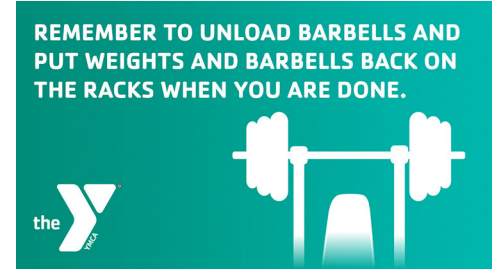




01.jpg



02.jpg



03.jpg

SUMMER YOUTH SPORTS CAMP REGISTRATION
CHOOSE ALL OF YOUR CHILD'S SESSION(S) ON ONE FORM! 5/22 - 6/12/2026

Selection	Age Group	Name	Dates	Time	Member	Non-Member
A	9-13 years	Speed & Agility	6/22-6/26	8:30am-9:45am	\$40.00	\$50.00
B	9-12 years	Basketball	6/22-6/26	10:00am-11:00am	\$30.00	\$40.00
C	3 years	Learning to Move!	6/29-7/2	9:30am-10:00am	\$20.00	\$30.00
D	4-5 years	Intro to Sports	6/29-7/2	10:30am-11:30am	\$30.00	\$40.00
E	9-12 years	Softball Skills	7/6-7/10	9am-10am	\$30.00	\$40.00
F	4th-8th	Intro to Golf	7/6-7/10	10am-11am	\$30.00	\$40.00

Eastern Missouri Family YMCA 309 South Main, Vandalia MO 573-594-2208

04.jpg

CARDIO STRENGTH CIRCUIT

Thursday evenings
6pm-6:45pm



05.jpg

AGE REQUIREMENTS

Youth must be 11 years old and in the 6th grade or 12 years old to come to the YMCA unaccompanied.

All under the age requirements above must be accompanied at all times by an adult or someone at least 15 years of age or older. The adult must maintain direct supervision of the children in their charge or check them into the Child Watch.

No one under 15 years of age is allowed in the Wellness Center.

- Certification is available for 12-14 year old members. Check with front desk for details.

06.jpg



YMCA FAMILY COMMUNITY JIGSAW PUZZLE

Enjoy some quiet time or time with friends in the Y Café working on the community puzzle. The table will be open weekdays from 6am to 2pm for anyone interested in working on the puzzle.

07.jpg



CHILD WATCH HOURS

Monday - Thursday
4:30pm to 7:00pm (October 1 - April 30)
4:30pm to 6:00pm (May 1 - September 30)
CLOSED Friday

- The Child Watch room will accept members' children ages 6 weeks to 11 years old.
- Members must stay in the facility while their child is in the Child Watch room.
- The Child Watch room is a benefit of membership.



08.jpg

HOURS OF OPERATION MAY 1ST - SEPTEMBER 30TH

Monday 6am to 7pm
 Tuesday 6am to 7pm
 Wednesday 6am to 7pm
 Thursday 6am to 7pm
 Friday 6am to 7pm
 Saturday 7am to 12pm
 Sunday CLOSED

09.jpg

Blood Pressure Clinic



The Clinic will be open June 25th



10.jpg

DOWNLOAD THE DAXKO YMCA APP TODAY AND:

- Check in using your Smartphone
- VIEW SCHEDULES BY DAY, AREA, AND CLASS
- Register for Programs, Events, and More
- GET NOTIFICATIONS FOR CANCELLED CLASSES, CLOSURES, ETC.



Stop by the Membership Services Desk to make sure you're getting the most up-to-date information about your YMCA.

SIGN UP FOR NOTIFICATIONS TO STAY INFORMED!

OUR YMCA THERE IS AN APP FOR THAT!



11.jpg

BUILDING LEADERS

KIDS AS TEACHERS!

An exciting new opportunity for our youth.

Our community is full of young leaders, let's showcase their talents! The sky is the limit.

For more information, please contact Eastern Missouri Family YMCA, 573-594-2208

12.jpg

Cole Chiropractic

(573) 594-2663
201 S Main St | Vandalia



13.jpg

JANUARY		2	EASTERN MISSOURI FAMILY YMCA GIVING CALENDAR
FEBRUARY		0	
MARCH	ASC - Annual Fish Fry Events	2	
APRIL	BINGO Blessings Collection begins April 20 th	2	
MAY	BINGO Blessings Collection ends May 15 th	6	
JUNE	Summer Food Lunch Program & Volunteers (6/22-7/3)		
JULY	Support Our Little Sales - Tennis Shoe Drive (7/6-7/31) for August Back to School Event		
AUGUST			
SEPTEMBER	ASC - Harvest Lucky Bingo Event 11/7 Preliminary Planning		
OCTOBER	Harvest Lucky Bingo Event 11/7 - Donations, Food, Silent Auction, Volunteers		
NOVEMBER	Annual Community-Wide Diaper Drive November 1st-30th; Harvest Lucky November 7th		
DECEMBER	Merry Munch Kits Food Collection December 1st-18th		

14.jpg

ABS/CORE STRENGTHENING

Tuesday & Thursday
7:00-7:30AM

15.jpg

THE USE OF CAMERA CELL PHONES OR OTHER DEVICES IN THE BATHROOMS IS PROHIBITED.



16.jpg

👋 Fitness for Everyone! 🎉

No registration. ✅ No pressure. ❌ Just show up, move, and have fun!
Our fitness classes are open to all—come as you are and do you. ⭐



Eastern Missouri Family YMCA, 573-594-2208


17.jpg

WEEKDAY	DATE	HOLIDAY
THURSDAY	JANUARY 1	NEW YEAR'S DAY
SUNDAY	APRIL 5	EASTER
MONDAY	MAY 25	MEMORIAL DAY
FRIDAY	JULY 3	INDEPENDENCE DAY
SATURDAY	JULY 4	INDEPENDENCE DAY
MONDAY	SEPTEMBER 7	LABOR DAY
SATURDAY	SEPTEMBER 26	RAIRIE DAYS
THURSDAY	NOVEMBER 25	THANKSGIVING
THURSDAY	DECEMBER 24	CHRISTMAS EVE
FRIDAY	DECEMBER 25	CHRISTMAS DAY
SATURDAY	DECEMBER 26	DAY AFTER CHRISTMAS
THURSDAY	DECEMBER 31	NEW YEAR'S EVE, CLOSE 6PM

EASTERN MISSOURI FAMILY YMCA 2026 HOLIDAYS AND CLOSURE CALENDAR



18.jpg



**OUR YMCA
THERE IS AN
APP FOR THAT!**

**Download the
NEW DAXKO APP**

**Stop by the front desk for more
information and instructions.**

19.jpg

**STAYING
CONNECTED**

THROUGH 

✉ Stop by the front desk, email us or copy and paste the link below and follow the prompts to make sure we've got your current contact email info. We email one newsletter per month.
<https://form.jotform.com/243244011313136>

Eastern Missouri Family YMCA * 573-594-2208 

20.jpg



VALENCIA'S
MEXICAN RESTAURANT

Dine-in · Takeout

(573) 594-2183 • 513 US-54 • Vandalia

21.jpg



ADULT SPORT PROGRAMS



**Coed Basketball,
Coed Volleyball, Pickleball**

22.jpg

Mommens

Heating and Cooling

- Heating
- Cooling
- Heat Pump
- Geothermal
- Water Heaters

**OPEN
24 HOURS**

(573) 581-7970
www.mommenshvac.com



23.jpg

All basketballs, volleyballs, and sports program balls must remain in the gymnasium.

Please do not bounce balls around the walking track or outside the gym area.

24.jpg

**BUILDING RENTALS
AVAILABLE** 

- Gym Only \$90 per hour
- Meeting Room \$35 per hour
- Y Cafe and Kitchen \$75 per hour



For more details ask for Debbie at the Y.

25.jpg

**ADULT WELLNESS CENTER
ORIENTATION SESSIONS** 

By appointment only



Wellness Center Orientation Sessions are available. Call today to sign up. No charge.

Maximum of 3 per session, must inquire and register in advance at the front desk.

26.jpg

MEMORIAL WALL DONATIONS

Many people choose to remember friends and loved ones by donating to the YMCA in their name. Donations and memorials are important to the YMCA, as we use them to support programs that benefit children and families. With a donation of \$25 or more, the names of those you wish to memorialize will be displayed with a name plaque on our Memorial Wall.

27.jpg

CHAIR EXERCISES

Tuesday & Thursday
9:15-10:00AM



28.jpg

SAVE THE DATE HARVEST LUCKY

B I N G O
ANNUAL SUPPORT CAMPAIGN EVENT
SATURDAY, NOVEMBER 7TH
DOORS OPEN 5PM
EASTERN MISSOURI FAMILY YMCA
309 SOUTH MAIN * VANDALIA



29.jpg

**WE ARE TAKING A
SUMMER BREAK
FROM YOGA**

OUR LAST YOGA CLASS
BEFORE THE SUMMER
BREAK
MAY 27TH

FIRST CLASS BACK
FOR FALL
SEPTEMBER 2ND




30.jpg

EASTERN MISSOURI FAMILY YMCA FITNESS CLASSES		EASTERN MISSOURI FAMILY YMCA FITNESS CLASSES	
MONDAY MORNING			
9:15-10:15AM	FOREVER FIT	6:00-6:45AM	BEGINNER CARDIO
10:30-11:30AM	CHAIR STRETCH & BALANCE	7:00-7:30AM	ABS/CORE STRENGTHENING
TUESDAY MORNING			
6:00-6:45AM	BEGINNER CARDIO	8:00-8:45AM	CIRCUIT/INTERVAL
7:00-7:30AM	ABS/CORE STRENGTHENING	9:15-10:00AM	CHAIR EXERCISES
8:00-8:45AM	CIRCUIT/INTERVAL	THURSDAY EVENING	
9:15-10:00AM	CHAIR EXERCISES	6:00-6:45PM	CARDIO STRENGTH
WEDNESDAY EVENING			
6:00-6:45PM	YOGA	FRIDAY MORNING	
		9:30-10:00AM	POWER HALF HOUR
		10:30-11:30AM	CHAIR STRETCH & BALANCE



31.jpg

CHAIR STRETCH AND BALANCE



Monday & Friday
10:30-11:30AM

32.jpg

FOREVER FIT

Monday
9:15-10:15AM



33.jpg

CHILD WATCH HOURS

Monday - Thursday
4:30pm to 7:00pm
(October 1 - April 30)
4:30pm to 6:00pm
(May 1 - September 30)
CLOSED Friday



34.jpg

BEGINNER CARDIO

Tuesday & Thursday
6:00-6:45 am



35.jpg

Did you know?

When planning your IRA withdrawal strategy, you may want to consider making charitable donations through a QCD. A Qualified Charitable Distribution (QCD) is a direct transfer of funds from your IRA custodian, payable to a qualified charity, such as the YMCA. QCDs can be counted toward satisfying your required minimum distributions (RMDs) for the year, as long as certain rules are met. Talk with your accountant or financial planner for complete guidelines.

36.jpg

If you notice one of our monitors not working or would like to see Your AD Here please,

Call Us
815-872-5040

37.jpg

Join us for
Coffee & Muffin Morning
First Tuesday of each month
8:30am to 10:30am
YMCA Cafe

Enjoy the morning with your YMCA Friends, a cup of coffee, and a freshly baked muffin.

If fitness classes are cancelled, Coffee and Muffins will be cancelled as well.

Eastern Missouri Family YMCA * 309 South Main * Vandalia * 573-594-2208

38.jpg

FREE WEIGHT AREA GUIDELINES

- Appropriate Family Friendly gym dress and athletic shoes
- Always use weight collars
- Do NOT DROP or bang weights
- Lift with a partner if exceeding your maximum
- Do not lean weights and/or bars against walls, mirrors or frames
- Do not place weights on vinyl benches
- Return benches to standard position after use
- Return all weights to proper place/weight racks after use
- Return all equipment to proper place
- Do not leave machines or barbells loaded
- Sanitize equipment before and after use

39.jpg

GYM GUIDELINES

1. Appropriate attire and athletic footwear is required. No sandals, flip-flops, crocs, black-soled shoes or hard-soled shoes
2. Do not hang or pull down on rims or nets. Do not sit, stand or play on side basketball goals. Do not throw the ball at the basket. No half-court shots.
3. No food or drink inside of gym.
4. Profanity, suggestive language, and aggressive behavior will not be tolerated.
5. Use equipment in an appropriate manner.
6. Do not bring valuables into the YMCA.
7. Footballs are not allowed in the gym except during organized Y activities.
8. Follow the gym supervisor's directions.
9. Pickleball and basketball schedule available at front desk.

40.jpg

UNLOCK 24/7 FITNESS

Upgrade to PREMIUM MEMBERSHIP

- Access only to 24/7 paid premium members
- Must be 19 years or older
- Additional \$10 per month per eligible person
- Valid ID must be provided and on file
- 24/7 Premium Membership Agreement must be signed and on file
- Stop by the front desk for more information and to sign up

Eastern Missouri Family YMCA * 309 South Main, Vandalia 573-594-2208

41.jpg

SUPER SIX PROGRAM
FREE MEMBERSHIP FOR 6TH GRADERS

Boys and girls in the Vandalia Area who are in the sixth grade for the 2026-2027 school year will be eligible to enroll in the Super Six program.

THE PROGRAM OPENS JUNE 1, 2026 AND RUNS THROUGH MAY 31, 2027

Stop by the Y during regular business hours for more information and to enroll. A parent must accompany the 6th grade student and provide documentation of their 6th grade status.

EASTERN MISSOURI FAMILY YMCA
309 SOUTH MAIN, VANDALIA
573-594-2208

42.jpg

CIRCUIT/INTERVAL

Tuesday & Thursday
8:00-8:45AM

43.jpg

YOGA
with Miranda

Wednesdays
6:00 -6:45 pm

44.jpg

Please sanitize your equipment before and after use, but do not spray the equipment directly.

Please spray your cloth and then wipe down the equipment.

45.jpg



GIVE THE GIFT OF HEALTH



YMCA gift cards are available for purchase at the membership services desk.

46.jpg

YMCA MEMBERSHIP RATES

Member Type	Join Fee	Monthly*	Quarterly*	Annually*
Family	\$50	\$41	\$123	\$492
Single Parent	\$50	\$33	\$99	\$396
Adult	\$50	\$31	\$93	\$372
Senior	\$50	\$28	\$84	\$336
Senior Couple	\$50	\$33	\$99	\$396
Youth	\$25	\$15	\$45	\$180

*Join fee must be paid up front and is due in addition to stated rates. There is a \$5.00 discount (per month) for participating employers.

47.jpg

Day Passes are available

\$8 for individuals age 19+;
\$6 for individuals age 6-18;
\$3 for individuals age 4-5




48.jpg

POWER HALF HOUR
Fridays 9:30am to 10am

Core, Upper Body, Lower Body, Strengthening and Conditioning to get you ready for the weekend!




49.jpg



Renew Active
by UnitedHealthcare

Available here
Stay fit, sharp and ready for what's next.

50.jpg

REMEMBER TO PUT YOUR EQUIPMENT BACK IN ITS PROPER PLACE WHEN YOU ARE DONE.



51.jpg


The YMCA participates in Silver Sneakers®



SilverSneakers®
by Tivity Health

52.jpg

WELLNESS CENTER GUIDELINES



- Spray bottles and cloths are provided to clean the machines and equipment BEFORE and AFTER use.
- Please spray the cloths first and then wipe down whatever you have used.
- Please do not spray the monitors or the weight stacks.
- Place the used cloths in the black laundry basket.
- No one under 15 years of age is allowed in the Wellness Center.
- Certification is available for 12-14 year old members. Check with the front desk for details.

53.jpg

PROPER SHOES FOR PLAYING BASKETBALL, PICKLEBALL, AND WORKING OUT IN THE WELLNESS CENTER ARE REQUIRED AT THE YMCA.

NO CROCS, SLIDES, BARE FEET, SOCK FEET, ETC.



54.jpg

SUMMER FOOD SERVICE PROGRAM

VOLUNTEERS NEEDED

June 22nd - July 31st

- Hot and cold lunches are served in the Y Cafe.
- Cold lunches are served during swim lessons at the Aquatic Center for three weeks.
- Cold bulk lunches are prepped on Friday to take home for weekend.
- Volunteers arrive around 10:30am and are finished by 1pm to allow for clean up.
- Fridays are the most difficult days to fill.
- Reach out to Debbie if you are interested and to review available days.



55.jpg


FREE MEALS FOR KIDS

June 22nd - July 31st
Monday-Friday
11:30am - 12:30pm

Available in the Y Cafe - Closed July 3rd

2026 SCHEDULE SUMMER FOOD LUNCHES

All Children ages 18 and under are welcome!
No income requirements.
Eat in or take home. Participant's name required. Parent must be present for take home meals. Sponsored by Eastern Missouri Family YMCA. This institution is an equal opportunity provider.



Eastern Missouri Family YMCA * 309 South Main * Vandalia, MO 63382

56.jpg

FREE MEALS FOR KIDS

Serving 11:30am-12:30pm
Chocolate or White Milk served with every meal!

June 22nd - July 31st
closed July 3rd
Monday-Friday
11:30am - 12:30pm
Available in the Y Cafe

MONDAY
Cheeseburger on Bun, Carrots, Applesauce

TUESDAY
Pepperoni/Cheese/WG Cheese It Snack Pack, Tater Tots, Applesauce

WEDNESDAY
Chicken Nuggets* or Pepperoni Pizza **, Corn, Applesauce

THURSDAY
Uncrustable, Cheese Stick, Tater Tots, Applesauce

FRIDAY
WG Macaroni and Cheese, Carrots, Applesauce

*1", 3", 5" week **2", 4", 6" week
Applesauce - cinnamon or strawberry, depending on availability



57.jpg

WEEKEND LUNCH PICKUP

FRIDAYS 12:45pm-1:15pm

FREE MEALS FOR KIDS

June 22nd - July 31st
closed July 3rd
Available in the Y Cafe

Chocolate or White Milk served with every meal!

Meal for Saturday - Uncrustable, Cheese Stick, Carrots, Applesauce

Meal for Sunday - Pepperoni/Cheese/WG Cheese It Snack Pack, Carrots, Applesauce

Fourth of July weekend meals will be distributed on July 2nd
Applesauce - cinnamon or strawberry, depending on availability
Milk - chocolate or white, depending on availability



Eastern Missouri Family YMCA * 309 South Main Vandalia, MO 63382

58.jpg

Check-In




As a reminder, all members of the YMCA must "check-in" at the Front Desk, using their YMCA scan card or Daxko App. All guests and visitors must first stop at the front desk for proper admittance procedures.


Thank you!

59.jpg



60.jpg

Certified youth in the wellness center **MUST** wear their lanyard and only lift weights in the presence of a parent.



61.jpg

SNACK CORNER

GATORADE	\$2.00
CANDY BARS	\$2.00
ASSORTED BAG SNACKS	\$1.50
WATER	\$1.00
PEANUT BUTTER OR CHEESE CRACKERS	\$.75
GRANOLA BARS OR FRUIT SNACKS	\$.50
SLIM JIM	\$.25


62.jpg

YOUTH CERTIFICATION FOR WELLNESS CENTER EQUIPMENT

If you're a member between the ages of 12 and 14, sign up to learn how to use the equipment in the Wellness Center.

Classes will be held on Mondays, by appointment only.

You must register at least one week in advance. Cost of the class is \$25 and must be paid at registration. Classes are limited to 2 participants per class.

63.jpg

YMCA Nationwide Membership



Get access to other YMCAs across the country as part of your Y membership.

Traveling for work or your kids' sports?
Out of town for the holidays?

Don't miss a workout. As part of your Y membership, you can visit other YMCA locations around the country with nationwide reciprocity. Be sure to call ahead to make sure the Y you're visiting participates in the program!

64.jpg

Want to OWN this Ad Space?

Call Us
815-872-5040



Visual Solutions

Together we will grow your business!

65.jpg