



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FEEL HEALTHIER BE STRONGER

North Central Missouri
YMCA

Winter II 2012

Program Guide

Session Dates:

January 2-February 10



YMCA Mission:

Our goal is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



Membership

How Can I Become a YMCA Member?

Stop by our front desk any time to sign up for the membership plan that is right for you. Memberships are sold on an annual basis, and you may pay for your membership in one of two ways.

- ◆ Pay your membership in full
- ◆ Put down an initial payment and authorize the YMCA to make monthly withdrawals from your account at any U.S. bank or financial institution.

MEMBERSHIP RATES

Rates are based on renewal dates

Here are the rates if you pay your membership annually:

Annual rate when you join:	renewal rates	
Family	\$459	\$425
Adult	\$274	\$242
Couple	\$360	\$327
Single Parent Family	\$308	\$275
Senior Adult	\$236	\$205
Senior Couple	\$326	\$294
Youth	\$113	\$86

Here are the rates if you choose monthly bank draft:

Initial payment at joining:	Monthly bankdraft hereafter	
Family	\$92.00	\$38.75
Adult	\$51.00	\$23.00
Couple	\$69.00	\$30.00
Single Parent Family	\$53.00	\$25.25
Senior Adult	\$47.00	\$19.50
Senior Couple	\$59.00	\$26.75
Youth	\$18.50	\$10.75

Your membership is also good at our branch The Grand River Area Family YMCA in Chillicothe. When you join the North Central Missouri YMCA, you also become a member at the YMCA in Chillicothe.

Facility Hours :

Monday - Thursday: 5 am. to 9 pm.
 Friday: 5 am. to 8 pm.
 Saturday: 7 am. to 5 pm.
 Sunday: 1 pm. to 5 pm.

The YMCA will be closed on the following holidays: New Year's Day, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas Day. We will close at noon Christmas Eve and 5:00 pm on New Years Eve.

Youth Use Guidelines:

Youth ages 12-13 may use the upstairs workout area on Tuesdays & Thursdays from 6:30-7:30 pm with a parent/guardian after the youth AND their parent/guardian complete a weight training orientation. For their safety, youth under 14 are not permitted on the second floor work out area. We do allow family time on the walking track Monday through Friday from 7:00-8:00 pm. Parent/guardian must be with child on the walking track at all times.

Lost & Found:

The YMCA is not responsible for lost or stolen property. Lost and found can be claimed at the service desk. We will hold items up to two weeks before they are donated to charity.

Remember, no one is turned away because of an inability to pay:

Scholarships are available for those individuals needing assistance with program fees or membership dues. Applications are available and submitted through the YMCA office. All applications and recipients are handled in a confidential manner.

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 use or membership if a person fails to live up to any of the character values we are based on.



For Social Responsibility

Guest Passes & Daily Passes: YMCA

members may bring one guest (with a guest pass). Each guest is limited to a maximum of three visits per year.

Day passes are available:

Youth: \$3.00 Adults: \$5.00 Family: \$10.00

Insurance:

Members, guests, day pass users and class participants are advised that they use all YMCA premises, facilities, equipment and program activities at their own risk. The YMCA does not carry health or accident insurance on your behalf.

Fitness Equipment Orientation:

Instruction of equipment, strength training benefits and etiquette are offered. Guidelines on how to create your own program will be given, as well as how to properly use the equipment. Please inquire at the front desk for an appointment.

Enjoy Our Child Watch Service:

Supervised babysitting is available for children while parents enjoy the YMCA facilities. The nursery is available for children 8 weeks to 5 years. Nursery staff reserve the right to limit the number of children in the nursery due to ages of children in care, the number of staff on site, and the number of children in the nursery. Two hour limit.

Child Watch Hours:

Monday—Friday	8:30-11:30 am
Monday—Thursday	4:30-7:30 pm
Saturday-Sunday	Closed

Cost is: \$1.00 per hour
.50 for each additional child

MEMBER APPRECIATION

We would like to take this time to **THANK** all of our members for your continued support of your YMCA.

To show our appreciation we will be having daily drawings for prizes.

When you come to the Y-put your name in the box.

Each morning we will draw out a name from yesterdays members. The name we draw will then get to draw out a prize.

Prizes include YMCA t-shirts, hoodies, caps, sports towels, gear bags, and fitness class certificates.

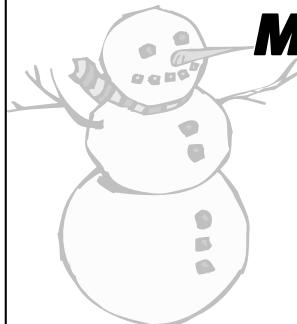
Must be 18 years old to enter.

Must be a YMCA member.

*Member Appreciation starts
January 2 through January 31*

Thank You

**We
Appreciate
Our
Members**





For Youth Development

All Star Cheer and Gymnastics Spring 2012 Session:

Beginning Jan. 9th—April 6th

(Gym closed Tues., Feb. 8th through Feb. 14th)

Fees may be paid in full or over the first 3 months.

All Star Cheer and Team Gymnastics must be members of the Y!

All fees are due by March 8th! Scholarships are available.

A child enrolled in Fall Session will have a guaranteed spot in the Spring Classes if they register and pay by Jan. 6. After Jan. 6 spots will be filled on a first come, first serve basis, with a waiting list available.

Call Donna for gymnastics at 376-2542 or Gay at 734-3714 for All Star Cheer.

Available April 2-April 19 open gym classes for 6 Tuesdays AND Thursdays are as follows: **Beginner's Open Gym**—For beginning gymnast 6 and up 4:15-5:00 (\$30) every Tues. and Thur. Our one purpose will be to improve tumbling skills. All fees must be paid in full by April 2, on a first come first serve basis. Class size will be limited! **Advanced Open Gym**—for advanced gymnasts who at least have their round-off and back walkover-6:15-7:15 (\$35). We will be working on floor skills (gymnastics) only. All fees must be paid in full by April 2, on a first come first serve basis. Very limited class size!

Gymnastics Classes and Schedule:

Adaptive Gymnastics 2 :

Wednesdays from 3:45-4:30 pm

Members: \$75/session or \$25/month

Nonmembers: \$120/session or \$40/month

Tumblebunnies 2 :

Wednesdays from 5:30-6:15 & 6:15 –7:00 pm

Members: \$66/session or \$25/month.

Nonmembers: \$111/session or \$38/month

Tumbleweeds 2 :

Thursdays from 3:30-4:15 pm

Members: \$66/session or \$25/month.

Nonmembers \$111/session or \$38/month

Twisters 2 :

Wednesdays from 4:30-5:30 pm

Members: \$81/session or \$27/month

Nonmembers: \$123/session or \$41/month

Non-Competitive Cheer and Gymnastics 2:

Thursdays from 4:15-5:15 pm.

Requires \$20 leotard

so they can perform in talent show (optional).

Great class to get ready for All-Star Cheer!

Members: \$81/session or \$27/month

Nonmembers: \$123/session or \$41/month

North Stars Competitive Gymnastics Team 2:

Tues. from 6:15-7:30 & Thurs. from 5:15-6:45 pm

Until April 2. From April 2-May 5 (off April 24-26) class

will be from 5:00-6:15. Since the team will continue 5 more weeks (33 classes) in order to get ready for Championships,

the cost as follows: \$195/session, or \$65 over the first 3 months.



All Star Cheer Classes :

Tiny Blaze All-Star Team:

Monday from 4:30 to 5:15 pm

\$84/session or \$28/month

Mini I Blaze All Star Team:

Tuesdays from 5:15-6:15p

\$84/session or \$28 month

Mini 2 Blaze All-Star Team:

Tuesdays from 3:45-5:15 pm

\$108/session or \$36/month .

Youth/Junior All-Star Beginning Team:

Mondays from 3:30-4:30 pm

\$84/session or \$28/month .

Junior Blaze All-Star Team:

Mondays from 6:45-8:15 pm

& Wed. at YMCA from 6:00-7:00 pm

\$144/session or \$48/month

Senior Blaze All-Star Team:

Mondays from 5:15-6:45 pm &

Wed. at YMCA from 5:00-6:00 pm

Members by coach invitation only.

\$144/session or \$48/month

Adaptive Dance Class:

Basic dance fun for those with special needs that encourages both fine and gross motor skills.

Monday's only 4:00 to 4:30 pm

Instructor: Blake Ellison

Fee: \$10 members/\$20 non-members

Fee: \$10 members \$10 members/ \$20 non-members

Youth Strength & Cardio:

For 5th—8th grades. Learn how to use the Paramount equipment, free weights and cardio machines. Get a complete workout and have fun too! This class is taught by a certified trainer.

When: Tuesday & Thursday 3:15-3:45 pm

Certified Instructor: Vicky Burns

Fee: \$15 members/\$25 non-members

After School Program:

This program is for school age children in Kindergarten through Fifth Grade. The children involved in the After School Club participate in a number of organized activities including: Arts and Crafts, Homework Help, and Sports and Games. A daily snack is also provided. **The program hours are 3:00-6:00 PM Monday through Thursday and 2:00-6:00 PM on Fridays. The fees are \$23 for the first child and \$20 for each additional child in the family.** The hours are extended for early dismissal days but does not include holidays or snow days. Our caring staff ensures that this is a fun and safe environment. We look forward to the new school year and meeting your child. The After School Club will begin on the first day of school. To sign your child up for the After School Club, please contact the YMCA at 258-2388 or stop by to enroll your child.

Martial Arts Classes:

Grand Master Han's Martial Arts is proud to offer martial arts classes at the YMCA. Classes are taught by certified instructors of the World Youn Wha Ryu Association. The program, open to adults and children, focuses on traditional teaching of kicking, basic technique, forms and training and self defense for all ages. (ages 5 and up)

When: Monday & Wednesday's

Time: 6:00 to 7:00 pm

Fee: \$30 per month for members/\$40 non-members

5-A-Side Soccer Fever:

Come play in one of the most fun and exciting leagues in the area. This Soccer league is designed for kids to get all the action of soccer, but less of the standing around. It is played on a smaller field with 5 players on each side. Kids get to play each position on the field in each game. Teams are coed and are formed by schools and school areas. We will play 5 games in 4 weeks starting in April.

League Divisions: Iddy Bidy (4-6 year olds not in 1st Grade), 1st & 2nd Grade, 3rd & 4th Grade, 5th & 6th Grade, 7th & 8th (with enough players). All divisions are co-ed.

Fees: The **early bird price** is YMCA members **\$17** and non-members **\$30**. **Regular price** is YMCA member **\$20** and non-member **\$40**. The YMCA will honor \$5 off each additional child in your family. (example-YMCA member 1st child \$15, 2nd child \$10, 3rd child \$10)

Important Dates:

March 5 – **Early Bird Deadline**

March 12 – **Final Deadline**

April 7 – **First Game**

April 28-**Last Game**

Youth Flag Football:

Youth Flag Football is a great way to introduce kids to the great game of football with less chance of injury. We will be playing 5 games in 4 weeks starting in April. There are three divisions in this league, 1st and 2nd (Co-ed), 3rd and 4th (Co-ed), and 5th and 6th (Co-ed). The games will be played on an 80-yard field at the YMCA. Kids will practice no more than 2 hours per week. All kids will get to play equal amounts in all games regardless of ability.

The early bird sign up deadline is March 5.

YMCA members \$17 / non-members \$30.

Regular registrations (after March 5).

YMCA member \$20 / non-member \$40.

The YMCA will honor \$5 off each additional child in your family. (example-YMCA member 1st child \$15, 2nd child \$10, 3rd child \$10)



For Healthy Living

Your Healthiest Year!

With the start of a new year, there's no better time to get started in an exercise class to help you reach your health & fitness goals. Or make an appointment for a personalized plan. Make this Your Year!

**Call me with any of your fitness questions at
660-258-2388**

Vicky Burns—Fitness Director

Zumba Classes:

Take salsa, cha cha, samba, meringue, add hints of flamenco, calypso, hip-hop and belly dancing, put in a workout routine and you have Zumba! The routines feature interval training sessions where fast and slow rhythms tone your body while burning fat.

So, get ready to "Join the Party!"

AM Zumba:

Tuesday & Thursday: 8:30-9:15 am

Certified Instructor: - Vicky Burns

Fee: \$24 members/\$40 non-members

PM Zumba:

Tuesday & Thursday 5:30-6:15 pm

Certified Instructors: - Michelle Lodder/Vicky Burns

Fee: \$24 members/\$40 non-members

Circuit:

Aerobic callisthenic drills alternate with strength intervals to burn & firm. One minute of cardio segments will get your heart pumping to help burn fat, while the one minute muscle conditioning segments strengthen & sculpt your body.

When: Monday & Wednesday 4:45-5:30 pm

Certified Instructor: Robyn Garrison

Fee: \$24 members/\$40 non-members

AM Body Blast:

A well structured workout that combines cardio and weight lifting. A combination that is sure to burn calories and build strength. A true Body Blast!!

When: Monday & Wednesday 9:45 - 10:45 am

Certified Instructor: Karen Wilder

Fee: \$24 members/\$40 non-members

Yoga/Pilates Mix:

Great stretching and core conditioning in one! You'll get the flexibility and balance benefits of Yoga and the core body strength of Pilates.

When: Tuesday & Thursday 8:00 –8:30 am

Certified Instructor: Vicky Burns

Fee: \$12 members/\$20 non-member

Workout on Weights and Pilates:

Get started with a weight lifting program designed to strengthen & tone and finish with Pilates core focused movements to create a lean, strong body.

When: Tuesday & Thursday 3:45-4:45 pm

Certified Instructor: Vicky Burns

Fee: \$24 members/ \$40 non-members

Workout On Weights & Cardio:

Build functional strength, burn fat & re-sculpt your body. Develop body shaping muscle all over. Muscle burns more calories than fat tissue, so the more muscle you have, the more calories you burn, even at rest! *Bonus: Cardio Intervals!*

When: Monday & Wednesday -4:45-5:30 pm

Tuesday & Thursdays-5:15-6:00 am

Certified Instructors: Cheryl Ball/Vicky Burns

Fee: \$24 members/\$40 non-members

Kickbox Mix:

Keep your energy level high, burn a ton of calories and have fun too! This is an intense, fast-paced routine that targets your entire body. Starting with kick-box combinations, adding in strength training and ending with an ab focused segment.

When: Tuesday & Thursday 4:45-5:30 pm

Certified Instructor: Vicky Burns

Fee: \$24 members/\$40 non-members



**HEALTHY
STARTS
HERE**



For Healthy Living

Cardio Walk:

A Low Impact workout that features super simple moves— like kicks, marches, knee lifts and step touches (if you can walk, you can do this workout). Just the right amount of cardio for heart health, calorie burning and overall conditioning. We'll be walking our way to a fitter, healthier body while having fun!!

When: Monday & Wednesday 8:30-9:30 am

Certified Instructor: Karen Wilder

Fee: \$24 members/\$40 non-members

Muscular Strength & Range Of Movement:

Silver Sneakers:®

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. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

When: Tuesday & Thursday 9:30-10:15 am

Certified Instructor: Karen Wilder

Fee: \$24 members/\$40 non-members

NEW! Full Body Stretch:

This workout can help bring balance and peace to your body and spirit Whether you are an athlete, or new to stretching, a consistent stretching program will help you realign your spine, reducing tightness in your neck and shoulders, loosen your leg, hip and back muscles, relieve stress and reduce tension and achieve overall balance and a sense of well being.

When: Monday Evenings 5:45-6:30 PM

Certified Instructor: Karen Wilder

Fee: \$12 members/\$20 non-members

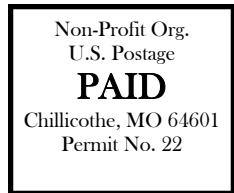
Lifestyle Assessment:

Get a fitness test to evaluate your cardio respiratory fitness, body composition, flexibility, and muscular strength and endurance. The test involves a step test, sit-and-reach test, half sit-up test, bench press, and skin fold measures to calculate percentage of body fat. A program will be set up for you as a result of your testing. For more information or to set up an appointment, contact Vicky Burns @660-258-2388. Fee is \$20.00 (members only)

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday
8:30 -9:30 am Cardio Walk	5:15-6:00 am Early AM Workout on Weights & Cardio	8:30-9:30 am Cardio Walk	5:15-6:00 am Early AM Workout on Weights & Cardio
9:45-10:45 am AM Body Blast	8:00-8:30 am Yoga/Pilates Mix	9:45-10:45 am AM Body Blast	8:00-8:30 am Yoga/Pilates Mix
	8:30 -9:15 am Zumba		8:30 -9:15 am Zumba
4:45-5:30 pm Workout on Weights & Cardio	9:30-10:15 am Silver Sneakers	4:45-5:30 pm Work out on Weights & Cardio	9:30-10:15 am Silver Sneakers
4:45-5:30 pm Circuit	3:45-4:45 pm Workout on Weights & Pilates	4:45-5:30 pm Circuit	3:45-4:45 pm Workout on Weights & Pilates
5:45-6:30 pm Full Body Stretch	4:45-5:30 pm Kickbox Mix		4:45-5:30 pm Kickbox Mix
	5:30-6:15 pm Zumba		5:30-6:15 pm Zumba

North Central Missouri YMCA
P.O. Box 403
1140 West Helm
Brookfield, MO 64628
660-258-2388
ncmymca.org



A branch of the Grand River Area Family YMCA

**WE ARE NOW ON FACEBOOK
SEARCH FOR US AT NORTH CENTRAL
MISSOURI YMCA**

2011-12 YMCA Youth Sports Corporate Sponsors

Platinum Sponsors: \$1,000

Bank of Brookfield Purdin-First Missouri National Bank-
Brookfield Fabricating Corp.

Gold Sponsors: \$500

Precision Auto-
American Family Insurance *Greg Simerman Agent-*
City Sign Designs

Silver Sponsors: \$300

Brookfield Physical Therapy--NCM Graphics-
Hurtt Fabricating-Pershing Health Systems-MS Contracting
McDonald's of Brookfield-Premier Eye Care -*Dwayne Thompson*

Thank you for your support

**North Central Missouri
Y M C A**