



# Cameron Regional YMCA

## Spring 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 Y Personal Fitness Program
- \* FREE Group 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-12:00 pm  
Sun.....Closed

### ***Kid Zone Hours***

Mon-Tues-Wed-Thurs-Fri mornings.....8:00-10:30 am  
Tues-Thurs evenings.....5:00-6:30 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.*

**Cameron Regional YMCA 402 E. Evergreen Cameron, MO 64429**

***www.cameronymca.org***

***(816)632-3811***

# Spring 2010 Programs.....Something for Everyone!

**Spring I Session**  
**February 22 – April 9, 2010**

**Spring II Session**  
**April 12 – May 28, 2010**

## ***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.

## **YHEALTH & FITNESS**

### **Group Exercise Classes**

#### **AB LAB**

A series of strength training movements that work multiple muscle groups and sculpt your entire body.

Mon-Wed-Fri.....9:30-10:00 am

#### **CIRCUIT TRAINING**

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

Mon-Tues-Wed-Thurs-Fri.....8:35-9:30 am

Mon-Wed.....3:30-4:15 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.....\$45

### **Y Personal Fitness**

A *FREE* 12 week program designed to help members achieve their fitness goals. A Personal Trainer will assist members with goal setting and will develop a plan that best meets their needs. Throughout the 12 weeks, the Personal Trainer will monitor progress and make suggestions for improvements. Contact Adam Bliley to get started.

### **Personal Training**

One on one training geared for individual needs of YMCA members. Contact Adam Bliley for an appointment.

Facility Member.....\$15 per hour  
Program Member.....\$30 per hour

## **YOLDER 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-Fri .....8:00-8:30 am

#### **FEE:**

Facility Member.....FREE  
Non-Member.....\$25 per month

# YAFTERSCHOOL

## **Kidz Inc.**

A State Licensed After School 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 (Jan. 1-July 2)  
7:00 am – 6:00 pm (July 5-August 13)

### **FEE:**

#### **January 1-July 2**

Full time (3 days or more).....\$33 for 1<sup>st</sup> child  
\$23 for 2<sup>nd</sup> child  
Part time (2 days or less).....\$23 for 1<sup>st</sup> child  
\$18 for 2<sup>nd</sup> child

#### **July 5 -August 13**

Full time (3 days or more).....\$68 for 1<sup>st</sup> child  
\$58 for 2<sup>nd</sup> child  
Part time (2 days or less).....\$43 for 1<sup>st</sup> child  
\$33 for 2<sup>nd</sup> child

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

# YOUTH SUPER SPORTS

## **Youth Soccer**

A league for youth in Grades K-8 that focuses on skill development, team play and sportsmanship. League fees include a skills clinic, 8 week season and team t-shirt. All games and practices are held on *Saturdays* beginning *March 20*.

### **Regular Registration.....January 18-February 27**

### **FEE:**

Facility Member.....\$28  
Non-Member.....\$41

*\*10% discount for additional children in family*

*Late registrations after February 27 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 30. Practices will begin March 22 with games beginning May 3. This is a traveling league with some games held out of town.

### **Regular Registration .....February 8-March 13**

### **FEE:**

Facility Member.....\$38  
Non-Member.....\$51

*\*10% discount for additional children in family*

Team Sponsorship Fee.....\$250

*Late registrations after March 13 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 1. Practices will begin March 22 with games beginning May 3. This is a traveling league with some games held out of town.

### **Regular Registration .....February 8-March 13**

### **FEE:**

Facility Member.....\$31  
Non-Member.....\$44

*\*10% discount for additional children in family*

Team Sponsorship Fee.....\$250

*Late registrations after March 13 will be subject to a \$5 late fee and will be accepted only if space is available*

## **Kansas City Royals Alumni**

### **Baseball Clinic**

A *FREE* hitting and fielding clinic for youth ages 7 and up featuring past players of the Kansas City Royals. Clinic will be held at Dave Goodwin Field on *Sun. May 2 from 2:00-4:00 pm*. Parents and coaches are encouraged to participate with players during the clinic. Please, **NO CLEATS** on the field, tennis shoes only.

*A special thanks to the Kansas City Royals and Regional Radio KKWK for sponsorship of this event.*



**Machine Pitch Baseball**

A league for boys and girls ages 7 and 8 that focuses on skill development, team play and sportsmanship. Age determination is January 1 for girls and April 30 for boys. League fees include an 8 week season and team t-shirt. All practices and games are held at the Cameron Baseball Complex beginning the week of *May 10*.

*\*10% discount for additional children in family*

**Regular Registration .....March 1-May 1**

FEE:  
 Facility Member.....\$28  
 Non-Member.....\$41

*\*10% discount for additional children in family*

*Late registrations after May 1 will be subject to a \$5 late fee and will be accepted only if space is available.*

**T-Ball**

A league for boys and girls ages 5 and 6 that focuses on skill development, team play and sportsmanship. Age determination is January 1 for girls and April 30 for boys. 5 year olds must be entering Kindergarten in Fall 2010. League fees include an 8 week season and team t-shirt. All practices and games are held at the Cameron Baseball Complex beginning the week of *May 10*.

**Regular Registration .....March 1-May 1**

FEE:  
 Facility Member.....\$28  
 Non-Member.....\$41

*\*10% discount for additional children in family*

*Late registrations after May 1 will be subject to a \$5 late fee and will be accepted only if space is available.*

**Crossroads Basketball**

A competitive basketball league for boys and girls in Grades 5/6, 7/8 and High School. All teams guaranteed 7 games. Games held on *Sundays* beginning *May 16* for Grades 5/6-7/8 and *June 6* for High School.

**Registration Deadline**

**Grades 5/6 & 7/8.....May 1**  
**High School.....May 22**

FEE:  
 Grades 5-8.....\$300 per team  
 HS.....\$350 per team



**Y SPECIAL EVENTS**

**April Fools Run**

A 5K/8K run and 5K fun walk that begins and ends at the YMCA on *Sat. April 10 at 9:00 am*. Prizes awarded to the overall male and female winner in each race as well as the top 3 finishers in each age category.

**Registration Deadline.....Sat. April 3**

FEE .....\$22 with a t-shirt  
 \$14 without a t-shirt  
 \$10 fun walk with t-shirt

**Corporate Challenge**

A fun competition involving teams from area businesses. Events include Mini Golf, Bowling, Kickball, Volleyball, Cardio Challenge and Obstacle Course. Competition begins *April 4<sup>th</sup>*.

**Registration Deadline.....Sat. April 3**

FEE .....\$130 per team

**Y PRESCHOOL**

**Little Dribblers-Soccer**

A program designed to introduce 4 and 5 year olds to the game of soccer. Emphasis is on skill development and fun. Fees include a 5 week session and t-shirt. Program is held at the Soccer Complex on *Thursday evenings* beginning *April 15*.

**Registration Deadline.....Sat. April 10**

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

FEE:  
 Facility Member.....\$18  
 Non-Member.....\$30

**Little Sluggers-Baseball**

A program designed to introduce 4 and 5 year olds to the game of baseball. Emphasis is on skill development and fun. Fees include a 5 week session and t-shirt. Program is held on *Tuesday evenings* beginning *May 25*.

**Registration Deadline.....Thurs. May 20**

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

FEE:  
 Facility Member.....\$18  
 Non-Member.....\$30

# YADULT LEAGUES

## Coed Adult Volleyball

League play will be on Sunday afternoons at Cameron Middle School beginning *March 7*. Players must be at least 16 years of age. Teams guaranteed 8 matches.

**Registration Deadline.....Sat. February 27**

FEE ..... \$125 per team

## Coed Adult Softball

League play will be on Sunday evenings at Cameron Baseball Complex beginning *May 9*. Players must be at least 16 years of age. ASA rules will apply. Teams guaranteed 8 games.

**Registration Deadline.....Sat. May 1**

FEE ..... \$250 per team

## Coming Events

**Sat. April 10** April Fools Run

**Sun. May 2** Royals Alumni  
Baseball Clinic

**Sat. May 29** Pool Opens

**June 4, 5 & 6** Cameron Rodeo  
Round Up

**July 24** Crossroads  
Triathlon



### Mission Statement of the Cameron Regional YMCA

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