



# **BUILDING FOUNDATIONS FOR THE FUTURE WINTER 2019**

**Twin Pike Family YMCA  
614 Kelly Lane • Louisiana, MO 63353  
(573) 754-4497  
[www.twinpikefamilyymca.org](http://www.twinpikefamilyymca.org)**

# WELCOME

Welcome to the Twin Pike Family YMCA! We work hard to promote the healthy development of children and teens, support families and strengthen communities through programs to meet local needs. We hope you will join us this session.

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## OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## OUR CAUSE

We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we work together to invest in our kids, our health and our neighbors. That’s why, at the Y, strengthening community is our cause. Everyday, we work side-by-side with our neighbors in 10,000 communities to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## WHO WE ARE

The Y is the nation’s leading non-profit committed to strengthening communities through youth development, healthy living and social responsibility.

# VOLUNTEERS

## WHAT WE DO

The Y makes accessible the support and opportunities that empower people and communities to grow and thrive. With a focus on youth development, healthy living and social responsibility, the Y nurtures the potential of every youth and teen, improves the nation's health and well-being, and provides opportunities to give back and support neighbors.

## HOW WE DO IT

There is no other non-profit quite like the Y. That's because in 10,000 neighborhoods, across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change.

- The Y is community centered. For nearly 160 years, we've been listening and responding to our communities.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.
- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.

## OUR IMPACT

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Everyday our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

## YOUTH DEVELOPMENT

### NURTURING THE POTENTIAL OF EVERY CHILD

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

## HEALTHY LIVING

### IMPROVING THE NATIONS HEALTH AND WELL-BEING

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults, and families are receiving the support guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

## SOCIAL RESPONSIBILITY

### GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

The Y has been listening and responding to our communities most critical social needs for 160 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services or preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the care and respect all people need and deserve. Through the Y, 500,000 volunteers and thousands of donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, confident, connected and secure.

## WAYS YOU CAN HELP

## MEMORIALS

Many people choose to remember friends and loved ones by making a donation to the YMCA in their name. This living memorial can be used to help youth, older adults or to improve our physical facility. The YMCA acknowledges all donations.

## ENDOWMENT TRUST FUND - Your Impact for Generations

For those of you who might be planning wills or investigating tax deferred annuities, the YMCA would appreciate you thinking of us. Our Endowment Trust Fund will guarantee the YMCA will be here for future generations. Contact the YMCA CEO for more information.

## Board Directory

### Twin Pike Family YMCA Board of Directors

Mary Perkins .....	President
Karma Gaw .....	Vice President
Dr. Patti Blackmore .....	Secretary
Adam Trower .....	Treasurer
Larry Chamberlain .....	Member at Large
Sean Morris .....	Member at Large

Sue Bowen  
Viki Cadwallader

Rose Collard  
Chris Grote  
Ken Lane

# MEMBERSHIP

## Winter Facility Hours

Monday – Friday 5:30 a.m. – 9:00 p.m.  
Saturday 6:00 a.m. – 7:00 p.m.  
Sunday 1:00 p.m. – 5:00 p.m.

## Facility Closings

Tuesday, January 1, 2019 - New Year's Day  
Sunday, April 21, 2019 - Easter

## “Discover Your Y”

\$0 enrollment fee for the entire month of January. \*Offer expires January 31, 2019.

## Guest Policy

Members of the YMCA are allowed to bring in a guest one time per year, free of charge, in order to show friends and family what the YMCA has to offer. Non-members may utilize the “Guest Pass” only once during their lifetime. If you have questions regarding the Y’s guest policy, feel free to contact the Membership Director.

## Financial Assistance

The YMCA believes in providing membership, programs and services to all who desire to participate, regardless of their ability to pay. Financial scholarships are available through contributions made to the YMCA Annual Support Campaign. Please contact the Membership department for more information.

## Missouri One Y

As a member of the Twin Pike Family YMCA, you can visit other Y facilities throughout Missouri at no extra charge. Simply present your active YMCA membership card and photo ID at the Y you are visiting and enjoy free access.

## Personal Training Policy

All members have the opportunity to receive one personal training session at no charge with the additional option of having an advanced gym orientation to learn how to properly set the machines to take full advantage of your workout.

## Corporate Membership Program

A corporate membership plan is administered by the employer, through a payroll deduction. In return the employees are given a discounted membership based on the number of participants. Contact the Membership Director for information.

## Gift Certificates

Available at the service desk, in any amount and good toward programs, membership, or clothing items.

## Term Membership Pass Policy

Those who join as semi-annual members will be given 3 term guest passes and annual members will receive 7 term guest passes. All members will receive a new set of passes upon renewal and are valid as long as the membership remains active. (This does not include corporate memberships.)

## Insufficient Funds Fee

Please note that there will be a \$5.04 fee for the first returned check, credit card or rejected fund transfer. The fee will go to \$20.00 for every NSF on the account after.

## Program Cancellations & Refunds

The purpose of our credit/refund policy is to allow the YMCA to offer quality programs and proper class ratios while maintaining flexibility to our members.

The YMCA reserves the right to cancel or combine classes because of insufficient enrollment or conditions beyond our control. If we cancel any class in which you are enrolled, you will be given a full refund or credit. Please present your receipt when requesting a refund.

Credits are applicable toward any YMCA program. Credits are not redeemable for cash. Credits are good for one year from date of issue. No refunds or credits are given for joining fees, gift certificates or memberships.

## Adolescents in Fitness Center

There are new guidelines/requirements for youth in our fitness center. Please ask Member Services for details.

**Make sure to check our Facebook page often for membership promotions going on throughout the year!**

**Like Twin Pike Family YMCA on Facebook!**



Like

# Begin a healthier life ... join today!

## Membership

A YMCA membership gives you so much more than access to our facility. It helps you lead a **healthier** life - by building **relationships**, providing a way for you to be a part of your community, helping you to **help others** - not to mention the **great workout** you get through our programs and equipment. A YMCA membership sets you on the path to good health in **spirit, mind** and **body**, helping you to enjoy living a full and balanced life.

Your membership gives you access to all YMCA programs, either included in your membership or at a reduced rate.

## Membership Policy

The protection of our members and guests participating in our programs and/or using our facilities is a paramount interest of the Twin Pike Family YMCA. The Twin Pike Family YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse; is a registered sex offender; habitually or excessively uses narcotics or dangerous drugs; has ever been convicted of any offense relating to the use, sale, possession or transportation of narcotics or habit forming and/or dangerous drugs; or continuously or excessively using intoxicating beverages.

## Child Watch

The child watch room is staffed by YMCA employees who undergo a thorough background check and training on child abuse and neglect developed by YMCA of the USA. The child watch room will not be open at all times. Please note available child watch times posted at the Y.

Use of the child watch services will require a fee of \$1 per 60-minutes, per child and 24-hour notification that child watch services will be utilized. Any time over 60-minutes from the time of sign-in will require payment for an additional \$1 per 60-minutes per child.

Employees will not take children to the restroom, change diapers or feed children. Parents will be notified if their child needs assistance.

**Saturday and Sunday hours require a 24 hour advance notice. If no reservations are made the child watch staff will not be on duty.**

## Monthly Payment Terms

Monthly payments can be accepted through an EFT payment via checking, savings account, or a Visa or MasterCard credit card. (\$1 processing fee will apply for credit/debit cards, as well as EFT's for Child Care.) Monthly payments to the YMCA **MUST** be made by this process. Monthly EFT payment is done on a continuous basis. **In order to end membership privileges, a cancellation form must be filled out to stop monthly draft payments.** Note: Cancellation requested after the **25th** of the month cannot be processed until the following month.

EFT payments will take place on the 1st of the month. If the 1st falls on a Saturday, the draft is performed on the Friday before; if the 1st falls on a Sunday, the draft is performed on the 2nd. **Any member who joins and chooses to pay via EFT payment must make a 3-month commitment.** If a member should choose to cancel before 90 days, the unpaid balance on the 3 month commitment is due on the account.

**You can now access your YMCA account to register for programs, pay balance dues and sign up for membership online! Ask Member Services for more details.**

## Membership Benefits

Members are entitled to an advanced equipment orientation and one personal training session of up to 1 hour at no charge. Fee for a personal trainer after the initial session is \$25 per hour.

- Free adult group exercise classes
- Free orientations to learn how to use the cardio and strength training equipment
- Convenient online registration for programs and membership
- Reduced rates on programs including swim lessons, youth sports and more
- Access to on-site child watch room
- Missouri One Y privileges
- Family fun nights & other special events
- Free small towel service
- Massage services
- Lap/Open Swim times
- Clean and well maintained facility
- Activities and FUN for the whole family

NEW: Complimentary WiFi, morning coffee lounge

**Monday – Thursday**  
**8:00 a.m. – 11:00 a.m.**  
**4:00 p.m. – 7:30 p.m.**

**Friday**  
**8:00 a.m. – 11:00 a.m.**  
**4:00 p.m. – 6:00 p.m.**

**Saturday (Reservation Only)**  
**8:00 a.m. – 11:00 a.m.**

**Sunday (Reservation Only)**  
**2:00 p.m. – 5:00 p.m.**

# RATE CHART

Category	Family	Single Parent Family	Individual	Youth	College Student	Senior Couple	Senior Individual	College Summer (90 days)	College X-mas (45 days)	Corporate Pass
Monthly	\$45	\$36	\$30	\$22	\$24	\$30	\$25	\$120	\$66 (\$30 Join Fee + 45 Days of membership)	\$390
Semi-Annual	\$270	\$216	\$180	\$132	\$144	\$180	\$150			
Annual	\$540	\$432	\$360	\$264	\$288	\$360	\$300			
Join Fee	\$60	\$45	\$30	\$0	\$30	\$60	\$30	Included	Included	Included

**Family:** Clarification on who can be included on a Family membership: Anyone that is claimed on your Federal 1040 income tax return as a legal dependant according to IRS regulations. (Married couple cannot purchase a SPF membership if one parent won't use the membership.)

**Single Parent Family:** This rate was established for families with one parent only.

**Youth:** Child K - 12th grade (or youth < 18 if not in school).

**College Student:** Young adult <25, enrolled full-time as a student in institute of higher education. Must provide current proof of full-time student status.

**Senior Couple:** One person in the couple must be 65 or older.

**Senior:** Must be 65 or older.

**College Student – Summer (90 days):** Young adult <25, enrolled full-time as a student in institute of higher education. Must provide current proof of full-time student status. Membership has a rolling start date to accommodate each individual member, but it cannot be put on hold, extended or negotiated. If a student is here longer than 90 days they will have to pay a daily pass or enroll under a traditional membership category.

**College Student X-mas (45 days):** Same stipulations as above, except membership is only good for 45 days from enrollment date.

**Corporate Pass:** This membership may be purchased by an individual business to allow out-of-town guests, consultants or contractors, who are working at their place of business for a limited time, the ability to utilize the Y. The membership can only be used once a day, and the company will keep their membership key tag at their place of business. Individuals must present the key tag and a valid picture ID to verify they are from out of town.

**DAY PASS RATES:** Ages Youth - 18yrs \$5.00

Ages 18 - 64trs \$8.00

Ages 65yrs and up \$5.00

## 21<sup>st</sup> CENTURY COMMUNITY LEARNING CENTERS

### BONCL, Bowling Green, Clopton, Frankford and Louisiana

21st Century Community Learning Centers provide a safe, educational environment for students in grades K-6 during out of school hours (K-8 at BONCL site). The programs offer homework help, a healthy snack, a wide array of activities that focus on educational achievement, lifestyle enrichment and healthy active life-style choices. Activities include physical exercise, health and nutrition education, STEM (science, technology, engineering, math), reading/language arts, math, computers, arts and crafts, character education and multicultural education. New to our program offerings this year are college and career readiness and service learning activities. Additional enrichment classes are funded by the Lay Family Foundation.

Fees are \$15.00 per child per week (\$12 at Clopton). At sites where before school programs are available, the \$15/weekly fee includes both morning and afternoon program time. Once a child is enrolled, fees are charged for a monthly slot. Fees are due on the 1st day of each month. Fees may be paid by debit card, bank draft, credit card (Visa, Mastercard, and Discover), check or cash on a weekly or monthly basis. A \$1 processing fee will apply for credit/debit cards, as well as EFT's for Afterschool payments.

Clopton Regular Year	Louisiana Regular Year	Bowling Green Regular Year	Frankford Regular Year	BONCL Regular Year	Summer "Y" Day Camp
6:15-7:30am 3:39-5:24pm	6:30-7:30am 3:00-5:30pm	3:10-6:10pm	3:10-6:10pm	6:45-8:15am 3:15-4:45pm	To be Determined
Snack Provided	Snack Provided	Snack Provided	Snack Provided	Snack Provided	Snack Provided
Transportation Provided	Transportation Provided	Transportation to Activities Only	Transportation to Activities Only	Transportation Provided	Transportation to Activities Only

All sites have openings for enrollment. For additional information or to register for a Before and/or Afterschool Program, contact your local Site Coordinator listed below:

Site	Site Coordinator	Phone Number
BONCL	CASSIE HUCKSTEP-SPANGLER	(573) 754-5412
BOWLING GREEN	DENISE ASH	(573) 324-9991 or (573) 470-0921 (cell)
CLOPTON	KATHY GREGORY	(573) 242-3546 ext. 311
FRANKFORD	SHERRY COX	(573) 470-0921 (cell)
LOUISIANA	MELINDA BROOKS	(573) 754-0270 (cell)

You may also call the YMCA's 21st CCLC office at 573-754-4999 and speak to our Program Directors Denise Ash, Noveta Shepherd, Chuck Tophinke or Administrative Assistant Ashley Branham.

YMCA 21st CCLC programs are supported in part by a contribution from the Twin Pike Family YMCA, Lay Family Foundation, YMCA of the USA's Achievement GAP Signature program and the Missouri Department of Elementary & Secondary Education.



# AQUATICS

**See monthly pool schedule for specific opening and closings**  
**Pool Temperature is kept between 80°-84°**

Pool Length: 25 yards • 33 laps (down and back) = 1 mile

Children 8 years and younger, must be supervised and within arms reach of parent/guardian/supervisor at all times.
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Children 9-10, passed deep water swim test: must have parent/guardian/supervisor in facility. Has NOT passed deep water swim test: MUST have parent/guardian/supervisor on pool deck.
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Children 11 years and older can swim unattended.
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Ages 16 and over: Can swim unattended. Can supervise children 9-10 years of age from the pool deck or in water. Can supervise children 8 and under, must be in the water within arms reach.
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## AM TONING & TIDE H2O Morning Crew

Come out and join this fun loving, highly motivated, and welcoming group of people who are dedicated to their water workouts! This moderate impact class is led by Mary Ann and is open to all fitness levels. The main goal of this group is to get you moving and your mind going bright and early.

**Mary Ann Harris**

**Mon/Wed/Fri 9:00-10:00a.m.**

•Member Free •Non-member \$5.00/class

## AQUATICS KID CLUB - MARCH

This program is a combination of a swim lessons, safety topics, fun games, and activities that keep your kid moving in the water! The club will be Saturday mornings from 9 - 10 am for the month of March.

Y Members: \$30.00

Non Members: \$40.00

(5 kid minimum for the class to run)

## Y NOT TRI? - FEBRUARY

Your Twin Pike Family YMCA would like to invite you to participate in our 1st Annual Indoor Self-Paced Triathlon in 2019! Your challenge will be to swim 1 mile (33 laps - down and back), bike 25 miles on our stationary bikes, and run 6 miles around our indoor track (84 laps on the track). All tasks must be completed at the Twin Pike Family YMCA facility. You will have 1 month to finish your challenge and have the chance to win YMCA sports pack! Contact the Aquatics Department for more information.

Members & Non Members: \$20.00

(Non Members are responsible for paying day pass fees)

## GO THE DISTANCE: 100 MILE SWIM CLUB

Looking for a way to stay motivated in your workout? Simply record your laps, during each swim, at the Y. Check your mileage weekly. Complete 100 miles in 2019 and receive a Swim Club t-shirt! Register with the Aquatics Director at any time to start your challenge in 2019!

## EGG-CITING!

We need your help! The Easter Bunny has spilled his eggs in the pool. Come and enjoy this FREE family event. Plastic eggs will fill the pool, some will float/some will sink. When the whistle blows children will enter the pool (with parent if required) to collect as many eggs as possible. Exchange your eggs for a treat bag. Coins found in an egg can be exchanged for a special prize. Stop by early to get your picture with the Easter Bunny.

Date: Saturday afternoon, April 20th.



## POOL PARTIES & RENTALS

A pool party rental agreement is required to be filled out and paid in full two weeks prior to the party date. All reservations must be approved by the Aquatics Director. Pool parties are semi-private and includes the use of the pool for two hours with the availability to use the commons area for any treats. Parties can be scheduled Friday/Saturday/Sunday. \*Additional fees based on attendance.

•Y Members \$100.00 • Non-Member \$125.00



# AQUATICS

## GROUP SWIMMING LESSONS

Dates	Level 1 - 3	Level 1 - 3	Level 1 - 3
1/12 - 3/2 Saturday	1 - 1:30 pm	2 - 2:30 pm	3 - 3:30 pm
3/6 - 3/29 Wed./Fri.	5:30 - 6 pm	630 - 7 pm	as needed
4/2 - 4/25 Tues./Thurs.	6 - 6:30 pm	7 - 7:30 pm	as needed

Each session will include eight minute lessons. (For all group lessons, there is a minimum requirement of 3 individuals in order for the class to be held. [\[New to 2019. Non-Member Group Lesson Participants can add 30 min. open swim to all group lesson sessions. Additional \\$15.00 Supervision of Children rules must be maintained. Fees includes swim time for 1 supervisor.\]](#)

## LEVEL 1 SWIM LESSONS

Level 1 is for the swimmer who is brand new to the water or has very little swimming experience. These lessons teach water adjustment skills and help swimmers develop independent movement for basic strokes, kicking, breathing, floating, and pool safety.

•Y Member \$45.00 •Non-Member \$55.00

## LEVEL 2 SWIM LESSONS

Level 2 is for the swimmer who can swim freestyle with side breathing and backstroke without assistance for 15 feet. These lessons continue to teach and strengthen freestyle and backstroke techniques as well as introduce the breaststroke, elementary backstroke, diving, and somersaults.

•Y Member \$45.00 •Non-Member \$55.00

## LEVEL 3 SWIM LESSONS

Level 3 is for the swimmer who can swim 25 yards freestyle, 25 yards backstroke, 25 yards elementary backstroke, 25 yards breaststroke, and 25 yards sidestroke. Children will also be introduced to the butterfly stroke, the I.M., starts and flip-turns.

•Y Member \$45.00 •Non-Member \$55.00

## PARENT/CHILD(Ages 6 months-3 years)

Dates	Day & Time	Registration Due
2/5-2/21	Tues. & Thurs. 5:30-6 pm	February 2nd
4/2 - 4/18	Tues. & Thurs. 5:30 - 6 pm	March 30th

Parents work with their children in the water, class focuses on safe water exploration and working on water adjustment. Each session will include six 30 minute lessons.

•Y Member \$30.00 •Non-Member \$40.00

\* Minimum of 3 kids for the class to run\*

## PRIVATE LESSONS (Ages 4 & Up)

Private lessons are taught one-on-one. Ideal for the swimmer who wants personal instruction specific for their needs. Sessions will include eight 45 minute lessons that are scheduled by the swimmer and their instructor. Classes are scheduled at a time that works with the instructor and the swimmers schedule.

•Y Member \$75.00 •Non-Member \$90.00

## YMCA FALL/WINTER SWIM TEAM (Ages 5-21)

The Twin Pike Torpedoes Swim Team is a great opportunity to introduce your child to competitive swimming. The TPFY swim team is a part of the Heartland Area swim league that contains 30 teams. Membership is open to any swimmer between the ages of 5-21. Every swimmer must be a member of the Twin Pike Family YMCA, in good standing. Swimmers must be able to swim 25 yards, showing two different strokes and rotary breathing within one minute. This program runs through March, payment is due by the 1st of each month. Please contact the Aquatics Director for more information.

• Monthly Fee \$45.00 / Month

## DIVE/TURN CLINIC (Ages 5-21)

This clinic is designed to make improvements in start and turn techniques. The clinic will cover all three forward starts and the backstroke start. We will also cover the competitive swimming turns. Our goal is to see significant technical changes by the end of the clinic. Saturdays starting April 6th-27th from 9 - 10:00 am. \*Participants registered in both clinics get 30 minutes open swim time.

• Y Member \$25.00 • Non-Member \$35.00

## STROKE CLINIC (Ages 5 - 21)

This clinic is designed to make improvements in all 4 competitive swimming strokes. Focus is on developing correct swimming body position, gaining efficiency, and learning techniques that will help the competitive swimmer. Participants must be able to swim 25 yards (one length of the pool) showing two different strokes and rotary breathing.

Saturdays starting April 6th - 27th 10:30 - 11:30 am. \*Participants registered in both clinics get 30 minutes open swim time.

Y Members \$25.00/ Non Members \$ 35.00

# YOUTH DEVELOPMENT

For Youth Development, Healthy Living, Social Responsibility

## Youth Volleyball Clinic (Grades 4<sup>th</sup>– 8<sup>th</sup>)

This clinic is designed to teach the fundamentals of the game to young players and to improve on existing skills. The clinic will be held for two weeks on Tuesday and Thursday evenings for one hour. Sessions begin February 19th.

Registrations Due February 1st  
•Y Member \$30.00 •Non-Member \$40.00

## Hoops and Scoops Basketball (Pre-K and Kindergarten)

This co-ed program is an introduction to basketball, this program focuses primarily on skill development where everyone is a winner. Volunteer coaches will teach fundamentals and skills. Games begin March 2nd. Teams will be made by towns and drawn by lottery.

Coaches applications due–February 8th  
Coaches meeting – February 12th  
Registrations Due – February 8th  
•Y Member \$30.00 •Non-Member \$40.00

## Division I Basketball (1<sup>st</sup> & 2<sup>nd</sup> Grade)

This co-ed program teaches basic skills and fundamentals. Coaches are helping on the court teaching players during the games. Games run every Saturday for five weeks beginning March 2nd.

Coaches applications due February 8th  
Coaches meeting – February 12th  
Registrations due – February 8th  
•Y Member \$30.00 •Non-Member \$40.00

## Tumbling Mondays

Youth will be taught age appropriate tumbling skills using floor, beam, and bar. Sessions run for 8 weeks. Session begins: March 4th.

Mommy & Me (Ages 3-4) 5:30-6:15 pm  
Tumbling I (Ages 5-6) 6:15-7:15 pm  
Tumbling II (Ages 7 -14) 7:15-8:15 pm

Registrations Due March 1st  
•Y Member \$50.00 •Non-Member \$60.00



**In an effort to keep all kids safe, all volunteer coaches must complete background checks and submit three personal references.**

**These applications must be approved before volunteers will be considered as a coach.**

## Karate

Eight week introduction to traditional Shotokan Karate. Training will include punching, kicking, stances, blocking, board breaking, self-defense, fitness drills and weapons (foam). Karate has many benefits from building fitness to self-confidence. Classes will begin on Thursday April 4th and run once a week through May 23rd. Please wear a white t-shirt and sweat pants or shorts.

6 to 10 years old: 5:30-6:30 pm  
11 and up: 6:30-7:45 pm  
(subject to change, depending on the number of participants per time slot)

Registrations due March 29th  
•Y Member \$40.00 •Non-Member \$50.00



## T-Ball (Ages 3-5)

An indoor co-ed program designed for 3, 4, and 5 year olds to teach the fundamentals of baseball. All forty-five minute sessions are held on Saturdays in the YMCA Gymnasium. Volunteer coaches will teach fundamentals and skills. Sessions begin April 13th.

Registrations due: March 29th  
•Y Member \$30.00 •Non-Member \$40.00



# HEALTHY LIVING

## Adult Sports and Recreation

### 13<sup>th</sup> Annual Sneakers and Snowflakes 5K Run/Walk

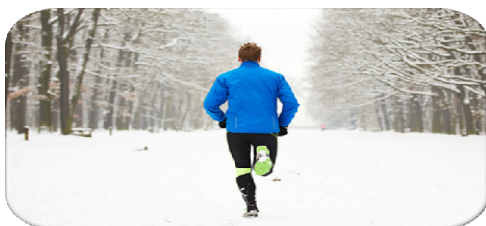
This event will be held on January 26, 2019 at 9:30 a.m. Participants should arrive no later than 9:00 a.m. Course includes a scenic run throughout the town of Louisiana, starting and ending at the river front. 1st, 2nd and 3rd place medals will be given in each age category. Race will begin and end at the Louisiana River Front. Check-in will be held at the Louisiana Boat Club.

Register by **January 11<sup>th</sup>** for a guaranteed race shirt.

•**Y Member \$25.00** (if paid before Jan. 11<sup>th</sup>) **\$30.00** (If paid after Jan. 11<sup>th</sup>)

•**Non-Member \$30.00** (if paid before Jan. 11<sup>th</sup>) **\$35.00** (If paid after Jan. 11<sup>th</sup>)

**\$95.00 Group of 4**



### Adult Co-Ed Softball League

Come and spend your Sunday afternoon playing softball. The Twin Pike Family YMCA will once again offer an adult co-ed softball league on Sunday afternoons beginning June 2nd at Wallace Memorial Park in Louisiana. The league will run for six weeks, with the sixth week being a single elimination tournament. (Must have more than 3 teams to hold the tournament). Teams must consist of 5 men and 5 women on the field. Space is limited to the first 8 teams that submit and pay in full. (No games on June 16th for Father's Day, or July 7th).

**Registrations due: May 23<sup>rd</sup>**

**Team Fee:s \$275.00**

**Coaches meeting: May 23<sup>th</sup>, Each team must have a representative present.**



# HEALTHY LIVING

## AM YOGA/PM Yoga

Using a series of flowing posture, Yoga focuses on breathing and mental clarity while challenging the body. By emphasizing the link between your mental, emotional and physical self. Yoga can affect many facets of your life, improving mental clarity flexibility, strength and an overall sense of balance.

**Toni Wise – YogaFit® certified**

**Monday/Thursday 10:30 – 11:30 am**

**Dr. Eric Gearing**

**Thursday 5:30–6:30 pm**

•Member Free •Non-member \$5.00/class

## ANYTHING GOES

This class is designed to get your daily requirements needed! Whether it would be aerobics, step, kettleball, kickboxing or ball. Emphasizing on cardio, strength and endurance that are safe do able and extremely effective.

**Tina Shade – AFAA Certified**

**Tuesday 5:30 – 6:30 am**

(except for the first Tuesday of every month: Track Attack)

•Member Free •Non-member \$5.00/class

## AOA (Active Older Adults)

This class includes low impact aerobics, flexing and stretching. Includes some floor exercises.

**Tonya Sheppard**

**Monday & Wednesday 8:00–9:00 a.m.**

•Member Free •Non-member \$5.00/class

## Beginner AOA (Active Older Adults)

This class works all major muscle groups, focusing on stretching and strengthening. All exercises are done sitting or standing position.

**Cathy Taylor – AFAA certified**

**Tuesday & Thursday 8:00–9:00 a.m.**

•Member Free •Non-member \$5.00/class

## CIRCUIT TRAINING

This class is for all fitness levels. There is a variety of exercise stations set up in a circuit. Participants rotate through the stations in one minute increments for a challenging cardio and strength workout.

**Tonya Sheppard**

**Saturday 8:00–9:00 am**

•Member Free •Non-member \$5.00/class

## NUTRITION COURSE

Four week nutrition course to kick off the healthy eating for the New Year.

The course will be offered Tuesday evenings from 5:30 – 6:15 pm and run from Jan. 22nd – Feb 12th . Topics include: shopping healthy on a budget, nutrition labels and how to read them, sugar – the good, the bad, and the ugly, and balancing protein, carbs and fats for optimal energy and health.

**Dr. Patti Blackmore**

**Tuesday 5:30 – 6:15 pm**

•Member Free •Non-member \$5.00/class

## PiYo® LIVE

Pilates and yoga inspired moves that make critical changes to the body in strength, flexibility and balance.

**Tina Shade – PiYo® certified**

**Friday 5:30 – 6:30 am**

•Member Free •Non-member \$5.00/class

## PiYo® LIVE

Pilates and yoga inspired moves that make critical changes to the body in strength, flexibility and balance.

**Karma Gaw – PiYo® certified**

**Monday 5:30 – 6:30 pm**

•Member Free •Non-member \$5.00/class

# HEALTHY LIVING

## STEP ENDURANCE

Combination basic moves build cardio strength and endurance

**Karma Gaw – AFAA Certified**

**Tuesday 6:30 – 7:30 pm**

•Member Free •Non-member \$5.00/class



## SPINNING®

The original indoor cycling class, designed to get you fit while having fun. A low impact, invigorating workout in a motivational group setting. All fitness levels can enjoy this class together since intensity levels are controlled individually by adjusting the resistance on the bike. Bikes are limited, so this class is on first come first serve basis.

**Becky Graver – Spinning® certified**

**Monday & Thursday 6:30–7:30 pm**

•Member Free •Non-member \$5.00/class



## TRACK ATTACK

A non-weighted class on the indoor track. Movements for toning, shaping and sculpting the lower body. Great Cardio!

**Tina Shade – AFAA Certified**

**1st Tues of each month 5:30 – 6:30am**

•Member Free •Non-member \$5.00/class



## WEIGHTS

A full body, 45 minute strength training class using dumbbells.

**Tina Shade – AFAA certified**

**Thursday 5:30 – 6:30 am**

•Member Free •Non-member \$5.00/class

## ZUMBA®

Zumba® is a Latin inspired dance fitness class that incorporates Latin International music and moves creating a dynamic and exciting class.

**Karma Gaw – Zumba® certified**

**Wednesday 5:30 – 6:30 pm**

**(classes are 45 minutes to an hour)**

•Member Free •Non-member \$5.00/class



# COMMUNITY EVENTS

## YOUTH NIGHTS: GRADES 6th-8th



January 4<sup>th</sup> (5pm-7pm) - Ultimate Frisbee



February 9<sup>th</sup> (5pm-7pm) - Valentine's Day Dance



March 22nd (5pm-7pm) - Kickball



April 27<sup>th</sup> (9am-12pm) - Healthy Kids Day

May (TBA) - Pool Night



## HEALTHY KIDS DAY/PCMH KID'S EXPO

**April 27, 2019 (9:00 AM - 12:00 PM)**

Get involved and active by participating in this free community event. YMCA's nationwide will host activities on the 21st that focus on impacting the nationwide epidemic of childhood obesity.

This is a free event open to everyone. We will have information and activities that focus on raising healthy, active kids.

## ADDITIONAL FACILITY RENTALS

Whether you are looking to host a lock-in, corporate meeting, baby shower, graduation party, etc. the YMCA has the facility you are looking for! For scheduling and availability contact the Membership Director.

## DID YOU KNOW?



You shop. Amazon gives.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

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Support the Twin Pike Family YMCA by starting your shopping at [smile.amazon.com](https://smile.amazon.com)



# CLASS SCHEDULE

**January • February • March • April**

Please visit our website or the Twin Pike Family YMCA facility to obtain the current month's pool schedule. All program and facility information stated in the brochure is subject to change.

**THE WINTER CLASS SCHEDULE WILL START ON TUESDAY, JANUARY 2, 2019.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Open Gym</b> 1:00-3:00 pm	<b>AOA Class</b> 8:00-9:00 am	<b>Anything Goes</b> 5:30-6:30 am	<b>AOA Class</b> 8:00-9:00 am	<b>Weights</b> 5:30-6:30 am	<b>PiYo® Live</b> 5:30-6:30 am	<b>Circuit Training</b> 8:00-9:00 am
<b>Full Court Pickup Basketball</b> 3:00-5:00 pm	<b>AM Toning &amp; Tide</b> 9:00-10:00 am	<b>Beginner AOA Class</b> 8:00-9:00 am	<b>AM Toning &amp; Tide</b> 9:00-10:00 am	<b>Beginner AOA Class</b> 8:00-9:00 am	<b>AM Toning &amp; Tide</b> 9:00-10:00 am	
	<b>AM Yoga</b> 10:30-11:30 am	<b>Nutrition Course</b> 5:30-6:15 pm (1/22 - 2/12)	<b>Zumba®</b> 5:30-6:30 pm	<b>AM Yoga</b> 10:30-11:30 am		
	<b>PiYo® Live</b> 5:30-6:30 pm	<b>Step Endurance</b> 6:30-7:30 pm	<b>Full Court Pickup Basketball</b> 6:00-7:00 pm	<b>PM Yoga</b> 5:30-6:30 pm		
	<b>SPINNING®</b> 6:30-7:30 pm			<b>Spinning</b> 6:30-7:30 pm		

## MASSAGE THERAPY

The Twin Pike Family YMCA is offering massages by a licensed therapist, Thea Nelson, to any member of the community. The massages will be "by appointment" and offered in half hour and one hour time slots.

New clients need to allow an extra ten minutes for their first appointment in order to fill out paper work and discuss your health needs with the therapist.

Monday: 4:00 pm - 6:30 pm  
 Tuesday: 9:00 am - 2:30 pm  
 Wednesday: 4:00 pm - 6:30 pm  
 Thursday: 9:00 am - 2:30 pm  
 Friday: 9:00 am - 2:30 pm

Please call the member service staff at the Twin Pike Family YMCA for more information or to schedule your appointment.

**Half Hour Massage - \$25.00**

**One Hour Massage - \$45.00**

Payment is to be made directly to the massage therapist.



**Twin Pike Family YMCA**  
**614 Kelly Lane**  
**Louisiana, MO 63353**

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## **Reach & Rise® Mentoring Programs**

### **One-on-One Mentoring**

YMCA's Reach and Rise® is excited to have a Pike County program to help children. Children in mentoring programs are more likely to stay in school, attend classes and achieve better grades. Children have outings in the community and experience enrichment activities. We are actively recruiting caring volunteers who want to spend an hour a week with a child. Youth referrals are from Pike County community organizations and parents. The program has an enrollment process for both mentors and children. Mentors must be 23 years old; available for 15 hours of free training; and able to pass background checks. Youth, ages 6-17, may enroll in our one-on-one program.

For information please call Judy Shearon, One-on-One Program Director, 573-754-4497.

### **Group Mentoring**

Reach and Rise® offers a new opportunity in our afterschool and summer camp programs to gain problem-solving skills, sharing of ideas and personal growth. Group activities offer positive peer relationships. Children may join in the summer, as well as during the school year. Summer groups meet for 8-weeks; 16-weeks in the fall and spring for school groups. Mentors must be 21 years old, attend training and pass background checks. Enrolled youth are ages 8-15.

For information please call Teri Traynor, Reach and Rise Group Mentoring Director, 573-754-4497.

These mentoring programs are free to area children who want a mentor. Our Reach & Rise® Directors offer professional support to mentors and encourage positive youth development. Be part of the solution; help a child succeed!

**Twin Pike Family YMCA • Winter 2019**  
**twinpikefamilyymca.org • (573) 754-4497**