

DOWNTOWN YMCA



PREVENTION PARK

CRAYON CLUB

Frankfort YMCA

Program Guide



January 4 - February 28



Registration Begins: Members- Dec. 21 Non-Members- Dec. 24

We build strong kids, strong families, strong communities.

www.frankfortymca.org

Welcome

To The

Frankfort YMCA



In my opinion, fitness means health. Being healthy allows us to do our daily activities and have more enjoyment out of life. Join us at the YMCA to achieve all of your health goals and get started on an enjoyable life. You'll be glad you did!

-Bonnie Clements

YMCA Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Management Team

Dave Steele.....CEO/Executive Director - dave@frankfortymca.org
 Zack Hall.....Associate Executive Director- zack@frankfortymca.org
 Brent Wallace.....Family Services & Marketing Director - brent@frankfortymca.org
 Dan Spicer.....Health & Wellness Director - danspicer@frankfortymca.org
 Sunshine Stacy.....Membership & Aquatics Director - sunshine@frankfortymca.org
 Melissa Bondurant.....Sports Director - melissa.bondurant@frankfortymca.org
 Emily Paul.....Crayon Club Director - emily.paul@frankfortymca.org
 Jimmy Shearer.....Maintenance Director

Facility Hours

Prevention Park

Monday-Friday: 6am - 9pm
 Saturday: 8am - 5pm
 Sunday: 1pm - 5pm

Downtown YMCA

Monday-Friday: 5:30am - 9pm
 Saturday: 8am - 5pm
 Sunday: 1pm - 5pm



Kids Corner Hours

Prevention Park

Mon/Wed/Fri: 9am-1pm and 4pm - 7:30pm
 Tues/Thur: 9am-1pm and 5pm - 7:30pm
 Saturday: 9am - Noon

Downtown

Monday - Thursday: 5pm - 7:30pm

Session Info:

Winter: January 4 - February 28

Programs offered in either two - 4 week sessions or one 8 week session.

Session A: January 4 - 31

Session B: February 1 - 28

Registration Dates:

Member: Begins December 21

Non-Member: Begins December 24

Holiday Hours:

December 31: Facilities close at 5pm

January 1: 9am-5pm

Facility Rental Information

Have your next Birthday Swimming Party at the YMCA! Accommodations include 1 hour in the pool, plus 1 hour in our multipurpose room. See front desk staff at either location for more information and rates.

Volunteer Opportunities

Do more for your community. Get involved with volunteering! We can't do it without you. Contact any YMCA location and get involved.

*On-Line
Registration*

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

Membership Pricing

Members have access to both the Downtown and Prevention Park facilities with their YMCA membership!

Membership Type	Entry Fee	Monthly Rate
Youth	\$0	\$13
Teen/College	\$24	\$24
Senior	\$40	\$40
Adult	\$43	\$43
Family	\$62	\$62

Membership Types

Youth (up to 12) - Membership privileges include the use of all facilities with adult supervision except fitness rooms and adult locker rooms. Youth ages 10-12 may utilize the fitness area with adult supervision after completing a fitness assessment and equipment orientation.

Teen (13 to 17) - Teen membership includes use of youth locker rooms and all facilities open to members. Member has access in all areas except adult locker rooms (downtown only). Members may use the facility without adult supervision.

Adult (18+) - Membership privileges include use of all facilities open to members.

Family - Family memberships include two adults, any dependents under the age of 18, and full-time college students residing in the same household. Membership privileges include use of all facilities open to members. Family members under 13 must follow youth membership guidelines.

College Student - Must be a full-time college student and present a copy of current class schedule each semester excluding summer. Membership privileges include use of all facilities open to members.

Senior (60+) - Membership privileges include use of all facilities open to members.

Financial Assistance

Financial assistance is available for memberships and programs - applications may be picked up at all YMCA locations. The Frankfort YMCA welcomes all local residents to become members, regardless of ability to pay. Residents who qualify under our low-income guidelines are eligible to apply for financial assistance. Our priority with financial aid is that no one shall be turned away due to an inability to pay a membership or program fee. For more information contact Jennifer Pridemore at 502-875-9276 ext. 106 or jennifer.pridemore@frankfortymca.org. For more information regarding our complimentary memberships for actively deployed military personnel contact Sunshine Stacy at 502-875-9276 ext. 107 or sunshine@frankfortymca.org.

Payment Options

Members have the option to pay for their memberships in quarterly, semiannual, or annual payments or by setting up a monthly electronic funds transfer from a checking, savings, or credit card account. Our electronic funds transfer gives you a convenient way to pay for your YMCA membership.

Guest/AWAY Policy

Each YMCA membership unit will receive three guest passes per year to use at their discretion. All other guests will be required to pay an \$8 daily fee and must be accompanied by a YMCA member. Out of town YMCA (AWAY) members visiting Frankfort are welcome to use the facility at no charge for a maximum of two times per month, thereafter \$4 per visit. AWAY members will be required to present their membership cards upon arriving at the facility.

Cancellation Policy

Membership cancellation requires a minimum of 30 days written notice. Cancellation forms are available at either YMCA location.

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

Membership Benefits Include:

Prevention Park YMCA

- Indoor walking track
- Fitness area featuring Cardio-Theater
- Tread wall (simulates rock climbing)
- Heated Therapy pool
- Group Exercise Classes
(Aerobics, Aquatics Fitness, In-door cycling and Yoga)
- Women's & Men's locker rooms
- Free Child Watch
- Family Swim
- T-Ball/Recreation Fields
- Preferred program registration & reduced class/program fees

Downtown YMCA

- Two indoor basketball courts
- Two racquetball courts
- Group Exercise Classes
(Aerobics, Aquatic Fitness, Pilates & Yoga)
- Heated lap pool with deep water well
- Preferred program registration & reduced class/program fees
- Men's, Women's & Youth locker rooms
- Complimentary towel service
- Fitness studio with separate weight and class area
- Noon day basketball
- Free Child Watch
- Men's steam room
- Saunas in men's & women's locker rooms



MobileFit's interactive wellness technology combines member input, trainer feedback, and hundreds of accredited exercises to help you get the most out of every workout.

How Does MobileFit Work?

At its core, MobileFit is a wellness system that provides adaptive workout plans based on your personal preferences and goals. To get started, simply register at the kiosk, complete a wellness questionnaire, and MobileFit will generate a customized wellness program – it will even assign you your very own wellness coach.

The workouts adapt and change as you provide feedback on workouts completed. You can log your progress through the kiosk, online, or at the service desk. It's just that easy – and best of all – it's free. All YMCA members have access to MobileFit as part of their health and wellness plan.



Each year the Frankfort YMCA strives to advance our mission to build strong kids, strong families, and strong communities. We have seen many lives change for the better through our programs. The Strong Kids Campaign provides financial assistance to families and individuals who need our services but are unable to pay the fee. We have made a pledge that no one be turned away from the YMCA due to an inability to pay. Therefore, it is our goal to raise funds to assist as many families and individuals in the community as possible. This year it is essential to raise \$100,000 during our 2010 Strong Kids Campaign to sustain children and families in the YMCA programs. Today, you can make an immediate difference in the life of a child. We need you! For more information contact Dave Steele at dave@frankfortymca.org or 227-9637 ext. 103.

Session Dates: January 4 - February 28
www.frankfortymca.org

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

All Fitness assessments, orientations, exercise prescriptions and personal training can be scheduled by contacting Dan Spicer, Health & Wellness Director at danspicer@frankfortymca.org or 502-875-9276 ext. 105.

Group Exercise (Land and Water)

Free w/membership

Join us for one of over 60 land or aqua classes that are included in your membership! See our monthly schedules located at the front desk at both locations or at www.frankfortymca.org for class descriptions, times and locations.

Equipment Orientations

Free w/membership

Learn how to safely and effectively use our cardiovascular and strength equipment.

Fitness Assessment

Free w/membership

This is a fitness evaluation that will determine your current fitness level. This assessment will provide data that will assist in the development of a personalized exercise prescription. You will receive a print-out that will include your present fitness status relative to health-related standards and age-and gender-matched norms. The following areas will be evaluated: Resting heart rate and blood pressure, body composition, muscular strength, muscular endurance and flexibility. Assessments should be completed every 3-6 months to properly monitor your fitness level. **Free follow up assessment within 3 months of initial assessment!**

Exercise Prescription

Free w/membership

This is an individualized exercise program developed in combination with the information obtained in your fitness assessment, your health/medical information and your personal goals. An assessment must be completed before the exercise program can be created.

YSTRONG Weightlifting Club

If you love weight training, join our YMCA weightlifting club. As a member of YSTRONG club, you will receive weight training routines and tips to increase your strength. You will also receive a t-shirt with your weight lifted proudly displayed on the front. The first lift we will be training is bench press. Your total bench press will be displayed on our YSTRONG board in the fitness room. We will add more lifts to our program in the future. All members are welcome to join! Club membership fee will cover cost of your first t-shirt and all training programs. Other t-shirts will be available to purchase in the future. Contact Dan Spicer at 875-9276 ext. 105 or danspicer@frankfortymca.org for more information.

YSTRONG Club Membership:\$20

Sport Specific Program Design

Have one of our certified trainers design a program to help you become quicker, faster and stronger. We can develop routines specifically for your sport. Contact Dan Spicer at 875-9276 ext. 105 or danspicer@frankfortymca.org for more information.

Fee: \$20

Kid Fit

Kid fit is a fun fitness class designed for children ages 7 - 12 years old. This motivating class works on strength, endurance and flexibility. **Free for members!**

Saturday: 10:30-11:15am Prevention Park



Silver Sneakers available at the Frankfort YMCA. Contact either YMCA for more information on how to join and class information.

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

Fit in Four

Fit in Four is a strength training class for individuals meeting 2 days a week for 4 weeks. This class is great for beginners!

Members -	\$52	
Non-Members -	\$130	
Session A:	January 4 - January 31	
Session B:	February 1 - February 28	
Tuesday/Thursday:	2-3pm	Prevention Park

Personal Training

Are you having trouble achieving your fitness goals? We can set a personalized work out plan designed specifically with your goals in mind. If you have the determination, we will show you the way.

Members Only:	1 Session- \$30.00	5 Sessions - \$135.00
2 Person Training:	Individual Session- \$40.00	5 Sessions - \$190.00

Group Fitness Training (GFT)

GFT is a twelve week program designed to shape, sculpt and challenge your body. The group will meet three days a week at Prevention Park or 2 days a week Downtown. This is your opportunity to workout with a trained and certified fitness professional, get nutritional advice and see the results you've been waiting for. You will have a pre and post fitness assessment and be provided with a personalized meal plan. Classes begin on September 28.

Monday/Wednesday/Friday	9-10am	Prevention Park <i>New time & day, Tuesday 5:30pm</i>
Monday/Wednesday/Friday	4-5pm	Prevention Park
Tuesday/Thursday	5:30-6:30pm	Downtown
Members	\$5/class	\$180/Session
Non-Members	\$10/class	

On Track

If you have trouble staying motivated or just need someone to keep you "On Track", this is the program for you! You will meet once a week with a personal fitness coach to talk about how your progress is going and get motivational tips to help you reach all your health goals. Program begins January 4. Limited to first 30 members. Call or email Dan Spicer for more information.

4 Weeks:	\$25 (Members Only)
----------	---------------------

KARATE (Ages 6-Adult)

Isshinryu karate is a traditional style of martial arts that focuses on total fitness, discipline, and personal protection. Mentally and physically learn to improve focus, control discipline, develop balance and strength, and build self confidence. The class is taught with an emphasis on cardio but students are encouraged to work at their own pace. Classes are held in the Downtown YMCA multipurpose room and meet twice a week for 4 weeks. Contact the Sports Director if interested in attending one night per week instead.

Monday & Wednesday	6:00-7:00pm (Ages 6-12)		
Monday & Wednesday	7:00-8:00pm (Ages 13-Adult)		
Fee: Members-	\$30	Non-Members-	\$60



We build strong kids, strong families, strong communities.

YMCA Aquatics provide an opportunity for people of all ages and abilities to have fun and participate in various programs. From Swim Lessons to Family Swim to Water Exercise classes, the Frankfort YMCA offers a variety of programs to get you splashing around any time of the year in our indoor pool facilities. Pre-registration is required for all YMCA swim lessons. Lessons are offered in three 4-week sessions. For more information, please contact Sunshine Stacy at sunshine@frankfortymca.org or call (502)875-9276 ext.107.

YMCA SWIM LESSONS

PARENT & CHILD WATER DISCOVERY CLASS(6 Months-36 Months)

Members- \$20 Non-Members- \$40

Class Ratio 1:8

Skip: (Combined Shrimp, Kipper, Inia, Perch) Focuses on introducing children to the water in a fun and inviting atmosphere with lots of toys and songs.

Monday & Wednesday	5:00-5:30pm	Prevention Park	
Monday & Wednesday	6:00 - 6:30pm	Prevention Park	
Saturday	10:00-10:30am	Prevention Park	Members-\$15 Non-Members-\$30

YMCA PRESCHOOL LESSONS (Ages 3-5 Years)

Members- \$20 Non-Members- \$40

Class Ratio 1:4

Pike: Designed to help children feel more comfortable and confident in the water on their own. Classes emphasize water safety, kicking, submerged bubble blowing, and floating.

Monday & Wednesday	5:00-5:30pm	Prevention Park	
Monday & Wednesday	5:30-6:00pm	Prevention Park	
Monday & Wednesday	6:00-6:30pm	Prevention Park	
Saturday	10:30-11:00am	Prevention Park	Members-\$15 Non-Members-\$30
Tuesday & Thursday	6:00-6:30pm	Downtown	

Eel: Eel swimmers are comfortable swimming with their face in the water for short distances on their own. Children will practice streamlines, front crawl, elementary backstroke, and backstroke.

Monday & Wednesday	5:00-5:30pm	Prevention Park	
Monday & Wednesday	5:30-6:00pm	Prevention Park	
Monday & Wednesday	6:30-7:00pm	Prevention Park	
Saturday	11:00-11:30am	Prevention Park	Members-\$15 Non-Members-\$30
Tuesday & Thursday	6:30-7:00pm	Downtown	

Ray: Rays are children who are comfortable and confident in the water. This class focuses on teaching children rotary breathing, treading water, and components of breaststroke.

Monday & Wednesday	6:30-7:00pm	Prevention Park	
Tuesday & Thursday	6:00-6:30pm	Downtown	
Tuesday & Thursday	7:00-7:30pm	Downtown	



We build strong kids, strong families, strong communities.

YMCA YOUTH LESSONS (Ages 6-13 Years)

Members- \$30 Non-Members- \$60

Class Ratio 1:6

Poliwog: Polliwogs are beginning swimmers. Class emphasizes water adjustment, floating, kicking, streamlines, and water safety.

Monday & Wednesday	5:30-6:15pm	Prevention Park
Saturday	11:30am-12:15pm	Prevention Park Member- \$20 Non Member- \$40
Tuesday & Thursday	6:00-6:45pm	Downtown

Guppy: Children in the guppy level are comfortable in the water and can swim short distances independently. Guppies are introduced to rotary breathing (breathing to the side) during the front crawl, back crawl, and breaststroke.

Monday & Wednesday	6:15-7:00pm	Prevention Park
Tuesday & Thursday	6:30-7:15pm	Downtown

Minnow: Designed to refine basic skills like rotary breathing for front crawl and breaststroke kick while also building endurance.

Tuesday & Thursday	6:45-7:30pm	Downtown
--------------------	-------------	----------

Flying Fish: Flying Fish swimmers have a good base knowledge and ability in the different types of strokes. They are introduced to butterfly, sidestroke, flip turns and some rescue skills.

Tuesday & Thursday	6:45-7:30pm	Downtown
--------------------	-------------	----------

YMCA ADULT SWIM LESSONS (Ages 14 & Up)

Members- \$38 Non-Members- \$75

Class Ratio 1:6

Beginner: Designed to introduce participants with little to no formal training to the water and basic swimming techniques. This is a great class to help overcome the fear of water.

Tuesday	6:30-7:30pm	Downtown
---------	-------------	----------

Intermediate: Participants will build endurance and work on stroke technique. Swimmers will also refine rotary breathing for the front crawl.

Thursday	6:30-7:30pm	Downtown
----------	-------------	----------

YMCA PRIVATE SWIM LESSONS

Members- \$50 Non-Members- \$100

Private Swim Lessons are scheduled on an individual basis and are offered for all ages and ability levels. Private lessons include (four) 30 minute lessons. Contact Sunshine Stacy at 875-9276 ext. 107 to schedule lessons.

Session Dates: January 4 - February 28

www.frankfortymca.org

YAQUATICS™

We build strong kids, strong families, strong communities.

Jr Water Polo

Members- \$35 Non-Members- \$70

Tired of just swimming? Water Polo is a challenging team sport that incorporates the principles of swimming while participants try to throw the ball into a goal. The Jr Water Polo program will focus on the fundamentals of the sport including rotary kick, ball control, and heads up swimming. Although participants will have the option to use floatation devices, participants must swim at a Guppy level or higher. If you have questions about the program or the sport, contact Sunshine Stacy at 875-9276 ext. 107 or sunshine@frankfortymca.org.

Level 1 (Ages 6-10) - January 12 - February 16	6:30-7:30pm	Tuesdays	Downtown
Level 2 (Ages 11+) - January 14 - February 18	6:30-7:30pm	Thursdays	Downtown

YMCA LIFEGUARD

Members- \$150 Non-Members- \$175

The YMCA Lifeguard course is designed to provide participants with the knowledge and skills needed to be a lifeguard in pool, water park, and open water environments. Classes cover YMCA Lifeguard, First Aid, CPR, AED, and Oxygen Administration. Participants must attend all days to complete course. Participants must be at least 16 years of age by the last day of the class.

January 11- February 11	4:30-7:30pm	Monday, Tuesday & Thursday	Downtown
-------------------------	-------------	----------------------------	----------



Home School YMCA Physical Education

1 Child Family: \$17/Month 2 Child Family: \$27/Month 3 Child Family: \$32/Month

HYPE is designed to fulfill the physical education requirements for home schooled children. Class meets once a week for 4 weeks. Each day is broken into (3) 40 minute segments in which children will play sports, participate in fitness activities, and learn to swim. For more information contact Sunshine Stacy at 875-9276 ext. 107 or sunshine@frankfortymca.org.

January 7 - January 28	Gym Games
February 4 - February 25	Volleyball

Session Dates: January 4 - February 28
www.frankfortymca.org



We build strong kids, strong families, strong communities.

The Frankfort YMCA offers a variety of sports leagues, camps, classes and clinics for toddlers through adults. All YMCA sports programs are designed within the guidelines of the YMCA of the USA recommendations for recreational and competitive sports. This includes the incorporation of the core values of Caring, Honesty, Respect, and Responsibility. For more sports information, please contact Melissa Bondurant at melissa.bondurant@frankfortymca.org or 227-9637, ext. 102.

PRESCHOOL SPORTS (Ages 18 Months-5 Years)

Itty Bitty Sports (Ages 18 Months-3 Years)

This beginner gym class is a great way to help your toddler practice his/her independence in a semi-structured environment. Parents will assist their child in fun, challenging activities including parachute play, an obstacle course, bouncy house, bean bags, ribbon sticks, balls, and an introduction to a variety of sports equipment. Classes meet once a week for 4 weeks in the Downtown YMCA gym.

Thursday 5:45-6:30pm (Session B)
Saturday 10:00-10:45am (Session B)
Fee: Members- \$18 Non-Members- \$26

Rookies Sports (Ages 3-5 Years)

This preschool program is designed to give children and their families a great start in youth sports. We emphasize basic physical activities such as running, jumping, and balance and introduce children to fundamental sport skills including throwing, passing, catching, kicking, hand/eye coordination, teamwork and sportsmanship. Parents are strongly encouraged to join their children in all activities. Classes are held in the Downtown YMCA gym and meet once a week for 4 weeks.

Basketball (dribbling, passing, shooting, basic game play)

Saturday 1:00-2:00pm Session A Sullivan Gym

Sports Sampler (basketball, soccer, football, t-ball, tennis, volleyball, golf, and more)

Monday 5:30-6:30pm Session B Downstairs Gym

Fee: Members- \$20 Non-Members- \$32

YOUTH SPORTS LEAGUES (Ages 4-17 Years)

Teen Volleyball League (Ages 13-17 Years)

Get together with other middle and high school girls to practice volleyball skills and play in matches during the off season. Registration will run until January 20, 2010. Practices start in early February. Matches will begin in mid February and continue until the end of March. All practices and games will be held at the Downtown YMCA Gym. Volunteer coaches and league sponsors are needed.

Fee: Members-\$45 Non-Members-\$75



We build strong kids, strong families, strong communities.

Spring Soccer League (Ages 4-14 Years)

Our recreational soccer league is designed to teach the fundamentals of soccer and promote sportsmanship in a game setting. League options are: Little Kickers (Age 3), U6, U8, U10 Girls, U10 Mixed, U12 Girls, U12 Mixed, U14 Girls, and U14 Mixed. Registration will run until February 15, 2010 with practices starting in mid March. Games will be held on Saturdays from late March through the end of May. The season consists of 7 games followed by an end of season tournament for the U8 through U14 leagues. Games and practices will be held at Lakeview Park. Volunteer coaches and league sponsors are needed. For more information about age guidelines and other details, visit the soccer sports page at www.frankfortymca.org.

Fee:	Little Kickers	Members- \$35	Non-Members- \$50
	U6	Members- \$40	Non-Members- \$70
	U8	Members- \$45	Non-Members- \$75
	U10, U12, and U14	Members- \$50	Non-Members- \$80

Spring Football League (Ages 5-11 Years)

Our fall flag football league is designed to educate young people about football while emphasizing participation and sportsmanship. League options are 5-7 years old and 8-11 years old. Registration will run until March 15, 2010 with practices starting in late March. Games will be held on Saturdays from early April through the end of May. The season consists of 7 games followed by an end of season tournament. Games and practices will be held at Lakeview Park. Volunteer coaches and league sponsors are needed!

Fee:	Members-\$45	Non-Members-\$75
------	--------------	------------------

Spring Cheerleading League (Ages 5-11 Years)

Participants will learn basic skills, jumps, cheers, and routines while cheering for the YMCA youth flag football teams. Registration will run until March 15, 2010 with practices starting in late March. Games will be held on Saturdays from early April through the end of May. All practices and cheering events will be held at Lakeview Park. Volunteer coaches and league sponsors are needed!

Fee:	Members-\$45	Non-Members-\$75
------	--------------	------------------

ADULT SPORTS LEAGUES (Ages 16+)

Co-Ed Volleyball League (Ages 16+)

Gather up a team for this 6 v 6 co-ed volleyball league (4 men and 2 women on the court during match play). Team registration deadline is January 22, 2010. Games will be played on Thursday nights from early February until late March with a post season tournament following regular play. Team registration fee is \$225. League and tournament winners will receive a t-shirt or award.



We build strong kids, strong families, strong communities.

Men's Basketball League (Ages 18+)

The adult men's basketball league is back! Games will be played on Sunday afternoons at the Downtown YMCA from early February until late March with a post season tournament following regular play. Registration deadline is January 25, 2010 (all teams must be paid in full by this date). Team registration fee is \$400 and includes team shirts and awards for league and tournament winners.

Women's Basketball League (Ages 18+)

Gather up a women's basketball team to play in the YMCA of Central KY adult women's basketball league. The league consists of a 4 v 4 format on a small sided court. Games are played on Sunday afternoons at the High Street YMCA during February and March (7 games with a post season tournament following regular play). Registration deadline is January 25, 2010. Team registration fee is \$250 and includes team shirts and tournament awards.

Adult Co-Ed Dodgeball (Ages 18+)

Gather up a team for this 7 v 7 league with the YMCA of Central KY. Matches are played on Tuesday nights at the High Street YMCA (7 matches with a post season tournament following regular play). Registration deadline is January 25, 2010. Team registration fee is \$250 and includes team shirts and tournament awards.

GYMNASTICS (Ages 1½ -14 Years)

The Frankfort YMCA offers year round basic gymnastics and tumbling instruction for girls and boys ages 18 months through 14 years. A 5:1 student/teacher ratio is followed so each child receives enough individual instruction. Classes are held in the Downtown YMCA gym and are offered in four week sessions with class once a week.

Tiny Tumblers (Ages 18 Months-3 Years)

Toddlers will climb, slide, jump, roll, balance, and crawl in this introductory gymnastics and tumbling class. Parent participation is required.

Monday 5:15-5:45pm

Thursday 10:00-10:30am

Saturday 9:30-10:00am (Session B)

Fee: Members- \$18 Non-Members- \$26

Preschool Gymnastics (Ages 3-5 Years)

This class teaches balance, coordination, flexibility, and introduction to tumbling and gymnastics skills in a fun, age appropriate environment. Preschoolers will learn basic movements and beginning tumbling including rolls, jumps, handstands, bar and balance beam skills.

Monday 5:45-6:30pm

Tuesday 5:30-6:15pm

Thursday 10:30-11:15am

Saturday 10:00-10:45am (Session B)

Saturday 1:00-1:45pm (Session A)

Fee: Members- \$20 Non-Members- \$30

Session Dates: January 4 - February 28

www.frankfortymca.org



We build strong kids, strong families, strong communities.

Preschool Gymnastics II (Ages 4-5 Years)

This class is for preschoolers who have already taken the YMCA preschool gymnastics class or who have previous gymnastics experience. Basic skills will continue to be perfected and more difficult skills will be introduced.

Monday 6:30-7:15pm

Tuesday 6:15-7:00pm

Fee: Members- \$20 Non-Members- \$30

Basic Gymnastics (Ages 6-10 Years)

This is a beginner level gymnastics class that will introduce children to basic gymnastics and tumbling skills. In this class children will learn stretching exercises, rolls, jumps, cartwheels, splits, handstands, bridges, backbends, walkovers, bar and balance beam skills.

Monday 6:30-7:30pm

Tuesday 5:30-6:30pm

Saturday 11:00am-12:00pm (Session B)

Saturday 1:00-2:00pm (Session A)

Fee: Members- \$24 Non-Members- \$36

Intermediate Gymnastics (Ages 6-10 Years)

This class is for students with basic gymnastics experience. Fundamental skills will be perfected and more difficult skills will be introduced. Students will learn a round-off, front handspring, toe touches, bridge kick-over, and starting back handsprings and will continue practicing bar and beam skills.

Monday 5:30-6:30 pm

Tuesday 6:30-7:30pm

Saturday 12:00-1:00pm (Session B)

Saturday 2:00-3:00 pm (Session A)

Fee: Members- \$24 Non-Members- \$36

Basic Tumbling (Ages 11-14 Years)

This tumbling class helps older students learn and improve rolls, splits, handstands, cartwheels, round-offs, walkovers, and handsprings.

Tuesday 7:00-8:00pm

Fee: Members- \$24 Non-Members- \$36

Private Gymnastics Instruction

Does your child benefit from individual attention or need help learning or perfecting a certain skill such as a back handspring? The Frankfort YMCA offers private or semi-private gymnastics lessons scheduled on an individual basis with one of our instructors. Visit the gymnastics page at www.frankfortymca.org for pricing information. All private lessons must be scheduled with the Sports Director.



We build strong kids, strong families, strong communities.

2009 - 2010 YMCA Afterschool

The YMCA afterschool program is an excellent way to get your child involved in great activities that will keep them safe and entertained. Studies show that most child related incidents and mischief occurs during the hours after school while parent/guardians are not available to supervise their children. The YMCA Afterschool Program allows parents/guardians to feel a sense of relief, knowing their child is being well supervised in a fun environment. We offer on site child care at the Downtown YMCA where we offer pick up services from Bridgeport Elementary, Collins Lane, Capital Day, Westridge, and Second Street Elementary Schools. For more information, contact Brent Wallace at brent@frankfortymca.org or 227-9637 ext.104.

Afterschool

Monday - Friday: School Dismissal - 5:30pm

Full Days: 7:00am - 5:30pm

Members: \$48/week-Full Time - \$39/week-Part Time - \$9/day extra for Full Days

Non-Members: \$53/week-Full Time - \$43/week-Part Time - \$10/day extra for Full Days

Lock-Ins

YMCA Lock-Ins provide outstanding entertainment for children (ages 5 - 12). This event allows the children to participate in such activities as swimming, group gym games, scavenger hunts, and movies. Dinner, a midnight snack and morning breakfast are provided. Lock-Ins begin at 8pm and end at 7am the following morning.

Event Date: **January 22, 2010**
Registration: Through January 20
Late Registration: January 21-22
Members: \$16
Non-Members: \$21
Late Registration: Add \$5

Event Date: **February 26, 2010**
Registration: Through February 24
Late Registration: February 25-26
Members: \$16
Non-Members: \$21
Late Registration: Add \$5

Anderson County Child Care

The Frankfort YMCA is now offering full day child care at Saffell Street Elementary School in Anderson County when schools are out due to scheduled break. Daily schedule includes a variety of activities from organized physical play, arts and crafts, daily devotions and much more. To register or for more information for the full day service, contact Brent Wallace at 227-9637 ext. 104.

Fee: \$20/Day or \$90/Week Per Child

Hours: 6:00am-5:30pm



We build strong kids, strong families, strong communities.

Movin' & Groovin' (Ages 18 Months-4 Years)

Come wiggle and jiggle, laugh and giggle as we explore music, rhythm and movement together. Your child will learn new songs, experiment with musical instruments and rhythms, and stretch, jump, and dance in this preschool music and movement class. Classes meet once a week for 4 weeks.

Tuesday 9:00-9:45am

Prevention Park Conference Room

Tuesday 6:15-7:00pm

Downtown YMCA Multipurpose Room

Fee: Members- \$18

Non-Members- \$26

Session Dates: January 4 - February 28

www.frankfortymca.org



We build strong kids, strong families, strong communities.

Construction Zone (Ages 2-10 Years)

Let's have some fun with paint, playdough, non-bake cooking goodies, and a variety of art and craft projects. Each class will include at least two art or cooking creations for your child to take home, and the best part is we take care of the clean up! Classes are held in the Downtown YMCA multipurpose room and meet once a week for 4 weeks.

Wednesday 10:00-10:45am (Ages 2-5 Years)
Saturday 11:15am-12:00pm (Ages 2-5 Years)
Saturday 12:00-12:45pm (Ages 6-10 Years)
Fee: Members- \$20 Non-Members- \$30

Test Taking & Dealing with Anxiety over Tests

Do you get nervous preparing for tests or are you or someone in your family preparing for the ACT, SAT, or another major exam? Join Chris Douglas, MBA and Associate Academic Dean at Spencerian College, as he discusses several different tests and the best ways to approach them. This one night course will be held in the Prevention Park Conference Room on Thursday, January 14 from 6-8pm.

Fee: Members-\$10 Non-Members- \$15



We build strong kids, strong families, strong communities.

The Crayon Club

Our childcare center provides full service daycare for children ages 6 weeks through 5 years old. The children will be involved in learning activities, arts and crafts, games, motor skill development, and environmental education on our adjoining 65 acre property.

Parents can be assured their children are being taken care of by imaginative, high-skilled and energized professionals who put the safety and happiness of the children first. Crayon Club staff members are trained in first aid, CPR and early childhood development. Training is ongoing throughout the year.

The Frankfort YMCA Crayon Club will:

- Provide a nurturing environment for children that encourages their social, emotional, physical and intellectual development.
•Offer quality enrichment activities for the children.
•Offer nutritious snacks and meals to ensure healthy growth.
•Work in a partnership with parents and family members to ensure that the child's needs are being met.

Weekly Fees

Table with 2 columns: Age Range and Fee. Rows include 6 weeks - 15 months (\$140), 16 months - 24 months (\$130), 2 - 3 years (\$120), 3 - 4 years (\$110), and 4 - 5 years (\$105).

Hours of Operation

6:30am - 5:30pm

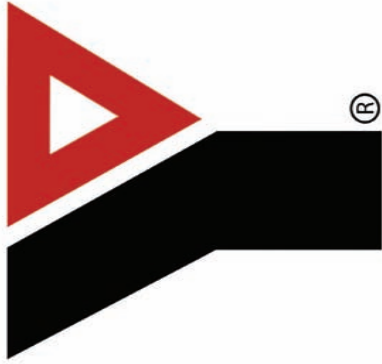
Registration Fee: \$35

Location

The Crayon Club is located in Industrial Park #3, off Millville Road. It is just 2 miles from I-64, exit #58, Versailles Road/US 60.

The Frankfort YMCA Crayon Club is now participating in the STARS FOR KIDS NOW quality rating system that measures early care and education programs by levels of stars. The STARS for KIDS NOW assess programs in the following areas: staff/ child ratios, group size, curriculum, parent involvement, training/ education of staff, regulatory compliance and personnel practices.

By being a participant in the STARS for KIDS NOW program we are ensuring that all young children in our care are healthy, safe and possess the foundation that will enable school and personal success. We have received our Level 1 STAR rating and are looking forward to applying for our Level 2 STAR rating in January of 2010.



®

Downtown YMCA
402 West Broadway Street
Frankfort, KY 40601
502-227-9637

Prevention Park YMCA
502-875-9276
Crayon Club
502-695-8810

www.frankfortymca.org

Program Dates: January 4 - February 28
Registration Begins: Members - December 21
Non-Members - December 24

Non-Profit Org.
U.S. POSTAGE PAID
Permit No. 263
Frankfort, KY 40601

