



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EASTERN MISSOURI FAMILY YMCA

PROGRAM GUIDE

309 SOUTH MAIN • PO BOX 32 • VANDALIA, MO 63382
PHONE: 573-594-2208

FACEBOOK- EASTERN MISSOURI FAMILY YMCA
INSTAGRAM - VANDALIAYMCA



GENERAL INFORMATION

HOURS

EFFECTIVE SEPTEMBER 1 — APRIL 30

MONDAY-FRIDAY 6:00 AM—8:00 PM
SATURDAY 7:00 AM—2:00 PM
SUNDAY 1:00 PM—5:00 PM

EFFECTIVE MAY 1—AUGUST 31

MONDAY—FRIDAY 6:00 AM—7:00 PM
SATURDAY 7:00 AM—NOON
SUNDAY CLOSED

MEMBERSHIP RATES

FAMILY MEMBERSHIP: \$41.00/MONTH

(Maximum of two adults in the household and includes IRS allowable dependents/college students through 23)

SINGLE PARENT FAMILY : \$33.00/MONTH

(One adult/parent in household and includes IRS allowable dependents/college students through 23)

ADULT: \$31.00/MONTH

(Individual 19 years of age through 59)

SENIOR: \$28.00/MONTH

(Adult 60 & Over)

SENIOR COUPLE: \$33.00/MONTH

(60 & Over)

YOUTH: \$15.00/MONTH

(12-18 years old and still in high school)

***One time join fee of \$50 on all memberships except youth membership join fee of \$25.**

Ask about our Corporate Discount.

Fees can be paid in full, quarterly, or annually with check, credit card or cash. Monthly fees must be paid by EFT.

****All hours, rates, programs, information, and dates may be subject to change**

OUR MISSION:

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

OUR AREAS OF FOCUS:

YOUTH DEVELOPMENT: Nurturing the potential of every child and teen.

HEALTHY LIVING: Improving the nation's health and well-being.

SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors.

Debbie Hopke, Branch Director

debbie.hopke@emoymca.org

****If there is a lapse in membership for 60 days or more, the join fee would be reassessed at the time of re-application.**

MEMBERSHIP CARD GUIDELINES

In order to protect the benefits of your membership, the following guidelines are in effect:

- Membership card must be scanned at the front desk.
- Membership is not transferable.
- Sign in and pay for your guests.
- The membership card is the property of the YMCA.
- It is provided to the member for his/her use only.
- *Replacement is available for \$5.00.

REFUND POLICY

The Eastern Missouri Family YMCA does not issue refunds on programs or memberships unless they are cancelled by the YMCA. A credit may be offered in place of a refund for a paid class that an individual would be unable to complete due to serious illness, etc. when approved by the Branch Director. This credit can be used toward any program or membership offered by the YMCA and is good for one year from issuance.

No refunds or credits will be given for missing classes or activity beyond the control of the YMCA.



RENTALS & CHILD WATCH

FACILITY RENTALS

The YMCA is available for meetings, birthday parties, and recreation. Many churches, schools, youth groups and other groups come to the Y for a safe, healthy and fun time

SINGLE SPACE RENTAL

	DEPOSIT	RENTAL FEE
SMALL MEETING ROOM ONLY	\$35.00	\$35.00/hour
GYM ONLY	\$90.00	\$90.00/hour
Y CAFE AND KITCHEN ONLY	\$75.00	\$75.00/hour
CHILD WATCH ONLY (ask for details)	\$50.00	\$50.00/hour

WHOLE BUILDING RENTAL

INCLUDES GYM, Y CAFÉ & KITCHEN, WALKING TRACK, SMALL MEETING ROOM

**WELLNESS CENTER, CHILD WATCH, AND LARGE FITNESS ROOM NOT INCLUDED

	DEPOSIT	RENTAL FEE
2 HOURS	\$300.00	\$300.00
3 HOURS	\$300.00	\$450.00
4 HOURS TO ALL NIGHT	\$300.00	\$600.00

ALL NIGHT RENTALS NEED TO BE OUT BY 6AM THE FOLLOWING MORNING

CALL THE YMCA AT 573-594-2208 FOR MORE DETAILS AND NECESSARY DOCUMENTS (All rates subject to change.)

CHILD WATCH

AGES 6 WEEKS-11 YEARS OLD

The YMCA offers a babysitting service for parents using the Y.

Parents must be in the facility and are responsible for furnishing the personal care items for their child/children. The child watch room is a benefit of membership.

If a member checks non-member children into the Child Watch room, the fee is \$2 per child.

EFFECTIVE SEPTEMBER 1 - APRIL 30

MONDAY - THURSDAY 4:30PM - 7:30PM

EFFECTIVE MAY 1 - AUGUST 31

MONDAY - THURSDAY 4:30PM - 6:30PM



ADULT FITNESS CLASSES

“Work at your own pace. Every journey has to begin somewhere.”

Instructors: Beth Schnitker, Stacy Colbert, Miranda Schmidt, Lisa Otis

CLASS DESCRIPTIONS

Tuesday and Thursday Morning Classes

- **Beginner Cardio** – Step movement, sport conditioning, balance, cardio, and strength training all packed into a 45 minute class. Aerobic exercise that promotes physical fitness.
- **Abs/Core Strengthening** – Hit your middle with core conditioning exercises to enhance abdominal definition and stability. Mat work and/or standing exercises at your own pace.
- **A.M. Circuit Class** – A great work-out alternating strength training and cardiovascular exercise, by becoming familiar with different equipment at the Y. Perfect for all fitness levels!
- **Chair Exercise** – This class includes 45 minutes of lower and upper body exercises with emphasis on range of motion, building endurance, balance and stretching. Most exercises are performed in a chair. This class provides a good workout along with lots of laughter and fun.

Monday and Friday Morning Classes

- **Forever Fit** – A fun group class that keeps you moving, but is easy on the muscles and joints. This one-hour class focuses on balance, muscle strength, flexibility and endurance. Class can be done with or without a chair.
- **Power Half Hour** – A 30 minute class to get you ready for the weekend. Interval training, core focus, upper and lower body work, strength and conditioning.
- **Chair Stretch and Balance** – With an emphasis on stretching, breathing exercises, range of motion, and controlled postures, all fitness levels will benefit from this one-hour class.

Wednesday Evening Class

- **YOGA** – This 45-minute class is the perfect way to end the day. Yoga is a discipline that involves both the mind and the body. Yoga is a combination of physical postures, breathing methods, and meditation or relaxation.

Thursday Evening Class

- **Cardio Strength Circuit** – The variety of cardio and compound exercises will engage all your muscles, including your core and stabilizer muscles for an effective total body workout. You will keep the heart rate elevated throughout the 45 minute workout so you burn more calories both during and after your workout.

ADULT & FAMILY PROGRAMS

PICKLEBALL, BASKETBALL, AND PING PONG ARE OPEN EVERY DAY

ADULT COED VOLLEYBALL AND ADULT COED 3 ON 3 BASKETBALL

**ANNUAL TURKEY TROT 5K
RUN/WALK
7:30 AM
THANKSGIVING DAY**

SPECIAL PROGRAMS, CRAFTS, HEALTHY KIDS DAY, FITNESS CHALLENGES, HALLOWEEN EVENT

WIFFLE T-BALL, VOLLEYBALL, TUMBLING, KICK BALL, BASKETBALL, INDOOR SOCCER

**ANNUAL YMCA FALL 5K
RUN/WALK
7:00 AM
FOURTH SATURDAY IN SEPTEMBER**



WELLNESS CENTER

"A Healthy Outside Starts from Inside"

- Cybex Treadmills
- Cybex Arc Trainers
- Hoist ROC-IT Abs – pivoting seat pad provides multiple abdominal exercises and results.
- Hoist Pec Fly/Rear Delt – swiveling handles with rotating grips provide multiple hand positions, adjustable range-of-motion exercise arms for pec fly or rear delt exercises, seven seat pad adjustments for varying user heights
- Hoist Chin/Dip Assist – offers 14 exercise variations; 7 with assistance and 7 without; rock grip handles that provide wrist, arm, and shoulder strength
- Hoist Leg Press/Calf Raise – large oval foot plate provides multiple foot positions for both leg press and calf exercises
- Hoist Functional Trainer – space efficient functional trainer; five pull-up/chin-up grip options including patented Flip N Grip handles and rock grips
- Hoist Chest Press/Shoulder Press – multiple seat and press arm options; dual-position hand grips
- Hoist Leg Curl/Leg Extension – eight back pad adjustments for varying leg lengths
- Hoist Preacher Curl/Triceps Extension – allows performance of biceps and triceps exercises in one machine
- Hoist Lat Pulldown/Mid Row – telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- Hip Adductor/Abductor Machine – Strong adductor/abductor muscles help with lower body exercises such as squats and lunges, plus can improve core stability, better coordinate movements and improve general flexibility.
- Hoist 7 Degree Smith Squat Rack – 7° angle on linear exercise movement; EZ-LOC LATCHING MECHANISM automatically locks and unlocks weight bar and safety stops; Starting weight of Olympic Bar: 25 lbs
- Octane Max Rower – dual resistance, self powered rowing machine, 14 interval workouts, multi-grip handlebar.
- PowerMill Climber – A smooth stepping motion and 26 different speeds make the PowerMill ideal for exercisers who prefer slow climbs or those looking for one of the most challenging and intense cardio workouts at the gym.
- Matrix R3X Recumbent Bike – LED console display is easily navigated by users of all experience levels; Ergo Form seat and back pad enhance comfort and support; Step-thru entry for easy access Low-watt starting resistance
- Matrix U3X Upright Bike – Intuitive one-hand adjustment fine-tunes seat position; race-inspired handles provide a comfortable ride experience; step-thru entry for easy access
- Schwinn AD Pro Dual Action Bike – unlike traditional exercise bikes, those based around air resistance can meet every skill/intensity level because they have no minimum or maximum tension settings. Resistance is controlled naturally by the rider's effort. With the Airdyne AD Pro you can pedal slowly for a low-intensity and low-impact workout or pedal faster for more resistance.



YOUTH SPORTS & PROGRAMS

Youth Sports and Programs are an ever changing schedule as we work toward meeting the needs of the community. Thank you for your patience.

YOUTH CERTIFICATION

Wellness Center Certification (Cardio and multifunction equipment only)

For youth ages 12-14

Members Only, \$25 fee

Classes are held each
Monday (see schedule at the Y)

4:00pm—5:00pm

Limited to 2 participants per class

(Sign up required at least 24 hours in advance)

TUMBLING

This program is offered for boys and girls. Age 3 and older.

Tumbling is an introduction to basic tumbling skills, plus builds confidence and self-esteem, while developing social and physical growth.

Sessions and offerings may vary throughout the year.

FLAG FOOTBALL

This program is offered for boys and girls. K- 6TH Grade

FALL SESSION

Saturday mornings in October- 5 Week Session

SPRING SESSION

Saturday mornings in April- 5 Week Session

WIFFLE T-BALL

This program is offered for boys and girls. Age 3-5 years.

This program is a great introduction to the game, plus listening and social skill development.

Registration: First of April-Mid May

SEASON (4 weeks): June-July Games are played on Monday evenings

SEASON 2 (4 weeks): October skills and games on Monday evenings

BASKETBALL

This program is offered for boys and girls. K- 6TH Grade

Only the Kindergarten age group is co-ed.

Age Divisions

Kindergarten, 1st & 2nd grade, 3rd & 4th grade, 5th & 6th grade
Subject to change on enrollment.

NOVEMBER/DECEMBER SEASON

Saturday mornings in October- 5 Week Session

WINTER SKILLS JANUARY/FEBRUARY

Saturday mornings in April- 5 Week Session

INDOOR/OUTDOOR SOCCER

This program is offered for boys and girls. Age 3 -12 Years.

Designed to emphasize skill development, build character and have fun while learning the basics of dribbling, shooting, and passing in a positive environment.

FALL SEASON

Saturday mornings in February/March

WINTER SEASON

Saturday mornings in September/October

Plus Weekly evening practices

BALLET

This program is offered for boys and girls, Age 3 and older. This program alternates with tumbling each session and age group

SPORTS CLINICS

Sports Clinics vary throughout the year but have included Speed and Agility, Flag Football, Youth Volleyball, and Youth Basketball skills.

Team sponsorships available for \$100, call for details.

***Programs subject to change.**

Continue to check the Y and our FB and Instagram page for additions. Check our home office page—www.mexicoymca.org for scheduling of these and additional programs.



DOWNLOAD THE Y APP

Use your phone to stay up to date with what's going on at the Y, plus use it to scan in!

How do you get started?

1. Go to your "app" store.
2. Search for "Daxko" and install
3. Once it is loaded, search for Mexico Area Family YMCA and then choose Eastern Missouri Family YMCA from the drop down, if needed
4. Now you're ready to keep up to date with the Eastern Missouri Family YMCA
5. Load your scan card for entry
6. **Enable notifications to stay up to date with closures, changes, etc.**
 - Select "More", preferences, notifications, Eastern Missouri Family YMCA, select gray button to the right so the button turns green on each option
7. As a bonus you can see what is available at our home branch, Mexico Area Family YMCA

Through the app you will be able to:

1. View hours and fitness class schedules
2. Load your scan card for entry in the Y
3. Register for programs
4. Keep up with announcements, facility changes, programs & MORE by enabling notifications (step 6 above)





PLEASE NOTE

AGE REQUIREMENTS

Youth must be 11 years old and in the 6th grade or 12 years old to come to the YMCA unaccompanied by an adult or someone at least 15 years of age or older. The adult must maintain direct supervision of the children in their care or check them into Child Watch.

SPECIFIC AREA REQUIREMENTS

WELLNESS CENTER – 15 years or older

(Members 12 – 14 years old with completion of Youth Certification Class, under 12 not allowed)

GYM/TRACK – 11 years old and in the 6th grade or 12 years or older

(11 and under must be accompanied by an individual 15 years of age or older)

CHILD WATCH – Available for children 6 weeks to 11 years old

Monday through Thursday

4:30 PM to 7:30 PM September through April

4:30 PM to 6:30 PM May through August