

YMCA Special Programs

Program	Description	
Parties	Any Available Time	Parties for any occasion at any available time. Many options to choose from. Contact Allie Meineke at 636-931-YMCA(9622).
Y Club (Before & After School Child Care)	Weekdays	Working with schools and parents, Y Club Care compliments and enhances formal education and provides learning opportunities that build relationships, develop character and inspire discovery. Our licensed programs are offered both before and after school. For more information, contact Cheryl at 931-9622.
Teen Leaders Club	Every other Tuesday 6:30-7:30pm	Work as a team and take part in experience to help grow as an individual. Our program teaches teens responsibility, leadership, respect for other, and the value of friendship. For ages 12-18 years. Dues \$30 per quarter.
Road Runner Club	Everyday	For ages 13+ unless participant has completed "Young Runners Club". Fill out a card located in the file box in the fitness center and record your miles from any of the cardio machines, the track or walking/hiking outdoors to be a part of the club. Total your miles each month and you may be eligible for prizes.
Tae Kwon Do Beginners	Monday 6:30-8pm	For children ages 6-12 years old. Tae Kwon Do is an ancient art of hand and foot techniques originating in Korea. Class teaches self-confidence, self-respect, discipline and fitness. Uniform required after first session. Instructors from Woosop Moore Martial Arts Studio. Cost: Y Members \$25, Non-Members \$40
Tae Kwon Do Colored Belts	Mon & Wed 7-8pm <u>**Must attend both nights**</u>	For children ages 6-12 years old. Tae Kwon Do is an ancient art of hand and foot techniques originating in Korea. Class teaches self-confidence, self-respect, discipline and fitness. Students may advance through a series of belt levels. Uniform required after first session. Instructors from Woosop Moore Martial Arts Studio. Cost: Y Members \$30, Non-Members \$45
Tae Kwon Do Advanced	Mon & Wed 8-9pm <u>**Must attend both nights**</u>	For Adults & Youth with previous Tae Kwon Do experience. Instructors from Woosop Moore Martial Arts Studio. Cost: Y Members \$38, Non-Members \$65
Room Rentals	Saturday & Sunday Afternoons	Are you in need of a location for a bridal shower or family get-to-gether? How about here at the YMCA? We provide a room with tables and chairs, and rental is by the hour. For details or to schedule a rental, call Allie Meineke at 931-9622.
Pavilion Rentals	Anytime	Are you planning an event that needs an outdoor pavilion that includes a playground? We have just what you are looking for. Call Allie Meineke for details and to schedule your date at 931-9622.
Lock-Ins	Weekends	The YMCA is a safe place for your group to hang out together. We have space for your planned activities with tables and chairs for food that you provide. Enjoy swimming, basketball, volleyball, or plan your own games and activities to do in the gymnasium. Fridays or Saturdays all night or half the night...it's your choice! For details or to schedule a lock-in, call Allie Meineke at 931-9622.
YMCA Scout Outings	Anytime	Do you have scouts that need to earn badges? Bring them to the YMCA for activities such as aquatics or fitness to work towards their badge. Contact Shelley Otec for fitness and Allie Meineke for aquatics at 931-9622.
Pickleball	Varies by season	Pickleball is a sport that combines elements of badminton, tennis, table tennis and volleyball. It is played on a court with a hard paddle and a wiffle ball (a plastic ball riddled with holes). Free with membership. Call the Y to see what days and times pickleball is offered.

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