



ASHLAND AREA YMCA - ASHLAND, KY
WINTER PROGRAM SCHEDULE
JANUARY 1-FEBRUARY 11, 2012
 (Registration period:
Dec. 26-31, 2011)
6 week session REVISED 1/9/12

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 January 20 February 10	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.	FREE – MEMBERS ONLY	
		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.	Free this session	Free this Session
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 Sweetie Lowery for more information.			

MORNING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBERS ONLY
SilverSneakers	RR	Carol/Gina	M-W	8:00-8:55 a.m.	Free
½ Hour Abs	AC	Kathryn	M-W	8:30-8:55 a.m.	Free
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
WOW- Women on Weights	RR	Gina	M-W	11:30 am-12:30 pm	Members: \$150 Non-Members: \$200
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	Carol/Kathryn	T-TH	9:00-9:55 a.m.	Free
Toning	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	9:00-9:55 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
Abs	AC	Sara/Jodi	M-W	5 :00-5:25 p.m.	Free- Members Only	
R.I.P.P.E.D.	RR	Gina	M-W	6:30-6:75 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	
Pilates	RR	Cheri	W	5:30-7:25 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	
Zumba GOLD	RR	Jodi	TU	5 :00-5:25 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 Lean Body	AC	Gina	T-TH	6:30-7:00 p.m.	Free- Members Only	
Toning	RR	Sara	FRI	5 :00-5 :25 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 GCR= Group Cycling Room 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 WINTER PROGRAM REGISTRATION FORM 6 WEEK SESSION CLASSES MEET JAN 1 – FEB 11, 2012 (Registration period: Dec 26-31, 2011)

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