



Program Highlights

Our facility and programs are open to everyone!!

Purchase a Membership to use the Fitness Center!

Check out Recreation & Track Passes to use recreational facilities.

BFR Fitness Classes DO NOT require long-term commitments.

Membership Options

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

12 month Family - \$433.41

12 m Single Parent Family-\$307.44

12 month Adult - \$257.27

12 month Senior Adult -\$204.96

12 month Youth/College- \$165.46

1 Month Individual-\$30.00

3 Month Individual-\$89.76

6 week 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

Includes use of gymnasium and arena plus unlimited indoor track use.

10 visit Rec Pass- \$30.00

Annual Family Rec Pass- \$150.00

BUILDING HOURS

(September-May)

Monday-Friday 5:30am-9pm

Saturday 8am-5pm (thru Sept)

Saturday 8am-9pm (Oct-May)

Sunday 1pm-5pm

Fitness Center remains open 1 hour longer on Monday & Wednesday nights.

Holiday Hour Changes

Closed on Thanksgiving: Nov. 27, Christmas: Dec. 25, New Year's Jan. 1

Fall Session Issue #1 of 4

Check out our Changes!!

You will be greeted by new staff members this fall! Our office manager and sport coordinator have changed, plus many of the front desk staff. Talk with Evan Skiliter about any BFR sport program or league.

In addition, we are implementing a new software program to make it easier to register for programs and purchase services. Visit our updated website to see what is happening and register (and pay) online!

Need a work-out or sport training location? You do not need to leave Bluffton- our professional staff can help!

Check inside for more..

Adult Group Fitness Classes- additions to the schedule will include a night (Thurs. 6PM) All Star Workout starting Sept. 4 and YogaFit© evening class (Wed. 6:30PM) at the Bluffton Library starting Sept. 10. The afternoon TBC class will return in late September.

Fit4Life- kick-off meeting is scheduled for September 15

Youth Sport Classes- session #1 begins September 8.

Longest Loser Competition- starts September 8.

Adult Tennis Lessons- Register by September 30 for the first 9-week session of lessons.

Kids Fun Night- Tuesday, October 14 is the deadline to participate in the Friday, October 17 event.

Youth Basketball Skills Clinic- Pre-season training starts November 13th.

Indoor Soccer Session 1- youth and adult teams can register for the November 5-week session until October 24.

Adult Coed Volleyball League- deadline is September 12 for the 5 week league.

September-December 2014

Help Support our Facility

BFR is a private, non-profit organization supported 100% by donations, fees and special events!

Paint & Sip Event

Thurs. October 9, 6:30-8:30PM

Join us for an evening of painting instruction and fun with friends! Each person will leave with their own masterpiece.

Fee: \$35 (space limited to 35)

Craft & Home Business Expo at BFR

Sat. Sept 27, 9am-2pm

\$1 entry fee

Hand-made products such as chocolates, glassware, quilts, bows, jewelry, silk flowers PLUS home-based businesses such as: Mary Kay, Celebrating Home, It Works, Perfectly Posh, Damsel in Defense, Younique, Silpada, Chair Massage Osborne Books will be onsite for Cash n Carry sales..

**This is one of the Fall Festival Events and BFR is on the

Used Shoe Drive Continues!

BFR welcomes your donations of used Shoes & Boots all year long! Last year's drive raised over \$1700 for building operations.

Advertise or Sponsor!

Promote your business inside the facility or through league sponsorships. Contact us now.

COMMUNITY HALLOWEEN PARTY

Sun. Oct. 26, 2-4pm

FREE EVENT

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



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

Youth Programs

Basketball Basics Class-

(K- 3gr)

Thursdays 3:30-4:30PM

Sessions: **Sept. 11– Oct. 16**

Oct. 30– Dec. 11

Learn the basics of ball handling, shooting, plus introduction to game play.

Fee: 6 –1 hour sessions \$30/\$15BFR



Dodgeball Play- (K-8 gr)

Fridays 3:30-4:30PM

Sessions: **Sept. 12– Oct. 24 (7 wks)**

Oct. 31– Dec. 19 (7 wks)

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 (K-3gr)

Tuesdays 3:30-4:30PM

Session: **Oct. 28– Dec. 9**

Participants will work on throwing, agility, and receiving combined with modified game play.

Fee: 6 – 1 hour sessions:\$30/\$15BFR



Rookie All Sports (ages 4,5)

Introduce your child to a variety sports and skills– each week we focus on different skills and a modified game.

Tuesdays, 4:30-5:15PM

Sessions: **Oct. 14, 21,28 (3 wks)**

Nov. 4,11,18 (3 wks)

Fee: 3– 45 minute sessions: \$20/\$10BFR

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

Thursdays 4:30-5:15PM

Dates: **Oct. 30– Dec. 11**

Foot skill development through lots of fun activities.

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



Tiny Tots- (ages 15 months-4 years)

Fridays 10:00-10:30AM

Sessions: **Sept. 12– Oct. 24**

Oct. 31– Dec. 19

Child and parent movement activities.

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

Volleyball Basic Skills (3-5 Grade)

Wednesdays 4:00-5:00PM

Dates: **Nov. 12, 19, Dec. 3, 10**

A 4 week clinic will improve the basic skills of serving, setting, passing plus learn the basics of match play.

Fee: 4– 60 minute sessions: \$25/\$15BFR



Swim Lessons

Thursdays, Nov. 6– Dec. 18

Held at the Bluffton Comfort Inn

Instructor: Kelly Honse.

Aqua Kids- Thurs. 5:30-6PM

Children (ages 3-6 years) who have completed Little Swimmers or are independent in the water will advance their basic swimming skills.

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

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

Youth Session Dates:

Sept. 8– Oct. 22 Oct. 27– Dec. 16

Youth Beginner Classes

Fundamentals of tennis are introduced using hand-tossed ball drills. Class size is limited to 8.

Grades 2-6: **Tuesday 3:15-4:00pm**

MS/HS: Monday 4:30-5:30pm

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

Youth Ball Machine Classes

Level 1– Tuesday 4-5pm

Level 2– Monday 3:30-4:30pm

Requires instructor permission; call for more information.

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

Adult/HS Session Dates:

October 8– Dec. 17

Intermediate– Wed. 6 pm or Tues. 5pm

Advanced– Wed. 7pm or Wed. 8pm

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

BFR's tennis program fills quickly!



Class Information

BFR Van Service

Need a way to transport your child to BFR after-school classes? Pick up service is available from Bluffton Schools; add a van fee of \$5 per program when you register.

Registration & Fee Payment

Registration can now be made by phone or online and payment by credit card can be handled online or by phone. All fees must be paid in full by the 2nd class of the session.

*BFR reserves the right to cancel any youth class with less than 6 registered.

Special Events

Kids Fun Night–

Fri. Oct. 17; 6:30-10:00pm

The annual fall event will include a Flashlight Pumpkin Hunt, Halloween-inspired games and other activities.

Fee: \$20/\$10BFR

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 Night–

Fri. Nov. 14; 6:30-8:30PM

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.

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

Silly Saturday- Christmas

Crafts: Sat. December 13

9:30-11:30AM

Children in grades K-3 will create 3 gifts for the holidays. Register by: Dec. 9

Fee per child: \$12/\$8BFR

Sport Training & Conditioning

Personal Training- BFR staff trainers are accepting new training clients. 1/2 hour or 1 hour length. Call to schedule a FREE consultation to discuss your goals and training package options.

Package prices start at \$48.

Longest Loser Contest- Let BFR help you keep on track for weight loss by joining this contest. Participants must weigh in weekly at BFR AND lose a minimum of .2 pounds to stay in the contest. The last person losing weight wins a 3 month BFR membership!

Cost: \$10 NM (free for BFR Members)

TBC Workout Group- TBC, a 30 minute group strength training class, will begin in late September.



Watch for start dates for Ultimate..

Youth Basketball Skills Clinic- Youth in grades 3-6 who will be participating in winter basketball leagues will benefit from the pre-season warm-up clinic. Emphasis is on game-based skills in addition to ball handling. Fee for 4- 75 minute sessions: \$25/ \$15BFR

Fit4Life Membership- A great way to get on track with your weight loss goals. Six week package includes training sessions plus use of BFR facilities.

DROP-IN SPORT OPTIONS

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

Youth Soccer: Wed. & Fri. 4-5:30PM

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

OPEN RECREATION HOURS

Monday: Gym & Arena : as posted

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

Wednesday: Gym- 5-6PM Arena-3-7PM

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

Friday: Gym-3-9PM;

Saturday: Gym- 1-9PM

Sunday: 1-5PM Gym

Additional hours may be available; open gym/arena hours will be posted on the website as well.

Upcoming Events & Leagues

Volleyball

Adult Coed League

Sept. 22 - Oct. 27

Team Fee: \$130.00
(\$50 deposit required by Sept. 12th)



Recreational league includes 5 Monday night matches plus tournament.

Youth Volleyball Tourney

November 1-2 (deadline: Oct. 19)

Competitive tournament for community-based teams; divisions for grades 5 & 6. Team Fee: \$75.00

Youth Basketball

Holiday Tip-Off Festival

Boys-Saturday, Dec. 6

Girls- Sunday, Dec. 7

Cost per team is \$60.

Pre-season festival-style event for community-based teams in 5th or 6th grade divisions



Winter Basketball Leagues

Seven week league with divisions for 4th grade boys & girls teams (Saturday games) and 5 & 6th grade boys teams (Sunday games). Team fee: \$200 (\$50 deposit required to hold spot)

League Dates: January 10-February 22

BFR Offers Scholarships!

Individuals and families with financial need are encouraged to apply for a BFR Scholarship!! Assistance is offered due to support from United Way and Citizens National Bank. Support your local United Way Campaign.



Texas Roadhouse Restaurant Gift Cards on Sale

November- December

BFR will have \$15, \$25 or \$50 gift cards on hand from Thanksgiving to Christmas. 10% of each sale is donated to BFR for building operations.

Indoor Soccer

Session 1- November 2- Dec. 5

Deadline: Oct. 24 (or when filled)

Session 2- January 2- Feb. 7

Team Leagues

Recreational leagues for youth (U10-HS) and adults are offered. Team Fee: \$400



U8 Individual League Sign up for the Friday night league as an individual and be assigned a team. Player Fee: \$35

Join us for Coffee Walks

November -March

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



Fit4Life Support Group

For those looking to lose weight or to maintain a healthy body image, BFR offers a program that combines nutrition, light exercise and moral support. The FIT4LIFE SUPPORT Group meets twice per month on the 1st and 3rd Mondays from 6-6:30PM. Participants weigh-in weekly and receive incentives for weight loss.

BFR Sports & Fitness

215 Snider Rd
Bluffton, OH 45817

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

US Postage
PAID
Bluffton, OH
45817
Permit No. 178

Return Service Requested

www.bfronline.net



Group Fitness Classes

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

Your First Class visit is always FREE.

Childcare available 8:30-9:30am on Mon., Wed., Fri. AND 5:30-7:30PM Tues., Thurs.

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