



Cameron Regional YMCA Program Guide

Our Mission

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

Our Values

Caring, Honesty, Respect and Responsibility

YMCA Membership

Join nearly 700 of your friends and neighbors and become a member of the YMCA! A YMCA membership gives you much more than access to our facilities. It sets you on the path to good health in *spirit, mind and body*, helping you to enjoy a full and balanced life.

Fit for You Pricing

Our "Fit for You" Pricing Program makes becoming a member of the YMCA more affordable than ever. The "Fit for You" Pricing Program is an income-based fee scale, which simply means your monthly membership fees are based on your household income.

Easy Pay Monthly Membership Plan

Our monthly bank draft plan is designed to give you a safe and convenient way of paying for your YMCA membership. If you choose not to participate in the bank draft plan, you may pay annually for your membership dues.

Facility Member Joining Fee

A one time joining fee is due at the time of sign up for Individual, Household and Active Older Adult Memberships. The join fee is equal to one month's membership fees. A portion of this fee provides funds to improve your YMCA facility.

Facility Member Benefits include

- * Unlimited use of the Cameron Regional YMCA
- * FREE Wellness Center Orientation
- * FREE Personal Training Session
- * FREE Group and Water Exercise Classes
- * FREE Child care while you workout
- * FREE Family activities/events
- * Discount of up to 100% on many programs
- * FREE "AWAY" program (use of other YMCA's)
- * Discounts at local businesses through our "Y Friends" program

Fair Share Program

The Cameron Regional YMCA is committed to turning no one away due to an inability to pay. The YMCA provides financial assistance to those in need who wish to participate in YMCA Membership or Programs. If you or someone you know could benefit from Financial Assistance, please contact the YMCA, (816)632-3811.

Facility Hours

Mon-Fri.....5:45 am-8:30 pm
 Sat.....7:30 am-2:00 pm
 Sun.....1:00-4:00pm

Kid Zone Hours

Mon-Fri mornings.....8:30-10:00 am
 Mon & Wed evenings.....5:30-7:00 pm
 Tues & Thurs evenings.....5:15-7:30 pm

The Cameron Regional YMCA reserves the right to change membership fees with 30 days written notice to members. All membership sales are final and are non-transferable or refundable. There will be a \$25 charge for all returned checks and rejected bank draft payments.

WINTER 2012 PROGRAMS.....IT'S NOT JUST KID STUFF

Program Cancellation/Refund Policy

The Cameron Regional YMCA reserves the right to cancel classes or programs with insufficient registration. If the YMCA cancels a program, a full refund or credit will be issued. If a program participant must withdraw from a class or program for medical reasons, a prorated credit will be given, but not after completion of 50% of the program. Refunds/credit will be given for medical reasons only.

Fair Share Program

The Cameron Regional YMCA is committed to turning no one away due to an inability to pay. The YMCA provides financial assistance to those in need who wish to participate in YMCA Membership or Programs. If you or someone you know could benefit from Financial Assistance, please contact the YMCA, (816)632-3811.

Health and Fitness

Group Exercise Classes

CIRCUIT TRAINING

A fun cardio class for guys and gals that is designed to improve your cardio conditioning and muscle strength.

Mon-Tues-Wed-Thurs-Fri.....8:35-9:30 am
 Mon-Tues-Wed-Thurs.....4:00-5:00 pm

YOGA

A combination of movements performed in a fluid motion standing or in seated poses. The benefits are to restore energy, provide strength and flexibility, stress reduction and improved posture.

Tues-Thurs.....5:15-6:15 pm

GROUP EXERCISE FEE:

Pay one fee and attend as many classes as you wish!

Facility Member.....FREE
 Non-Member.....\$37/month
 20 visit punch card.....\$60

Personal Training

One on one training for your individual needs. Call Tim Jones for an appointment.

Facility Member.....\$20 per hour
 Non-Member.....\$40 per hour

Busting the Bulge

A *FUN* 12 week program that begins *January 9*. Program is designed to help members achieve their goals and have fun while doing so! Participants can compete individually or as a team with prizes awarded to participants who lose the highest percentage of body fat. Contact the YMCA to find out how you can *"Win Big by Losing Big!!"*

FEE:

Facility Member.....FREE

Non-Member.....\$10 Program Fee for those who want to participate but choose *not* to utilize the facility

Non-Member.....\$75 Program Fee for those who choose to utilize the YMCA

Active Older Adults

Senior Fitness

A program designed for seniors that focuses on strength, flexibility and coordination. Program includes access to fitness center for 30 minutes prior to class.

Mon-Wed-Fri8:00-8:30 am

FEE:

Facility Member.....FREE

Non-Member.....\$26 per month



Fun to Be Fit

A program designed for youth ages 11-14 that introduces cardio, circuit and free weight training. Students will ride the bus to the Y after school and will be picked up by parents after the program.

Session I: Mon. February 6–Wed. February 29

Session II: Mon. March 5 –Wed. March 28

Mondays & Wednesdays.....3:00–4:00 pm

FEE:

Facility Member.....FREE

Non-Member.....\$30 per session

Youth Sports

Youth Soccer

U8 and U10: A league for youth Ages 5-9 that focuses on skill development, team play and sportsmanship. Age determination is July 31. League fees include an 8 week season and team t-shirt. All practices and games are held on *Saturday mornings* beginning *March 17*.

Regular RegistrationFebruary 1-March 3

FEE:

Facility Member.....\$32

Non-Member.....\$44

10% discount for additional children in same family

Late registrations after March 3 will be subject to a \$5 late fee and will be accepted only if space is available.

U12 and U15: A league for youth Ages 10-14. Age determination is July 31. Games held on Saturdays in Lathrop, Plattsburg and Kearney. Practices will be in Cameron. League fees include a 7 week season, team jersey and end of season tournament.

Regular RegistrationFebruary 1-March 3

FEE:

Facility Member.....\$45

Non-Member.....\$60

10% discount for additional children in same family

Late registrations after March 3 will be subject to a \$5 late fee and will be accepted only if space is available.

Youth Baseball

A league for youth ages 9 and up that focuses on skill development, team play and sportsmanship. Age determination is April 30th. Practices will begin March 26 with games beginning May 7th. This is a traveling league with some games held out of town.

Regular RegistrationFebruary 1-March 10

FEE:

Facility Member.....\$41

Non-Member.....\$54

* 10% discount for additional children in family

Team Sponsorship Fee.....\$250

Late registrations after March 10 will be subject to a \$5 late fee and will be accepted only if space is available.

Youth Softball

A league for youth ages 9 and up that focuses on skill development, team play and sportsmanship. Age determination is January 1st. Practices will begin March 26 with games beginning May 7th. This is a traveling league with some games held out of town.

Regular RegistrationFebruary 1-March 10

FEE:

Facility Member.....\$34

Non-Member.....\$47

* 10 % discount for additional children in family

Team Sponsorship Fee.....\$250

Late registrations after March 10 will be subject to a \$5 late fee and will be accepted only if space is available.



Pre-School Sports

Mini All-Stars Basketball

A program designed to introduce 4 and 5 year olds to the game of basketball. Fees include a 5 week session and t-shirt. Program is held on *Tuesday evenings* beginning *February 7*.

Registration Deadline.....Tues. January 31

Group A.....5:30-6:00 pm
 Group B.....6:15-6:45 pm
 Group C.....7:00-7:30 pm

FEE:
 Facility Member.....\$21
 Non-Member.....\$33

Youth Development

Fun to Be Fit

A program designed for youth ages 11-14 that introduces cardio, circuit and free weight training. Students will ride the bus to the Y after school and will be picked up by parents after the program.

Session I: Mon. February 6-Wed. February 29

Session II: Mon. March 5 -Wed. March 28

Mondays & Wednesdays.....3:00-4:00 pm

FEE:
 Facility Member.....FREE
 Non-Member.....\$30 per session

Middle School Enrichment

An after school program for students in Grades 5-8 that provides hands on opportunities to learn new skills. Students can sign up for one class or all 6! Sign up for all 6 classes and receive a 10% discount.

Program is held from *3:00-5:00 pm on Mondays* at Cameron Middle School.

Cooking for Me: January 30 & February 6

Have fun while learning basic cooking skills and discover the science behind food and you.

FEE.....\$15

Science Investigation: February 13

Experiment, experiment, experiment! A chance to discover new and exciting experiments while having fun.

FEE.....\$10

Caring for Pets: February 27 & March 5

Explore what it takes to groom, feed and train your pet in addition to learning what to expect when you take your pet to the vet.

FEE.....\$15

Exploring Media: March 12 & 19

Explore different types of media and try your hand at becoming a reporter.

FEE.....\$15

Fun to Be Fit: March 26 & April 2

Learn the basics of cardio and weight training and discover activities you can do at home to stay fit.

FEE.....\$15

Home Alone: April 16 & 23

Want to know what to do when you are home alone? Learn how to prepare and handle emergencies, care for brother & sisters and make healthy snacks.

FEE.....\$15

Kidz Inc.

A State Licensed School Age Child Care Program that is designed to provide a safe, positive environment for children in Grades K-6. Children are involved in homework help, arts & crafts, and games with a special emphasis on fun and character education. Program is held at the Cameron United Methodist Church Education Building, 315 N. Pine.

Hours of Operation:

When school is dismissed – 6:00 pm

Holiday Care 7:00 am – 6:00 pm

KIDZ INC FEES:

Full time (3 days or more).....\$35 for 1st child
 \$25 for 2nd child

Part time (2 days or less).....\$25 for 1st child
 \$20 for 2nd child

Enrollment in Kidz, Inc. requires a non-refundable registration fee of \$20 per family.



Adult Leagues

Coed Adult Volleyball

League play will be on *Sunday afternoons* at Cameron Middle School beginning *January 22*. Players must be 16 yrs of age. Teams guaranteed 8 matches.

Registration Deadline.....Sat. January 14

FEE\$125 per team

Adult 3 on 3 Basketball Tourney

Tournament will be held on *Sun. February 19*.

Registration Deadline.....Sat. February 11

FEE\$15 per person

Special Events

April Fools Run

A 5K/8K run that begins and ends at the YMCA on *Sat. March 31 at 9:00 am*. Prizes awarded to overall male and female winners in each race as well as the top 3 finishers in each age group. All runners and walkers welcome!!

Registration Deadline.....Sat. March 24

FEE:

Individual with t-shirt.....\$23

Individual without t-shirt.....\$15

5K Fun Walk (includes t-shirt).....\$12

Adult Learning

Photography Class

Have a new camera or want to learn how to fully utilize your camera?? Join Debbie Perry and Aimee Ramsey with P & R Images Photography for a series of classes to improve your photography skills. Sign up for one or all 3! Sign up for all 3 classes and receive a 10% discount. All classes held at the *YMCA from 2:00-4:00 pm*.

Photography I: Sun. February 19th

This beginner class presents information for getting started with photography. You will learn basic photo skills, aperture settings, shutter speed, and ISO and how to correctly design and expose your photographs.

Photography II: Sun. February 26th

This intermediate level class offers instruction in the use of digital editing programs as well as how to take photos using different perspectives, building creativity, and exploring editing tools.

Digital Scrapbooking: Sun. March 4th

This class will help you become organized, take effective photos and tell a story. Get your creative juices flowing and make some memories. Bring your digital inspiration files and we'll have your online scrapbook up and running before you know it.

FEE.....\$25 per session
or \$65 for all 3 sessions



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**