



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN FOR ALL

WINTER 2012 ACTIVITIES



POLAR BEAR RUN

Commencing at 10:30am from the SBU Student Union, the 5K and 10K races begin on Pike Street adjacent to Plaster Stadium on the SBU campus and winds through residential neighborhoods and commercial districts and back to finish at the starting point. The one-mile race is at 10:15am on Saturday, February 4th.

KIDS NIGHT OUT

(ages 4-10) The Roy Blunt YMCA provides a night filled with fun activities including bouncing around on the inflatables, making craft projects, playing games, and more! Session Dates: January 13 and February 10. Watch for more information and session dates!

TODAY IS THE DAY TO JOIN!

Join in January and save up to \$49. On January 2nd your Building fee will be reduced to only \$2, on January 3rd it's \$3 and so on all month. Save money on child care, sports programs and Camp Wakonda. Now is the best time to join the Y.

YOUTH WRESTLING

Session Dates:

Jan 5-Feb 18

Ages: 5-14

Fees: Member Fee \$17

Non-Member Fee \$69

YOUTH

VOLLEYBALL

Session Dates:

Feb 27-March 14

Grades: 3rd-8th

Guaranteed Registration

Placement by: Feb 7

Fees: Member Fee \$17

Non-Member Fee \$49

YOUTH SOCCER

Session Dates:

March 19-May 5

Grades: Pre K-8th

Guaranteed Registration

Placement by: Feb 28

Fees: Member Fee \$17

Non-Member Fee \$49

ROY BLUNT YMCA OF BOLIVAR

bolivarymca.org

CHEERLEADING

Session Dates:

Jan 21-March 2

Grades: 3rd-6th

Guaranteed Registration

Placement by: Dec 28

Fees: Member Fee \$17

Non-Member Fee \$49



ADULT VOLLEYBALL

Session Dates:

Feb 6-March 12

Ages: 18 up

Fees: Member Fee Free

Non-Member Fee \$30

Individual payment of league fee is due in full upon registration of team. Individual registration due prior to season start date.

TINY TOTS GYM

(ages 18 months-PreK)

You and your children can play, run, bounce, and slide! Tiny Tots Gym provides your children age appropriate activities in an exciting and safe atmosphere in this open gym environment.

10:00am-10:45am each Thursday that Bolivar Schools are in session

HEALTHY LIFESTYLE VISITS

Healthy Lifestyles visits are designed to help you decide your next step in achieving a healthier you. After 3 visits you will receive your choice of YMCA merchandise. Your name will then be put in a drawing for a prize! Sign up now to have a chance to win!



FAMILY NIGHT OUT

The Roy Blunt YMCA provides a night filled with fun activities that all the family can enjoy. Our goal is to provide a fun, safe environment where families can spend time together and strengthen the ties that bind them together. Call for details.

Program fee

Free for Y Family Members

COUCH TO 5K

Have you ever wanted to learn to run a 5K but you weren't sure where to start? This program is designed to help you progressively build up to running a 5K. All participants have the option of running a 5K race at the end of the program. A special t-shirt is included in the program fee.

The Couch to 5K will lead up the the Polar Bear Run with a registration meeting on Tues Jan 3rd at 6pm to discuss the program. You can register at any time or the night of the meeting. This program is for members only and cost is \$5.