFEGUARD CERTIFICATION CLASS

The best job you will ever have! Perfect for young people, college students, stay at home parents, 2nd job seekers and retirees! **Pre-Requisites:** Must be 15 years old and able to pass a swim test the first day of class. All candidates must attend all class sessions. Course fees are waived for those employed by JC YMCA. Apply today!

Days/Times: Monday, November 1 – 9 a.m.–4 p.m. (*JC Schools Out*)

Saturday November 6 – 10 a.m.–3 p.m.

Sunday, November 7 – 1–4 p.m.

Location: Knowles Indoor Pool

Fee: **FREE** for those who apply and will work at the YMCA

\$150 Y-members; \$225 Non-member

Certification is valid for 2 years. **Recertification:** (for those with current Lifeguard American Red Cross License)

Members: \$125, Non-Members: \$200. For more information, Contact Aquatics Director, Lisa Dyer at 573-761-9007 or ldyer@jcymca.org.

WORKSHOPS

FIX YOUR FREESTYLE FOR TEENS AND ADULTS

The Barracudas swim team coaches will be hosting a workshop for those who want to improve their swimming technique. This is perfect for lap swimmers, triathletes, and for those who want to learn to swim with more efficiency. Those who are new to swimming are welcome. Common stroke flaws, flip turns, stroke drills, and how to build your own workout are some of the topics in store! Learn from the best!

Day: Saturday, November 20

Time: 9:30–11 a.m.

Place: Knowles Indoor Pool–424 Stadium

Fee: \$15 Y-member; \$30 non-member

DISCOVERY SCUBA

Have you always wondered what it's like to breathe underwater? If you want to try scuba diving, but aren't quite ready to take the plunge in to a certification course, Discovery Scuba Diving is for you. While not a scuba certification course, Discover Scuba Diving is a quick and easy introduction to what it takes to explore the underwater world you must be at least 10 years old and in reasonable physical health. No prior experience with scuba diving is required.

Day: Saturday, December 11

Time: 9–9:30 a.m. – Classroom

9:30–11 a.m. – Pool

Place: Knowles Indoor Pool–424 Stadium

Fee: \$40 Y-member; \$60 non-member

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 ldyer@jcymca.org.

Sessions: Monthly

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

Water Fitness Schedule to come.

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

Britney Watkins / 761-0716 / bwatkins@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.

Monday-Thursday: 4-8 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 Kever / 761-3196 / jkever@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 by Jefferson City School District</i>)
Lawson	Thorpe Gordon
North	West
Moreau Heights	Blair Oaks

Y-Care is in session for early release dates or emergency school dismissals.

Y-CLUB @ THOMAS JEFFERSON & 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..

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 7 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!

Dates: November 24

December 20-23

December 27-30

March 28-April 1

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

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

Place: Knowles YMCA - 424 Stadium

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
- Wheelchair accessible strength and cardio equipment

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 761-9003 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 761-9003 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 session will be held:

- 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

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. October 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. 1-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 prize! 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: September 1-October 15

Session: October 1-December 31

Fee: \$25 and for YMCA Members Only!

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 15-23

Weigh Out: January 2-8

Fee: FREE and for YMCA Members Only!



TURKEY BURN

Join us the Friday after Thanksgiving (Nov. 26) 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. We'll have a 50/50 raffle with extra raffle tickets for donating canned goods to the Samaritan Center. Watch for details!

VETERAN'S DAY 5K / 10K

Saturday, Nov. 6

Last Flight Brewing Company

Watch for details!

www.jcymca.org



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	Pound	Tai Chi
Cycling		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 three 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: Sept. 8, Oct. 13, Nov. 3, Dec. 8

Time: 5-6 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: Sept. 8, Oct. 13, Nov. 3, Dec. 8

Times: 6-7 p.m.

Location: West Y-3507 Amazonas

Fee: \$60 Y-members only

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.

YOUTH SPORTS

Luke Lamb / 761-3225 / llamb@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.

Registration: September 1-30

Fees: \$25 Y-member; \$45 Non-member
(\$10 late fee October 1-10)

Games Begin: November 6 *(No games weekend after Thanksgiving.)*

Girls YBA – 2nd-5th Grade

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

Registration: September 1-30

Fees: \$30 Y-member; \$50 Non-member
(\$10 late fee October 1-10)

Games Begin: November 6 *(No games weekend after Thanksgiving.)*

Girls Modified Recreational Basketball

This six-week 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 7 *(No games weekend after Thanksgiving.)*

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.

Registration: November 1-30

Fees: \$25 Y-member; \$45 Non-member
(\$10 late fee December 1-8)

Games Begin: January 8

Boys YBA – 2nd-5th Grade

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

Registration: November 1-30

Fees: \$30 Y-member; \$50 Non-member
(\$10 late fee December 1-8)

Games Begin: January 8

Boys Modified Recreational Basketball

This six-week 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 9

FUTSAL LEAGUES

Youth Futsal – Boys and Girls

This 4-week futsal soccer league is for boys and girls in 1st-7th grade this winter. Games will be played on Saturdays at the Firley Y on the indoor multipurpose courts. Practice times not offered.

Registration: November 1-30

Fees: \$30 Y-member; \$45 Non-member
(*\$10 late fee December 1-8*)

Games Begin: January 8

High School Futsal – Boys and Girls

This is a 5 vs. 5 league (4 field players plus a keeper) using a futsal ball and rules. This is a six-week league.

Registration: November 1-30

Fees: \$275/team

Games Begin: January 9

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-Friday - 4:30-8:30 p.m.

Saturday - 10:30-3 p.m.

Fees: Youth Day Climbing Pass - \$8 Y-member; \$13 Non-member

Adult Day Climbing Pass - \$10 Y-member; \$20 Non-member

Unlimited Monthly Pass - \$35 Y-member; \$90 Non-member

Climbing Wall Rentals

Birthday parties, Scout gatherings, work retreats, etc. This package includes one hour of the climbing wall for 10 climbers as well as a multi-purpose room for your party. Call 761-9003 to schedule your climbing wall rental.

Fee Y-Member: \$150 for up to 10 climbers for 1 hour of climbing with 1.5 hours (concurrent with climbing) in conference room

Fee Non-Member: \$200 for up to 10 climbers for 1 hour of climbing with 1.5 hours (concurrent with climbing) in conference room

Additional: \$5/person over 10 climber limit

Add an additional 30 minutes of climbing for \$30

ADULT SPORTS

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

ADULT SOCCER OPEN PLAY

Adult soccer open play will be offered Tuesday evenings from 7-9 p.m. on Firley Y multipurpose courts 3 and 4. Buy a season pass or pay each time you participate. Season passes available for purchase September 27.

Season: Tuesday, October 5-Tuesday, December 21

Time: 7-9 p.m.

Place: Firley YMCA-525 Ellis Blvd.

Fees: \$45 Y-Member Season Pass
\$65 Non-Member Season Pass
\$5 Y-Member Walk-In
\$7 Non-Member Walk-In

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. Games are played on Thursday nights.

Session 1: Register: July 29-August 26
Games begin September 9

Session 2: Register: October 18-November 11
Games begin December 2 (*No games the week of Christmas and New Year's Day*)

Session 3: Register: January 24, 2022-February 17, 2022
Games begin March 3, 2022

Fee: \$200 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.

Fees: \$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.

Fees: FREE Y-Member
 \$7 Non-Member
 \$5 Senior Non-Member (62+)

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: 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.–12:30 p.m.

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

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: 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: 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

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.



21/22

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 9 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 nutrition. 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 and 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!

8GI 8TH GRADE
INITIATIVE

Jefferson City Area YMCA