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YMCA OF ST. JOSEPH
3601 NORTH VILLAGE DRIVE
ST. JOSEPH, MO 64506
816-671-9622



A PROPOSAL TO BUILD AN INDOOR AQUATIC CENTER TO PROVIDE QUALITY RECREATIONAL OPPORTUNITIES FOR THE COMMUNITY.



**NO MEMBERSHIP REQUIRED;
DAY PASSES AVAILABLE**

MID-AMERICA NATIONAL AQUATIC CENTER



ST. JOSEPH, MO



WATER SAFETY

COMPETITIVE SWIM

REHABILITATION

COMMUNITY FUN



WATER SAFETY

Water Safety provides the primary benefit of preventing drowning and water-related accidents by teaching individuals how to stay safe around water. The community center will provide swim lessons and programs such as 3rd Grade Begin to Swim, which teaches students basic swimming skills and how to respond in emergencies.



COMPETITIVE SWIM

Competitive swimmers learn to balance training, practices and meets with other responsibilities. The new center would provide a year-round space for competitive swimming. Many families are forced to travel up to two hours for spaces to practice and hold meets.

MID-AMERICA NATIONAL AQUATIC CENTER AMENITIES

- Approximately 49,000 SF aquatic center
- 50-meter pool, 10 lanes for lap swimming and competitive swimming
- Wellness pool includes zero entry, play area, and a 4 lane, 20-yard area for swim lessons, aqua aerobics and aqua therapy
- A multi-purpose room for swim teams and storage
- Full locker room facilities
- Separate family changing rooms with ADA accessibility
- Spectator seating for 1000
- Office for staff, equipment, timing room and judges' area
- On-site food and beverage concessions



AQUA FITNESS

Just like land-based exercise, water aerobics and swimming can be effective strategies for improving cardio fitness, building strength, boosting your mood, easing joint pain, sleeping better and reducing your risk for diseases like heart disease, diabetes and even cancer.



AQUA THERAPY

Aquatic therapy can help with a variety of conditions, including chronic pain arthritis, and injuries. It can help improve balance, flexibility, and strength, and reduce pain.



FAMILY RECREATION

Swimming is a fun and refreshing activity and an excellent way for families to bond and spend time together. The mental and physical health advantages of swimming are numerous. So grab your swimsuit, dive into the water and create memories with your loved ones.