



ASHLAND AREA YMCA - ASHLAND, KY
MID-WINTER PROGRAM SCHEDULE
FEB 28 – APR 10, 2010
 (Registration period: Feb 21-27, 2010)
 6 week session



YOUTH™

We build strong kids, strong families, strong communities.

Revised 2/26/2010

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	\$10.00/Day
NURSERY CHILD CARE 2 hr. time limit	3 mos. to 4 yrs.	M thru F	9:00 am -1:00 pm	\$1.00 per visit	\$5.00 per visit
		M thru TH	5:00 pm -9:00 pm		
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 TH (practice)	7:00 – 8:00 pm 8:00 – 9:00 pm 7:30 – 8:30 pm	\$30/month	\$50/month
PARENT'S NIGHT OUT March 12 th March 26 th April 9 th April 23 rd	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
AQUA ZUMBA	M-T-W-TH	9:00 - 9:45 a.m.	Free	\$75.00
AQUAROBIC EXERCISE	M-T-W-TH	9:45-10:30 a.m.	Free	\$75.00
AQUA ZUMBA	M-W	6:15 – 7:00 p.m.	Free	\$50.00
DEEP WATER POWER HOUR Must be comfortable in deep water	T-TH	6:15 – 7:00 p.m.	Free	\$60.00
	Sat.	9:45 – 10:30 a.m.		
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/Inter/Adv	T-TH	6:15 – 7:00 p.m.	\$30.00	\$50.00
PROGRESSIVE SWIM LESSONS	See form at front desk for more info.			
LIFEGAURD COURSE	See flyer for more information.			
BARRACUDA'S COMPETITIVE SWIM TEAM	See Sweetie Lowery for more information.			

- Must be able to swim in deep water

OVER...

YGROUP EXERCISE™

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MORNING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBER FEE	NON-MEMBER
½ Hour Abs	AC	Oreatha	M-W	8:30-8:55 a.m.	Free	\$25.00
Kickboxing	AC	Chrissie	M-W	9:00-9:55 a.m.	Free	\$40.00
Inter/Adv. Pilates	RR	Oreatha	M-W-F	9:00-9:55 a.m.	Free	\$54.00
Let's Tone	AC	Gina	M-W	10:00-10:55 a.m.	Free	\$40.00
Women's Weight Training	AC	Gina	M-W	11:00-12 noon	\$150	\$200
Active Adults	RR	Jill	T-TH	8:30-8:55 a.m.	Free	\$25.00
Beg. Toning	AC	Oreatha	T-TH	9:00-9:55 a.m.	Free	\$40.00
Beg. Pilates	RR	Jill	T-TH	9:00-9:55 a.m.	Free	\$40.00
Indoor Cycling	GCR	Chrissie	T-TH	9:00-9:55 a.m.	Free	\$40.00
Zumba	AC	Gina	T-TH-F	10:00-10:55 a.m.	Free	\$54.00
Zumba Toning	AC	Gina or Kelli	FRI	9:00-9:55 a.m.	Free	\$25.00
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
½ Hr. Zumba Toning	AC	Kelli/Marta	M-W	5:00-5:25 p.m.	Free	\$25.00
Kickboxing	AC	Chrissie	M-W	5:30-6:25 p.m.	Free	\$40.00
Toning	AC	Chrissie	M-W	6:30-7:25 p.m.	Free	\$40.00
½ Hr. Abs	AC	Gina	T-TH-F	5:00-5:25 p.m.	Free	\$35.00
Step & Tone	AC	Chrissie	T-TH	5:30-6:25 p.m.	Free	\$40.00
Zumba **	AG	Zumba Instructors	M-T-W-TH-F	5:30-6:25 p.m.	Free	\$90.00*
Indoor Cycling	GCR	Chrissie	T-TH	6:30-7:25 p.m.	Free	\$40.00
½ Hr. Toning	AC	Heather	T-TH	6:30-6:55 p.m.	Free	\$25.00
Inter/Adv Clogging	RR	Bill Robinson	TH	6:30-7:30 p.m.	\$25.00	\$35.00
Martial Arts White Belts	RR	Zack Wilds	T	7:00-8:00 p.m.	\$30.00/mo	\$50.00/mo
Martial Arts Yellow-Black Belts	RR	Zack Wilds	T TH (practice)	8:00-9:00 p.m. 7:30-8:30 p.m.	\$30.00/mo	\$50.00/mo

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

AC = Aerobic Center GCR = Group Cycling Room RR = Recreation Room AG=Adult Gym

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 FEB 28 – APR 10, 2010 (Registration period: Feb 21-27, 2010)

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.