



# FUN FOR EVERYONE

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	sara.mcdaniel@ymcaofcallaway.org
Melissa Siegel, Membership Director	melissa.siegel@ymcaofcallaway.org
Tyler Aulbur, Sports & Recreation Director	tyler.aulbur@ymcaofcallaway.org

## 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	CHILDWATCH PROVIDES QUALITY CARE TO CHILDREN 6 WEEKS THROUGH AGE 8.
FRI – SAT	8 am – 12 pm	

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

# INFORMATION & 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: 6:00 pm - 9:00 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.

FREE to the Community

Date & Time: TBD

### SPRING/SUMMER 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 in May or June - specific date TBA

More Details to come

### Y-FIT GROUP EXERCISE LAUNCH

Start your New Years Resolution off right by joining us on January 5th 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

### 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.

# 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: 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

### YOUTH VOLLEYBALL (K - 5TH GRADE)

Teaches the fundamentals of volleyball in a safe environment. Participants learn the sport along with sportsmanship and teamwork.

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

Recreational Cheerleading (1ST - 6TH GRADE)

Girls' Basketball (K - 6TH GRADE)

Fall 3v3 Soccer (AGES 3 - 6)

### YOUTH PROGRAMS

\*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 20- August 9

### Weekly Fees, One Child:

Y-Member: \$80.00 per week

Community Member: \$95.00 per week  
week

### Weekly Fees, Two or More Children:

Y-Member: \$65.00 per child per week

Community Member: \$85.00 per child per week

"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

### PICKLEBALL (AGES 18+)

Get set for another adult program you can dig! Coed Pickleball is a recreational game for individuals in the Callaway County area.

Court availability varies , contact member services for more details

\*New to the game? Stop by to find out when you can lean more!

### 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, day of week TBA based on MSD availability

### PERSONAL TRAINING

#### INTRO (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

# 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

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

### 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.



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