

# SOUTHERN BOONE AREA YMCA #HERE FOR GOOD

405 SOUTH MAIN STREET ASHLAND, MO 65010 - 573.657.9622 (YMCA)

## MORE THAN YOU IMAGINE

The Southern Boone Area YMCA is the place where families have fun and spend quality time together, kids play and build character, adults develop a healthier lifestyle, and neighbors connect with their community.

- Free Group Exercise Classes
- Youth and Adult Sports
- Personal Training
- Fitness Challenges
- Summer Camp
- Y-Club Before & After School Program
- Child Watch

## YMCA PAVER CAMPAIGN

Personalized donor pavers will be used to fill the flagpole area in front of the new YMCA facility. Your donation allows you to contribute to the Southern Boone Area YMCA legacy that will be recognized for years to come.



## YMCA OUTREACH FUND

Financial support for the Southern Boone Area Y's Outreach Fund is provided by the Y's fundraising programs, individual donations, and United Way funds. Anyone who cannot afford membership or program fees can complete an Outreach application. Applications are available at the Welcome Desk.

## CAPITAL CAMPAIGN

Phase 1 is complete with over \$2.1M raised through local grants, businesses, and individuals. However, we are still working diligently to raise the remaining \$2M in order to start the next phase which includes indoor walking track and basketball courts. Please call Branch Director Kip Batye at 573.657.9622 or email kbatye@jccymca.org if interested in making a donation.



## FITNESS CLASSES

- |                          |                      |
|--------------------------|----------------------|
| 3-2-1 Body Blast         | Rhythm & Ride        |
| *Boot Camp               | Silver Sneakers      |
| Cardio Circuit           | Silver Sneakers Yoga |
| Fit on Demand            | Strength Training    |
| HIIT                     | Total Core           |
| *MS Performance Training | Yoga                 |
| Pure Strength            |                      |

\*Fee based classes that require registration.

## HOURS OF OPERATION

### FACILITY HOURS

Monday - Thursday: 5:00 a.m. - 10:00p.m.  
 Friday: 5:00 a.m. - 8:00 p.m.  
 Saturday: 6:00 a.m. - 5:00 p.m.  
 Sunday: 10:00 a.m. - 6:00 p.m.

### CHILD WATCH HOURS

Monday - Saturday: 8:00 a.m - 10:00 a.m.  
 Monday - Thursday: 5:00 p.m. - 8:00 p.m.

## MEMBERSHIP RATES

Membership Packages	Age	Monthly Fee	Joining Fee
Young Adult	13 - 23	\$25	\$50
Adult	24 - 61	\$35	\$50
Single Parent Household	24+	\$35	\$50
Household 2	Any two individuals living in the same household including young adults.	\$45	\$50
Senior Adult	62+	\$25	\$50
Senior Household	Any two individuals living in the same household that are 62+	\$35	\$50

\* Joining fee is waived if paid annually.

## RENTALS

### FACILITY RENTALS

Turf Room	\$100/hour member	\$200/hour non-member
Batting Cage	\$25/hour member	\$50/hour non-member
Lee & Sherri Wilbers Room	\$50/hour member	\$100/hour non-member
Small Exercise Room	\$25/hour member	\$50/hour non-member

Availability can be viewed on our website. To reserve a room contact Program Director Derek Mordica at 573.657.9622 ext. 505 or [dmordica@jcymca.org](mailto:dmordica@jcymca.org)

### LOCKER RENTALS

Half Locker Rental	\$4.17/month	\$50.00/year
Full Locker Rental	\$6.25/month	\$75.00/year

Contact or visit the Welcome Desk to reserve a locker.

## REGISTERING FOR PROGRAMS

For your convenience, the YMCA offers program registration online [www.southernbooneymca.org](http://www.southernbooneymca.org) or at the Southern Boone YMCA location. You may pay by cash, check, credit card, or debit card.

## BODY ANALYSIS

The InBody will let you see what you're made of. The full page report shows your individual body composition in pounds and percentages of body fat, segmental muscle distribution, BMI and basal metabolic rate. Members are allowed two free scans per year.

## CORPORATE MEMBERSHIPS

The YMCA Corporate Membership Program is a great way for companies to promote the benefits of exercise to their employees. For more information about corporate memberships, please contact Membership Director Faryn Griffin at 573.657.9622 or [fgriffin@jcymca.org](mailto:fgriffin@jcymca.org)

## GUEST ENTRY POLICY

Guest entry is for those interested in a Y membership. Guest must be at least 13 years of age. Membership privileges may be granted one time at no charge after the following has been accomplished: check-in with the service desk; provide current photo ID that includes date of birth; tour the facility.

## VISITOR PASS POLICY

Each Y membership account will be credited six visitor passes per year to share. Each pass grants an individual or a family access into the facilities for one day. Visitors must be accompanied by a member at least 13 years of age, (guest under the age of 13 must have a signed permission form from parent/legal guardian), adhere to membership guidelines, and provide a current photo ID that includes date of birth. Visitors may only use six passes per calendar year.

## NATIONWIDE MEMBERSHIP

At the Y, we are for youth development, healthy living, and social responsibility. We are dedicated to ensuring that our facilities, programs, and services are open and welcoming to all. Nationwide Membership is a key part of this effort. With Nationwide Membership, our members can access YMCA facilities across the United States and Puerto Rico at no extra charge.

## CONNECT WITH US



[www.southernbooneymca.org](http://www.southernbooneymca.org)