

**Thank you to our Corporate Sponsors for their annual support:**

- **Napa Auto Parts**
- **Show Me Ethanol**
- **Poston Dental Care**
- **The Albert Law Firm**



**January 2, 2024-February 25, 2024**

## Carroll County Area YMCA Membership Fees

<u>Membership Type</u>	<u>Monthly Draft</u>	<u>Annual</u>	<u>Join Fee</u>
Youth: Ages 0-18	\$24.00	\$195	\$50
Adult: Ages 19-59:	\$32.00	\$314	\$50
Couple:	\$33.00	\$333	\$50
Senior: Ages 60+	\$21.00	\$189	\$50
Senior Couple:	\$27.00	\$282	\$50
(two adults married, one must be at least 60+)			
Single Parent Family:	\$35.00	\$358	\$50
Family:	\$43.00	\$464	\$50
(two adults & their dependents 18 and younger)			

### Benefits of YMCA Membership include...

- Unlimited use of our Fitness Center during YMCA hours
- FREE and discounted Group Exercise Classes
- Discounted rates on Child Watch, Youth Sports, and MORE
- Membership at our YMCAs in Chillicothe and Brookfield
- Access to other YMCAs in Missouri and Nationwide
- Access to an Offsite Pools

## FACILITY HOURS

**Mon - Fri:** 7:00 am - 6:00 pm

**Saturday:** 24 Hour Access Only

**Sunday:** 24 Hour Access Only

We would like to thank all the following who were extremely generous in giving to the Carroll County Area YMCA 2023 Partner with Youth Campaign. Because of your support and generosity, we can help families and children who might not be able to be a member of the YMCA or participate in our programs. Our 2023 goal is to raise \$11,600. On behalf of the YMCA, our members and those you have affected.....THANK YOU!

Knights of Columbus  
Enbridge  
Bittiker Funeral Homes, LLC  
Sell Well Realty  
Mr. & Mrs. Gary Sanders  
Mr. & Mrs. Dana Scott  
Summit Pizza-Pizza Hut  
Mr. Sam Kruse  
Mr. & Mrs. Ronnie Lyon  
Mullins Farm Inc.-Mike Mullins  
D.J. Tweedie  
Sprouse Family Farms  
American Family Insurance: Mack Molloy  
Jefferson Medical Group  
Mr. & Mrs. Ken Allen  
Ritchhart Farms, LLC  
McCoy, Samples, Mattingly Dental Clinic

Woman's Club  
David Cain Insurance  
Have A Nice Day Anesthesia & Asso.  
Cetera Financial Specialists, LLC  
Mr. & Mrs. Dennis Germann  
Ms. Vicki Hostetter  
Mr. & Mrs. Tracy Anderson  
Mr. & Mrs. Blake Riley  
Ms. Jennifer Lyon  
Cassandra Brown Attorney At Law  
Home Savings & Loan Association  
of Carroll County  
Bank 21  
US Reel Co. (Van Voorst Lumber Co.)  
Mr. & Mrs. Bret Lyon  
The Witches Ride

Roger's Standard Service  
Mr. & Mrs. Mike Forrest  
Michael Brockmeier Farms, LLC  
Lock Warehouse  
Mrs. Sheila Placke  
Mr. Nick Bell & Ms. Brooke Phillips  
Mr. & Mrs. Stan Kruse  
Codes-Employee Donation  
Coloma Baptist Church  
Mr. & Mrs. Tony Dooley  
Mr. & Mrs. Kevin Brown  
BTC Area Youth Benefit Corp  
CCMH  
Mr. & Mrs. Stan Falke  
Ms. Kim Crawford

**Our Mission:** The Carroll County Area YMCA puts Christian principals into practice through programs that build healthy spirit, mind, and body for all.

## CARROLL COUNTY AREA YMCA - Youth Events

### **"The 2nd Annual Max Curnow Classic" Basketball Tournament**

**Who:** Boys and Girls in 3rd-4th & 5th-6th Grade

**(Preformed Teams ONLY)**

**Registration Deadline:** February 1st

**When:** 3rd-4th Grade: February 24th (2 game guarantee tournament)

5th-6th Grade: February 17th (2 game guarantee tournament)

**Cost:** \$120 per team (Gate fee for spectators 5 years old & up)

**Where:** Boys Division: Carrollton High School

Girls Division: Carrollton Elementary School

**Trophies given to tournament champions!**

---

### **Spring Soccer**

**When:** Practices in March, Games on Tuesday's in April

**Where:** Walnut Hills in Carrollton, MO

**Ages:** 3 years old (by April 1st) -6th Grade

**Fee:** Iddy Biddy Members: \$30

Iddy Biddy Program Participants: \$50

K-6th Members: \$40

K-6th Program Participants: \$60

**Registration Deadline:** March 1st

**What:** Kids play each position on the field in each game. All teams and divisions will play a minimum of four games. We will focus on teamwork, relationship building and teaching the game of soccer. **(Volunteer coaches will be needed!)**

---

### **5th-8th Grade Volleyball**

**What:** Kids and teens will learn the basic volleyball fundamentals, such as underhand serving, passing, setting, hitting and digging, in a non-competitive environment.

**(Volunteer coaches will be needed!)**

**Who:** Girls in 5th-8th Grade **(7th & 8th graders may register as pre-formed teams.)**

**When:** Monday nights beginning in late March (minimum of 5 games)

**Location:** Games will be played at Grand River Area Family YMCA, Carrollton School District and North Central Missouri YMCA.

**Cost:** \$50 Members/\$75 Program Participants

**Registration Deadline:** February 1st

# CARROLL COUNTY AREA YMCA - Special Events

## Father Daughter Dance

**What:** Dads, knock off the dust on those dancing shoes and daughters get your dresses, we're ready to party! Our annual Father Daughter dance will be February 10th and sure to be a blast. We will provide a picture, snacks, drinks, prize giveaways and a live DJ.

**When:** February 10th

**Registration Deadline:** February 1st: \$30 per couple (\$10 each additional daughter)  
After February 1st: \$40 per couple (\$10 each additional daughter)

**Where:** Carrollton Elementary School

**Time:** 4:00-7:00 pm

**\*This event is limited to the first 60 couples for scheduling purposes\***

---

## 2 Person Team Weight Loss Challenge

**What:** Most people have the same New Years resolution each year and that is to lose weight. How many people fail or do not follow through with this? Let us and your teammate help you both achieve your goals. Last year in the YMCA team challenge, challengers lost an average of 16.2 pounds over the course of 6 weeks. This challenge is open to anyone who wants to start the year off right. Winning teams will split a percentage of the cash prize winnings!!

**When:** First weigh in: Tuesday, January 2nd  
Final weigh in: Friday, February 9th

**Fee:** YMCA Members: \$30

Program Participants: \$45

**\*Results based on percentage of weight lost, not number of pounds\***

---

## YMCA/CHS Baseball Clinic

**When:** March 4th-5th

**Where:** Carrollton Elementary School Gymnasium & CHS Baseball Field. Enrolled participants meet at CES GYM and will walk to baseball field or remain in the gymnasium in case of inclement weather!

**Time:** 3:15-4:30 pm

**Fee:** Members: \$20

Program Participants: \$30

**Ages:** K-8th Grade (Groups will be broken down by number of participants signed up in each age group.)

**Registration Deadline:** March 1st

**Participants MUST bring their own glove to the clinic.**



# Carroll County Area YMCA

## Fitness Schedule

January 2-February 18

Dead Week: February 19-25

Drop in price: Program Participants: \$8

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:50 am	Zumba Tracey		Yoga Tracey		Booty Barre Tracey
8:30-9:00 am		Body Blast Jocie		Body Blast Jocie	
10:15-11:05 am	Senior Stretch & Flex Candace			Senior Stretch & Flex Candace	
4:30-5:20 pm	Cycle Kathy				
5:05-5:55 pm			DanceFit Autumn		

### Per Class Fee

Cycle:

Members: FREE!!!!!!

Program Participants: \$8

# CARROLL COUNTY AREA YMCA - GROUP FITNESS

## Free Group Fitness Classes

(Included with your Y membership)

### **Zumba**

**Instructor: Tracey Wozny**

Start your Monday off right! Get a great combination of "grooving" with this cardio workout. We will target strength training with an emphasis on tightening and toning the arms, legs, and abs.



### **Senior Stretch & Flex**

**Instructor: Candace Cabaniss**

This class will focus on stretching, stability and balance. With a combination of chair and floor exercises, you will feel great when you are finished with this class.

\*Some classes will meet in person but have virtual teacher\*

### **Yoga**

**Instructor: Tracey Wozny**

Combination of Hsantha yoga with Pilates and thorough stretching. This class tones, tightens and produces amazing core strength.

### **Booty Barre**

**Instructor: Tracey Wozny**

Barre fitness is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Barre also focuses on high reps of small range movements.

### **Body Blast**

**Instructor: Jocie Green**

Kick off your Tuesday & Thursday mornings with a full body blast of strength and conditioning. This class will combine strength training, cardio and core work using a variety of equipment including dumbbells, bodyweight, steps, resistance bands, etc. You'll improve muscle endurance, tone your core and burn calories. Each class will incorporate a proper warm up, strength training, cardio bursts, core work and a proper cool down and stretch. All moves can be modified to fit your current fitness level.

### **Cycle**

**Instructors: Kathy Lock**

In our cycle classes, you will pedal your way to great health. Combining energizing music with unique workouts, cycle classes deliver a great fitness workout with powerful results.

### **DanceFit**

**(14 years old and up)**

**Instructors: Autumn Jacobsen**

Want an option for toning muscle and burning calories that doesn't involve weights or a treadmill? Love to dance to music, but are intimidated to go to a dance class? - No problem! In this class you will find the perfect blend of fitness moves, kick boxing, and dance... all set to energizing and motivating music of various genres. Your long day's stress will melt away by the end of this workout! All levels and experience are welcome, so plan to just move at your own pace and ability. Your workout sneakers, comfy clothes, and a water bottle are all you will need.

. If you don't have a smile to bring, be prepared to leave with one.