

A photograph of a man and a woman in a gym. The man is sitting on a blue exercise ball, holding two dumbbells, and smiling. The woman is standing behind him, wearing a blue YMCA polo shirt, and looking at him. The background shows gym equipment and large windows.

BETTER TOGETHER

LONG BRANCH AREA YMCA
2024 Program Guide

MEMBERSHIP BENEFITS



Welcome to the Long Branch Area YMCA

The Y is a cause for strengthening community. We're more than your local health and fitness club. At the Y, we help build a healthy spirit, mind, and body with our core values of faith, caring, honesty, respect, and responsibility at the heart of everything we do.

OUR MISSION

The Long Branch Area YMCA is an inclusive organization of people united in a common effort to bring the teachings of Jesus Christ into practice and to enrich the lives of others spiritually, physically, socially, and mentally.

The Long Branch Area YMCA is a membership organization. We welcome all individuals, regardless of age, income, background and ability. Our programs are designed to enhance the quality of your life and are geared to the development of character values. The YMCA is a nonprofit organization dedicated to building healthy, confident, connected and secure children, adults, families, and communities. Financial assistance makes our programs and services available to everyone regardless of ability to pay. There are several payment options available for memberships: Monthly Automatic Bank Draft (ACH), Yearly or Daily Pass.

Explore our website ymcamacon.org to learn more about the Y and the programs we offer.

HOURS Labor Day through Memorial Day
 Monday–Thursday: 5:15am to 9pm
 Friday: 5:15am to 8pm
 Saturday: 7am to 3pm
 Sunday: 1pm to 5pm

MEMBERSHIP RATES

Membership Type	Joining Fee	Monthly ACH	Yearly
YOUTH (17 and under)	\$50	\$16	\$192
YOUNG ADULT (18–25)	\$75	\$24	\$288
ADULT (26 and over)	\$75	\$31	\$372
FAMILY (Household)	\$75	\$44	\$528
24/7 ACCESS (18 and over)		\$10/unit	
LOCKERS		\$5	\$60

MEMBERSHIP BENEFITS

With membership to the YMCA, you will have full use of the facility. This includes our updated wellness center, group exercise spaces, indoor walking track and gymnasium. Facility members also receive priority registration and discounted program rates.

- Wellness Center
- Free Fitness Orientations
- Personal Training
- Free Group Exercise Classes
- Basketball Gymnasium & Pickleball Courts
- Suspended Track
- Cycling Studio
- Free Child Watch
- Gymnastics Center
- Nationwide Membership
- Free WiFi
- Renew Active Partnership
- 24/7 Access Option
- Youth and Adult Sports

Daily Passes

YOUTH (14 & Under)	\$8
STUDENT (15–18 or full time college)	\$9
ADULT (19+)	\$10
FAMILY	\$18
MILITARY	\$5
ACTIVE OLDER ADULT (62+)	\$8
2-WEEK PASS	\$29

FINANCIAL ASSISTANCE

Assistance is available for those who cannot afford the vital services the YMCA provides. Our goal is that no one is turned away from a YMCA program because they can't afford it. If you or a family you know needs financial assistance to participate in a YMCA program, please talk with our staff.

Rhonda Linsley • Membership Coordinator
membership@ymcamacon.org

YOUTH ACTIVITIES

YOUTH VOLLEYBALL

Did you know volleyball was invented at the Y? For nearly 130 years, the Y has been the place to hone the timeless art of bump, set, spike.

Season February 17–March 16

Leagues 3rd–5th Grade, 6th–8th Grade, & High School

Registration Deadline January 29

Coaches Meeting February 1

Fee Member: \$35; Non-Member \$70

ROLY POLY GYMNASTICS

With coach supervision and limited guidance, bond with your little one(s) while teaching the importance of physical activity during this exploratory time on the gymnastics equipment.

Season February 10, 17, & 24 from 9:30–10:15am

Fee Member: \$20; Non-Member \$40

YOUTH GYMNASTICS

We offer a 14 week gymnastics class session for ages 4 years through 8th grade. Please visit the Welcome Center for class availability, dates and times.

YOUTH SOCCER

Pass, shoot, score! YMCA Soccer helps kids become not only better soccer players but better people as well. Players are taught basic game skills such as passing, receiving, shooting, footwork and dribbling.

Season April 6–May 4

Leagues 4yrs–K, 1st & 2nd Grade,
3rd & 4th Grade

Registration Deadline March 18

Fee Member: \$35; Non-Member \$70

IDDY BIDDY RAGBALL

America's favorite pastime is brought to our youngest athletes in this introduction to baseball.

Season May 14 & 16

League 3 & 4 year olds

Registration Deadline May 6

Coaches Meeting May 6

Fee Member: \$20; Non-Member \$40

Jessy Stephenson • Fitness & Programs
jstephenson@ymcamacon.org



CHILDWATCH

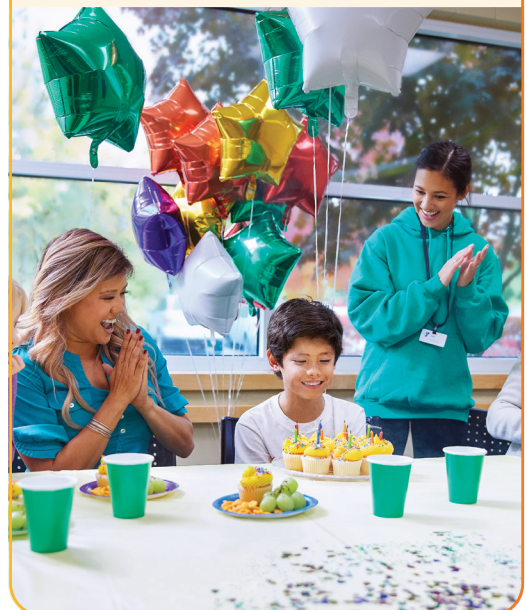
YMCA Child Watch is for children ages 6 weeks to 11 years. This service is free for all Household memberships and potential members paying a day pass fee. Our caring staff will engage your children in a safe environment so you can take care of your health and well-being. Parents must remain in the facility.

Hours Monday–Thursday, 9:00–11:00am and
4:00–7:00pm (subject to change)



YMCA BIRTHDAY PARTIES

The Y makes a great place to host a party! To inquire about availability and pricing contact Jessy today!



ADULT ACTIVITIES



PERSONAL TRAINING

Looking to boost your workout? Or maybe you're beginning to workout and not sure where to start. We have personal trainers available to help meet your needs. After payment is made you will have a private consultation with the trainer. The trainer will then set up a workout designed specifically for you. Times and days will be coordinated with your schedule.

Personal Trainers

- Kelli Hilgendorf, A.C.E. Certified
- Sandy Smith, N.F.P.T. Certified
- Dana Mueller, YogaFit RYT 200 Certified
- Brandon Speak, A.C.E. Certified

GROUP EXERCISE

The Y offers a variety of free group exercise classes members including Yoga, Spinning, HIIT, Low Impact Aerobics. See the Welcome Center for a full list of classes offerings and our monthly schedule.

ADULT COED SOFTBALL

Softball games are played on Friday nights at the Don Schelle fields.

Ages High school through adult

When Friday nights, games start at 6pm

Dates TBD

Team Fee \$275

BASKETBALL OPEN GYM

Monday & Wednesday | 7pm-9pm

OPEN PICKLEBALL COURT

Tuesday & Thursday | 7pm-9pm

EXPLORE THE Y

LIFT YOUR SPIRIT

The Long Branch Area YMCA is fortunate to have two volunteer Chaplains at our service to spend time praying for our members and community. Rick McVicker and Kelly Perry are happy to pray for you or schedule a personal meeting. Send your prayer request(s) to ymca@ymcamacon.org.

YMCA MISSION

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

FOUNDING SCRIPTURE

John 17:21

STRONG COMMUNITY CAMPAIGN

The Y is one of the largest nonprofit community service organizations serving Macon and Shelby counties. Each year our Board of Directors conducts a Building Strong Community Campaign to provide YMCA experiences to those who could not otherwise afford them. Every dollar contributed supports numerous youth, families and seniors living in our own neighborhoods. We hope you'll join us and support this year's campaign as we live out our Mission and build more than just muscle!

Banner Program

The Banner Recognition Program is our special way of saying thank you to donors who donate at a Greater Needs Level of \$500 or more. Banners hung in our facility serve as year-round visual reminders of the contributions that make a difference in our community. Donors that renew their donation yearly at the same banner level receive a date added to their current banner's date bar. Contact Brandi Hartung for more information regarding our campaign and supporting the YMCA

YOU the **Y**
STRENGTHEN
OUR CAUSE

Sponsor Name Here
Proudly Supports Our Community

2024

Gold Level Giving

REGISTER ONLINE PROGRAMS & MEMBERSHIP

LONG BRANCH AREA YMCA

1304 South Missouri St
Macon, MO 63552
660-385-1818
ymcamacon.org

Brandi Hartung • Assoc Executive Director
bhartung@ymcamacon.org