

**ASHLAND AREA YMCA - ASHLAND, KY**  
**SUMMER II PROGRAM SCHEDULE JULY 11 – AUG. 7, 2010**  
 (Registration period: July 4-10, 2010)  
 4 week session



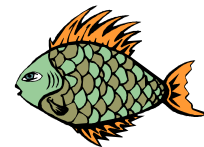
# YOUTH™

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
SUMMER DAY CAMP	Grades K-6	M thru F	7:30 a.m. – 5:30 p.m.	\$14/day	\$18/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		
OUTDOOR PLAYGROUND (Ballroom if bad weather)	4 to 7 yrs.	M-T-W-TH	4:00 – 8:00 p.m.	Free (members only)	
BALLET Lana Mendonca, Instructor	3 to 5 yrs.	M-W	6:30-7:25 p.m.	\$40/month	\$60/month
CONTEMPORARY DANCE Lana Mendonca, Instructor	6 to 11 yrs.	M-W	7:45-8:40 p.m.	\$40/month	\$60/month
MARTIAL ARTS Zack Wilds, Instructor Lil Dragons		MON	7:30 – 8:00 pm	\$20/month	\$30/month
MARTIAL ARTS All Color Belts Practice Night		MON TH(practice)	8:00 – 9:00 pm 7:30 – 8:30 pm	\$30/month	\$50/month
PARENTS NIIGHT OUT <b>NO DATES IN JUNE OR JULY</b>	3 to 12 yrs.	FRI	5:30 – 10:00 p.m.	\$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	9:45 – 10:30 a.m.	Free	\$70.00
AQUA ZUMBA	M-T-W-TH	10:30 – 11:15 a.m.	Free	\$70.00
AQUA ZUMBA	M-W-F	6:15 – 7:00 p.m.	Free	\$60.00
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., Intermediate, Advanced	T-TH	6:15 – 7:00 p.m.	\$20.00	\$40.00
PROGRESSIVE SWIM LESSONS	See form at front desk for more info.			
BARRACUDA'S COMPETITIVE SWIM TEAM	See Sweetie Lowery or Staci Barada 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 hr. Abs	AC	Emily/Lana	M-T-W-TH	8:30-8:55 a.m.	Free	\$28.00
Interval Training	AC	Rhonda	M-W	9:00-9:55 a.m.	Free	\$28.00
Mat Pilates	RR	Cheri	M-W	9:00-9:55 a.m.	Free	\$28.00
Zumba	AC	Gina	M-W	10:00-10:55 a.m.	Free	\$28.00
Toning	RR	Rhonda	M-W	10:00-10:55 a.m.	Free	\$28.00
Yoga Lite	RR	Carol	W	8:00-8:55 a.m.	Free	\$18.00
Beginner Yoga	RR	Carol	T-TH	7:30-8:25 a.m.	Free	\$28.00
Active Adults	RR	Carol	T-TH	8:30-8:55 a.m.	Free	\$18.00
Kickboxing	AC	Gina	T-TH	9:00-9:55 a.m.	Free	\$28.00
Pilates	RR	Lana	T-TH	9:00-9:55 a.m.	Free	\$28.00
Indoor Cycling	GCR	Emily	T-TH	9:00-9:55 a.m.	Free	\$28.00
Hip Hop Dance	RR	Lana	T-TH	10:00-10:55 a.m.	Free	\$28.00
Let's Tone	AC	Gina	T-TH	10:00-10:55 a.m.	Free	\$28.00
Zumba Toning	RR	Kelli	FRI	9:00-9:55 a.m.	Free	\$18.00
Zumba	AC	Gina	FRI	10:00-10:55 a.m.	Free	\$18.00
Toning	AC	Sonya	SAT	9:00-10:00 a.m.	Free	\$18.00
Zumba	AC	Sonya	SAT	10:00-10:55 a.m.	Free	\$18.00

## EVENING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBER FEE	NON-MEMBER
½ hr. Zumba Toning	AC	Kelli	M-W	5:00-5:25 p.m.	Free	\$18.00
Zumba	Y Gym	Kelli/Marta	M-W	5:30-6:25 p.m.	Free	\$28.00
Tone Up	AC	Rhonda	M-W	6:30- 7:25 p.m.	Free	\$28.00
½ hr. Abs	AC	Gina	T-TH	5:00-5:25 p.m.	Free	\$18.00
Kickboxing	AC	Gina	T-TH	5:30-6:25 p.m.	Free	\$28.00
Mat Pilates	RR	Cheri	T-TH	5:30-6:25 p.m.	Free	\$28.00
Indoor Cycling	GCR	Emily	T-TH	6:30-7:25 p.m.	Free	\$28.00
Zumba	Y Gym	Gina/Heather	T-TH	6:30-7:25 p.m.	Free	\$28.00
Lil Dragons	RR	Zack	M	7:30-8:00 p.m.	\$20.00/mo	\$30.00/mo
Martial Arts	RR	Zack	M	8:00-9:00 p.m.	\$30.00/mo	\$50.00/mo
Martial Arts Practice Night	RR	Zack	TH	7:30-8:30 p.m.		

AC = Aerobic Center GCR= Group Cycling Room RR = Recreation Room Y Gym = 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 SUMMER II PROGRAM REGISTRATION FORM 4 WEEK SESSION

CLASSES MEET July 11-August 7, 2010 (Registration period: July 4-10, 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 13<sup>th</sup> St. - Ashland, KY 41102  
 PHONE: (606) 324-6191 FAX: (606) 324-3676  
 Website: [www.ashlandareaymca.org](http://www.ashlandareaymca.org)

Where No Child is Left Behind.