

SEPT-OCT-NOV 2016

# This fall at BFR



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

**LOTS OF CLASSES  
FOR YOUTH  
AND ADULTS!**

## Bluffton Fall Festival



Craft home expo,  
open house, 5-K  
run at 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. 24.

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

A 5-K run also takes place. Details are on page 3.

Open house visitor opportunities:

- 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. 28. Session 2 begins Sunday, Nov. 6 and continues until Friday, Dec. 16. Parents may register children for either or both sessions now.

### Session 1

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

- **Tennis:** Call Tyler at BFR for details.
- **Rookie Sports** - Tuesdays, 4:15 to 5 p.m., 4-5-6 year olds, (\$20; \$35) *Minimum class of 5*
- **K-3 Basketball**, Thursdays, 3:30-4:30 p.m., (\$20; \$35) *Minimum class of 5*
- **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., \$15; \$30 *Minimum class of 5*
- **U-7 Soccer Fun** - Fridays, 5:15-6 p.m., \$20; \$35 *Minimum class of 5*

### 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



# 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! 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	Mondays, 6, 7 p.m.
U12	Tuesdays 6, 7, 8 p.m.
U8-U10 girls	Wednesdays 6, 7, 8 p.m.
U12-15 girls	Fridays 6, 7, 8 p.m.
U15 (MS)	Saturdays 10, 11 a.m., and noon
High school	Thursdays 6, 7, 8, 9 p.m.
High school coed	Saturdays 1, 2, 3, 4 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. 6 to Dec. 17, 2016

5 weeks  
Team fee: \$460  
Deadline: Oct. 28

### Session II: Jan. 8 to Feb. 12, 2017

5 weeks  
Team fee: \$460  
Deadline: Dec. 30

### Session III: Feb. 26 to April 1

5 week league plus tournament  
Team fee: \$475  
Deadline: Feb. 17

### Session IV: April 9 to May 7

4 week league for adult divisions only  
Team fee: \$360  
Deadline: March 31

## Fall Fest' weekend 5-K

BFR is accepting registrations for this year's Fall Festival 5K, held Saturday, Sept. 24. 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.



## Labor Day coed softball tourney

BFR teams up with Bluffton-Pandora Youth for Christ for a double-elimination coed softball tournament held in the Pandora Park. The event is Monday, Sept. 5, beginning at 9 a.m.



In

There is room for eight teams. In addition, the event includes a homerun derby and yard games and picnic for families. The cost is \$200 per team. Games start at 9 a.m.

For more information or to register a team contact Bluffton Family Recreation

## SilverSneakers 3 times weekly

BFR now offers classes three 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 Mondays, Wednesdays and Fridays at 9:45 a.m. at BFR. The Monday 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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www.bfronline.com

**Indoor soccer arena has new turf!**

Thanks to many donors in late August BFR will have a new turf installed in our indoor soccer arena. The turf covers nearly 2,780 square feet and is our first-ever turf replacement. The original turf was installed in the late 1990s.

**Performance training fall option**

This fall performance training programs of four sessions each are available lead by Matt Gillett.

A Developmental Program, for youth ages 12 to 14, offers an introduction to performance training and adds a sport-specific component.

A Prep Program, for youth ages 15 to 18, offers a high-performance training program covering all aspects of athletic performance.

Participants may sign-up for all four sessions or selected sessions. Cost is \$30 per 1-hour session, \$20 per 30-minute session or save \$20 and take all four sessions for \$100.

**Adult fall fitness class schedule**

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	<b>7:30 a.m.</b> <i>Total Body Conditioning</i>		<b>7:30 a.m.</b> <i>Total Body Conditioning</i>	<b>7:30 a.m.</b> <i>Total Body Conditioning</i>
<b>8:30</b> All Star Workout	<b>8:30 a.m.</b> <i>Water Exercise II at Maple Crest</i>	<b>8:30 a.m.</b> All Star Workout	<b>8:30 a.m.</b> <i>Water Exercise II at Maple Crest</i>	<b>8:30 a.m.</b> Yoga Fit
<b>9:30</b> <i>Water Exercise I at Maple Crest</i>	<b>9:30 a.m.</b> <i>Water Exercise I at Maple Crest</i>	<b>9:30 a.m.</b> <i>Water Exercise I at Maple Crest</i>	<b>9:30 a.m.</b> Water Exercise I at Maple Crest	
<b>10 a.m.</b> SeniorSneakers		<b>9:45 a.m.</b> SilverSneakers		<b>9:45 a.m.</b> SilverSneakers
<b>6 p.m.</b> <i>Aqua Zumba at Maple Crest</i>	<b>3:45 p.m.</b> <i>Total Body Conditioning</i>		<b>3:45 p.m.</b> <i>Total Body Conditioning</i>	
<b>6:30 p.m.</b> Aqua Fit at Bluffton Public Library		<b>6:30 p.m.</b> Yoga Fit at Bluffton Public Library		

**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!  
Childcare available Mondays, Wednesdays and Fridays 8:30 to 9:30 a.m. *Classes in italics are either 40 or 45 minutes.*