



FOR YOUTH DEVELOPMENT   
 FOR HEALTHY LIVING   
 FOR SOCIAL RESPONSIBILITY

# MORE THAN A GYM

## SOUTHERN BOONE AREA YMCA

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

Updated November 2024

### 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 APP

We are now able to offer better communication with our members. Make sure to allow for push notifications to stay up to date with the Y. Search "Southern Boone YMCA" in the App Store and Google Play Store.

## ALWAYS HERE FOR YOU

Stay connected with our app

### GET THE NEW APP

- Register for programs
- Customize your own workout
- Track your progress
- Enroll in wellness challenges
- Connect with our community of members and trainers
- Check group exercise schedules
- Add classes to your calendar
- Check in with your phone
- Contact the Y
- Get notifications about cancellations and information
- Earn reward points to redeem at the Y

Search "SB YMCA" in the app store

Available on the App Store

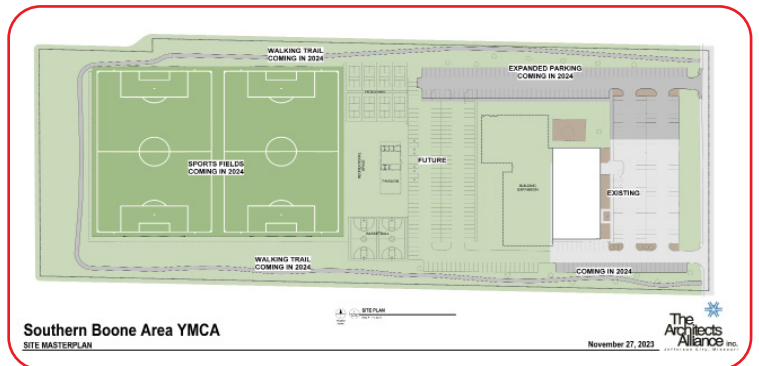
GET IT ON Google Play

### 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 \$2.6M raised through local grants, businesses, and individuals. However, we are still working diligently to raise the remaining \$1.2M in order to start the next phase which includes an outdoor basketball and pickleball courts. Please call Branch Director, Kip Batye at 573.657.9622 ext. 707 or email [kbatye@jcyymca.org](mailto:kbatye@jcyymca.org) if interested in making a donation.



### FITNESS CLASSES

- |                 |                                |
|-----------------|--------------------------------|
| *Boot Camp      | Raise the Barre                |
| Butts & Guts    | *Rhythm & Ride                 |
| *Evolve Fitness | Silver Sneakers                |
| High Fitness    | Silver Sneakers Yoga           |
| *Hot Yoga       | Step Into Sculpt               |
| One More Rep    | Techno Gym                     |
| Pilates         | Yoga                           |
| Pure Strength   | *Youth Strength & Conditioning |
- \*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: 4:00 p.m. – 8:00 p.m.

## MEMBERSHIP RATES

Membership Packages	Age	Monthly Fee	Joining Fee
Young Adult	13 - 23	\$30	\$50
Adult	24 - 61	\$40	\$50
Single Parent Household	24+	\$40	\$50
Household 2	Any two individuals living in the same household including young adults	\$50	\$50
Senior Adult	62+	\$30	\$50
Senior Household	Any two individuals living in the same household that are 62+	\$40	\$50
Premium Membership	24/7 access 18+	\$6	\$10

\* 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. Members must be 18 years of age. There will be a \$10 one-time fee for the key fob and \$6/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@jcmca.org](mailto:nvandelicht@jcmca.org)

Turf Room	\$110/hour member	\$210/hour non-member
Batting Cage	\$30/hour member	\$60/hour non-member
Lee & Sherri Wilbers Room	\$60/hour member	\$110/hour non-member
Small Exercise Room	\$30/hour member	\$60/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.

## 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.



## CONNECT WITH US



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