



POWERING POTENTIAL

YMCA of Callaway County
Program Guide

GENERAL INFORMATION

FACILITY, STAFF, MEMBERSHIP, CHILD WATCH

FACILITY HOURS

MON-THU	5 am - 10 pm
FRIDAY	5 am - 9 pm
SATURDAY	8 am - 6 pm
SUNDAY	12 pm - 6 pm

LOCATION

1715 WOOD STREET
FULTON, MO 65251
PHONE - 573.642.1065
YMCAOFCALLAWAY.ORG

STAFF

Sara McDaniel, Chief Executive Officer

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Melissa Siegel, Membership Director

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Talisha Washington, Program Director

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Beth Oseroff, Marketing & Events Director

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MEMBERSHIP

TYPE	DESCRIPTION	JOINING FEE	MONTHLY	ANNUAL
Youth	AGES 0 - 18	\$0.00	\$18.00	\$216
Young Adult	AGES 19 - 23	\$0.00	\$19.00	\$228
Adult	AGES 24 - 61	\$35.00	\$31.25	\$375
Couple	2 adults, no children	\$40.00	\$37.00	\$444
Single Parent Family	1 adult w/ children	\$45.00	\$34.00	\$408
Family/Household	2 adults w/ children	\$55.00	\$43.50	\$522
Senior	AGE 62+	\$20.00	\$19.00	\$228
Senior Household	2 adults age 62+	\$25.00	\$24.50	\$294

CHILD WATCH

MON-THU	8 am - 12 pm 4 pm - 8 pm
FRI - SAT	8 am - 12 pm

CHILDWATCH PROVIDES
QUALITY CARE TO CHILDREN
6 WEEKS THROUGH AGE 8.

*Hours M-Thu will change from 4 pm - 7 pm after Memorial Day

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY

OUTREACH & POLICIES

CANCELLATIONS, BEHAVIOR, LOST & FOUND

OUTREACH – FINANCIAL ASSISTANCE

The YMCA welcomes people from all socioeconomic backgrounds. We are able to provide financial assistance through our OUTREACH PROGRAM to those who are unable to pay the stated fees for membership, youth sports and programs.

The amount of financial assistance is dependent upon household income. Please make sure all required documentation is turned in with the application to avoid a delay in processing. This program is made possible by our Annual Dinner & Auction.

PROGRAM CANCELLATION & REFUNDS

The Y reserves the right to cancel classes/programs due to insufficient registration. In the event the Y cancels a class/program, a full refund or credit will be issued. No refund is given unless the class is canceled by the Y. A pro-rated credit toward other activities will only be given for medical reasons, but not after completion of 50% of the class or program. Credit will be issued from the date of cancellation.

INCLEMENT WEATHER CLOSINGS

If Fulton Public Schools are canceled the evening before, the Y will open at 8am and cancels all morning Y-Fit classes and programs including Child Watch. If Fulton Public Schools cancel in the morning once the YMCA is already open, it will remain open but will cancel all morning programming, including Child Watch.

The YMCA will make decisions on evening programming and classes by 3pm and will inform members on our website, Facebook page, and through text alerts.

If weather warrants closure of the YMCA for an entire day (which is rare), administration will make the decision and post on the website, Facebook, text alert and local TV. If severe weather causes the Y to close early, we will post at the facility, website, Facebook, text alert and local TV.

ACCEPTABLE BEHAVIOR

The YMCA is based on the values of caring, honesty, respect and responsibility. We expect all people using our facilities and participating in our programs to respect themselves and each other. We reserve the right to suspend membership if a person fails to live up to any of the character values.

LOST & FOUND

Members are encouraged to store all personal items securely in the daily-use lockers, which are located in the locker rooms. The Lost & Found is located at the Member Services desk. The YMCA is not responsible for lost or stolen items. All items are kept for a minimum of 14 days before they are donated to charity.

MEMBERSHIP CARDS

Members of the YMCA receive a membership card. You must present your membership card each time at the member services desk to be admitted to the building. If you do not have your membership card, you will be asked to present a photo ID. Replacement cards are \$1.00.

YOUTH PROGRAMS

SPORTS, SKILLS, TEAMS & FUN

3v3 SOCCER (AGES 3 - 10)

Designed to introduce the game of soccer. Emphasis is on FUN, learning to follow directions, and playing as a team.

Registration: January - February

Begins in March

TINY TIKE FLAG FOOTBALL (AGES 3 - 5)

Your tiny tike will have a ball learning about flag football. Sessions will consist of drills to help your little one with coordination and athleticism.

Registration: January - February

Begins in March

ROOKIE T-BALL (AGES 3 - 5)

Register your rookie to learn the basics of t-ball in a fun and safe environment. Emphasis is on FUN, learning to follow directions, and teamwork.

Registration: March - April

Begins in May

HIP HOP DANCE CLASS (K - 5TH GRADE)

Our hip hop class will focus on the fundamentals of dance and hip hop. Emphasis is on FUN, rhythm, and dancing like no ones watching!

Registration: December - January

Begins in February

TUMBLING

The tumbling program will focus on building strength, flexibility, and balance; while learning in a fun and safe environment.

Registration: January - February

Begins in March

TACKLE FOOTBALL (3RD - 6TH GRADE)

Tackle football teaches the fundamentals of football in a safe environment. Participants learn the sport along with sportsmanship and teamwork.

Registration: May - June

Begins in August

OTHER SUMMER REGISTRATIONS

Recreation Cheerleading (1ST - 6TH GRADE)

Girls' Basketball (K - 2ND GRADE)

Fall 3v3 Soccer (AGES 3 - 6)

FALL/WINTER YOUTH PROGRAMS

Tumbling (AGES 3+)

Small Fry Basketball (AGES 3-5)

Boys' Basketball (K - 6TH GRADE)

*All program registrations are subject to change, watch our website, Facebook, and for flyers for specific dates, times, and prices!

YOUTH CAMPS

LEARN, LAUGH, LEAD

SUMMER CAMP (K - 5TH GRADE)

It's going to be the BEST SUMMER EVER this year at YOCC Summer Day Camp!

Camp includes weekly themed activities, super cool counselors, lunch and afternoon snack, as well as park trips, swimming, day trips (for an additional fee), and much much more.

YMCA does accept childcare assistance from Family Support Division (FSD). FSD clients must present authorization from FSD upon registration. FSD clients who do not present an authorization will be charged full fees. The Y also offers assistance through our OUTREACH scholarship program.

Registration: March (continues through summer)

Camp Dates: May 22 - August 4

Weekly Fees, One Child:

Y-Member: \$80.00 per week

Community Member: \$95.00 per week

Weekly Fees, Two or More Children:

Y-Member: \$65.00 per child per week

Community Member: \$85.00 per child per week

LEAD CAMP (AGES 11 - 14)

LEAD: Leadership, Entrepreneurs, Athletic Development

This camp will offer leadership and service learning opportunities to keep teens engaged in meaningful activities during the summer months.

Registration: April (continue through duration of camp)

Camp Dates: May 29 - July 28

Fees: TBD

"My grandson has greatly benefited from being in the football programs. He enjoyed being with other kids his age, learned valuable skills, and became more motivated to participate in other YMCA programs. The program itself was very organized and enjoyed by all."

-YMCA Family Member



FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY

ADULT PROGRAMS

SPORTS, LEAGUES, & HEALTHY LIVING

COED SOFTBALL (AGES 18+)

Get your teams together for a friendly slow pitch softball league. Enjoy comradery and a little bit of competition.

Registration: January - February

Team Fee: \$200

Begins in March

COED VOLLEYBALL (AGES 18+)

Get *set* for another adult league you can *dig!* Coed Volleyball is a recreational league for teams in the Callaway County area.

Registration: January - February

Team Fee: \$200

Begins in March

ISS KEI SHO KARATE (ADULTS & CHILDREN)

Class led by Instructor BJ Huffman

Date/Time: Wednesdays 6:30 - 8:00 pm

Fees: Payable to BJ Huffman

Children Aged 6-12, Free Beginner Class

Adults and Children 12+, \$60/month

*This is an ongoing class with no specific start date

FALL/WINTER ADULT PROGRAMS

Men's League Basketball

*All program registrations are subject to change, watch our website, Facebook, and for flyers for specific dates, times, and prices!



FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY

AQUATICS FOR ALL

AQUASIZE, LAP SWIM, SWIM TEAM

AQUACISE

This is a low impact water aerobics class that features a cardio workout, strength and range of motion exercises.

Fall Season (14 weeks) September - December

Winter Season (20 weeks) January - May

Fees: \$30/10 classes, YMCA members
\$40/10 classes, community members

Participants will receive a punch card upon registering to be punched each class.

*Classes are held at MSD Pool Monday & Thursday evenings 6:00 - 6:45 pm

LAP SWIM

Time is provided for participants to swim laps at their own pace.

Fall Season (14 weeks) September - December

Winter Season (20 weeks) January - May

Fees: \$30/10 classes, YMCA members
\$40/10 classes, community members

Participants will receive a punch card upon registering to be punched each class.

*Lap Swim is held at MSD Pool Tuesday & Thursday mornings from 5:30 - 7:00 am



YOCC FINS GOLD SWIM TEAM

YOCC Fins Swim Team is a competitive swim program open to youth aged 5-18 years of age based on their ability to swim 25 yards freestyle, 25 yards backstroke, 25 yards breaststroke unassisted and also be able to tread water for a minute.

This program encourages self-discipline, perfects competitive strokes, positive self-esteem and also builds friendships. To be eligible to compete with the swim team, you are required to be a member of the YMCA of Callaway County during the winter season.

YOCC participates in the Heartland Area Swim Conference and swimmers will have the opportunity to participate in competitive swim meets throughout the season at an additional cost.

Fall Season (14 weeks) September - December

Winter Season (20 weeks) January - May

**Practices are Monday - Thursday at MSD Pool*

YOCC FINS SILVER SWIM TEAM

(AGES 10 & under)

The program will focus on freestyle and backstroke endurance while learning proper technique for breaststroke and butterfly.

Participants **MUST** be able to swim width of the pool unassisted. This is **NOT** swimming lessons.

Fall Season (14 weeks) September - December

Winter Season (20 weeks) January - May

**Practices are Monday, Tuesday, Thursday at MSD Pool*

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

ADULTS, YOUTH STRENGTH, ATHLETIC DEVELOPMENT

The YMCA of Callaway County provides professionally certified Personal Trainers. Our trainers will provide guidance in helping individuals improve their overall health. This can include working on cardio endurance as well as muscular strength and endurance.

INTRO TO PERSONAL TRAINING (COST: \$30, MEMBERS ONLY)

This 30 minute session with a certified Personal Trainer includes instruction and demonstration on our cardio and Nautilus circuit machines and body fat analysis.

4 SESSIONS (COST: \$79, MEMBERS ONLY)

Four (4) 30-minute personal training sessions

6 SESSIONS (COST: \$105, Y MEMBERS - \$115, COMMUNITY MEMBERS)

Six (6) 30-minute personal training sessions

8 SESSIONS (COST: \$129, Y MEMBERS - \$139, COMMUNITY MEMBERS)

Eight (8) 30-minute personal training sessions

12 SESSIONS (COST: \$179, Y MEMBERS - \$189, COMMUNITY MEMBERS)

Twelve (12) 30-minute personal training sessions

TAG TEAM 8 SESSIONS (COST/person: \$109, Y MEMBERS - \$119, COMMUNITY MEMBERS)

Eight (8) 30-minute personal training sessions for two (2) or more people

TAG TEAM 12 SESSIONS (COST/person: \$129, Y MEMBERS - \$140, COMMUNITY MEMBERS)

Twelve (12) 30-minute personal training sessions for two (2) or more people

YOUTH STRENGTH CERTIFICATON (AGES 10 - 14)

Complete the Youth Strength Certification to learn proper exercise technique on the Nautilus and cardio machines and gain access to the Fitness Center.

One (1) 30-minute session - \$25

PERSONAL TRAINING STAFF

Bobby Butvin - contact the Y to make an appointment



Y-FIT GROUP FITNESS

LES MILLS, SILVER SNEAKERS, & MORE

Class schedules are available online or at Member Services. Classes are subject to change based on participation. Some classes have equipment and space limitations. Participants with special health concerns should check with their physician and inform their instructor prior to participating in any class.

Les Mills BodyPump: Challenge all major muscle groups by utilizing weight room exercises like squats, presses, lifts, and curls. Great music will inspire you to get the results you came for - and fast!

Les Mills BodyCombat: A high-energy, non-contact martial arts-inspired workout. Punch and kick your way to fitness with moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu.

Total Body: This cardio interval class, which can be low-impact dance or step, utilizes the resist-a-ball and weights for a total body workout!

Step: Basic to advanced choreography on the Reebok Step, mixed with great music & fun!

REFIT®: The focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

Silver Sneakers: Silver Sneakers classes increase muscular strength, range of movement, and activity for daily living skills. A chair is used for seated and/or standing support. *free for members

Essential Fitness: Stretching, resistance training, cardio, and core work for all fitness levels.

Fitness ABCs: All Body and Core Strengthening, with cardio, light weights, and more! This free class is available to all Y members! *free for members

Mat Pilates: Perform original mat repertoire to strengthen and lengthen your muscles while improving overall flexibility.

Balanced Body: Experience Pilates, balance exercises, and ballet-based moves to strengthen and lengthen your muscles, while improving overall flexibility and increasing core strength. This low-impact class is great for all levels.

Indoor Cycling: Experience the ultimate cardio burn in this high-energy cycling class for all fitness levels!

Y-FIT CLASS FEES

MEMBERS: \$96 annual payment (20% savings)
\$10/month, drafted with dues
\$2.50 drop in fee (per class)

COMMUNITY: \$40 per month
\$4 drop in fee (per class)

Y-FIT POLICIES

Classes are designed for ages 15 and older; members aged 14 and under may participate at the discretion of the instructor.

Participants must sign in every class so we have an accurate record of attendance

Members may attend two total classes before being obligated to purchase a y-Fit pass. Refunds are not available.

FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY

SPECIAL EVENTS

SOMETHING FOR EVERYONE

KIDS NIGHT OUT (K - 6TH GRADE)

Parents can enjoy a night out to themselves, while their kids have fun, in a safe, secured environment.

Held on one Friday in FEBRUARY and APRIL

Fee: \$10, Y member, \$15, community member

Time: 6:30 pm - 9:30 pm

Location: TBD

YMCA TEEN DANCE (6TH - 8TH GRADE)

Middle school students enrolled in Callaway County Schools get the chance to mingle and dance the night away at the beloved Y Teen Dances.

Held on one Friday in JANUARY and MARCH

Fee: \$10.00, non-refundable

Time: 7:00 pm - 9:30 pm

Location: YMCA OF CALLAWAY COUNTY

HEALTHY KIDS DAY

A YMCA of the USA Initiative. Join us for a day of health and fun for kids of Callaway County.

Saturday, April 22, 2016

FREE to the Community

Time: TBD

COLOR BURST 5K

It's the most colorful event of the year!! Join us for the 3rd annual Color Burst 5K Run/Walk and Kids Mile.

Saturday, May 6, 2017

Registration Open: March 20, 2017

Details to come

Y-FIT GROUP EXERCISE LAUNCH

Start your New Years Resolution off right by joining us on January 14th for the Group Exercise Launch! Enjoy new music and all new work out routines!! Variety of classes offered free of charge to the community.

*Y-Fit launches on a quarterly basis - be on the look out for more in the future

*See Y-Fit page for more details on class offerings, prices, and policies



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STAY CONNECTED

TEXT, EMAIL, SOCIAL MEDIA



FACEBOOK

www.facebook.com/YMCAofCC

*look for events, daily updates, pictures and more



TEXTCASTER

Sign up for updates on programs, closings, cancellations & more.

<http://bit.ly/29VhEOE>



TWITTER

www.twitter.com

@YMCAofCC

*new November 2016



EMAIL

See member services to add your email to your account. Receive newsletters, updates, receipts and more.



INSTAGRAM

www.instagram.com

@YMCAofCC

*new January 2016



Website

www.YMCAofCallaway.org

*New website to launch January 2017!!!



FOR YOUTH DEVELOPMENT | FOR HEALTHY LIVING | FOR SOCIAL RESPONSIBILITY



**JOIN A COMMUNITY
NOT JUST A GYM
YMCA OF CALLAWAY COUNTY**