



**ASHLAND AREA YMCA - ASHLAND, KY**  
**MID-WINTER PROGRAM SCHEDULE**  
**FEBRUARY 19 – MARCH 31, 2012**  
 (Registration period:  
**Feb. 12-18, 2012**)  
**6 week session**

## YOUTH PROGRAMS

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	Grade 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 LIL DRAGONS Zack Wilds, Instructor	5 to 7 yrs.	TUE-THUR	6:30 – 7:00 pm	\$30 month	\$50 month
MARTIAL ARTS BEGINNERS Zack Wilds, Instructor	8 yrs. & up	TUE-THUR	7:00 – 8:00 pm	\$40 month	\$60 month
MARTIAL ARTS ADVANCED Zack Wilds, Instructor	8 yrs. & up	TUE-THUR	8:00 – 9:00 pm	\$40 month	\$60 month
PARENT'S NIGHT OUT March 16th April 13 <sup>th</sup>	3 to 12 yrs.	FRI	5:30 – 9:30 pm	\$5.00	\$10.00

## AQUATIC PROGRAMS

PROGRAM	DAY	TIME	FEE (if any)	
			Members	Non-Members
AQUA ZUMBA - Inst. Cindy	M-T-W-TH	9:00 - 9:45 a.m.	FREE – MEMBERS ONLY	
AQUAROBICS	M-T-W-TH	9:45-10:30 a.m.	FREE – MEMBERS ONLY	
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 – MEMBERS ONLY	
A.F.Y.A.P. - Arthritic Exercise	M-W-F	11:15 – 12:00 noon	FREE – MEMBERS ONLY	
A.F.Y.A.P. - Arthritic Exercise	M-W-F	4:00 – 4:45 p.m.	FREE – MEMBERS ONLY	
AQUA ZUMBA- Inst. Cindy	M-W-F	6:15 – 7:00 p.m.	FREE – MEMBERS ONLY	
ADULT SWIM CLASS Beg/Inter/Adv	T-TH	6:15 – 7:00 p.m.	\$30.00	\$50.00
LIFEGUARD CLASS (American Red Cross)	M-W	6:00 – 9:00 p.m.	\$150.00	\$200.00
SCUBA Inst. William Nichols	T-TH	6:00 - 9:00 p.m.	\$300.00	\$450.00
PROGRESSIVE SWIM LESSONS	See form at front desk for more info.			
BARRACUDA'S COMPETITIVE SWIM TEAM	See Josh Kroetsch or Sweetie Lowery for more information.			

**OVER...**

## MORNING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBERS ONLY
SilverSneakers	RR	Kathryn	M-W	8:00-8:55 a.m.	Free
Women on Weights	AC	Gina/Jason	M-W	8:00-8:55 a.m.	Members: \$150 Non-Members: \$200
R.I.P.P.E.D.	AC	Gina	M-W	9:00-9:55 a.m.	Free
Yoga	RR	Kathryn	M-W	9:00-9:55 a.m.	Free
Zumba	AC	Gina	M-W	10:00-10:55 a.m.	Free
Beginning Yoga	RR	Kathryn	T-TH	8:00-8:55 a.m.	Free
Active Adults	AC	Gina	T-TH	8:30-8:55 a.m.	Free
Step	AC	Gina	T-TH	9:00-9:55 a.m.	Free
Power Pilates	RR	Kathryn	T-TH	9:00-9:55 a.m.	Free
Tone Up	AC	Gina	T-TH	10:00-10:55 a.m.	Free
Yoga	RR	Kathryn	FRI	8:00-8:55 a.m.	Free
Zumba GOLD	AC	Jodi	FRI	8:30-8:55 a.m.	Free
Power Pilates	RR	Kathryn	FRI	9:00-9:55 a.m.	Free
Zumba	AC	Sara	FRI	10:00-10:55 a.m.	Free
Yoga	RR	Instructors	SAT	9:00-9:55 a.m.	Free
Zumba	AC	Alison	SAT	10:00-10:55 a.m.	Free

## EVENING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBER FEE	NON-MEM FEE
Women on Weights	RR	Gina/Jason	M-W	5:00-6:00 p.m.	Members: \$150 Non-Members: \$200	
Abs	AC	Sara/Jodi	M-W	5:00-5:25 p.m.	Free- Members Only	
Zumba	AC	Sara/Jodi	M-W	5:30-6:25 p.m.	Free- Members Only	
Yoga	RR	Cheri	M	5:30-6:25 p.m.	Free- Members Only	
R.I.P.P.E.D.	AC	Melissa	M-W	6:30-7:25 p.m.	Free- Members Only	
Power Pilates	RR	Kathryn	W	5:30-6:25 p.m.	Free- Members Only	
Abs	AC	Gina	T-TH	5:00-5:25 p.m.	Free- Members Only	
Cardio Hip-Hop	AC	Gina	T-TH	5:30-6:00 p.m.	Free- Members Only	
Yoga	RR	Kathryn	TH	5:30-6:25 p.m.	Free-Members Only	
Step	AC	Gina	T-TH	6:00-6:30 p.m.	Free-Members Only	
Toning	AC	Gina	T-TH	6:30-7:00 p.m.	Free- Members Only	
Martial Arts – Beginner	RR	Zack Wilds	T-TH	7:00-8:00 p.m.	\$40 mo.	\$60 mo.
Martial Arts – Intermediate	RR	Zack Wilds	T-TH	8:00-9:00 p.m.	\$40 mo.	\$60 mo.

AC = Aerobic Center      RR = Recreation Room

**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 19 – MAR 31, 2012 (Registration period: Feb 12-18, 2012)

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)