

JAN-FEB-MARCH 2016

Winter at BFR



LOTS OF CLASSES
FOR YOUTH
AND ADULTS!

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

• Classes for youth

Tennis:

Call BFR for details

Rookie Sports:

Thursdays, 4:15-5 p.m.

4-6 year olds (\$25, \$40)

Tiny Tots: (7 week session)

Wednesdays and Fridays,

18 months to 5 years

10-10:30 a.m. (\$15, 30)

Open Play:

Wednesdays and Fridays,

11 a.m.-noon (members free,

\$2 per child for non-members)

• Winter swim lessons

Thursdays at Comfort Inn

SR 103, Bluffton

Aqua Kids/Swim II: 4-6 year olds,

(\$15, 30), 5:30-6 p.m.

Swim I: K-3rd grade,

(\$20, \$40), 6-6:45 p.m.

Splash Time: 18 month-3 year olds,

parent with child, 7:30-8 p.m.

• Open gym

Youth Open Gym:

Thursdays: 3-5 p.m.

Fridays: 5-7 p.m.

Family Open Gym:

Tuesdays: 6-8 p.m.

Thursdays: 6-8 p.m.

Saturdays: 6:30-8 p.m.

Get Fit for Life

A six week program with you in mind

Week 1 - Consultation and goal setting

Meet your health coach and establish a plan and discuss your personal goals.

• Self-directed Exercise:

Your coach will provide a plan for you in the first week of exercise.

Weeks 2-5 - Putting the plan into practice

This is where you take control of your fitness goals and put your plan into practice. It is a crucial time for developing health habits.

• Personalized training sessions:

Meet with your health coach once per week for a personalized 30-minute training session based around your specific fitness plan.

• Weekly goal progress evaluation:

Check in with your health coach to review your progress. The coach will help you make alterations to your plan if you are ahead or behind where you need to be.

• Self-directed exercise:

Continue to progress your self-directed program and build healthy workout habits. Use your Any Fitness Card and become involved in one of BFR's many adult fitness classes.

Week 6 - Progress review and future plans

• Final consultation:

Review your progress with your health coach and set new goals as you begin your fitness journey outside BFR's program.

2015-16 BFR indoor soccer league details



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

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! Entries 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.



We are a 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!

Two performance-training programs offered in December

Bluffton Family Recreation offers two performance-training programs of eight sessions each in December led by Jared Krout, BFR sports coordinator.

A Developmental Program, for youth ages 12 to 14, offers an introduction to performance training and adds a sport-specific component. Sessions are Tuesdays and Thursdays, 3:30 to 4:30 p.m., Dec. 1 to Dec. 24.

Also available this winter...

Youth basketball tournaments are held in February and March. Watch for more details.

Youth Development League

Girls in grades 4 to 6 are encouraged to join the BFR spring league. It includes five weekly matches and one-hour practice per week. Watch for more details.

TBC Workouts

Get a Total Body Conditioning Workout each morning at 7:30 a.m. It is free for BFR members, \$6 non-members.

Columbus Crew Camp

Our winter Columbus Crew Camp is from 2 to 5 p.m., Monday, Feb. 15, for youth ages 6 to 14.

The pre-registration fee is \$75 and \$85 on-site. Registration includes tickets to the Crew's opening match of the season.

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 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:

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

Full-year prices:

- Adult \$330
- Student \$227
- Single parent family \$308
- Family \$434
- Senior (55+) \$227

Short-term prices:

- 1-month individual \$37
- 1-month family \$45
- 1 month senior \$25

There are 3- and 6-month membership available. Call for pricing.

Track pass

Includes unlimited use of indoor track

- Family, yearly \$200
- Family, 6-month \$110
- Senior - 6 months \$80
- Senior, yearly \$145

Recreation Pass

Includes use of gym and arena

- Individual (10 visits) \$45
- Family (12 months) \$225

Winter building hours

- Mondays-Fridays:
5:30 a.m.- 9 p.m.
- Saturdays: 8 a.m.- 9 p.m.
- Sundays: 1 - 9 p.m.
- Wednesdays open until 10 p.m.

Weather Cancellation Policy

Classes are cancelled in the event of a Level I or higher road conditions in Allen County.

BFR annual campaign underway

Ask how you can become an annual supporter of Bluffton Family Recreation. Our annual campaign is now underway.

2016 annual fund drive underway

Bluffton Family Recreation has launched its 2016 annual campaign, according to Joseph Beagle, director.

The campaign's goal of \$60,000 will assist BFR in upgrading its existing programs, fitness center and sports services.

"BFR continues to reinvent itself by adding new and upgrading our existing programs, in addition to providing the community with a fitness center and sports services," he said.

He noted several programs in 2016 that benefit the community.

- Our Silver Sneakers exercise class is continuing to grow and are held every Wednesday and Friday at 9:45 a.m.
- Fit for Life membership – includes a six-week membership, fitness program design and four any-class visits. Participants are assigned a health coach

and meet weekly to establish healthy habits while working toward specific fitness goals.

- Expansion of youth basketball league program to include fifth and sixth grade boys' competitive leagues, and fourth grade developmental leagues for boys and girls.

- Continued interest in U6 soccer, tee ball, BSSL soccer, indoor soccer, youth volleyball and adults co-ed softball and volleyball leagues.

BFR, as a 501c3 non-profit organization, allows donors' gifts to be tax deductible.

The annual campaign invites persons, groups, organizations and businesses to consider pledging, to explore matching gifts, and consider sponsorships of programs.

Contact Joseph Beagle at BFR, 215 Snider Road, Bluffton, for more detail

Adult Winter Fitness Class Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
7:30 - 8 a.m. Total Body Conditioning	7:30 - 8 a.m. Total Body Conditioning	7:30 - 8 a.m. Total Body Conditioning	7:30 - 8 a.m. Total Body Conditioning	7:30 - 8 a.m. Total Body Conditioning
8:30 - 9:30 a.m. All Star Workout	8:30 - 9:30 a.m. Water Exercise II at Maple Crest	8:30 - 9:30 a.m. All Star Workout	8:30 - 9:30 a.m. Water Exercise II at Maple Crest	8:30 - 9:30 a.m. Yoga Fit
9:30 - 10:30 a.m. Water Exercise I at Maple Crest	9:30 - 10:30 a.m. Water Exercise I at Maple Crest	9:30 - 10:30 a.m. Water Exercise I at Maple Crest	9:30 - 10:30 a.m. Water Exercise I at Maple Crest	
5-6 p.m. Aqua Zumba		9:45 - 10:45 a.m. Silver Sneakers		9:45 - 10:45 a.m. Silver Sneakers
6 - 7 p.m. Aqua Fit	6 - 7 p.m. Cardio & Strength	6:30 - 7:30 p.m. Yoga Fit at library	6 - 7 p.m. Cardio & Strength	

1 visit: \$4 member; \$6 non-member **7 visits:** \$28 m, \$42 nm **14 visits:** \$52 m, \$78 nm **32 visits:** \$112 m, \$170 nm

* BFR reserves the right to cancel a session if fewer than three are checked in by starting time.

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