

Winter Session I begins on Jan. 8

JAN-FEB-MARCH 2018

Winter at BFR



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

Classes for youth

Tennis

Lessons available for all skill levels.
Call BFR to schedule your free
assessment.

Rookie Sports

Use up energy by learning a new
sport each week.
Tuesdays, 4:15-5 p.m.
ages 4-6 (\$25/\$35)

Little Movers: (7 week session)

Get the wiggles out with preschool
fun and games
Fridays, 10-10:30 a.m.
18 months to 5 years (\$15/\$30)

Kid's Yoga:

Free demonstration Monday, Nov. 27,
ages 5-8, 3:30 p.m.

Basketball

Learn basics including dribbling,
passing and shooting
Thursdays, 3:30-4:30 p.m.
K-3rd grade (\$20/\$35)

Open Play

The arena is open for parents
and child time.
Wednesdays, Fridays, 11 a.m.-noon
(Free for members, \$1 per child
for non-members)

Football Basics

Learn fundamentals through
quality instruction (ages 7-11)
Thursdays, 3:30-4:30 p.m.

It's Pajamas and Pancakes - next Kid's Night Out Dec. 8

Attention parents: Want your own night out, or do you need to get some Christmas shopping underway? BFR can help.

The next BFR kid's night out, with the theme "Pajamas and Pancakes," is Friday, Dec. 8, from 6 to 9 p.m.

Open to youth ages 4 to 12, it provides many winter-themed activities and games. And, there will be a hot chocolate bar, cookie decorating, make a Christmas ornament and join in a snowball fight. Wear PJs and bring a food donation for the Bluffton Food Pantry! Registration is now underway and the cost is \$15 for members and \$20 for non-members.

Kids
Night Out

Youth basketball tourneys

Registration is now underway for two youth two-day basketball tournaments. The first is a boys' 4th to 6th grade tournament held Saturday and Sunday, March 3-4. Team registration deadline is Feb. 4. The second is a girls' 4th to 6th grade tournament held Saturday and Sunday, March 10-11. Team registration deadline is Feb. 11.

Columbus Crew winter break camp

BFR hosts a Columbus Crew winter break development camp for youth ages 6 to 14. The camp takes place Friday, Dec. 29, from 3 to 6 p.m. Cost is \$75 and registration is available online at:

www.crewsoplayerdevelopment.com/Camps



All classes, tournaments and camps listed in the newsletter are available for immediate online registration.

Go to: www.bfronline.com

REMINDER: Winter Session II begins Feb. 25

2018 BFR indoor soccer league details

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.



Session details

Holiday tournament: Dec. 10-16
All divisions - deadline: Nov. 26

Session II: Jan. 7 to Feb. 10, 2018
5 weeks
Team fee: \$460 Deadline: Dec. 22

Session III: Feb. 11 to March 24
5 week league plus tournament
Team fee: \$475
Deadline: Feb. 2

Session IV: April 8 to April 29
4 week league for adult divisions only Team fee: \$360
Deadline: March 23

Divisions and schedules

U12	Mondays, 6, 7, 8 p.m.
U10	Tuesdays 6, 7, 8 p.m.
U12 girls	Saturdays 8, 9, 10 a.m.
U14 girls	Saturdays 11,12, 1 p.m.
U15 (MS)	Saturdays 2, 3, 4 p.m.
High school	Thursdays 6, 7, 8, 9 p.m.
High school coed	Saturdays 5, 6, 7, 8 p.m.
Adult Recreational	Sundays 1, 2, 3, 4 p.m.
Adult Competitive	Sundays 5, 6, 7, 8 p.m.



More soccer opportunities

- **Soccer skills** - 14 and under - take your skills to the next level, Thursdays, 4:30-5:30 p.m.
- **Soccer fun** - 4 to 6-year-olds, learn soccer basics through games, Mondays, 4:30-5:15 p.m.
- **U8 house indoor soccer league** - individual sign-ups, games only, no practice! Fridays, 6 p.m., 7 p.m., 8 p.m.
- **Open soccer** - junior high/high school, Wednesdays, 4-6 p.m.
- **Open soccer** - adults, Wednesdays, 7-9 p.m.

For adults this winter...

Your first class in any of these program is free. Program costs after the first free class are \$6 per class or \$4 per class with a BFR membership

All Star Aerobics

Mondays and Wednesdays at 8:30 a.m.

This total body workout focuses on posture, body awareness and core. Each class includes fitness styles including plyometrics, step, Pilates and floor work.

Yoga

- *Fridays at 8:30-9:30 a.m. at BFR*
- *Wednesdays at 6:30 p.m. at Bluffton Public Library*



Total Body Conditioning

Every day, M-F, at 7:30 a.m.

Ever-changing workouts using dump bells and kettle bell weights, med balls, bands and core work, mixed with limited cardio portions.

Swim Classes

All BFR swim classes at Mennonite Home Communities of Ohio Maple Crest pool on Augsburg Road



- *Mondays, Tuesdays, Thursdays, 9:30-10:15 a.m.*
Strength, range of motion and cardio
- *Tuesdays and Thursdays, 8:30-9:15 a.m.*
Higher level cardio

Adult volleyball league

Jan. 4 to Feb. 8 - Register online

Tennis

Lessons available for all skill levels. Call BFR to schedule your free assessment.

SilverSneakers Mon-Wed-Fri

BFR offers SilverSneakers through the Healthway SilverSneakers Fitness program. It is for older adults and involves regular physical activity. Sessions are 9:45 to 10:45 a.m. on Mondays, Wednesday and Fridays.

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.

And, don't forget the SilverSneakers breakfast - the last Tuesday of each month.



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
- Student (14+) \$227

Short-term prices:

- 1 month individual \$37
- 3 months individual \$100

Track pass

Includes unlimited use of indoor track

- Family - 6 months \$110
- Adult - 6 months \$75
- Adult - 3 months \$65
- Adult - 1 month \$18

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 \$225

Fall building hours

- Mondays-Fridays:
5:30 a.m.- 8 p.m.
- Saturdays: 8 a.m. - 1 p.m.
- Sundays: 1 - 5 p.m.

Winter building hours

- Mondays-Fridays:
5:30 a.m.- 9 p.m.
- Saturdays: 8 a.m.- 9 p.m.
- Sundays: Noon - 9 p.m.

Weather Cancellation Policy

Classes are cancelled in the event of a Level I or higher road conditions in Allen County. Classes follow school delays/cancellations.

4th-5th-6th grade basketball leagues begin in January



The following BFR youth basketball 7-week league formations are underway. Each team fee is \$270:

- **4th grade boys' developmental league**
Games on Saturdays at BFR beginning Jan. 6 - Feb. 17
- **4th grade girls' developmental league**
Games on Saturdays at BFR beginning Jan. 6 - Feb. 17
- **5th grade boys' league**
Games on Sundays at BFR beginning Jan. 7 - Feb. 18
- **6th grade boys' league**
Games on Sundays at BFR beginning Jan. 7 - Feb. 18

All registration forms and league rules are on the BFR website.



Here's our open gym times:

Mondays - 6:30-9 p.m.
Tuesdays - 3-4 p.m. and 7-9 p.m.
Wednesdays - 3-5 p.m. and 8-9 p.m.
Thursdays - 4:30-6 p.m.
Fridays - 5-8 p.m.
Saturdays - TBD
Sundays - TBD

Open basketball:

Wednesdays: 8-9 p.m.

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!

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	
9:45-10:45 a.m. SilverSneakers		9:45 - 10:45 a.m. Silver Sneakers		9:45 - 10:45 a.m. Silver Sneakers
	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!