



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY STARTS HERE



FALL 2019 PROGRAM GUIDE TWIN PIKE FAMILY YMCA



TWINPIKEFAMILYYMCA.ORG
CHECK US OUT ON FACEBOOK

Welcome to the TWIN PIKE FAMILY YMCA

The Y is a cause for strengthening community. We're more than your local health and fitness club. At the Y, we help build a healthy spirit, mind, and body with our core values of caring, honesty, respect, and responsibility at the heart of everything we do.

Explore our website to learn more about the Y and the programs we offer. www.twinpikefamilyymca.org

Our Mission: The Twin Pike Family YMCA is an inclusive organization of people united in a common effort to bring the teachings of Jesus Christ into practice and to enrich the lives of others spiritually, physically, socially, and mentally.

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TWIN PIKE FAMILY YMCA

FOR YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

FOR HEALTHY LIVING

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger community.

FOR SOCIAL RESPONSIBILITY

With our doors open to all, we work every day to connect people from all backgrounds and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by giving back together.

BOARD OF DIRECTORS

President: Mary Perkins

Vice President: Karma Gaw

Secretary Dr. Patti Blackmore

Treasurer Adam Trower

Sean Morris, Member-at-Large

Bob Mustell, Member-at-Large

BOARD MEMBERS:

Vicki Cadwallader

Rose Collard

Brad Hufty

Jim Ross

STAFF

Kara Viorel, Interim Executive Director

Eric Abts, Interim Chief Executive Officer

Raini Raney, Membership and Marketing Director

Beth Graves, Business Manager

Keely Collard, Welcome Center Supervisor

Joe MacLaughlin, Competitive Swim Coach and Property Director

Jane Riley, Aquatics Director

Noah Pafford, Assistant Sports/Programs Coordinator

Karma Gaw, Group Fitness Coordinator

Cassie Huskstep-Spangler, 21st CCLC Program Director

Lauren Hill, 21st CCLC Admin Assistant/Asst. Business Manager

Noveta Shepherd, 21st CCLC Program Director

(Clopton, Louisiana, and Day Camp)

Lynsie Hunt, Reach and Rise® 1-on-1 Mentoring Director

FALL HOURS

(September 1st through December 31st)

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.

The YMCA is closed on New Year's Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Eve half-day, Christmas Day and for one week in July or August to perform necessary cleaning and maintenance.

CHILDREN IN THE FACILITY

Children ages 11 and up may be granted access to the Teen Center, Commons, Gymnasium, and Track without adult supervision.

Children ages 10 and under must be supervised in the facility by a parent or individual who is 16 years or older and is responsible for their care and oversight.

Children ages 8-10 may be granted access to the gymnasium, while the parent or individual who is 16 years or older is in the facility. After passing swim test children ages 8-10 may swim in the pool without direct supervision, the parent or individual who is 16 years or older must remain in the facility.

Children under 16 years must be accompanied by an adult to access the Fitness Center, Aerobics Room or Spin Studio. To access the Fitness Center children ages 10-15 must complete the strong families program.

Children must be picked up prior to facility closure.

RESPECT ONE ANOTHER

Unsportsmanlike conduct, abusive language, fighting, use of tobacco, alcohol or illegal drugs, loitering, soliciting or any other inappropriate behavior will not be tolerated. Inappropriate or unauthorized video recording and picture taking is prohibited.

RESPECT PROPERTY

Stealing or damaging property or 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.

DRESS CODE

Appropriate attire is required. Everyone must wear shirts, that cover the 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 premises.

Clean shoes must be worn during all activities.

FOOD & BEVERAGE

Water bottles are permitted throughout the facility. Food and other beverage are restricted to the Lobby and Commons Areas.

MEMBERSHIP

Joiners Fee-Applied to all NEW & anyone expired longer than 30 days

Membership Type	Join Fee	ACH Rate	Semi-Annual	Yearly	Ages & Qual.
Adult	\$ 30	\$ 30	\$ 180	\$ 360	18 & Up
SPF	\$ 45	\$ 36	\$ 216	\$ 432	1 Adult + Dependents
Family	\$ 60	\$ 45	\$ 270	\$ 540	2 Adults + Dependents
SCA	\$ 30	\$ 25	\$ 150	\$ 300	65+
SCC	\$ 60	\$ 30	\$ 180	\$ 360	1 Member Age 65+
Youth	\$ 0	\$ 22	\$ 132	\$ 264	8-15
FT Student	\$ 30	\$ 24	\$ 144	\$ 288	16-24 Must be FT Student
College Summer	Included	90 Days \$120			
College Christmas	Included	45 Days \$ 66 (Non-Member)			
BLOCKS: JANUARY - APRIL MAY - AUGUST SEPTEMBER - DECEMBER					
Lockers (Yearly Only)	Small \$15	Medium \$30	Large \$60	Per Year	

Day Pass Rates	
Adult (18 - 64)	\$8.00
Youth (17 & under)	\$5.00
Senior (65+)	\$5.00

Interested in a corporate rate? Must have 10 employees as active Y members to qualify. Please inquire about our Corporate Membership Program. Proof of employment required.

*All classes included with purchase of day pass

ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

Membership Benefits

With a membership, you have full use of the YMCA facilities. This includes a complimentary wellness consultation, free group exercise classes, and lap and recreational swimming. Facility members also are eligible for specialty classes and programs.

Military Benefits

Active Military receive free membership.

- Retired/Expired Military receive \$25 off the Joiners Fee.
 - Anyone home on Leave, may access the facility for free while on leave.
 - Deployed Military's spouse and/or dependents can receive a free 6 month membership during deployment
 - Day Pass for retired Military is \$5.00 to use our facility for a day
- *Paperwork must be shown and proper I.D.*

Amenities

Swimming Pool
Child Watch
Wellness Center
Aerobics Room
Teen Center
Track
Gymnasium
Commons Area

Membership Options

YMCA programs and services are designed to benefit persons of all backgrounds. Fees for scholarships are based on the individual's economic needs. The YMCA uses contributed funds to ensure that individuals are offered the opportunity to apply for assistance.

Individuals who need financial assistance for membership are encouraged to pick up a scholarship application at the front desk. Applicants must provide documentation of income to be considered for assistance.

Family Membership

Includes two adults, plus dependent children under 18 years of age, (or age 24 if full time student) living in the same household.

Single Parent Household

Includes one adult, plus dependent children under 18 years of age, (or age 24 if full time student) living in the same household.

Adult

Individuals 18 and up who are not full-time students.

Senior

Individuals 65 and up.

Senior Couple

One is 65 or older, the other must be 25 or older. No children.

Youth

Children in the 6th grade and older can visit the Y without an adult. Youth 5th grade and younger MUST have a parent/guardian in the facility, unless in paid Y program.

*Student

Full-time (12 credit hours or more) students can pay for the year or ACH draft. A copy of a current full-time schedule is required.

Payment options for memberships are:

- Payment in full.
- Monthly ACH Draft.

ACH payments are automatically deducted monthly from your checking or savings account or credit card.

Members fill out an authorization form and **MUST** provide a voided check.

Your monthly amount will be deducted from your bank account following the month of joining on the 1st of the month.

ACH can be stopped by filling out a membership cancellation form obtained from the welcome center 30 days in advance of the next scheduled deduction.

Joiner's fees are non-refundable.

*All prices are subject to change.



Y Membership Includes Access to:

New Cardio Equipment with TVs, New Weight Equipment, Personal Training, Suspended Track
Group Fitness Classes, Aquatics Classes, Free Wifi, Free Morning Coffee, Teen Center
Swimming Pool, Aerobics Room

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. 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.

Child Watch Hours:

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: 8:00 a.m. – 11:00 a.m.

Sunday: Closed



FACILITY RENTALS

Whether you are looking to host an after prom, lock-in, corporate meeting, baby shower, graduation party, etc. the YMCA has the facility you are looking for! (For scheduling and availability, please contact the Welcome Center Supervisor.)

POOL 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
- Please contact the Aquatics Director for more information.



GROUP LESSON SESSIONS

REGISTRATION INFORMATION

Session 4: September 4th-30th

Session 5: October 7th-30th

Session 6: November 4th-27th

Class schedules can be picked up at the front desk.

TOTAL OF 8 LESSONS

\$45 Member

\$55 Non Member

PRIVATE SWIMMING LESSONS

SINGLE (ONE STUDENT/INSTRUCTOR) 8 HALF HOUR LESSONS

MEMBERS: \$75 | NON MEMBERS: \$90

Private lessons are best for those who prefer individual instruction (one-on-one) and to give each child the best opportunity to swim at his or her own pace. These are offered to any age, youth and adults. Times are done upon the availability of the individual, instructor and pool time. The YMCA will contact you if there are any cancellations in classes.



FALL YOUTH SPORTS

DIVISION III BASKETBALL (5TH-6TH)

The object of this program is to prepare youth to play the game of basketball according to school rules. Focus is placed on the development of sound fundamentals and good sportsmanship.

Games will run for five weeks with a tournament to be held on the fifth week. All games are held on Saturdays at the Twin Pike Family YMCA starting November 2nd.

Teams may be rostered by towns and may consist of any combination of 5th & 6th graders.

- All regular MSHAA association basketball rules will be used.
- Tournament will be played on 12-7-19
- Coaches Applications due: 10-18-19
- Coaches Meeting: 10-24-19
- Registrations due: 10-15-19

Fees: YMCA Members: \$30.00
Non-Members: \$40.00

DIVISION II BASKETBALL (3RD-4TH)

This program is set up in a league format with a main focus of fundamentals and skill development, which are taught by volunteer coaches. Games will run for five weeks starting January 11, 2020.

Teams will be made up by towns and drawn by lottery.

- There will be boys and girls divisions
- Coaches Applications due: 12-18-19
- Coaches Meeting: 12-30-19
- Registrations due: 12-15-19

Fees: YMCA Members: \$30.00
Non-Members: \$45.00

HOT SHOTS (AGES 3-4)

This program is a basic introduction to the fundamentals of basketball along with good sportsmanship. Volunteer coaches will focus on the fundamentals of shooting, dribbling, passing, and rebounding. Sessions will run on Saturdays for 4 weeks in 45 minute intervals. Sessions start January 11, 2020.

- Coaches Applications due: 12-18-19
- Coaches Meeting: 12-30-19
- Registrations due: 12-15-19

Fees: YMCA Members: \$30.00
Non-Members: \$45.00

KARATE

Six week introduction to Traditional Shotokan Karate. Training will focus on fundamental techniques and forms of karate (stance, punches, kicks, blocks, board-breaking and weapons.) Students will continue to develop self-confidence, self-discipline and respect. New drills and a new kata will be taught, with an emphasis on goal completion this session. For an additional \$10 fee, there will be an opportunity to test at the end of the session to earn a belt and certificate. Please have children wear a white t-shirt with sweatpants or shorts. Session runs from September 12-November 14, 2019.

- 9 & under: 5:30-6:30
- 10 & up: 5:30-6:45

Fees: YMCA Members: \$40.00
Non-Members: \$50.00

TORPEDOES WINTER SWIM TEAM PROGRAMS 2019-2020

SEPTEMBER 3, 2019 - MARCH 16, 2020

The Twin Pike Torpedoes Swim Team is a part of the Heartland Area Swim League that consists of 30+ teams. Membership to the team is open to swimmers between the ages of 5-21. Every swimmer must be a member in good standing of the Twin Pike Family YMCA. This is a league and national requirement. In order to participate at Regional Championships, swimmers must be registered by December 1, 2019 and are required to swim a minimum of one closed YMCA meet prior to competing in Regionals. **All participants must be members of the Twin Pike Family YMCA.**

BLUE GROUP

Focus on practice procedures, stroke technique, meet procedures and conditioning. Approximately two meets per month. Actual schedule may vary.

- \$45/Month: Monthly registration is required. \$2 Heartland Area Fee: Required to compete in Championship meets. Additional meet entry fees may apply.
- Level 1 - Beginner
- Level 2 - Intermediate
- Level 3 - Developed

SILVER GROUP

Designed for advanced swimmers. Consistent practice attendance is highly recommended. Must be able to swim all four competitive strokes and 5x100s from on 1:40. Approximately two meets per month, actual schedule may vary.

- \$65/month: Monthly registration is required. \$2 Heartland Area Fee: Required to compete in Championship meets.
- USA SWIMMING MEETS: These meets will require active USA Swimming Membership (annual registration due January 1, 2020). Swimmers must be registered as Unattached - OZ.
- Meet entry fees and additional meet coaching fees will apply.
- TPFY Heartland Area Swimming Registration and USA Swimming Membership Required
- PARTICIPATION IN ADDITIONAL USA SWIMMING MEETS IS OPTIONAL AND MAY REQUIRE QUALIFYING TIMES.
- Please contact Joe for additional information.

GROUP FITNESS INSTRUCTOR HIGHLIGHT



Karma Gaw – Group Fitness Coordinator

Karma has 29 years of experience in the fitness industry including aerobic competitor, personal trainer, and group fitness/trainer examiner for certifications. Karma currently teaches Les Mills Body Pump, Zumba, Cardio Mix, High Fitness, Pound and more.



Tina Shade

Tina has been instructing for 25 years. Her certifications include AFFA, group fitness, personal training, kickboxing, Les Mills Body Pump, Beachbody PiYo, High Fitness, Strong by Zumba and Zumba. She also teaches a class titled "Anything Goes" which varies from aerobics, step, ball, kettlebell and kickboxing.



Cathy Taylor

Cathy is AFFA certified and currently teaches AOA, but has instructed many different classes at the Y over the years. She has been married for 42 years, has 3 children and 4 grandchildren. She moved to Louisiana 15 years ago and has been with the Y ever since.



Becky Graver

Becky has 6 years of instructing experience and is our current Spin Class instructor. One of her life passions is fitness, which makes her such an asset to the Y family. Becky has even competed in body building competitions.



Mary Perkins

Mary is currently subbing for our spin class, but has 27 years of fitness experience, with 7 of those teaching. She has been a member of the Y for 15+ years and has served on our board of directors for 6. Mary has a background in television/radio broadcasting and has been married for 25 years.



Dr. Eric Gearing

Dr. Gearing currently teaches yoga here at the Y, but also runs his own chiropractic office, which is also in Louisiana. He believes yoga blends well with his chiropractic education of anatomy and physiology. While traveling in India in 1997, he studied at a hospital whose only healing modalities were yoga and water fasting. Dr. Gearing has been teaching yoga at the Y since 2001.



Tonya Sheppard

Tonya is a lifelong resident of Louisiana, along with her husband and three children. She is an accountant by trade, but has been volunteering and teaching classes at the YMCA since age 19. Tonya enjoys hiking, biking, skiing, painting and coaching youth sports. She is currently teaching AOA and circuit training.



Carolyn Hemphill

Carolyn is our newest Instructor In Training (IIT). She is working with Cathy Taylor to become a sub for her Beginner AOA class. Carolyn will move toward Senior Certification.

FITNESS CLASS DESCRIPTIONS

ANYTHING GOES

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

Members: Free

AOA (ACTIVE OLDER ADULTS)

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

Members: Free

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.

Members: Free

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.

Members: Free

HIGH FITNESS – Aerobics is back! This Class will be BIGGER, BETTER and HIGHER than ever. It's an intense and consistent fun workout for everyone. Participants get addicted and come back for more.

LES MILLS BODYPUMP®

Bodypump® is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, Bodypump® gives you a total body workout. It will burn up to 500 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music helping you achieve much more than on your own.

Members: Free

PIYO® LIVE

Piyo® live is Pilates and yoga inspired moves that make critical changes to the body in strength, flexibility and balance

Members: Free

POUND®

Join this full body cardio jam session, combining light resistance (using light weighted drumsticks) with constant simulated drumming. Unleash your inner rock star!

Members: Free

STEP ENDURANCE CLASS

Combination basic moves build cardio strength and endurance.

Members: Free

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. Heart rate monitors are recommended during this class and can be checked out at the front counter. Bikes are limited so this class is on first come first serve basis.

Members: Free

STRONG® BY ZUMBA®

Strong® by Zumba® combines body weight, muscle conditioning, and plyometric training moves synced to music specifically designed to match the moves.

Members: Free

TRACK ATTACK

5:30 – 6:30 am 1st Tuesday of each month

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

Members: Free

WEIGHTS

An hour session of strength training class using dumbbells. This will put emphasis on a specific group of muscles each class along with core training to balance the body.

Members: Free

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.

Members: Free

ZUMBA®

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

Members: Free

WATER AEROBICS CLASSES

TONE & TIDE

Come and join this fun and welcoming water workout class. This moderate impact class is open to all fitness levels. The main goal is to get you moving and your mind going bright and early.

WATER CARDIO FIT

Higher intensity cardio workout in the water designed to put less stress on your body.

AQUA BLAST

Water Aerobics class for strengthening, toning, and stretching. You will use the kickboards, noodles, & dumbbells. Set to a variety of motivating music from oldies to today's hits. Great workout for all fitness levels.

****These classes are free to members! Day Pass required for non-members**

AQUATICS BIOS

JANE RILEY – AQUATICS DIRECTOR

In addition to being the aquatics director, Jane teaches water aerobics, group and private swim lessons, and is one of our lifeguards! She is SCW and AFFA certified. She coached swim team for 12 years and has been a Red Cross Swim Instructor for 48. Jane and her husband, David, are also owners of Riley's Seasonings in Pittsfield, IL!

MARY SCHERDER- INSTRUCTOR

IFTA Certified in Water Aerobics, Mary grew up in St. Louis, and now resides in Louisiana, with her husband, Gary. Mary's love for the water began at a young age when she learned to swim at the Wohl Center in St. Louis and taught children to swim through the Red Cross. After participating in several water aerobic classes, she knew she wanted to become certified and share this fun, no-impact way of exercising with her community at the Y in Louisiana. In April, 2019, she became certified and now volunteers 3 evenings per week teaching Aqua Blast.

JOE MACLAUGHLIN- SWIM TEAM COACH

Joe swam competitively for 14 years in Nebraska where he also attended the University of Nebraska. He was a member of the Colorado Western Zone swim team and a Junior National qualifier! Joe's entire family was also very involved in swimming. Joe is a certified ASHI Instructor, YMCA lifeguard, YMCA lifeguard instructor, YMCA swim coach and MSH Swimming swim coach.

WENDY MACLAUGHLIN- SWIM TEAM COACH

Wendy swam competitively for 12 years. She, too, attended the University of Nebraska where she was an NCAA Division I swimmer. She was a member of the Missouri Valley Central Zone team, a Junior National qualifier and was a Missouri High School State Champion. Wendy has coached swim team at the Y since 2004.

MARY ANN HARRIS- INSTRUCTOR

Mary Anne has been teaching water aerobics here at the Y for 4 years. Prior to teaching she was attending class and decided to help fill a vacancy in our instructor roster. Before working at the Y, Mary worked at PCMH for 9 1/2 years, and before that she and her late husband, James, were team truck drivers and drove all over the country!



GO THE DISTANCE IN 2019 100 MILE SWIM CLUB

Now-December 31st 2019

Free for Members- Sign Up at the Front Desk

Keep track of your mileage in the pool to stay motivated and complete the challenge of 100 miles in a year. Children and adults are welcome to participate! Because we are proud of your accomplishments, you will receive a **PRIZE** once the challenge is complete.

ADULT SPORTS & RECREATION

CO-ED VOLLEYBALL

Co-ed Volleyball is offered to men and women 18 years of age and older. Games will be played for 5 weeks with the 5th week offering a single elimination tournament. Teams may consist of 3 men and 3 women on the court with open roster. All participants must sign the YMCA waiver before playing and no player may play on more than one team. This program offers an opportunity for adults to participate in a sport that offers great exercise and enjoyment. Games are played on Thursday evenings. The first 8 teams to complete their paperwork and pay their fee will be accepted into the league.

- Registrations due: 12-6-19
- Captains Meeting: 12-12-19
- League Begins: 1-9-2020
- Team Fee: \$200

25TH ANNUAL MISSISSIPPI RIVER RUN

5K Run/1 Mile Walk

Get in the holiday spirit as you run/walk across the brand new Champ Clark Bridge! All 5K/1 Mile participants will start the race in Pike County, IL and travel over the Mighty Mississippi river, up Highway 54 into Pike County, MO, ending at the Twin Pike Family YMCA. All community members are invited to celebrate the race finishers at the YMCA. * Date: TBA.

13TH ANNUAL SNEAKERS & SNOWFLAKES 5K RUN/WALK

Course includes a scenic run through the city of Louisiana ending at the riverfront. First, second and third place medals will be given in each category. * Date: TBA

**Both races will operate in any weather conditions unless we deem the conditions to be unsafe for our participants, spectators or staff. In the event of an extreme weather condition that adversely affects the event, we will inform participants of any changes to our event schedule via our Facebook page.

DID YOU KNOW?

THE TWIN PIKE FAMILY YMCA WAS STARTED IN 1994 WITH THE FIRST PHYSICAL LOCATION NOT COMING UNTIL 1997 IN A STOREFRONT IN DOWNTOWN LOUISIANA? THE CURRENT LOCATION OPENED IN MAY OF 2001!

FREE STRONG FAMILIES ORIENTATIONS

We want to accommodate to all members as much as possible. One way we do that is our Strong Families fitness orientations. The orientation is a way for youth ages 10-15 to gain the knowledge of how to properly use equipment found in our wellness center. Youth 10-15 must complete an orientation as well as be supervised by a parent or legal guardian (21 or older). For safety reasons no one under the age of 10 is permitted to use our wellness center.

MASSAGE THERAPY

The Twin Pike Family YMCA is offering massages by licensed therapists to any member of the community. The massages will be "by appointment only" and are 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.

Thea Nelson is available on Monday/Wednesday from 4:00 – 6:30 pm, and Tuesday, Thursday, Friday from 9:00 am – 2:30 pm.

Call the member service staff at the Twin Pike Family YMCA for more information or to make your appointment.

Half hour massage - \$25.00

One hour massage - \$45.00

(Payment is to be made directly to the therapist.)

DID YOU KNOW BASKETBALL WAS INVENTED AT THE Y?

IN DECEMBER 1891, AT THE INTERNATIONAL YMCA TRAINING SCHOOL IN SPRINGFIELD, MASSACHUSETTS, THE SCHOOL'S DIRECTOR, DR. LUTHER GULICK, GAVE PHYSICAL EDUCATION TEACHER JAMES NAISMITH TWO WEEKS TO COME UP WITH AN INDOOR WINTER GAME TO CHALLENGE A CLASS OF FUTURE Y DIRECTORS. NAISMITH HUNG PEACH BASKETS TO THE BOTTOM OF A SECOND-LEVEL RUNNING TRACK AND TAUGHT THE MEN HIS NEW GAME: BASKETBALL. TODAY, BASKETBALL IS SECOND ONLY TO SOCCER AS THE MOST POPULAR SPORT IN THE WORLD.

YMCA 21ST CCLC

BEFORE & AFTER SCHOOL PROGRAM

21st 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, multicultural education, 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 at all sites except Clopton. Clopton is \$12.00 a week due to the 4-day school week. At sites where before school programs are available, the 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. There is a \$1.00 fee per transaction for payments made by debit/credit/eft transactions. Program operation times are as listed below:

For additional information contact your local Site Coordinator as listed below:

SITE	SITE COORDINATION	PHONE NUMBER
BONCL	LESLIE LOVELL	573-754-5412
BOWLING GREEN	DEBRA JENNINGS	573-324-9991
CLOPTON	KATHY GREGORY	573-242-3546 EXT. 311
FRANKFORD	DIANE WARD	314-650-2330
LOUISIANA	CHRISSY HOSKINS	573-754-2316

You may also call the YMCA's 21st CCLC office at 573-754-4999 and speak to our Program Directors Cassie Huckstep-Spangler and Noveta Shepherd or Administrative Assistant Lauren Hill.

CHANGE A LIFE FOREVER

REACH & RISE® Mentoring Program TWIN PIKE FAMILY YMCA



WHY SHOULD I BE A MENTOR?



- Be part of the SOLUTION
- Have a DIRECT impact on your local community
- Make a DIFFERENCE in the life of someone in need

DOES IT REALLY WORK?

- Youth are FIVE times more likely to graduate if they have a meaningful relationship with an adult
- Kids who have mentors are nearly 50% less likely to use drugs

REQUIREMENTS

Desire to work with at-risk youth ages 6-17

23+ years old

Meet 1-3 hours a week for 1 year

COMMITMENT



Mentor training (15 hours total) and
1-3 hours a week (flexible) for one year

CONTACT

Lynsie Hunt, Program Director

Email: twinpikementors@sbcglobal.net

Phone (573)754-4497

SUPPORT THE Y

ENDOWMENT DEVELOPMENT

As friends and members of the Twin Pike Family YMCA, we are sure that you hope the Y will continue to be a strong, positive force in the lives of youth and families in this community for generations to come.



The YMCA's Board of Directors has created an Endowment. We wish to recognize and thank those who have taken steps now to help guarantee a strong future for our YMCA by including a gift to the YMCA's Endowment in their estate plans. This includes bequests in a will or living trust, creation of a charitable trust, or naming the YMCA as a beneficiary of life insurance or unused retirement plan benefits.

ANNUAL CAMPAIGN

Donating to the Y's Annual Campaign will make a meaningful difference in your community and ensure that no one is turned away from the Y due to inability to pay. Donations to the campaign are given back to the community in direct financial assistances for: membership, camp and child care, literacy services, inclusion services, programs for older adults and much more. For many, membership at the Y gives them a sense of a "greater good," especially when they are able to see their dollars at work should they choose to donate to the Y. Every dollar contributed goes towards giving Y experiences to those who couldn't otherwise afford them. Contributions stay in your community, so your generosity helps those in your own backyard. In the end, the Y gives back what you give to the Y.

Sponsoring Youth Sports

The Y never turns a child away because of their financial limitations. This is possible only because so many of our local business leaders choose to sponsor youth sports at the YMCA. This is a great way to get involved and support your community.

As a sponsor you will receive your logo on all league t-shirts.

We offer many different sports and activities to choose from. You may download our sponsorship packet for specific information.

Thank you in advance for supporting the Twin Pike Family YMCA. With your continued support we will continue to build strong kids, strong families and strong communities.

For more information please call 573-754-4497.

INVESTING IN YOU CAMPAIGN

The Twin Pike Family YMCA's goal with the Investing in You Campaign has been to invest in you, our community. How have we done this? By upgrading fitness equipment, adding new fitness classes, and making needed property repairs, building upgrades, and many other exciting additions to your Y experience. Our goal is to continue providing you with a warm, caring, and friendly atmosphere every time you walk through the doors.

We've accomplished a lot thus far, but we still need your help. Here's what we need to fund this campaign.

1. Install LED Energy-Efficient Lighting ✓
2. Upgrade Fitness Equipment ✓
3. Parking Lot Repairs & Re-Sealing ✓
4. Paint & Re-Wax Floor Phase I & II ✓
5. Morning Coffee ✓
6. Complimentary Body Pump Classes & Equipment ✓
7. Complimentary WiFi, Music, & DirectTV ✓
8. Phase I & II Roof Repairs, Replace Ceiling Tiles
9. Purchase & Install Swim Suit Wringers in Poolside Locker Rooms ✓
10. Purchase Equipment for On-Going Facility Maintenance (Floor Scrubbers, Power Washer, Pool Vacuum) ✓
11. Adult Stainless Steel Changing Table to Serve Adults & Families with Family Members Who Have Disabilities
12. Child Safety Improvements in Child Watch Room (Safety Blinds, Door Hinges that Prevent Finger Pinching) and Safety Locks on Aquatics Center Entrance Door in Hallway
13. Water Bottle Filling Station ✓

BECOME A DONOR TODAY AND HELP MAINTAIN YOUR Y HOME!

PROJECT GOAL
\$365,000

NEIGHBORHOOD ASSISTANCE PROGRAM (NAP) TAX CREDITS

PURPOSE

Provide assistance to community-based organizations that enable them to implement community or neighborhood projects in the areas of community service, education, crime prevention, job training and physical revitalization.

HOW THE PROGRAM WORKS

The Department of Economic Development (DED) will issue 50% tax credits to an eligible taxpayer that makes a qualified contribution to an approved Neighborhood Assistance Program (NAP) project.

ELIGIBLE DONORS

Businesses and individuals who operate a sole proprietorship, operate a farm, have rental property or have royalty income are also eligible, as well as a shareholder in an S-corporation, a partner in a Partnership or a member of a Limited Liability Corporation.

ELIGIBLE USE OF TAX CREDITS

This tax credit can be applied to:

- Ch. 143 – Income tax, excluding withholding tax
- Ch. 147 – Corporate franchise tax
- Ch. 148 – Bank Tax
- Insurance Premium Tax
- Other Financial Institution Tax
- Ch. 153 – Express Companies Tax

Special attributes: For up to five years following the tax year the credits are purchased, the taxpayer may utilize any unused balance to cover future tax liabilities.

APPLICATION PROCEDURE

These tax credits are available for a limited time period. Applications are reviewed as received until funding is depleted.

INTERESTED IN VOLUNTEERING

The backbone of every YMCA is its volunteers. These volunteers make a difference by giving caring attention to our children and teens, helping families become successful and strong, and supporting people of all ages to strive for healthier lives.

Through many opportunities for giving, children can build self-esteem and discover personal talents at the Y. Teens can connect with peers and positive adult role models while learning leadership skills. Adults can develop new friendships and feel more connected in the entire community. No matter how you help, you will make a big difference as you work with others to create a feeling of connectedness in your community.

YMCA Volunteer Opportunities

- Youth Sports: coach a youth sports team
- Assist with special events, such as 5K walks/runs, Healthy Kids Day and more.
- Help out with youth swim lessons
- Tutor or mentor youth in our Reach & Rise Programs
- Solicit donations for annual fundraising campaign
- Serve as a member experience greeter
- Assist with the maintenance of buildings and facilities
- Provide administrative or clerical support
- Join one of the Y's local boards and committees
- If you are interested, please contact Raini Rainey, Membership and Marketing Director 573-754-4497

DID YOU KNOW VOLLEYBALL WAS ALSO INVENTED AT THE Y?

IN THE 1890S, YMCA INSTRUCTOR WILLIAM MORGAN THOUGHT BASKETBALL WAS TOO STRENUOUS FOR BUSINESSMEN, SO HE BLENDED ELEMENTS OF BASKETBALL, TENNIS AND HANDBALL, AND CALLED HIS INVENTION "MINTONETTE." IN 1896, AT THE INTERNATIONAL YMCA TRAINING SCHOOL IN SPRINGFIELD, MASSACHUSETTS, THE NAME "VOLLEY BALL" WAS FIRST USED TO DESCRIBE THE BACK-AND-FORTH MANNER IN WHICH THE BALL FLEW OVER THE NET. TODAY, MORE THAN 46 MILLION AMERICANS PLAY VOLLEYBALL.

VETERANS speaking to VETERANS

November is National Veterans & Military Families Month

**IN HONOR OF OUR VETERANS WE ARE
WAIVING THE JOINING FEE FOR THE MONTH
OF NOVEMBER TO ALL VETERANS**

Twin Pike Family YMCA

614 Kelly Lane | Louisiana, MO 63353

twinpikefamilyymca.org

Check us out on Facebook





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