



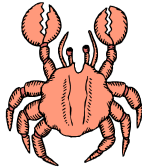
ASHLAND AREA YMCA - ASHLAND, KY
SPRING PROGRAM SCHEDULE
APR 18-MAY 29, 2010
 (Registration period: Apr. 11-17, 2010)
 6 week session



YOUTH™

We build strong kids, strong families, strong communities.

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		
PLAYGROUND (Ballroom if bad weather)	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		MON MON 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 April 23 rd May 7th NO DATES IN JUNE OR JULY	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

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	Gina	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	\$150.00	\$200.00
Beginning Yoga	RR	Carol	T-TH	7:30-8:25 a.m.	Free	\$40.00
Active Adults	AC	Oreatha	T-TH	8:30-8:55 a.m.	Free	\$25.00
½ Hour Super Stretch	RR	Lana	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
Pilates w/ball	RR	Lana	T-TH	9:00-9:55 a.m.	Free	\$40.00
Indoor Cycling	GCR	Gina	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
Street Jazz	RR	Lana	T-TH	10:00-10:55 a.m.	Free	\$40.00
Zumba Toning	AC	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	Gina	M-W	5:30-6:25 p.m.	Free	\$40.00
Tone Up	AC	Rhonda	M-W	6:30-7:25 p.m.	Free	\$40.00
Zumba	AC	Rhonda	M-W	7:30-8:25 p.m.	Free	\$40.00
½ Hr. Abs	AC	Gina	T-TH-F	5:00-5:25 p.m.	Free	\$35.00
Youth & Teen Zumba*	RR	Alison/Emily	M-T-W-TH-F	5:30-6:25 p.m.	Free	\$45.00*
Zumba **	YG	Zumba Instructors	M-T-W-TH-F	5:30-6:25 p.m.	Free	\$90.00**
Pilates (all levels)	RR	Oreatha	T-TH	6:30-7:25 p.m.	Free	\$40.00
Indoor Cycling (Inter/Adv)	GCR	Emily	T-TH	6:30-7:30 p.m.	Free	\$40.00
½ Hr. Power Toning	AC	Heather	T-TH	6:30-7:00 p.m.	Free	\$25.00
Martial Arts White Belts	RR	Zack Wilds	M	7:00-8:00 p.m.	\$30.00/mo	\$50.00/mo
Martial Arts Yellow-Black Belts	RR	Zack Wilds	M 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 Youth & Teen Zumba Class M thru F ** This Non-Member fee covers Adult Zumba Class M thru F
 AC = Aerobic Center GCR= Group Cycling Room RR = Recreation Room YG=Youth 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 SPRING PROGRAM REGISTRATION FORM 6 WEEK SESSION CLASSES MEET APR 18 – MAY 29, 2010 (Registration period: Apr. 11-17, 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.