ACTIVITIES

Power Fitness CLASS IN AEROBICS ROOM 7:00pm - 8:00pm Tuesday: 7:00pm - 8:00pm Thursday:

Karate Class CLASS IN COMMUNITY ROOM 6:00pm - 8:00pm Tuesday: 6:00pm - 8:00pm Thursday:

Gymnastics Class

5:30pm - 7:00pm Tuesday: 5:30pm - 7:00pm Thursday: Brazilian Jiu-Jitsu / MMA CLASS IN AEROBICS ROOM

Wednesday: 6:00pm - 8:00pm

Muay Thai Kick Boxing CLASS IN AEROBICS ROOM

6:00pm - 8:00pm Monday: Friday: 6:00pm - 8:00pm

Zumba

CLASS IN AEROBICS ROOM 5:30pm - 6:30pm Tuesday: Thursday: 10:00am - 11:00am

High/Low Fitness CLASS IN AEROBICS ROOM

9:00am - 10:00am Monday: 4:00pm - 5:00pm Wednesday: 4:00pm - 5:00pm Friday:

Tone/Yo Fitness

4:00pm - 5:00pm Tuesday: 4:00pm - 5:00pm Thursday:

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 smack. 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: 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 10:00am - 3:50pm Saturday: 1:00pm- 4:50pm Sunday: 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 Pa	asses
Adult	\$12.00
High School	\$10.00
Youth	\$8.00
Senior	\$5.00
Pool P	asses
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 9:00am - 10:00am 9:00am - 10:00am 9:00am - 10:00am Monday: 9:00am - 10:00am Tuesday Wednesday: 9:00am - 10:00am Thursday: Friday:

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

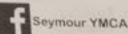
6:00pm - 8:20pm Tuesday: Thursday:

High School Swim Practice e Pool Will Be Closed **During Practice Th** 5:00pm - 7:00pm

4:00pm - 6:00pm Monday: Tuesday: 5:00pm - 7:00pm Wednesday: 4:00pm - 6:00pm Thursday: 4:00pm - 6:00pm Friday:

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

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For The Latest Programs, Events & Updates.