



Facility Hours

Monday–Friday	5:30 am – 8:00 pm
Saturday	8:00 am – 5:00 pm
Sunday	1:00 pm – 5:00 pm

24 hour membership – access to weight room & gymnasium \$10/ month for one member

WELCOME TO THE YMCA!

ACCEPTABLE BEHAVIOR

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

Locker Services

Lockers are available to rent, sign up for a locker at the front desk. Must provide own lock. Daily locker use is available free of charge and must be emptied before you leave. Cell phone usage is prohibited in the locker rooms. The YMCA is not responsible for lost or stolen items.

Membership Cards

Upon becoming a member of the YMCA, you will receive a membership card. You must scan your card each time you enter and exit the YMCA at the front desk. Membership is not transferable. Card replacements are \$2.00.

Refund/Program Cancellation

The Twin Pike Family YMCA does not issue refunds on programs or membership unless they are canceled by the YMCA. No refunds or credit will be given for missing activities beyond the control of the YMCA

Nationwide Membership

Nationwide Membership enables you to come visit any participating YMCA in the United States through membership at your home YMCA. With Nationwide memberships members have the flexibility to use participating Y facilities at no extra charge.

Scholarship Program

The YMCA welcomes people from all socio-economic backgrounds. Financial assistance is available for membership and for program participation for those who can demonstrate financial need.

Child Watch

Free service to members while working out in the building. Must call 24 hours in advance to reserve a time.

Ages 6 weeks to 10 years old

Hours available

Mon – Fri 8:00 am – 10:00 am

Mon – Fri 4:30 pm – 6:30 pm

Membership Perks

Fitness Center
Free Fitness Classes
Free Child Watch
Basketball Court

Indoor Swimming Pool
Indoor Track
Pickleball Court
Disc Golf Course

Twin Pike Family YMCA • (573) 754-4497



Membership & Rates

There is a one-time \$60 joining fee on all new/renewed memberships that have been inactive for more than 60 days.

Household: \$49/Month

- 2 Adults and IRS Dependents (through 23) living in same household

Single Parent Family: \$40/Month

- 1 Adult and IRS allowable dependent (through 23) living in same household

Individual: \$34/Month

- Individual 19 through 61

Senior Adult: \$29/Month

- Ages 62 and over

Senior Couple: \$34/Month

Youth: \$22/Month

- Ages 10-18

Full Time Student: \$26/Month

- Must be enrolled into a college and have 12 credit hours per semester



FACILITY RULES

Dress Code

Appropriate attire is required. Everyone must wear a shirt that cover full torso.

Undergarments must not show. Cover-ups are required outside of the pool area. Clothing with inappropriate language or sayings will not be permitted on the facility.

Respect Property

Stealing or damaging property of facilities will result in loss of privileges, up to and including membership termination. Police will be contacted immediately. Please secure possessions in a locked locker.

Children in Facility

Basketball Court: May be unaccompanied at age 11+

Fitness Center: Age 10-15. **MUST PASS STRONG FAMILIES.**

Must have an parent present. May be left unaccompanied at age 16+

Second Floor: No person under the age of 16 are allowed unless accompanied by a parent.

Food & Beverage

Water bottles are permitted throughout the facility. Food and other beverages are restricted to the Lobby and Common Area.

24/7 Access

After hour access is available for adult members in good standing. Members may not allow entry to anyone utilizing their key fob under any circumstances. Violation will result in immediate termination of access.



PROGRAMS

Youth Programs

Basketball

Boys & Girls Ages 4-13
January-March

Outdoor Soccer

Boys & Girls Ages 4-13
September-October

Youth Volleyball

Girls 7-15
April-June

Karate

Boy & Girls
Ongoing
Tuesday/Thursday

Family Programs

Disc Golf

Pickleball

5k Runs

Holiday Events

Adult Programs

3v3 Basketball

Co-Ed Volleyball
Spring & Fall

Co-Ed Softball

Karate

Ongoing
Tuesday/Thursday

Child Care

21st Century Before/Afterschool

Collaboration between YMCA and local school districts, and Missouri Department of Elementary and secondary education , Support in part by various community organizations

Sites: Louisiana, Bowling Green, Clopton,
Frankford,& BONCL

For more information please contact the site coordinators or Program Directors



AQUATICS

Open/Family Swim

Children age 12 and under must be accompanied by adult (or person 16 or older).
Under 8 must have adult in the water with child at all times (Red band must be worn).
Under 18 must pass swim test to swim in deep end.

Lap Swim

1 hour Lap Lanes available by reservation.
Walk-ins are available pending existing reservation

Aquatic Classes & Programs

Tone & Tide: Monday, Wednesday, & Friday (8:30–9:30 am)

Aqua Blast: Tuesday & Thursday (5:30–6:30 pm)

Deep Water Running: Tuesday & Thursday (8:30–9:30 am)

Swim Lessons (Check with Welcome Center or Aquatics for pricing and schedule sessions): and schedule sessions):

- **Baby Shark (Parent/Child Group Lessons) Ages 0–3, 4 classes**
- **Group Swim Lessons, Ages 4–18, 8 classes**
- **Youth Private Swim Lessons, Ages 0–18, 6 classes**
- **Adult Private Swim Lessons, Ages 18 and Up, 4 classes**

Twin Pike Torpedoes Swim Team

- **USA Swimming: Year Round**
- **Heartland Area YMCA: September–March**
- **River Country Summer League: June and July**



**Please follow the Rules so everyone can have a good time and gets
the most out of your YMCA**

In the event that anyone's behavior at the YMCA are in violation of the guidelines. The Membership Director and CEO reserves that right to determine and impose disciplinary actions, including termination of membership, an expulsion from the premises and programs at any time. A verbal warning will be issued when facility rules are violated. if there is a repeat violation of the rules, expulsion from the facility and any YMCA activities for a full seven days following the incident will be enforced. If a third incident occurs, 30 day suspension will be enforced. If you choose not to follow these rules, the YMCA has the right to terminate a membership and/or release from program participation. The YMCA reserves the right to impose these penalties, or others, as it determines is appropriate for the individual circumstances.

Signature of Member: _____

Date: _____