



ASHLAND AREA YMCA - ASHLAND, KY
MID-WINTER PROGRAM SCHEDULE MAR. 1 – APR. 11, 2009
 (Registration period: Feb. 22-28, 2009)
 6 week session



YOUTH™

We build strong kids, strong families, strong communities.

Revised 2/25/09

| PROGRAM | FOR AGES | DAY | TIME | FEE (if any) | |
|---|------------------|----------------|--------------------------------------|--|--|
| | | | | Members | Non-Members |
| CHILD CARE Infants & 1 yr. olds 2 yr. olds 3, 4, 5 yr. olds | | Mon. thru Fri. | 6:30am – 5:30pm | \$110 weekly \$95 weekly \$85 weekly | \$125 weekly \$110 weekly \$100 weekly |
| AFTER SCHOOL | Grades K-6 | M thru F | 3:00 pm – 6:00 pm | \$5.00/day | \$8.00/Day |
| NURSERY CHILD CARE 2 hr. time limit | 3 mos. to 4 yrs. | M thru TH. | 9:00 am -1:00 pm 5:00 pm -9:00 pm | Free | \$4.00 per hr. |
| BALLROOM (Playground weather permitting) | 4 to 7 yrs. | M-T-W-TH | 4:00 – 8:00 pm | Free (members only) | |
| MARTIAL ARTS Zack Wilds, Instructor White Belts Yellow – Black Belts | | TUE TUE | 6:30 - 7:30 pm 7:30 – 8:30 pm | \$30/month | \$50/month |
| Parents night out Feb. 27 th Mar. 13 th Mar. 20 th Apr. 10 th | 3 to 12 yrs. | FRI | 5:30 – 10:00 pm | \$12.00 | \$15.00 |

YAQUATICS™

We build strong kids, strong families, strong communities.



| PROGRAM | DAY | TIME | FEE (if any) | |
|--|---|---------------------------------------|--------------|-------------|
| | | | Members | Non-Members |
| AQUAROBIC EXERCISE | M-T-W-Th | 9:00 – 9:45 a.m. | Free | \$75.00 |
| AQUAROBIC EXERCISE | M-W-F | 6:15 – 7:00 p.m. | Free | \$60.00 |
| DEEP WATER POWER HOUR Must be comfortable in deep water | T-TH Sat. | 6:15 – 7:00 p.m. 9:45 – 10:30 a.m. | Free | \$60.00 |
| W.E.T. SWIM Water Endurance Training | M-T-W-TH | 9:45 – 10:30 a.m. | Free | \$75.00 |
| A.F.Y.A.P. - Arthritic Exercise | M-W-F | 11:15 – 12:00 noon | Free | \$60.00 |
| A.F.Y.A.P. - Arthritic Exercise | M-W-F | 4:00 – 4:45 p.m. | Free | \$60.00 |
| ADULT SWIM CLASS Beg., Intermediate, Advanced | T-TH | 6:15 – 7:00 p.m. | \$30.00 | \$50.00 |
| LIFEGUARD CLASS | M-W | 6:30-9:30 P.M. | \$200.00 | \$280.00 |
| PROGRESSIVE SWIM LESSONS | See form at front desk for more info. | | | |
| BARRACUDA'S COMPETITIVE SWIM TEAM | See Sweetie Lowery or Ryan Ferguson for more information. | | | |

- Must be able to swim in deep water

YGROUP EXERCISE™

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MORNING FITNESS CLASSES:

| CLASS | ROOM | INSTRUCTOR | DAY | TIME | MEMBER FEE | NON-MEMBER |
|-------------------------|------|------------|------|-------------------|------------|------------|
| Pilates | AC | Oreatha | M-W | 9:00-10:00 a.m. | Free | \$40.00 |
| Beg. Zumba | RR | Gina | M-W | 9:00-10:00 a.m. | Free | \$40.00 |
| Zumba | AC | Gina | M-W | 10:00-11:00 a.m. | Free | \$40.00 |
| Beg. Step | RR | Oreatha | M-W | 10:00-11:00 a.m. | Free | \$40.00 |
| Women's Weight Training | FC | Gina | M-W | 11:00 am -12 noon | \$150.00 | \$200.00 |
| Active Adults | RR | Jill | T-TH | 8:30-9:00 a.m. | Free | \$25.00 |
| Step | AC | Oreatha | T-TH | 9:00-10:00 a.m. | Free | \$40.00 |
| Beg. Pilates | RR | Jill | T-TH | 9:00-10:00 a.m. | Free | \$40.00 |
| Let's Tone | AC | Gina | T-TH | 10:00-11:00 a.m. | Free | \$40.00 |
| Beg. Toning | RR | Oreatha | T-TH | 10:00-11:00 a.m. | Free | \$40.00 |
| Toning | AC | Sonya | SAT | 9:00-10:00 a.m. | Free | \$25.00 |
| Zumba | AC | Sonya | SAT | 10:00-11:00 a.m. | Free | \$25.00 |

EVENING FITNESS CLASSES:

| CLASS | ROOM | INSTRUCTOR | DAY | TIME | MEMBER FEE | NON-MEMBER |
|---------------------------------|-------|-------------------|----------|----------------|------------|------------|
| Toning | AC | Chrissie | M-W | 5:30-6:30 p.m. | Free | \$40.00 |
| Indoor Cycling | GCR | Tiffany & Kellie | M-W | 6:30-7:30 p.m. | Free | \$40.00 |
| Cardio Hour | AC | Chrissie | M-W | 6:30-7:30 p.m. | Free | \$40.00 |
| Abs | AC | Gina | T-TH | 5:00-5:30 p.m. | Free | \$25.00 |
| Zumba | *GYMS | Zumba Instructors | M-T-W-TH | 5:30-6:30 p.m. | Free | \$70.00* |
| Indoor Cycling | GCR | Chrissie | T-TH | 6:00-7:00 p.m. | Free | \$40.00 |
| Toning | AC | Heather | T-TH | 6:30-7:00 p.m. | Free | \$25.00 |
| Zumba | AC | Heather | T-TH | 7:00-7:30 p.m. | Free | \$70.00* |
| Beginning Clogging | RR | Bill Robinson | TH | 5:30-6:30 p.m. | \$25.00 | \$35.00 |
| Intermediate Clogging | RR | Bill Robinson | TH | 6:30-7:30 p.m. | \$25.00 | \$35.00 |
| Advanced Clogging | RR | Bill Robinson | TH | 7:30-8:30 p.m. | \$25.00 | \$35.00 |
| Martial Arts White Belts | RR | Zack | T | 6:30-7:30 p.m. | \$30.00/mo | \$50.00/mo |
| Martial Arts Yellow-Black Belts | RR | Zack | T | 7:30-8:30 p.m. | \$30.00/mo | \$50.00/mo |

*This Non-Member fee covers all evening Zumba Classes M thru TH

AC = Aerobic Center GCR= Group Cycling Room RR = Recreation Room *Youth Gym M-W, * ½ Adult Gym T-TH

REGISTRATION PROCEDURE: Registration form and fees may be mailed or handed in at our front desk. Registration will not be accepted: 1) over the telephone, 2) if the required fees are not with the registration form. To insure placement into a program we suggest you register early. Placement is made on a first come, first paid basis. You will be notified of your registration ONLY if the activity of your choice is closed because of being filled.

**ASHLAND AREA YOUNG MEN'S CHRISTIAN ASSOCIATION
MID-WINTER PROGRAM REGISTRATION FORM 6 WEEK SESSION
CLASSES MEET MAR. 1 – APR. 11, 2009
(Registration period: Feb. 22-28, 2009)**

Use one form per registrant - See program registration information

NAME _____ AGE (for youth) _____ Membership Card No. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE NUMBER HOME _____ WORK _____

PROGRAM NAME _____ DAY(S) _____ TIME _____ FEE _____

1) _____

2) _____

TOTAL FEE ENCLOSED \$ _____

If additional copies are needed, this form may be duplicated

Mail with fee enclosed and check made payable to:

"ASHLAND AREA YMCA" – 3232 Old 13th St. – Ashland, KY 41102

PHONE: (606) 324-6191 FAX: (606) 324-3676

Website: www.ashlandareaymca.org



Where No Child is Left Behind.