



ASHLAND AREA YMCA – ASHLAND, KY
FALL PROGRAM SCHEDULE
AUG 21 – OCT 1, 2011
(Registration period:
Aug 7–13, 2011)
6 week session

**ANNUAL SHUTDOWN WILL
 BE AUGUST 14 – 20, 2011**

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	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 Lil Dragons	5 to 7 yrs.	MON	7:30 – 8:00 pm	\$20/month	\$30/month
MARTIAL ARTS All Color Belts Practice Night	8 yrs. & up	TUE	8:00 – 9:00 pm	\$30/month	\$50/month
		TH (practice)	7:30 – 8:30 pm		
PARENT'S NIGHT OUT August 26 th September 9 th September 23 rd	3 to 12 yrs.	FRI	5:30 – 10:00 pm	\$12.00	\$15.00

AQUATIC PROGRAMS

PROGRAM	DAY	TIME	FEE (if any)	
			Members	Non-Members
AQUA ZUMBA Inst. Cindy(M-W)/Kelli(T-TH)	M-T-W-TH	9:00 - 9:45 a.m.	Free	\$75.00
AQUAROBICS	M-T-W-TH	9:45-10:30 a.m.	Free	\$75.00
DEEP WATER POWER HOUR Must be comfortable in deep water	T-TH Sat.	6:15 – 7:00 p.m.	Free	\$60.00
		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
AQUA ZUMBA Inst. Cindy	M-W-F	6:15 – 7:00 p.m.	Free	\$60.00
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 Sweetie Lowery for more information.			

MORNING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBER FEE	NON-MEMBER
SilverSneakers	RR	Carol	M-W	8:00-8:45 a.m.	Free	\$40.00
½ Hour Abs	AC	Kathryn	M-W	8:30-8:55 a.m.	Free	\$25.00
NEW! R.I.P.P.E.D.	AC	Instructors	M-W	9:00-9:55 a.m.	Free	\$40.00
Yoga	RR	Kathryn	M-W	9:00-9:55 a.m.	Free	\$40.00
Zumba	AC	Gina	M-W	10:00-10:55 a.m.	Free	\$40.00
Women On Weights	AC	Gina,Melissa	M-W	11:30-12:30 p.m.	\$150.00	\$200.00
Beginning Yoga	RR	Kathryn	T-TH	8:00-8:55 a.m.	Free	\$40.00
Active Adults	AC	Gina	T-TH	8:30-8:55 a.m.	Free	\$25.00
Step/Kick	AC	Gina	T-TH	9:00-9:55 a.m.	Free	\$40.00
Power Pilates	RR	Carol	T-TH	9:00-9:55 a.m.	Free	\$40.00
Fit Camp	AC	Melissa	T-TH	10:00-10:55 a.m.	Free	\$40.00
SilverSneakers	RR	Carol	T-TH	10:00-10:55 a.m.	Free	\$40.00
Spinning	GCR	Gina	T-TH	10:00-10:55 a.m.	Free	\$40.00
Yoga	RR	Kathryn	FRI	8:00-8:55 a.m.	Free	\$25.00
Zumba GOLD	AC	Jodi	FRI	9:00-9:55 a.m.	Free	\$25.00
Power Pilates	RR	Kathryn	FRI	9:00-9:55 a.m.	Free	\$25.00
Zumba	AC	Kelli	FRI	10:00-10:55 a.m.	Free	\$25.00
Yoga	AC	Instructors	SAT	9:00-9:55 a.m.	Free	\$25.00
Zumba	AC	Alison	SAT	10:00-10:55 a.m.	Free	\$25.00

EVENING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBER FEE	NON-MEMBER
½ Hour Abs	AC	Melissa	M-W	5 :00-5:25 p.m.	Free	\$25.00
NEW! R.I.P.P.E.D.	AC	Instructors	M-W	5:30-6:25 p.m.	Free	\$40.00
Beg. Step	RR	Cheri	M-W	5:30-6:25 p.m.	Free	\$40.00
Yoga	RR	Cheri	M-W	6:30-7:25 p.m.	Free	\$40.00
Zumba	AC	Gina	M-W	6:30-7:25 p.m.	Free	\$40.00
Total Toning	AC	Melissa	M-W	7:30-8:25 p.m.	Free	\$40.00
Indoor Cycling	GCR	Cheri	M-W	7:30-8:25 p.m.	Free	\$40.00
½ Hr. Cardio Abs	AC	Gina	T-TH	5:00-5:25 p.m.	Free	\$25.00
Zumba	AC	Marta	T-TH	5:30-6:25 p.m.	Free	\$40.00
Pilates	RR	Cheri	T-TH	5:30-6:25 p.m.	Free	\$40.00
NEW! R.I.P.P.E.D.	AC	Instructors	T-TH	6:30-7:25 p.m.	Free	\$40.00
Tone Up	AC	Melissa	T-TH	7:30-8 :25 p.m.	Free	\$40.00
Zumba	AC	Jodi	FRI	5:30-6:25 p.m.	Free	\$25.00
Tone Up	RR	Melissa	FRI	5:30-6:25 p.m.	Free	\$25.00
Martial Arts All Color Belts	RR	Zack Wilds	MON TH (practice)	8:00-9:00 p.m. 7:30-8:30 p.m.	\$30.00/mo	\$50.00/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 FALL PROGRAM REGISTRATION FORM 6 WEEK SESSION CLASSES MEET AUG 21 – OCT 1, 2011 (Registration period: Aug 7-13, 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