

2600 Grand Ave
 Carthage, MO 64836
 417-358-1070
 www.fairacresymca.com

Fair Acres Family YMCA Fall/Winter 2009

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YMCA Mission:

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



FACILITY HOURS

Mon—Thurs	5:15 am—9:30 pm
Friday	5:15 am—9:00 pm
Saturday	8:00 am—5:00 pm
Sunday	1:00 pm—5:00 pm

POOL HOURS

Mon—Thurs	5:30 am—8:30 pm
Friday	5:30 am—8:00 pm
Saturday	10:30 am—4:00 pm
Sunday	1:30 pm—4:00 pm

There will be one or more lap lanes available during all pool hours.



We build strong kids, strong families, strong communities.

SWIM LESSONS

\$15/month Non-members: \$45/month

LEVEL 1: INTRODUCTION TO WATER SKILLS — 5:00–5:30 PM T/TH

4yrs and older who are beginners to swimming.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS — 5:30-6:00 PM T/TH

Children who can free float and hold their breath under water.

LEVEL 3: STROKE DEVELOPMENT — 6:00-6:30 PM T/TH

Children who need to improve their front crawl and learn the beginnings of other strokes.

LEVEL 4: STROKE IMPROVEMENT — 6:30-7:00 PM T/TH

Children who are ready to learn diving, underwater swimming, and refine their strokes.

Levels 5 and 6 Please contact Teresa Lashmet at (417) 358-1070 with any questions. Private lessons are also available at a rate of \$38 for four 30-minute lessons for members

YMCA SWIM TEAM Head Coach: Lyman Burr
 YMCA Swim Team offers off-season maintenance with the possibility of competition. Practice includes stroke, endurance and strength improvements in and out of the water

Season runs: Sept 15th– Nov 20th
 Practices: Mon & Tues: 6:00-7:30pm
 Thurs: 6:00-7:15 am

Cost: Member \$40/Session; 2nd Child \$30
 Non-Member \$55/Session; 2nd Child \$30

BIRTHDAY PARTIES

HAVE YOUR CHILD'S BIRTHDAY PARTY AT THE Y!

Party Rentals Include:

- Use of Swimming Pool & Party Room for cake, presents, etc.

Call us today to set up your next party!

417-358-1070



...swim to the next page for Water Aerobic class schedule...

Fitness

Y GROUP EXERCISE™

*All group exercise classes are free to members, and \$8 per day for non-members.

Water Classes



Land Classes

Land Class Schedule begins September 2nd.



Water Aerobic Classes	Time	Day	Instructor
Aquacise (Moderate)	5:45-6:25 AM	M-W-F	Debbie
Men's Water Works (Low Impact)	7:00-8:00 AM	M-W-F	Kenny
Deep Water Mix (Aggressive)	8:00-9:00 AM	M-W-F	Teresa
EZ Does It (Low Impact)	9:00-10:00 AM	M-W-F	Teresa
Water Fitness (Moderate)	10:00-11:00 AM	M-W-F	Teresa
Aquacise (Aggressive)	5:30-6:30 PM	T-TH	Teresa
Deep Water (Moderate)	9:00-10:00 AM	T-TH	Karla

Fitness Classes	Time	Day	Instructor
Indoor Cycling	5:15-6:15 am	MTWTHF	Quinessa
Cycle Zone	8:00-9:00 am	MWF	Kim
Zumba	8:00-9:00 am	MWF	Tericia
Yoga	9:10-10:10 am	MWF	Helen
Active Older Adults	10:15-11:15 am	MWF	Tericia
Pilates	8:00-9:00 am	TTH	Melynn
Cardio Kickboxing & Sculpturing	9:10-10:10 am	TTH	Tericia
Zumba Gold: Active Older Adults	10:15-11:15 am	TTH	Tericia
Zumba	10:00-11:00 am	SAT	Cleo
Beginner Yoga	7:10-8:10 pm	MTH	Quinessa
Beginner Cycling	5:00-6:00 pm	MW	Matt
Advanced Cycle Zone	6:00-7:00 pm	TTH	Heather
Zumba	5:30-6:30 pm	TTH	Tericia
Abs, Butt & Gut PLUS	6:30-7:00 pm	TTH	Tericia

Fitness Orientations

Fitness orientations are offered free of charge to our members.

Personal Training

A 12-week program designed to help those new to exercise or those who don't stay motivated set goals and identify barriers.

FREE to YMCA members.

Fitness Counts

Home School PE

Home-schooled boys & girls ages 5 - 12

*1:30-2:30 pm Mon/ Wed

*Member fee: \$15/month

*Non-member fee: \$50/month

*Monthly sessions begin September 9, 2009

*All new curriculum

"Y" BECOME A MEMBER?

- * **FREE FITNESS CLASSES**
- * **FREE WATER AEROBIC CLASSES**
- * **FREE FITNESS ORIENTATIONS**
- * **FREE CHILDCARE (2 hr/Day)**
- * **FREE RACQUETBALL RESERVATIONS**
- * **SPECIAL RATES ON PROGRAM FEES**
- * **EXCLUSIVE PROGRAMS FOR MEMBERS ONLY**
- * **PRIORITY REGISTRATION DATES**

Our facilities include: Fitness center, locker rooms, group fitness studio, recreational pool with lap lanes, therapy pool, dry sauna, gymnasium, child drop-off center, two racquetball courts, game room.

Membership - Join today

MEMBERSHIP RATE	Monthly Draft	Semi-Annual	Annual	Joiner's Fee
Youth (0-18 yrs)	\$16	\$96	\$192	\$15
Young Adult (19-23 yrs)	\$23	\$138	\$276	\$15
Adult (24-54 yrs)	\$38	\$228	\$456	\$50
Senior (55+ yrs)	\$29	\$174	\$348	\$50
Senior Couple (both 55+ yrs)	\$39	\$234	\$468	\$50
Family	\$48	\$288	\$576	\$75

PAYMENT PLANS & POLICIES

Monthly Draft is an automatic charge to a checking or savings account, or credit card of member's choice.

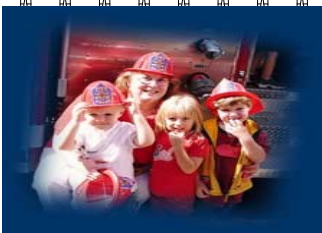
Semi-annual & Annual plans must be paid in full with joiner's fee up front.

Joiner's Fee is a one-time charge as long as the membership is current.

ASK US ABOUT OUR CORPORATE PARTNERSHIP PROGRAM.

FINANCIAL ASSISTANCE POLICY

The Fair Acres Family YMCA promises to the community that no person will be turned away from the YMCA due to inability to pay for services or for facility usage. Each scholarship is considered confidential and on an individual basis. Applications for scholarship are available at the front desk of the YMCA & on our website: www.fairacresymca.com.



CHILD DROP-OFF CENTER

Policy:

The Child Drop-off Center is available free of charge to members of the Fair Acres Family YMCA who have a family membership for up to two hours per day and will accept children from six weeks up to eight years of age. Free services for those with family memberships is limited to people on your membership. All other members, non-members and Away members will be charged \$3 per child per hour. Child/staff ratio is 10/1. No snacks, diapers, wipes, etc. will be provided by the YMCA and no gum or toys from home will be allowed. Parents must remain on premises. We ask parents to take children to bathroom before bringing them to drop-off.

Hours: Monday—Friday 8:00 am—11:30 am
Monday—Thursday 5:00 pm— 7:30 pm

YMCA YOUTH PROGRAMS

Fall 2009

Volleyball	Cheerleading	Flag Football
Grades 1st-8th	Grades Pre K-8th	Grades Pre K-8th
		
Dates: Practices begin the week of August 31st Games on Saturday mornings starting Sept 12th—Oct 24th Location: Fair Acres Sports Complex—by the water tower- Football & Cheer YMCA Gymnasium for Volleyball Cost: \$23..... Members \$40..... Nonmembers Registration: Due by Wednesday, August 26th Late Registration spots may be available with a \$10 late fee One Hour Practice during the week... Games on Saturday! *Each Participant receives a team revisable jersey/t-shirt and award!!!		

Winter 2009	
 Floor Hockey Grades Pre K-8th	 Basketball Grades Pre K-8th
Dates: Practices begin October 19th Games starting Oct 31st—Dec 12th Location: YMCA Gymnasium Cost: \$23.....Members \$40.....Nonmembers Registration: Due by October 12th	Dates: Practices begin in January 18th Games starting Jan 31st Location: YMCA Gymnasium Cost: \$23.....Members \$40.....Nonmembers Registration: Due by January 6th

KIDZ IN MOTION	Afterschool Care
NEED SOMEPLACE SAFE & FUN FOR YOUR CHILDREN AFTERSCHOOL? PROGRAM AVAILABLE AT: COLUMBIAN, STEADLEY, & DIAMOND Elementary (Transportation Available to Steadley from: Mark Twain, Fairview, & St. Ann's!)	GRADES K-6 3:00pm- 6:00pm COSTS 4-5 Days per week—\$28 3 or less days per week—\$20 FIRST TIME REGSITRATION FEE REQUIRED!!!