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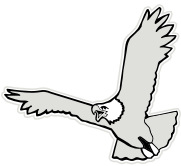
# Linn State Technical College Activity Center

**Spring 2012**

**January 1 - May 31, 2012**



*Celebrating 50 Years  
Since 1961*



# WELCOME

## Activity Center Contact Information

Aaron Grefrath, Activity Center Director . . . . . 897-5300  
 Nicole Nilges, Student Activities Coordinator . . . . 897-5128  
 Activity Center Front Desk . . . . . 897-5300  
 Activity Center Fax . . . . . 897-5305  
 Linn State Technical College website . . . . . www.linnstate.edu

Facility Address  
 One Technology Drive  
 Linn, Missouri 65051

## Facility Features

- ◆ Gymnasium with three full size basketball/volleyball courts
- ◆ 1/10 Mile Indoor track
- ◆ Fitness Center
- ◆ Men’s Locker Room
- ◆ Women’s Locker Room
- ◆ Aerobics area
- ◆ Indoor Archery Range (20 yards)
- ◆ Lounge area
- ◆ Wi-fi area
- ◆ Multipurpose Room
- ◆ Storm Shelter
- ◆ Lighted and paved areas on campus for walking/running

## Facility Hours & Holiday Hours

### September 1 – May 31

Mondays – Thursdays 5:00 am - 10:00 pm  
 Fridays – 5:00 am - 9:00 pm  
 Saturdays – 7:00 am - 5:00 pm  
 Sunday – 10:00 am - 6:00 pm

### June 1 – August 31

Monday – Thursday 5:00 am - 9:00 pm  
 Fridays – 5:00 am - 8:00 pm  
 Saturday – 7:00 am - 2:00 pm  
 Sunday – 10:00 am - 3:00 pm

### SPECIAL HOLIDAY HOURS

#### Easter

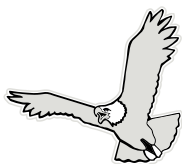
Sunday, April 8 – Facility Closed

#### Memorial Day

Monday, May 28 – Facility Closed

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# MEMBERSHIP

Membership Type	Monthly Rate	Annual Rate	Joining Fee*
Family	\$42	\$425	\$75
Single Parent Family	\$32	\$375	\$50
Adult	\$30	\$325	\$50
Senior Couple	\$27	\$270	\$50
Senior Adult	\$20	\$210	\$50
Non-LSTC Student	\$25	\$295	\$50

\* Call or stop by to find out how you can get the joining fee waived.

\* The Joining Fee is a one time fee as long as your membership doesn't expire for more than thirty days.

## Membership Definitions

**FAMILY:** Defined as two married persons and includes all dependent, immediate family living at home. Immediate family will include children under 18 who are supported financially but who may not live in the home full time. Immediate family may include dependent parents and grandparents living in the home, dependent full time college students under 25 years of age (with minimum of 12 credit hours per semester) and disabled family members living at home. Children 18 and over are not included.

**SINGLE PARENT FAMILY:** Defined as a household with one parent. The membership includes family members as defined in the family membership.

**ADULT:** Defined as any individual person 18 years of age or older.

**SENIOR COUPLE:** Defined as two married persons, one of whom must be over 55 years of age.

**SENIOR ADULT:** Defined as any individual person over 55 years of age.

**NON-LSTC STUDENT:** Defined as anyone enrolled in school full time or anyone under the age of 18. College students must show proof of enrollment in 12 or more hours of college credit classes each semester.

**LSTC STUDENT:** Defined as anyone enrolled at LSTC full time (12 or more hours).

**LSTC ALUM:** Defined as anyone who graduated from Linn Technical College or Linn State Technical College receives a 20% discount.

*Military personnel also receive a 10%. Identification must be shown.*

## Membership Information

### Benefits of Monthly Bank Draft

Our monthly bank draft system is a flexible and convenient way to pay for a membership. Upon becoming a member of the Activity Center, the joining fee and first month's draft are due. With your authorized permission, an automatic withdrawal from your checking will occur the next month. The bank draft is done on the fifth of every month. **To discontinue the monthly bank draft a written cancellation must be completed 15 days prior to the draft date. Cancellations must be done in person or via fax. Emails are not accepted.**

### Membership Changes

Any changes in membership classification will be the sole responsibility of the member. A new bank draft form will need to be completed at the front desk 15 days prior to the draft day. *Refunds will not be given.*

### Suspension of Membership

Memberships may be suspended up to three months in a calendar year for the following reasons:

1. Serious illness or injury (A medical statement must be included).
2. Temporary change of residence.
3. Military activation.
4. Working out of town.

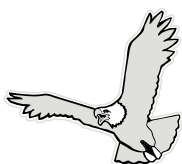
### Membership Refunds

A membership refund shall be granted in the following cases:

1. Overcharge bank draft amount.
2. Terminal illness or permanent disability. A medical statement must substantiate the illness.
3. Membership dues are not refundable for any other reasons except those listed above.

### Membership Cards

All Activity Center members are required to carry their cards with them in the facility. This helps us in case of an emergency. Lost cards may be reprinted at the front desk. There is a \$2.00 replacement fee.



# GENERAL INFORMATION

## **PROGRAM REFUND POLICY – NEW!**

The following is the refund policy for programs at the Activity Center:

1. A full refund will be granted to registrants if a program is canceled by LSTC.
2. All refund requests must be made seven days prior to the start of the program.
3. For each refund request, there will be a \$10 service charge applied.
4. No refunds will be given once the session starts, unless the request is due to an illness or injury.
5. All medical cancellations must be substantiated with a medical statement from a Physician. Requests due to medical reasons must be received no later than 7 days after seeking medical treatment.

## **INSUFFICIENT FEES FOR RETURNED CHECKS AND DRAFTS**

There is a \$40 service charge for all returned checks and bank drafts. Accounts with repeated draft returns may be switched to cash only status. Cash only status is only valid on program fees and annual membership rates.

## **CELL PHONES/CAMERA POLICY**

The use of these items is prohibited in all restrooms, locker rooms and fitness center.

## **CHILD AGE & ACCESS POLICIES**

Children under the age of 12 years, must be accompanied by a parent/guardian (16 years or older) inside the Activity Center. The parent/guardian must be aware of their child's location at all times.

Youth must be 16 to access the Fitness Center. Until a Youth Strength program is implemented, children between the ages of 12-15 may use the weight machines and cardio equipment. However, an adult must be within arms reach of their child at all times. Once a Youth Strength class is implemented youth between the ages of 12-15 will be required to take and pass the class prior to being allowed in the fitness center.

## **DAY PASS POLICY**

Non-members may use the Activity Center by purchasing a day pass. Day passes are valid for the day purchased only. Cost of day passes are \$5.00.

## **FITNESS ORIENTATIONS**

Fitness Orientations are available for all new members. If you are interested in learning how to use the fitness equipment in the proper manner, please see the service desk attendant to schedule your appointment. It is a free 45 minute orientation to the fitness equipment.

## **PHOTOGRAPHY**

On occasion, Linn State Technical College takes photographs of classes and/or programs in the facility for use in our brochures, website and flyers. Your signed membership application provides your consent. If you have any concerns, please see the front desk staff.

## **LOCKER RENTAL**

Lockers may be rented on an annual basis. The cost of the locker fee is \$50 and may be paid at the front desk. Patrons may use empty lockers and are encouraged to bring their own lock and must be removed daily. Locks are also sold at the front desk.

## **THEFT PRECAUTION**

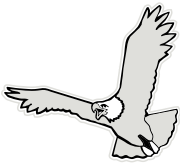
Be sure to keep all valuables secured in a locked locker at all times. Lock boxes are also available at no cost. You may obtain a key from the front desk. Please report any suspicious activity to the front desk. Linn State Technical College is not responsible for lost or stolen property.

## **RENTAL OF ACTIVITY CENTER FACILITIES**

The Activity Center has a variety of rental options for special events. Please schedule at least two weeks in advance. Call Aaron Grefrath at 897-5290 for more information.

## **INCLEMENT WEATHER**

If the Linn Public Schools are cancelled all day, the facility will not open until 8 am and morning classes at the Activity center will not meet. Should the roads be hazardous at the scheduled Activity Center opening time and a decision has not been made by the Public Schools, LSTC reserves the right to postpone the facility opening time. Call 897-5300 for cancellations. All other cancellations will be made by 3:00 p.m.



# MARTIAL ARTS

## ***Ages 5 & up - Monthly Classes!***

Certified instructors from Grand Master Han's Martial Arts Academy teach the Youn Wha Ryu Taekwondo system. Along with your physical training you will increase your confidence and leadership skills, as well as enhance your concentration and focus. All of Grandmaster Han's Martial Arts Academies are founded under the same six principles: Be Polite, Be Patient, Be Alert, Be Brave, Do Your Best, Respect Yourself and Others. Class size is limited to a maximum of 12 students. Sign up today!

**Class Days:** Every Wednesday & Saturdays (*See Saturday dates below*).

**Class Times:** Wednesdays: 6:00-6:30 pm (ages 5-8)  
6:30-7:00 pm (ages 9 and up)  
Saturdays: 9:00-9:45 am (ages 5-8)  
9:45-10:30 (ages 9 and up)

**Saturdays:** February 11&25  
March 10&24  
April 7&21  
May 5&19

**Location:** Activity Center – Lower level

### **Participant Monthly Fee**

**(1 participant):**

\$45.00 Activity Center Members  
\$55.00- Non Members

### **Multi-Family Monthly Fee**

**(2 participants):**

\$40/Participant - Activity Center Members  
\$50/Participant - Non-Members

**(3 or more participants):**

\$35/Participant – Activity Center Members  
\$45/Participant – Non-Members



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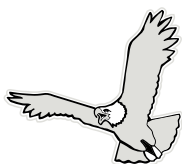
**ADVERTISING IN UPCOMING PROGRAM GUIDES**

*Would your business like to advertise in future Activity Center Guides? Program guides will be printed three times a year. For more information, call Aaron Grefrath at 897-5290.*

Business Card Size - \$50 for printing in one guide  
– OR- \$125 for all 3 guides.

Half Page Ad- \$150 for printing in one guide –  
OR- \$375 for all 3 guides.

Full Page Ad- \$275 for printing in one guide –  
OR- \$675 for all 3 guides.



# INDOOR ARCHERY

Indoor Archery is open to persons of all ages.  
Children under 16 years of age must be accompanied by a parent/guardian at all times.

## RANGE HOURS (January 4 - March 31)

Monday..... 4:00 - 9:00 p.m.. – Open Shoot Night  
Wednesday.....4:00 - 9:00 p.m. – Open Shoot Night  
Thursdays.....4:00 - 9:00 p.m. – Game Night\*\*

**\*\*Game Night** – Want to add a twist to your shooting experience? Come in and have some fun while playing shooting games like poker, darts, tic tac toe with your bow. Participants may also shoot normal paper targets as well.

---

### ARCHERY FEES

**Admission:** \$1 LSTC Students  
\$2 Activity Center Members  
\$3 Non-Members

**Monthly Unlimited Archery Pass:**  
\$10 Activity Center Members  
\$15 Non-Members

*Fees include free equipment usage or bring your own!*

**Please note:** All personal equipment must be secured in a soft or hard carrying case.

For a complete list of archery rules please stop by the front desk or view them online at [www.linnstate.edu/activity/programs.php](http://www.linnstate.edu/activity/programs.php)

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### ARCHERY RANGE RENTALS

Are you looking for a unique way to have some fun? The Archery Range is a great place for birthday parties, scout gatherings, schools, corporations looking to build team work outside of the office and much more! Two hour rental includes certified staff and equipment rental. Call today to book your next event. A minimum two weeks notice is required.

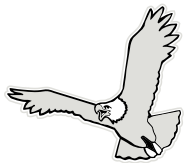
**Rental Fee:** \$50 for a group of 10 or less  
\$80 for a group of 11-20

## UNTERRIFIED DEMOCRAT

*Reading Habit of Osage County*

300 E. Main (573) 897-3150 phone  
P.O. Box 109 (573) 897-0076 fax  
Linn, MO 65051 [udna@socket.net](mailto:udna@socket.net)





# SPORTS

## YOUTH BASKETBALL

### YOUTH BASKETBALL TOURNAMENTS (Grades 3 – 8)

Mark your calendar for our upcoming Youth basketball tournament. Grades 4 – 8 will be accepted. Double elimination format will be used. Medals will be given for the top two teams in each division.

**Event:** *Boys Tournament* – January 28 & 29, 2012

**Registration Dates:** Registration ends January 16

**Team Cost:** \$75 per team

**Daily Admission:** \$1 Ages 6 -12  
\$2 Ages 13 & up

### JASON OTTER BASKETBALL CAMPS

We are pleased to announce Jason Otter will be returning to the Linn State campus this summer to offer three different basketball camps. Camps offered will be: Point Guard Elite Camp, Explosive Guard Camp and a Shooting camp. For more information visit [www.otterbasketball.com](http://www.otterbasketball.com)

## YOUTH VOLLEYBALL

### YOUTH VOLLEYBALL (3rd – 6th Grade)

Have fun with your friends and learn the game of volleyball! Get your team ready for this exciting league. Practice times and jerseys included!

**Registration Dates:** January 9 – February 13

**Program Dates:** February 27 – April 2

**Game Nights:** Mondays

**Team Fees:** \$130.00

### YOUTH VOLLEYBALL CLINIC (3rd – 6th Grade)

Does your son or daughter want to learn more about the game of volleyball? Register now to learn how to serve, set, bump, dig and much more!

**Registration Dates:** January 16– April 2

**Program Dates:** April 9 – April 30

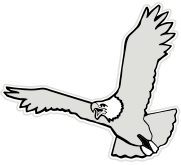
**Clinic Nights:** Mondays

**Times:** 6:00-7:00 pm (Grades 3rd & 4th)  
7:15-8:15 pm (Grades 5th & 6th)

**Fees:** \$22 Activity Center Members  
\$24 Non-Members

## YOUTH FUTSAL TOURNAMENT – DATES TBD

*Watch for upcoming Futsal Tournament dates at Linn State Technical College.  
Male and Female divisions will be used. Four v. Four format will be used.*



# SPORTS

## YOUTH AND ADULT 3 ON 3 BASKETBALL TOURNAMENT

Sign up for the LSTC Adult 3 on3 basketball Tournament. Double elimination format will be used. Male and Female divisions will be used. Get your team together and join us for a day of fun!

**Event Date:** Saturday, June 9

**Registration Dates:** April 2 – May 29

**Team Cost:** \$50 per team

### Corporate Memberships are available!

Do you own or manage a local company and are looking for ways to improve your personnel's overall health and well-being? Research studies have shown that employees who exercise on a regular basis reduce absenteeism, become more productive, reduce use of health care benefits and increase overall morale and loyalty. Find out how your company can benefit from this program by calling Aaron Grefrath at 897-5290.



Jim & Ann Baumgartner  
Owner/Operators

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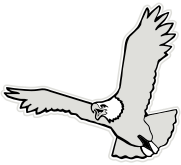
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# HEALTH & WELLNESS



Amy Mason Lee, Certified L.E.A.N. Coach offers a variety of workshops and specialty services providing education and solutions, to empower healthy living.

Based on the four pillars of health – *lifestyle, exercise, attitude and nutrition*, participants will enjoy solution based programs to help improve children's ability to:

- learn
- improve health
- improve attitude/behavior
- concentrate
- maintain healthy weight
- improve performance
- increase self-esteem

## **WORKSHOPS:**

### **L.E.A.N. Essentials**

L.E.A.N. Essentials is a two hour workshop that provides information to assist parents or caregivers with children ages 3 to 12 years old about nutrition and healthy living for your children and families.

**Class fees per person:** \$35 Activity Center Members  
\$45 Non-Members

**Workshop Dates:** TBD- Must have a minimum of 6, maximum of 12.  
Class dates and times will be at the discretion and availability of the instructor.

### **L.E.A.N. Start**

L.E.A.N. Start is a six hour, fun and interactive educational workshop that provide parents and caregivers with children ages 3 to 12 years old about nutrition and healthy living.

**Class fees per person:** \$50 Activity Center Members  
\$60 Non-Members

**Workshop Dates:** TBD- Must have a minimum of 6, maximum of 12.  
*Class dates and times will be at the discretion and availability of the instructor.*

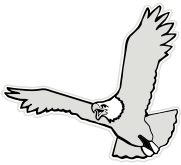
## **ONE ON ONE SERVICES (Call Aaron Grefrath 897-5290 for rates):**

### **Pantry Make-Over**

Amy will come to your home and help you choose healthy foods to keep on hand for your family.

### **Grocery Shop**

Amy shops with you one on one and teaches you how to purchase the right foods for you and your family!



# HEALTH & WELLNESS

## BOOT CAMP FITNESS

This Boot Camp Fitness class is designed to challenge your current strength and conditioning levels. Sessions may be held indoors and outdoors, weather dependent. All fitness levels from beginner to advanced are encouraged to participate. There is a maximum of 24 participants in each class.

**Session Dates:**

Winter Session II: January 31 – March 8  
Spring Session I: March 13 – April 19; *No class March 29*  
Spring Session II: April 24 – May 31

**Class Days:** Tuesday and Thursdays

**Class Times:** 4:30- 5:25 p.m.  
6:00-6:55 p.m.  
7:05-8:00 p.m.

**Session Fees:** Free to Activity Center Members!  
\$24.00 Non-Members

## ZUMBA

Zumba is a Latin-based aerobic dance class. It combines high energy and motivating music with unique moves and combinations that allow Zumba participants to dance away with no worries. No experience is necessary to enjoy Zumba. Come join the party!

**Session Dates:**

Winter II: January 16 – February 22  
Winter III: February 27 – April 4  
Spring I: April 9 – May 16  
Spring II: May 21 – June 27; *No class on May 28*

**Class Day:** Mondays & Wednesdays

**Class Times:** 6:00 - 6:45 p.m.

**Session Fees:** \$25.00 Activity Center Members  
\$35.00 Non-Members

**Instructor:** Kristy Russell

## PERSONAL TRAINING

Achieve your fitness goals with a certified Personal trainer. Our Personal trainer's can help you meet your goals by designing programs to meet your specific needs. Whether you have weight to lose, want help getting your program started, need to change your current program, prepare for a sport specific event or just need the motivation, our trainers can help design a safe and effective program for you. Participants must be at least 12 years of age or older.

<b>FEES</b>	<b># of Sessions</b>	<b>Individual</b>	<b>Two Person Rate</b>
	1-10 . . . . .	\$30/Session . . . . .	\$25/Person/Session
	11-20 . . . . .	\$25/Session . . . . .	\$20/Person/Session
	21+ . . . . .	\$22.50/Session . . . . .	\$17.50/Person/Session

Call Aaron Grefrath at 897-5290 to schedule your appointment.

### Personal Training Participant Guidelines

1. All sessions must be paid in advance.
2. Sessions purchased are good for 90 days. Any unused sessions will be forfeited and refunds will not be given.
3. Clients must sign off for each session.
4. Clients will be charged for a scheduled session, if not cancelled 24 hours in advance.
5. Be early for your appointment, in your workout attire and ready to workout.
6. If you arrive late, we will not be able to guarantee an extended appointment time.
7. If participant is unable to complete training session due to medical reasons, he/she may be relieved of obligation of making payment for services. Medical documentation must be submitted to the Activity Center Director. Refunds will not be given for any claim made 30 days after cancellation of services.

### **Personal Training Gift Certificates**

Give the gift of fitness. Gift Certificates are available at the front desk.

## ACTIVITY CENTER ADVISORY COMMITTEE

We are currently looking for at least seven individuals to serve on the Activity Center Advisory Committee. The Committee will discuss current and future programs, tournaments, community needs, long range facility planning and much more. This committee will meet once, every two months. Days and times are to be determined. If you are interested in this program, please call Aaron Grefrath at 897-5290.



*We welcome the opportunity to serve you!*

– OPEN 6 AM - 9 PM –

Tel: 573-897-2125

318 West Main St.

Fax: 573-897-0217

Linn, Mo. 65051

[www.linnthriftway.com](http://www.linnthriftway.com)

## Osage County Special Services & Community Living, Inc.

Virginia Ames, M. ED.  
Executive Director

1006 East Jefferson

(573) 897-2991

P.O. Box 319

fax (573) 897-4760

Linn, Missouri 65051

Email: [jemieames@hotmail.com](mailto:jemieames@hotmail.com)

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# JASON OTTER BASKETBALL CAMPS

*We are pleased to announce Jason Otter will be returning to the Linn State campus this summer to offer three different basketball camps.*

*Camps offered will be:*

*Point Guard Elite Camp*

*Explosive Guard Camp*

*Shooting Camp*

*For more information visit [www.otterbasketball.com](http://www.otterbasketball.com)*

# LINN PRINTING

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