

ACTIVITIES

Power Fitness

CLASS IN AEROBICS ROOM

Tuesday: 7:00pm - 8:00pm

Thursday: 7:00pm - 8:00pm

Karate Class

CLASS IN COMMUNITY ROOM

Tuesday: 6:00pm - 8:00pm

Thursday: 6:00pm - 8:00pm

Gymnastics Class

Tuesday: 5:30pm - 7:00pm

Thursday: 5:30pm - 7:00pm

Brazilian Jiu-Jitsu / MMA

CLASS IN AEROBICS ROOM

Wednesday: 6:00pm - 8:00pm

Muay Thai Kick Boxing

CLASS IN AEROBICS ROOM

Monday: 6:00pm - 8:00pm

Friday: 6:00pm - 8:00pm

Zumba

CLASS IN AEROBICS ROOM

Tuesday: 5:30pm - 6:30pm

Thursday: 10:00am - 11:00am

High/Low Fitness

CLASS IN AEROBICS ROOM

Monday: 9:00am - 10:00am

Wednesday: 4:00pm - 5:00pm

Friday: 4:00pm - 5:00pm

Tone/Yo Fitness

Tuesday: 4:00pm - 5:00pm

Thursday: 4:00pm - 5:00pm

Recreational Pickleball

Friday: 8:00am - 8:20pm



WE ARE MORE THAN JUST A GYM

YMCA Child Care Before and After School Child Care

Monday All Day Childcare Cost - \$20.00
(We provide Breakfast, Lunch and afternoon snack. All day childcare is from 6am - 6pm.)
Before School Cost - \$5.00
we are open at 6am to 8am Tuesday - Friday)
(We will walk the children to school.)
After School Cost - \$10.00
(Will pick up from school and provide a snack, we stay open for childcare until 6pm.)
We provide all day summer childcare.
The cost is \$20.00 a day.
We provide Breakfast, Lunch and afternoon snack. Also a day filled with activities 6am - 6pm.
Please stop by the YMCA and grab a packet to fill out and drop back off with a copy of shot records. This offer for child care can be used by Members or Non-Members at the same price.
To enroll in the Childcare program your child does not have to come everyday, can just come on the days you need us to assist you. Please call if you have any question.

417-935-2177

OZARKS FAMILY YMCA SEYMOUR BRANCH



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

315 E Center Ave
PO Box 640
Seymour Mo 65746

Phone: 417-935-2177

Colin Piatt
Facility Director

Follow us on Seymour YMCA

For The Latest Programs,
Events & Updates

FACILITY HOURS

Monday: 6:00am - 8:30pm
Tuesday: 6:00am - 8:30pm
Wednesday: 6:00am - 8:30pm
Thursday: 6:00am - 8:30pm
Friday: 6:00am - 8:30pm
Saturday: 6:00am - 8:30pm
Sunday: 8:00am - 4:00pm
1:00pm - 5:00pm

OPEN SWIM

DETAILED POOL SCHEDULE

Monday: 6:00am - 9:00am
Monday: 10:00am - 8:20pm
Tuesday: 6:00am - 9:00am
Tuesday: 10:00am - 6:00pm
Wednesday: 6:00am - 9:00am
Wednesday: 10:00am - 8:20pm
Thursday: 6:00am - 9:00am
Thursday: 10:00am - 6:00pm
Friday: 6:00am - 9:00am
Friday: 10:00am - 8:20pm
Saturday: 10:00am - 3:50pm
Sunday: 1:00pm - 4:50pm

The Therapy Pool

Is Open During
Open Swim Hours

Membership Rates

Monthly Draft

Individual Adult	\$41.50
Single Parent Family	\$46.50
Family	\$56.50
Youth	\$28.50
Individual Senior	\$31.50
Senior Couple	\$39.50

LAP CLUB

3 MONTHS	\$50.00
6 MONTHS	\$100.00
1 YEAR	\$200.00

Day Passes

Adult	\$12.00
High School	\$10.00
Youth	\$8.00
Senior	\$5.00

Pool Passes

Adult	\$10.00
Family	\$20.00
Youth	\$8.00
Senior	\$5.00

Facility Nursery
Members Only
Tuesdays - Fridays
8:00am - 10:00am

POOL ACTIVITIES

Water Aerobics

Monday: 9:00am - 10:00am
Tuesday: 9:00am - 10:00am
Wednesday: 9:00am - 10:00am
Thursday: 9:00am - 10:00am
Friday: 9:00am - 10:00am

Sharks Practice

During Practice The Pool Will Be Closed
Tuesday: 6:00pm - 8:20pm
Thursday: 6:00pm - 8:20pm

High School Swim Practice

During Practice The Pool Will Be Closed
Monday: 5:00pm - 7:00pm
Tuesday: 4:00pm - 6:00pm
Wednesday: 5:00pm - 7:00pm
Thursday: 4:00pm - 6:00pm
Friday: 4:00pm - 6:00pm

Private Swim Lesson

Classes last 30 Minutes
Forms available in lobby
\$35 Per Lesson (Space Limited)

Follow us on Seymour YMCA

For The Latest Programs,
Events & Updates.