



ASHLAND AREA YMCA - ASHLAND, KY
MID-WINTER PROGRAM SCHEDULE
FEB 20 - APR 2, 2011
(Registration period:
Feb 13-19, 2011)
6 week session

revised 2/23/11

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.	TUE	6:30 - 7:00 pm	\$20/month	\$30/month
MARTIAL ARTS All Color Belts Practice Night	8 yrs. & up	TUE TH (practice)	7:00 - 8:00 pm 6:30 - 7:30 pm	\$30/month	\$50/month
PARENT'S NIGHT OUT February 25 th March 11 th March 25 th	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. Gina(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. 9:45 - 10:30 a.m.	Free	\$60.00
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.			

OVER...

MORNING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBER FEE	NON-MEMBER
Silver Sneakers	RR	Gina	M-W	8:00-8:45 a.m.	Free	\$25.00
½ Hour Abs	AC	Kylie	M-W	8:30-8:55 a.m.	Free	\$25.00
Fit Camp	AC	Kylie	M-W	9:00-9:55 a.m.	Free	\$40.00
Kickboxing	AC	Gina	M-W	10:00-10:55 a.m.	Free	\$40.00
Women's Weight Training	AC	Gina & Kylie	M-W	11:30-12:30 p.m.	\$150.00	\$200.00
Beginning Yoga	RR	Cheri	T-TH	7:30-8:25 a.m.	Free	\$40.00
Active Adults	AC	Gina	T-TH	8:30-8:55 a.m.	Free	\$25.00
½ Hour Abs	RR	Lana	T-TH	8:30-8:55 a.m.	Free	\$25.00
Power Toning	AC	Gina	T-TH	9:00-9:55 a.m.	Free	\$40.00
Power Pilates	RR	Lana	T-TH	9:00-9:55 a.m.	Free	\$40.00
Yoga	RR	Lana	T-TH	10:00-10:55 a.m.	Free	\$40.00
Zumba	AC	Gina	T-TH	10:00-10:55 a.m.	Free	\$40.00
Silver Sneakers	RR	Gina	T-TH	11:00-11:55 a.m.	Free	\$40.00
Zumba Tone	AC	Kelli	FRI	9:00-9:55 a.m.	Free	\$25.00
Zumba	AC	Kelli	FRI	10:00-10:55 a.m.	Free	\$25.00
Zumba	AC	Alison	SAT	10:00-10:55 a.m.	Free	\$25.00
Silver Sneakers	RR	Alison	SAT	11:00-11:55 a.m.	Free	\$25.00

EVENING FITNESS CLASSES:

CLASS	ROOM	INSTRUCTOR	DAY	TIME	MEMBER FEE	NON-MEMBER
Cardio Abs	AC	Gina	M-W	5:00-5:25 p.m.	Free	\$25.00
Zumba	AC	Gina	M-W	5:30-6:25 p.m.	Free	\$40.00
Mat Pilates	RR	Cheri	M-W	5:30-6:25 p.m.	Free	\$40.00
Interval Kickboxing	RR	Emily	M-W	6:30-7:25 p.m.	Free	\$40.00
Tone Up	AC	Gina	M-W	6:30-7:25 p.m.	Free	\$40.00
Indoor Cycling	GCR	Emily	M-W	7:30-8:25 p.m.	Free	\$40.00
½ Hr. Abs	AC	Heather	T-TH	5:00-5:25 p.m.	Free	\$25.00
Zumba	AC	Heather	T-TH	5:30-6:25 p.m.	Free	\$40.00
Mat Pilates	RR	Cheri	T-TH	5:30-6:25 p.m.	Free	\$40.00
Yoga	RR	Cheri	T-TH	6:30-7:25 p.m.	Free	\$40.00
Beg. Cycling	GCR	Linda	T-TH	6:30-7:25 p.m.	Free	\$40.00
Beg. Cycling	GCR	Linda	T-TH	7:30-8:25 p.m.	Free	\$40.00
Zumba	AC	Emily	FRI	5:30-6:25 p.m.	Free	\$25.00
Martial Arts All Color Belts	RR	Zack Wilds	TUE TH (practice)	7:00-8:00 p.m. 6:30-7:30 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 MID-WINTER PROGRAM REGISTRATION FORM 6 WEEK SESSION CLASSES MEET FEB 20-APR 2, 2011 (Registration period: Feb 13-19, 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



Where No Child is Left Behind.