



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE TODAY COUNT

SOUTHERN BOONE AREA YMCA

www.southernbooneymca.org

Updated May 2023

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. We currently offer:

- 24/7 Access
- 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 and individual donations. 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 \$2.5M raised through local grants, businesses, and individuals. However, we are still working diligently to raise the remaining \$1.7M in order to start the next phase which includes an indoor walking track and basketball courts. Please call Branch Director, Kip Batye at 573.657.9622 ext. 707 or email kbatye@jcmca.org if interested in making a donation.



FITNESS CLASSES

- *Boot Camp
 - Cardio Kickboxing
 - *Elite Fitness
 - One More Rep
 - Pilates Yoga
 - Pure Strength
 - *Rhythm & Ride
 - Silver Sneakers
 - Silver Sneakers Yoga
 - Step It Up
 - Suspension Training
 - Techno Gym
- *Fee based classes that require registration.

HOURS OF OPERATION

FACILITY HOURS

- Monday - Thursday: 5:00 a.m. - 10:00 p.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 |
| Premium Membership | 24/7 access. 18+ | \$10 one-time \$5/month | \$0 |

* Joining fee is waived if paid annually.

24/7 ACCESS

Add this premium benefit to your membership and you will receive access to the facility at your leisure. Participants must be 18 years of age. There will be a \$10 one-time fee for the key fob and \$5/month will be added to your monthly membership dues. **Guests are NOT allowed with this access after normal operating hours.** Visit the Welcome Desk to sign up.

RENTALS

FACILITY RENTALS

Availability can be viewed on our website. To reserve a room contact the Welcome Desk at 573.657.9622 ext. 101 or email Nathan Vandelicht at nvandelicht@jcymca.org

| | | |
|---------------------------|-------------------|-----------------------|
| 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 |

LOCKER RENTALS

Contact or visit the Welcome Desk to reserve a locker.

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

GUEST PASS POLICY

Each Y membership account will be credited six guest passes per year to share. Each pass grants an individual access into the facility for one day. Guests must be 18 years of age (guest under the age of 18 must have a parent or legal guardian present to sign waiver), adhere to membership guidelines, and provide a current photo ID that includes date of birth.

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. With Nationwide Membership, our members can access YMCA facilities across the United States and Puerto Rico at no extra charge.

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.

SB YMCA FARMERS MARKET

We strive to bring the Southern Boone community the best local goods and offer economic opportunity for local farmers and small businesses. The market will run from April-May every Thursday from 3-6:30 p.m. and the second Saturday of the month from 9-12 p.m. Items sold at the market include breads, pies, plants, eggs, and Italian ice. For more information follow us on our socials or email sbymcafarmersmarket@jcymca.org

CONNECT WITH US



www.southernbooneymca.org

