



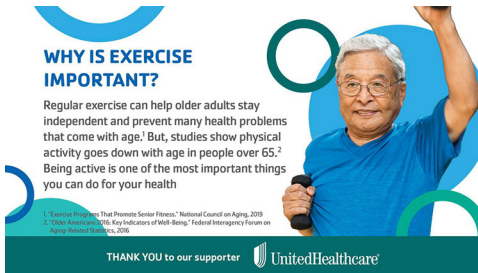
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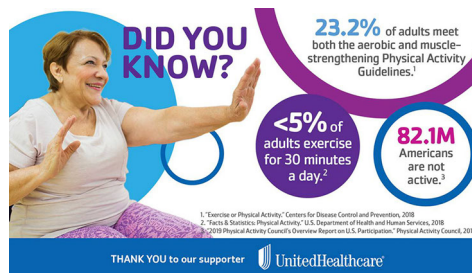
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SHelter INSURANCE
Eddie Lennox
Mark Danner

(573) 221-0767
514 Broadway, Hannibal, MO
shelterinsurance.com

AUTO/RV FARM MOTORCYCLE LIFE BUSINESS RENTERS BOAT FARM

19.jpg



NOW HIRING FOR ALL SHIFTS!
Visit www.watlow.com to apply

WATLOW
Powered by Possibility

20.jpg



the Y

Have you had your Y-FIT? Book today to receive 2 free personal training sessions just for being our member. 1 free assessment and 1 free training session

GUIDING YOU TO BETTER
Hannibal Regional

21.jpg

Massage Therapy



the Y

Hours:
Mon.-Fri.
7am-5:30pm
Sat.
7am-2pm

Call Kim @
573-795-3969
to schedule
an appointment.

22.jpg

Want to OWN this Ad Space?
Call Us
815-872-5040

Visual Solutions

Together we will grow your business!

23.jpg

Youth Athletic Performance Training
For Boys/Girls 10 - 18



Please Contact:
silas.acuff@ymcaofhannibal.com
for more information.

the Y

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ZUMBA gold

Tues/Thur
9:15 am


25.jpg

YOUTH SAND VOLLEYBALL
For 11-14 year olds
\$185/team
Register by: **May 9**
Season:
May 18 - July 20

James O'Donnell
Funeral Home, Inc.

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Hannibal Regional

the Y



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Want six weeks of FREE LESSONS?
Ask the Welcome Desk how?



the Y

27.jpg

DID YOU KNOW?
We rent rooms for meetings?
Contact Nathan Waters for rates!

28.jpg

PLAY A GAME THAT DOESN'T INCLUDE A CONTROLLER
Youth Sports PreK-6th Grade
 Sponsored by: *James O'Donnell* Funeral Home, Inc.

29.jpg

Legacy Martial Arts:
 Ages 4 and up.
 Free Trial sign up at atalegacy.com

30.jpg

OUTDOOR SOCCER
 For 3-12 year olds
 Register by: **May 10**
 Season: **May 16 - June 20**

GUIDING YOU TO BETTER Hannibal Regional the Y
James O'Donnell Funeral Home, Inc. **Financial assistance available**

31.jpg

the Y YMCA of Hannibal

INVEST IN WELLNESS. PLEASE DONATE TODAY!
 Learn more about our Strong Community Campaign here!

For a better us?™

32.jpg

Healthy Skin, Happy Life.
myriversiderm.com

riverside DERMATOLOGY & SPA

We all know that exercise is good for the heart.
 Don't forget about the health of your body's largest organ—the skin!

No referral needed. Accepting new patients. Call to book: 573-719-1818

Book your annual skin exam today!

33.jpg

James O'Donnell Funeral Home, Inc.

Thank you for Supporting YMCA Youth Sports

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the Y

WATER AEROBICS ARE HELD:
 Monday - Friday
 9:00 - 10:00am &
 6:00 - 7:00pm

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On Renew Active?
 Want an extra push for your workouts and low to no cost? Fill out the Better Me Essay to see if you qualify!

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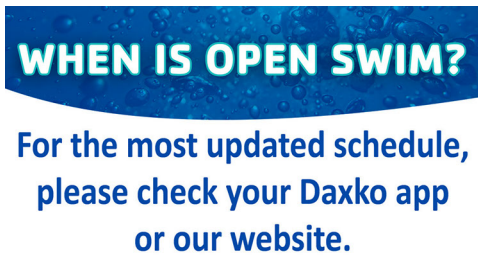
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the **Y**
YMCA OF HANNIBAL
PICKLEBALL

RESERVATIONS AVAILABLE
 AT THE WELCOME CENTER

RESERVATION TIMES
 MONDAY-FRIDAY, OPEN-11AM; SATURDAY, 3 PM-6 PM

FOR MORE INFORMATION
 YMCAOFHANNIBAL.ORG | NATHAN.WATERS@YMCAOFHANNIBAL.COM

46.jpg

100 MILE SWIM CLUB
 Swim 100 miles
 in 2026
 to receive a T-shirt!
 \$10 fee

the **Y**

47.jpg

Pilates Fusion

Promotes flexibility and balance with yoga, Pilates and functional movements.

Wednesday @ 6:00 pm

the **Y**

48.jpg

Interested in renting a locker?
Only \$7.50/month
 Talk to Welcome Center today!

the **Y**

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LEMON LAW FIRM

James F. Lemon | Andrew T. Patterson

119 S. 10th Street, Hannibal MO 573-221-1800

The choice of a lawyer is an important decision and should not be based solely on advertisement.

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Y WELLNESS COACHING

Want help and accountability with planning your workouts? Get a 4-week customized workout program and weekly accountability check-ins to keep you on track with your goals for just \$60/month. Start with your FREE Y!T health consultation and personal training session and go from there!

START WITH A FREE CONSULTATION

FOR MORE INFORMATION CONTACT WELLNESS DIRECTOR SILAS ACUFF
 Silas.Acuff@ymcaofhannibal.com

the **Y**

51.jpg

24/7 access is HERE!
 Workout ANYTIME!
 Only \$10 to upgrade your membership!

the **Y**

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PUNCH PASS

Present this card to the welcome center each time you visit the Y. Once you've filled out your punch card, you'll be entered into a drawing for a prize! Only one punch per visit. One card per member per month. The card must be completed by the end of the month to be entered into the drawing.

the **Y** YMCA OF HANNIBAL SENIOR

the **Y** YMCA OF HANNIBAL SENIOR FITNESS PUNCH CARD

NAME: _____
 PHONE NUMBER: _____
 MONTH: _____

53.jpg

LOTUS MENU

New Rewards Punch Card!
 Every 10th Lotus (or smoothie) is FREE!

the **Y**

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Floor Hockey
For 5-11 year olds
Season start date:
July 11
Register by: July 18

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the Y
 HANNIBAL REGIONAL

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 Hannibal Regional

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HANNIBAL HURRICANE SWIM TEAM
is accepting new swimmers!

HHST HURRICANES

RIVER CITY
is coming soon!



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Y WELLNESS COACHING

- Want help and accountability with planning your workouts?
- Get a 4-week customized workout program and weekly accountability check-ins to keep you on track with your goals for just \$74.99/month.
- Start with your FREE Y-FIT health consultation and personal training session and go from there!

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LEADERSHIP IN TRAINING (L.I.T)
7TH GRADE TO 15 YEARS

L.I.T.'s learn skills working with children for future employment.

Registration Fee \$95

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ACTIVE OLDER ADULTS LUNCHEON

YMCA OF HANNIBAL
May 1st • 11:30 AM
 Lunch begins at 11:30 AM, with BBQ hamburgers and hotdogs on the menu.

There will be no guest speaker this month. Just fellowship and fun!

For more information: (573) 221-0586

Sponsored by:



LAST LUNCHEON UNTIL SEPTEMBER!



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Chair Exercise
Tue/Thur - 10:15am
Program Room 2



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Youth Wellness Orientations



Do you have a child 12-13 years old that wants to come in the Wellness area?

Contact Will Patterson to schedule an appointment

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What's new in Wellness? Hannibal Hybrid Athletics!

Cardio and Strength options



HANNIBAL HYBRID ATHLETICS

3 day or 5 day options



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Summer Camp 2026



June 1st - August 7th

Enrollment fee of \$95/child



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