



BFR Highlights

Fall Programs Issue #1 of 4

September- December 2013

BFR Membership Options

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

Full-Year Prices

- Family - \$421.21
- Single Parent Family - \$298.73
- Individual Adult - \$250.28
- Senior Adult (55+yrs) - \$199.16
- Senior Youth (14yrs+) - \$160.82
- Junior Youth (8-13yrs) - \$120.35

Short-term Prices

- 1 Month Individual-\$30.00
- 3 Month Individual-\$89.46
- 6 Month Individual- \$143.78
- Fit4Life Package- \$76.68

Track Pass

Includes unlimited use of indoor track

- Adult-\$82.00 - 6 months
- Senior Adult-\$72.00- 6 months
- \$41 Adult or \$36 Sr. Adult- 3 months
- \$15.00- 1 month

Recreation Pass

Use of gymnasium and arena during designated hours, plus unlimited indoor track use. Family Pass includes open play & fun nights.

- 10 visit Rec Pass- \$30.00

BUILDING HOURS

(October - May)

- Monday-Friday 5:30am-9pm
- Saturday 8am-9pm
- Sunday 1pm-5pm

Holiday Hours changes

Closed Labor Day, Thanksgiving Day, Christmas & New Years Day
Hours subject to change prior to major holidays

BFR Begins 35th Program Year



Bluffton Family Recreation has been offering sports and recreational programs to the Bluffton area since 1978. The current building opened in 1995. The mission of our non-profit organization is to provide affordable, quality programs and services to the community. All BFR programs and services are open to the public.

- Youth Programs are offered in a variety of formats in order to fit busy schedules. Listed inside are programs offered between September and December.
- BFR offers strength-based Fitness Classes that are open to new participants at any time without a membership requirement. Attend the first class without any fees! Just check-in with the front desk or instructor before class begins!

- A BFR Membership includes use of the fitness center (those 14 years and older), indoor track and gymnasium, plus discounts on program fees.
- Need help with weight loss and maintenance?? BFR is happy to announce a new FIT4LIFE membership AND a monthly FIT4LIFE program for individuals looking for group support with their weight goals.
- Informal Recreation is also an option through drop-in sessions for basketball, and soccer. Get a team together for the Adult volleyball league in September or indoor soccer leagues beginning in November. Family Rec Passes and Track Passes offer affordable ways to use the building without full membership.

Carole Enneking, Director

UPCOMING EVENTS



FREE HALLOWEEN Party

Sun. Oct. 20, 2-4pm

Non-scary, Indoor activities, crafts and snacks for children and families!

Costume Judging begins at 3pm with divisions for age groups and groups.

KIDS FUN NITE

Fri. Oct. 25, 6:30-10:00pm

Call today to register! Pre-register by Wed. October 23.

Outdoor Pumpkin Hunt, Games, Late Night Pizza & Snacks, Flashlight Tag, for a night of fun!! For kids Kindergarten through 5th Grade

Cost:\$20/ \$10BFR)

New Weight Loss Support

FIT4LIFE Membership includes 6 weeks of building use plus 1 on 1 goal setting, training sessions, and group meetings to keep you on track! Cost: \$ 76.68

FIT4LIFE Support is a monthly program that includes weekly weigh-ins, 2 group meetings per month, and incentives. Introductory Cost: \$20 / \$10BFR
First meeting will be held at BFR on Sept. 16 @ 5:30pm.

BFR's Craft & Home Business Expo

Saturday, September 28, 10AM-3PM

Start your holiday shopping early on Fall Festival Day. Over 25 vendors will be featured with homemade crafts, as well as cosmetics, candles, jewelry, bags, books, and food from local home business consultants. Special demonstrations will be provided by John Guagenti (chainsaw wood carvings) and Gen Akroyd (self-defense products and techniques). **Admission cost is only \$1 per person.**

Youth Programs

Basketball Basics Class- (K- 3gr)

Thursdays 3:30-4:30PM

Dates: **Sept. 5- 10**
Oct. 17-Dec. 5



Learn the basics of basketball dribbling, shooting, offense, and defense.

Fee: 6 – 1 hour sessions \$30/\$15BFR

Basketball Skills Clinic (3-6gr)

Thursdays 3:30-4:45PM

Dates: **Oct. 31- Nov. 21**

Fee: 4 – 75 min. sessions:\$25/\$15BFR

Dodgeball Play- (K-8 gr)

Fridays 3:30-4:30PM

Dates: **Sept. 6- Oct. 18**
Oct. 25-Dec. 13

Informal team dodgeball play in the gym. Fee: 7-1hr sessions: \$20 or \$3/day. Free to BFR members & Family Rec Pass holders.

Football Basics Class- (K-3gr)

Tuesdays 3:30-4:30PM

Dates: **Oct. 15- Nov. 19**



Flag football basics throwing, running, and receiving .

Fee: 6 – 1 hour sessions:\$30/\$15BFR

Rookie Sport Skills- (ages 4-6years)

Tuesdays 4:30-5:15PM

Dates: **Oct. 15- Nov. 12**
Nov. 19-Dec. 10

Work on basic sport skills with a new sport each week.

Fee for 4- 45 minute sessions:\$25/\$12BFR

U7 Soccer Fun- (ages 4,5 or 6)

Thursdays 4:30-5:15PM

Dates: **Nov. 7- Dec. 19**



Foot skill development through lots of fun activities.

Fee: 6 - 45 minute sessions:\$30/\$15BFR)

U9 Soccer Indoor Play- (age 6,7 or 8)

Monday 4:00-5:15pm

Dates: **Oct. 28- Nov. 18**

Learn indoor skills & play scrimmages.

Fee: 4-75 min. sessions:\$25/\$15BFR

Tiny Tots- (ages 15 months-4 years)

Fridays 10:00-10:30AM ; open play time included in the fee.

Dates: **Sept. 13-Oct. 25**
Nov. 1-Dec. 20

Child and parent movement activities.

Fee: 7- 30 minute sessions: \$30/\$15BFR

Volleyball Skills & Drills (3-6 Grade)

Wednesdays 3:30-4:30PM

Dates: **Nov. 6- Dec. 18**



Class is designed for girls who want to learn and develop skills; modified match play included .

Fee: 7- 30 minute sessions: \$30/\$15BFR

Swim Lessons

Starting in November

6 Week Session

Instructor for this session will be Brit Steele who has assisted in past sessions. Kelly Honse will return in January.

1-4 Grade Swim I- Thurs. 6:00-6:45PM

Swim basics of breathing, floating, kicking, and strokes; compares to Red Cross Level 1 - 3.

Fee: 6 –45 minute lessons: \$40/\$20BFR

Little Swimmers- Thurs. 6:45-7:30PM

Parent & child (ages 3-6 years) learning the basics of swimming with your child Fee: 6- 45 minute lessons: \$40/\$20BFR

Splash Time- Thurs. 7:30-8:00PM

Infant/toddler (ages 6 month-3yrs.) and parent enjoy water play.

Fee: 6- 30 minute sessions: \$30/\$15BFR

Tennis Lessons

BFR Group Lessons are designed for personal success. Average class size is 4!!

Youth Session Dates:

Sept. 3- Oct. 18

Oct. 21- Dec. 20



Youth Beginner

(2-6 Grade) - Fundamentals of tennis are introduced using hand-tossed ball drills. Space is limited.

Monday or Tuesday 3:15-4pm

Fee: 7- 45 minute lessons: \$60NM/\$45M

Youth Ball Machine Classes-

(3-8 Grade) - Requires instructor permission; call for more information.

Times and days vary

Fee:7-60 minute lessons:\$80NM, \$63M

Adult Session Dates: Oct. 7- Dec. 20

HS/Adult Lessons - Open to current tennis players looking to improve their strokes using ball machine drills.

Times and days vary; call for details

Fee: 9-60 min. lessons: \$125NM/\$95BFR

Silly Saturdays: October 12

Theme: Pumpkin Fun. 9:30 - 11:00a.m.

Activities for kids ages 4-6, includes snack, craft, fitness activity, pumpkin find, and more. Fee: \$12/\$8



Class Information

BFR Van Service

No way to get your child to BFR after school- let us help you out! Pick up available from Bluffton Schools. A fee of \$5 will be added to the program fee.

Holiday Changes

Youth classes are scheduled around a break from Nov. 26-29 due to Thanksgiving.

Weather Cancellation Policy

BFR will not hold classes if a Level 1 (or higher) Snow Emergency is in effect for Allen County.

Fee Payment

Credit Card, cash or check payments are due no later than week #2. BFR reserves the right to cancel any youth class with less than 6 registered.

Family Events

Drop in Open Play

Drop in play time is scheduled for every Wed. and Fri. from 11AM-noon. Balls, and play equipment is provided in the arena. Children of all ages with parent or caregiver are welcome.



Fee: \$1 per NM child

Family Fun Nights

Join us for an evening of activities in the BFR gym- kids and adults mixed on teams! These events are part of the WE CAN© effort to decrease childhood obesity.

Fridays: Nov. 15 & Dec. 13

6:30-8:30PM

Cost: \$5 per NM family (an adult must remain with children). Free for BFR members and Family Rec Pass holders.

Coffee Walks

Adults are welcome to join us on the indoor track for our Coffee Walk program. Stop by on the 1st & 3rd Fridays from 8:30-10am to meet other walkers and enjoy a cup of coffee! Just \$1 per person; free for members and track pass holders.



Training & Conditioning



Push your workout level with BFR's intense training program. UF includes 8, hour circuit-based sessions under the direction of a staff trainer. Workouts include cardio plus high weight and resistance training.

Start Dates: Sept. 9, Oct. 7, Nov. 4

Monday & Thursday 6-7PM.
Monthly Fee: \$48/\$24 BFR

Personal Training- BFR staff trainers are accepting new training clients in the mornings, after-school and evenings. 1/2 hour or 1 hour length sessions are available. Call to schedule a FREE consultation to discuss your goals.

EDGE Sport Conditioning-

Gr. 7-12 BFR's sport conditioning program will develop speed, strength and endurance for each athlete. Individual training packages start as low as \$68 for non-members!

Longest Loser Competition

October 14-18 will be the start of BFR's next competition to see who can lose weight the longest! Weekly weigh-ins with a loss of .2lbs keep you in the contest. Winner receives 3 months membership. Stop in to register and weigh-in!

Stick To It Membership Special

Purchase a 1 month membership (\$30) between Sept. 16-Oct. 16 to earn a **free** month (visit BFR for details).

DROP-IN SPORT OPTIONS

Adult Soccer: Wed. 7:00-9:00PM

Youth Soccer: Wed. 3:30-5:00PM

Adult Basketball- Men: M,W, F 12-1PM,
Women: Wed. 9-10PM

OPEN RECREATION HOURS

Monday: see posted hours

Tuesday: Gym- 7-9PM; Arena as posted

Wednesday: Gym- 5-6PM, Arena-5-7PM

Thursday: Gym-6:30-9PM; Arena 5-6PM

Friday: Gym-3-9PM; Arena as posted

Saturday: Gym- 9:30AM-9PM; Arena as posted

Sunday: Gym-1-4PM; Arena as posted

**Hours may be effected by special events and leagues.*

Upcoming Events & Leagues

Soccer



U6 Intramurals

Sept. 10- Oct. 10, 6-7PM

Registration ends Aug. 30

\$40/\$20 (ages 4-6 as of 8/1/13)

Indoor Soccer Leagues

Session Dates: Nov. 3- Dec. 11

Team registration opens October 1 for U8, U10, U12, MS, HS and adult age groups. Session 1 & 2 include 5 weekly games.

Team fee: \$400 **Divisions are filled based on date of deposit payment.

Holiday Indoor Tournaments

Dec. 13-15 ; division days & times tba
Team Fee: \$75

Labor Day Weekend 5K or Pump & Run

Sat. August 31st - Walk or Run - \$20 Fun Run for Kids - \$10

Youth Basketball

Holiday Tip-Off Festival

Boys-Saturday, Dec. 7

Girls- Sunday, Dec. 8

Cost per team is \$50.

Offers a 3 game schedule for 5th and 6th grade teams. The festival format is a great pre-season warm-up event.



Winter Basketball Leagues

BFR will offer a 7 week league with girls & boys divisions for grades 4, 5, and 6.

Team Fee: \$200 for 7 games

Volleyball

Adult Coed Volleyball League

Sept. 23- Oct. 28

Team Fee: \$130.00

Recreational league includes 5 Monday night matches plus tournament.

Youth Volleyball Tourney

November 2-3

Competition for area youth teams; divisions for grades 5 & 6.

Team fee:\$75.



BFR is a United Way Agency!



Scholarships for memberships and program fees are now available through the Bluffton-Richland UW!! Support the local United Way on Tuesday, September 17 during the door to door campaign.

Gift Cards on Sale

November- December

Purchase \$15, \$25 or \$50 gift cards and support BFR (10% stays with us) too.



Chance to Win- Buy your Lions Club Raffle tickets at BFR to support our operations. Ticket Prices: 3 -\$5 or \$2 each.

BFR Annual Meeting- Wed. Sept. 11, 6:30-7:30PM

Open to the public, reports of operations, installation of new board members, and election of officers.

BFR Sports & Fitness

215 Snider Rd
Bluffton, OH 45817

Phone: 419-358-4150
Fax: 419-358-0894
E-mail: bfr@wcoil.com

US Postage
PAID
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Return Service Requested

www.bfronline.com



Group Fitness Classes

1 visit: \$5NM / \$3M 7 visit: \$35NM / \$21M 14 visit: \$60NM / \$36M 20 visit: \$85NM / \$50M 32 visit: \$120NM / \$70M

Your First Class visit is always FREE. Childcare available 8:30-9:30am on Monday, Wednesday and Friday.

Schedule in effect September 7- December 21, 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM			<i>Kettlebell Workout</i>			
7:30AM	TBC	TBC	TBC	TBC	TBC	
8:00AM						
8:30AM	All Star Workout	<i>Water Exercise II @ Maple Crest</i>	All Star Workout	<i>Water Exercise II @ Maple Crest</i>	Yoga Fit ©	Aerobic Mix
9:00AM						
9:30AM	<i>Water Exercise I @ Maple Crest</i>	<i>Water Exercise I @ Maple Crest</i>	<i>Water Exercise I @ Maple Crest</i>	<i>Water Exercise I @ Maple Crest</i>		
10:00AM	Low Impact Aerobics			Strength & Flex		
11:00AM						
12:00PM						
1:00PM						
2:00PM						
3:00PM						
4:00PM						
5:30PM			TBC	All Star Workout		
6:00PM	<i>Water Exercise II Kettlebell Workout Ultimate Fit*</i>	Cardio & Strength		Ultimate Fit *		
6:30PM			Yoga Fit ©			