

SEPT-OCT-NOV 2015

# This fall at BFR



LOTS OF CLASSES  
FOR YOUTH  
AND ADULTS!

Bluffton Family Recreation • 215 Snider Road • Bluffton, Ohio 45817  
www.bfronline.com • 419-358-4150

## Bluffton Fall Festival

### Craft home expo, BFR open house during Fall Fest'

Bluffton Family Recreation, will hold an open house and craft home expo from 9 a.m. to 2 p.m. during the Bluffton Fall Festival, Saturday, Sept. 26.

To be part of the expo contact BFR at 419-358-4150.

Open house visitor opportunities include:

- meet the BFR staff
- tour the facility
- watch demonstrations of exercise equipment.

Membership discounts for new members will be offered during open house hours.

BFR will be on the fall festival shuttle bus route with other participants in the fall festival.

Registration underway

## Two six-week fall sessions for youth

Two six-week program sessions for youngsters will begin soon. Session 1 begins the third week of September and continues until Friday, Oct. 23. Session 2 begins the first week of November and continues until Friday, Dec. 4. Parents may register children for either or both sessions now.

*(Class fees have members listed first, non-members second)*

- **Tennis:** Call Michael at BFR for details.
- **Rookie Sports** - Tuesdays, 4:15 to 5 p.m., 4-5-6 year olds, (\$20; \$35)
- **K-3 Basketball**, Thursdays, 3:30-4:30 p.m., (\$20; \$35)
- **Tiny Tots** - Wednesdays and Fridays, 18 months to 5 years, (7-week session), 10-10:30 a.m. (\$15; \$30)
- **Open Play** - Wednesdays and Fridays, 11 a.m. to noon, (free for members, \$1 per child for non-members)
- **K-6 Dodgeball** - Fridays, 3:30-4:30 p.m., \$10; \$20
- **U-7 Soccer Fun** - Fridays, 5:15-6 p.m., \$20; \$35
- **After school sports** - Kindergarten to second grade, begins Monday, Sept. 14, from 3:30-5 p.m. It offers beginning sports activities Mondays through Fridays.

### Session 2

- **Swim Lessons** - *Thursdays - at Comfort Inn, SR 103, Bluffton*
  - 5:30-6 p.m. - Aqua kids/Swim II (4-5-6 year olds), \$15/\$30
  - 6-6:45 p.m. - Swim I (K-3), \$20; \$40
  - 6:45-7:30 p.m. - Little Swimmers (3-4-5-6 year olds), \$20; \$40
  - 7:30-8 p.m. Splash Time (18 months to 3 years), with parents and child, \$15, \$30
- **Football Basics** - Session 2, 4th and 5th graders, (\$20; \$35)



# BFR indoor soccer leagues sign-up underway

## Registration and Payment Information

\*Completed registration and minimum \$50 (non-refundable) deposit is required to reserve a spot.

Divisions are filled based on the order that registration forms and fees are received. Divisions may fill BEFORE the deadline! Entrees received after divisions are filled may be considered, but not guaranteed. Based on the number of teams in each division, dates and times are subjects to change.

\* Full team payment and signed roster are due by the first week of each session.

### Divisions and schedules

Division	Match day and times
U8	Fridays, 6, 7, 8 p.m.
U10	Tuesdays, 6, 7, 8 p.m.
U12	Mondays 6, 7, 8 p.m.
U8-U10 girls	Saturdays 9, 10, 11 a.m.
U12-15 girls	Saturdays 12, 1, 2 p.m.
U15(MS)	Saturdays 3, 4, 5, 6 p.m.
High school	Thursdays 6, 7, 8, 9 p.m.
High school coed	Saturdays 7, 8, 9 p.m.
Adult Recreational	Sundays 1, 2, 3, 4, p.m.
Adult Competitive	Sundays 5, 6, 7, 8 p.m.

### Session details

#### Session I: Nov. 1 to Dec. 5, 2015

5 weeks  
Team fee: \$450  
Deadline: Oct. 23

#### Session II: Jan. 10 to Feb. 13, 2016

5 weeks  
Team fee: \$450  
Deadline: Dec. 31

#### Session III: Feb. 14 to March 26

5 week league plus tournament  
Team fee: \$465  
Deadline: Feb. 5

#### Session IV: April 3 to April 24

4 week league for adults divisions only  
Team fee: \$350  
Deadline: March 25

## Labor Day Weekend 5-K Sept. 5

BFR is accepting registrations for this year's Labor Day 5K, held Saturday, Sept. 5. This year's race starts at 9 a.m. A kid's fun run and walk is at 10 a.m. Runners may register on line at: [www.bfronline.net](http://www.bfronline.net).

### Age groups in the run are:

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 and up.

Runners who pre-registered by Aug. 29 pay \$25 and receive a t-shirt (\$20 with no t-shirt). Kid's run registration is \$5.

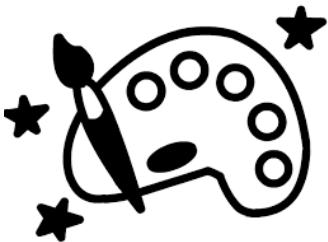
Registration fee is \$25 with no shirt. Race day registration starts for the 5K at 8:30

a.m. and for the fun run at 9:30 a.m.



## Paint and Sip returns this fall

Registrations are underway for paint and sip events planned this fall by Bluffton Family Recreation, according to Marilyn Reed, class instructor.



Each event is from 6 to 9 p.m. on Thursday evenings once a month in September, October and November.

The programs take place at the Bluffton Sportsmen's Club, 405 N. Spring St., Bluffton.

Registration is \$35 per event and includes all art supplies, snacks and one glass of wine. Watch for dates to be announced.

## SilverSneakers twice weekly

BFR now offers classes twice a week through the Healthway SilverSneakers Fitness program.

The program is for older adults and involves regular physical activity. Each class session lasts between 45 and 60 minutes held on Wednesdays and Fridays at 9:45 a.m. at BFR. The Wednesday class is a new option in the program.

The sessions not only force movement, but also help participants who have joint pain and arthritis issues. Sessions enable participants to strengthen bones and muscles, improve balance, reduce the risk of cardiovascular disease, reduce stress and enhance mood.

The program is designed for older adults offered through Medicare health plans at no additional cost.

## Become a BFR member - here's all the details:

**Includes unlimited use of the facility, track, gymnasium and Fitness Center (14 years and older), plus program fee discounts.**

### Full-year prices:

- Family \$434
- Single parent family \$308
- Adult individual \$330
- Adult senior (55+) \$227
- Youth senior (14+) \$227

### Short-term prices:

- 1-month individual \$37
- Summer individual (3 months) \$100

### Track pass

Includes unlimited use of indoor track

- Adult - 6 months \$100
- Adult senior - 6 months \$75
- Adult - 3 months \$50
- Adult - 1 month \$20

### Recreation Pass

Includes use of gym and arena during designated hours, plus unlimited indoor track use.

- 10 visit Recreation Pass \$45
- Annual Family Recreation Pass \$175

### Fall building hours

- Mondays-Fridays:  
5:30 a.m. - 8 p.m.
- Saturdays: 8 a.m. - 5 p.m.
- Sundays: Closed



## United Way partner!

Bluffton Family Recreation is proud to be a part of the Bluffton-Beaverdam-Richland Township United Way. The United Way supports BFR scholarships for memberships and program fees!

# Bluffton Family Recreation

215 Snider Road  
Bluffton, Ohio 45817

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## Adult Fall Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30AM					
7:30AM		<i>TBC</i>		<i>TBC</i>	<i>TBC</i>
8:00AM					
8:30AM	All Star Workout	<i>Water Exercise II</i> @ Maple Crest	All Star Workout	<i>Water Exercise II</i> @ Maple Crest	Yoga Fit ©
9:00AM					
9:30AM	<i>Water Exercise I</i> @ Maple Crest	<i>Water Exercise I</i> @ Maple Crest	<i>Water Exercise I</i> @ Maple Crest	<i>Water Exercise I</i> @ Maple Crest	
10:00AM	Low Impact Aerobics		9:45 Silver Sneakers© Classic	Strength & Flex	9:45 Silver Sneakers© Classic
11:00AM					
12:00PM					
1:00PM					
2:00PM					
3:00PM		<i>3:45PM TBC</i>		<i>3:45PM TBC</i>	
4:00PM					
5:00PM					
6:00PM	<i>Aqua Zumba©</i> @Maple Crest	Cardio & Strength		All Star Workout	
6:30PM			Yoga Fit © @ Bluffton Library		
7:00PM					
8:00PM					

Childcare available: Monday, Wednesday, and Friday 8:30am-9:30am.

*Classes listed in italics are either 30 or 45 minute in length*

\* BFR reserves the right to cancel a class session if fewer than 3 are checked in by start time

### Any Class Fitness Fees

Single Visit: \$6NM/\$4M    7 visits: \$42NM/\$28M    14 visits: \$78NM/\$52M    20 visits: \$110NM/\$72M  
32 visits: \$170NM/\$112M

BFR always offers your FIRST CLASS VISIT for FREE!! Attend classes as your schedule allows!