



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ALWAYS HERE FOR OUR COMMUNITY

Fall 1 / Fall 2 2010

JESSAMINE COUNTY YMCA

www.ymcaofcentralky.org

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

AFTER SCHOOL CARE

Jessamine County YMCA School Age Child Care is a quality program you can count on, not just for great supervision and safety, but for the personal growth of your child. Children will gain new skills, discover new ideas, have fun and make new friends in an environment that is safe, structured and stimulating. All after-school programs offer homework assistance. School-age child care programs maintain a 1:15 staff to child ratio at all times to ensure the safety of your child.

Brookside Elementary
Jessamine Early Learning Village
Nicholasville Elementary
Rosenwald Dunbar Elementary
Warner Elementary

West Middle School (held at Rosenwald Dunbar, at 3:45pm)

Well-Trained Staff: Our professionally trained staff are chosen through a careful interview and screening process. Each staff member is screened with various background checks as well as pre-employment drug screening. All staff regularly pursue ongoing professional development training as a requirement of their positions. Each site has staff trained in CPR and First Aid.

Character Development: The Jessamine County YMCA is dedicated to developing good character in all children through quality leadership and programming. Our 4 core values are caring, respect, responsibility and honesty. We expect our staff as well as our participants to model these values at all times. Character development is incorporated into activities daily.

Days/Week	Time	Fee/Child/Week
1-2	2:40-6pm	\$30
3-5	2:40-6pm	\$45

REGISTRATION INFORMATION

1. [Walk In registration at the Jessamine County YMCA](#)

You may register for after school program at the Jessamine County YMCA, Mon—Fri 10am-4pm.

2. [Mail in registration](#)

You can mail your child's completed registration pack to the YMCA at 220 E Maple St Nicholasville, KY 40356

- A \$30 registration fee is required at the time of registration and is good for June 2010-May 2011.
- Weekly Fees are drafted on the Tuesday of each week.
- Monthly Fees are drafted on the first of each month

Note: Please understand that registrations are accepted on a first-come, first-served basis. We will enter registrations as we receive them at our office, so please choose the registration method that will serve you best. Fees must be paid, and forms must be signed at the time of registration. Forms are also available on-line at www.ymcaofcentralky.org

Primetime Emergency Care: No more than 3 days per month. \$15/child per day.

Scheduled School Days Off/Snow Days:

Location: Brookside Elementary

Time: 7am-6pm

Fee/day: \$15 if attending after school, \$25 if not attending after school program.

Scheduled Days off: Nov 2

**Pre-registration required*

School Age Camps:

Fall Break Camp: Oct 4-8

Winter Break Camp: Dec 20-23 & Dec 27-30

Location: Brookside Elementary

**Pre-registration required*

Days/Week	Time	Fee/Child/Week
1-2	7am-6pm	\$60
3-5	7am-6pm	\$95

School Age Programs will be closed:

- Sept 6
- Nov 24-26
- Dec 24
- Dec 31



SWIM, SPORTS & PLAY

LEAGUES

To register: go online www.ymcaofcentralky.org, walk-in to the Jessamine County YMCA: Mon—Fri 10am-4pm, mail in: fill out the registration form on the back page and send to 220 E. Maple St, Nicholasville, KY 40356. **Child must be the correct age by the first day of practice.** For game schedules and weather cancellations, please go to www.quickscores.com/jessamineymca All our leagues are run by volunteer coaches. Please contact Kelly at 859.885.5013, ext. 103 if interested. **Soccer, T-Ball, Flag Football Coaches Meeting:** Friday, **Aug 20** at 5:30pm at the YMCA. **Basketball Coaches Meeting:** Tuesday, October 19 at 5:30 pm at the YMCA.

Soccer League

The youth soccer league is a program that combines the teaching of soccer skills and having fun, along with learning good sportsmanship, and developing self-respect. This program is designed to teach our core values of honesty, respect, responsibility and caring in a non-competitive atmosphere. Practices and games are at the **Centennial Park in Wilmore**. Please choose a team based on age, practice day and practice time. Spaces are limited on each team. **Registration Aug 1– Aug 19.** Practices begin the week of August 23. Games are on Saturdays from Sept 18-Oct 23. **No practice Sept 6.*

Ages	Team	Practice Day/Time	Fee
4-5	Cricketts	Mon, 5:30-6:15pm	\$50
4-5	Hornets	Mon, 6:30-7:15pm	\$50
4-5	Caterpillars	Tues, 5:30-6:15pm	\$50
4-5	Scorpions	Tues, 6:30-7:15pm	\$50
6-7	Asteroids	Mon, 5:30-6:15pm	\$50
6-7	Galaxy	Mon, 6:30-7:15pm	\$50
6-7	Stars	Tues, 5:30-6:15pm	\$50
6-7	Comets	Tues, 6:30-7:15pm	\$50
8-10	United	Mon, 6-6:45pm	\$50
8-10	Revolution	Tues, 6-6:45pm	\$50

KICK START SOCCER

The Kick Start Soccer program will be a 30-minute session for 6 weeks where 3-year-olds can learn valuable soccer skills before entering our youth soccer league. Class will be at **Centennial Park in Wilmore**.

Class	Session/Date	Day/Time	Fee
Bumblebees	Fall 1, Aug 30 - Oct 11	Mon, 6-6:30pm	\$40
Kangas	Fall 1, Sept 11- Oct 16	Sat, 8:30-9am	\$40
Roos	Fall 1, Sept 11- Oct 16	Sat, 9:15-9:45am	\$40



T-BALL LEAGUE

T-Ball is a variation of baseball designed to teach beginning players the fundamentals at their own pace. This program teaches our core values of honesty, respect, responsibility and caring in a non-competitive atmosphere. Practices are once per week on Mondays and games are on Saturdays at **Sim's Field in Wilmore**. Please choose a team based on age, practice day and practice time. Spaces are limited on each team. **Registration Aug 1– Aug 19.** Practices begin the week of August 30. Games are on Saturdays from Sept 18-Oct 23. **No practice Sept 6.*

Ages	Team	Practice Day/Time	Fee
4-5	Braves	Mon, 5-5:45pm	\$50
4-5	Marlins	Mon, 6:30-7:15pm	\$50
6-7	Red Sox	Mon, 5:45-6:30pm	\$50
6-7	Cubs	Mon, 7:15-8pm	\$50

NFL FLAG FOOTBALL LEAGUE

This is an action-packed 5-on-5 NFL-developed, non-contact league that runs for 8 weeks. Practices are held once per week at the Jessamine County YMCA with games on Sundays beginning Sept 19 at the North Lexington YMCA. Age divisions are 5-6, 7-8, and 9-11. **Registration Aug 1– Aug 15.** You will be contacted about team and practice time after August 15.

Ages	Day	Time	Fee
5-11	Fall 1, Tues, Aug 31–Oct 23	Tues, Evenings	\$60

BASKETBALL LEAGUE

The YMCA youth basketball league is designed for children to participate, learn and grow. This instructional based program is suited for young children of various ages and levels. There will be 2 practices and 6 games. Games will begin Tuesday, November 10. **Held at Wilmore Elementary School.** The age divisions are: 4 & 5, 6 & 7. **Registration Sept 20–Oct 14.** You will be contacted about team and practice time after October 15.

Ages	Day	Time	Fee
4-7	Fall 2, Tues, Oct 26-Dec 18	Tues, Evenings	\$50

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

TUMBLING

This program is an introduction to the sport of gymnastics. The program will first lay a foundation for movement, developing core muscles, and flexibility. Students will learn basic movements of running, jumping, rotating and balancing. Classes meet once a week for 6 weeks at the **Luce Center in Wilmore**.

Preschool

Ages	Session/Date	Day/Time	Fee
3-5	Fall 1, Sept 13-Oct 18	Mon, 6-6:30pm	\$60
3-5	Fall 2, Nov 1-Dec 6	Mon, 6-6:30pm	\$60

Youth

Ages	Session/Date	Day/Time	Fee
6-12	Fall 1, Sept 13-Oct 18	Mon, 6:45-7:30pm	\$60
6-12	Fall 2, Nov 1-Dec 6	Mon, 6:45-7:30pm	\$60

LITTLE DRIBBLERS BASKETBALL

The Little Dribblers Basketball program will be a 30-minute session for 6 weeks where 3-year-olds can learn valuable basketball skills before entering our youth basketball league. At **Wilmore Elementary School**.

Ages	Session/Date	Day/Time	Fee
3	Fall 2, Oct 25-Nov 29	Tues, 6-6:30pm	\$40

DANCE

This class teaches basic Ballet, Jazz, Contemporary and Hip-Hop dance styles. A solid foundation in dance basics is stressed along with having fun and being creative. At the YMCA on Maple St.

Ages	Session/Date	Day/Time	Fee
6-10	Fall 1, Sept 1-Oct 20	Wed, 6-6:45pm	\$47
6-10	Fall 2, Oct 27-Dec 22	Wed, 6-6:45pm	\$47

TAE KWON DO

This Korean martial art emphasizes the values of loyalty, honesty, courtesy and respect, along with self-discipline, self-defense and forms of sparring. Held at the YMCA on Maple St.

Ages	Dates	Day/Time	Fee
8-Adult	Fall 1, Aug 12-Oct 7	Thu, 6:30-7:30pm	\$50
8-Adult	Fall 2, Oct 14-Dec 16	Thu, 6:30-7:30pm	\$50

TAI CHI

Tai Chi is a classic meditative art that combines slow movements with special breathing techniques to improve overall health as well as manage stress. Held at the YMCA on Maple St.

Ages	Date	Day/Time	Fee
18+	Fall 1, Sept 21-Dec 7	Tues, 7-8pm	\$66



Classes meet at the YMCA on Maple Street.

DRUMMING

Students will explore rhythm, learn harmony and melody. Drums will be provided.

Ages	Date	Day/Time	Fee
8-15	Fall 1, Aug 30-Oct 25	Mon, 4:45-5:30pm	\$47
8-15	Fall 2, Nov 1-Dec 20	Mon, 4:45-5:30pm	\$47

YOUTH GUITAR

Beginning guitar lessons for young players. Great for introducing kids to music. Bring your own guitar.

Ages	Date	Day/Time	Fee
8-12	Fall 1, Aug 30-Oct 25	Mon, 5:30-6pm	\$47
8-12	Fall 2, Nov 1-Dec 20	Mon, 5:30-6pm	\$47

GUITAR 1

Beginning guitar lessons for new players. No previous experience necessary! Bring your own guitar.

Ages	Date	Day/Time	Fee
13 - Adult	Fall 1, Aug 30-Oct 25	Mon, 6-6:45pm	\$57
13 - Adult	Fall 2, Nov 1-Dec 20	Mon, 6-6:45pm	\$57

GUITAR 2

Beginner/Intermediate guitar lessons for those who have a little experience with the guitar and know some of the open chords and major scales. Bring your own guitar.

Ages	Date	Day/Time	Fee
13 - Adult	Fall 1, Aug 30-Oct 25	Mon, 6:45-7:30pm	\$57
13 - Adult	Fall 2, Nov 1-Dec 20	Mon, 6:45-7:30pm	\$57

VISUAL ARTS

This class features a mixed variety of art media. Participants will work on different projects week to week. Previous art experience is not necessary, just an imagination and a willingness to try new things!

Ages	Session/Date	Day/Time	Fee
6-12	Fall 1, Aug 28-Oct 23	Sat, 10:15-11am	\$47
6-12	Fall 2, Oct 30-Dec 16	Sat, 10:15-11am	\$42



SWIM LESSONS

Classes meet 1 day a week for 8 weeks at the **Luce Center at Asbury University in Wilmore.**

PARENT/CHILD SWIM LESSONS

Skip - (Ages 6-36mos) The primary objective of this level is to get both the parent and the child comfortable in the water. The child will explore a new environment while the parent will learn how to teach their child to be safe in and around the water. The child will be exposed to games that use basic movements in the water such as kicking, arm strokes and breath control. A parent/adult 16 or older must be in the water.

Pike w/Parent - (Ages 3-5) A beginning class. Children will work on building endurance, self-confidence and are introduced to skills that will progressively allow them to move without assistance. This class requires a parent or adult age 16 or older to be in the water with the child.

Session/Date	Time	Fee
Fall 1, Sept 2-Oct 21	Thurs, 6-6:30pm	\$50
Fall 2, Oct 28-Dec 16	Thurs, 6-6:30pm	\$44

PRE-SCHOOL SWIM LESSONS

Pike - A beginning class. Children will work on building endurance, self-confidence and are introduced to skills that will progressively allow them to move without assistance.

Eel - Students are more comfortable in the water, but are still considered a beginner. Students are working on coordination, confidence and endurance in the water.

Ray - This intermediate preschool class is for students who are becoming less dependent on assistance. They will improve strokes, personal safety and rescue skills and endurance by swimming on their front and back.

Ages	Session/Date	Time	Fee
3-5	Fall 1, Sept 2-Oct 21	Thurs, 6-6:30pm	\$50
3-5	Fall 2, Oct 28-Dec 16	Thurs, 6-6:30pm	\$44

FOR HEALTHY LIVING

Improving the Nation's Health & Well-Being

CARDIO PUMP MIX

This class will offer a full-body workout utilizing the step, weights, resistance bands and body weight. Burn fat, build muscle, improve your cardiovascular conditioning and learn new workouts with this dynamic mix of exercises. Great for beginners and intermediate exercisers. Held at the YMCA on Maple St.

Ages	Session/Date	Day/Time	Fee
Adults	Fall 1, Aug 26-Oct 14	Thurs, 5:30-6:15pm	\$25
Adults	Fall 2, Oct 21-Dec 16	Thurs, 5:30-6:15pm	\$25



Ages	Session/Date	Day/Time	Fee
Adults	Fall 1, Aug 21-Oct 16	Sat, 9-10am	\$25
Adults	Fall 2, Oct 21-Dec 18	Sat, 9-10am	\$25



YOUTH SWIM LESSONS

Polliwog - A beginning class for children who do not know how to swim and have never had a structured beginning level class. Children will become comfortable in the water, learn personal water safety, front and back crawl strokes are introduced.

Guppy - Children will continue to gain confidence in the water. Students practice rotary breathing, lifesaving skills, survival floating and treading water. Participants must be able to swim 10 yards.

Minnow - Students are moving from beginners to intermediates. Improving the back crawl, elementary backstroke and front crawl. Introduces breaststroke and improves safety skills. Introduction to sidestroke. Participants must be able to swim at least one lap of any stroke and be comfortable in deep water.

Fish - Continued development and perfecting skills and strokes learned in previous classes. Introduction to dolphin kick. Participants must be able to swim one length of the pool using front & back crawl, breaststroke and elementary backstroke.

Flying Fish - Students are introduced to the butterfly stroke and continue work on endurance and safety skills. Participants must be able to swim two lengths of the pool using front & back crawl, breaststroke, sidestroke and elementary backstroke.

Ages	Session/Date	Time	Fee
6-12	Fall 1, Sept 2-Oct 21	Thurs, 6:45-7:30pm	\$50
6-12	Fall 2, Oct 28-Dec 16	Thurs, 6:45-7:30pm	\$44

Beginning Springboard Diving - Learn the fundamentals of springboard diving. Practice approach and technique to fine-tune diving skills. Dives learned are based on the skill level of each child.

Note: Children must be able to jump in 10 ft. of water from the diving board and swim to the side unassisted.

Ages	Session/Date	Time	Fee
6-12	Fall 1, Sept 2-Oct 21	Thurs, 6-6:45pm	\$50
6-12	Fall 2, Oct 28-Dec 16	Thurs, 6-6:45pm	\$44

JESSAMINE COUNTY YMCA
 220 East Maple Street
 Nicholasville, KY 40356
 859-885-5013

Non-Profit Org.
 U.S. Postage
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 Lexington, KY
 Permit No. 592



Find us on the Web &
 Facebook!
www.ymcaofcentralky.org

YMCA Mission

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

Financial Assistance

In keeping with our mission to serve people, YMCA programs are open to all regardless of their ability to pay. Funds are available for those who have an interest in participating in YMCA activities and demonstrate a need for financial assistance. Only one discount may be used per registration. For more information, or a financial assistance application, please contact the Jessamine County YMCA at 859.885.5013 or download the application on our website at www.ymcaofcentralky.org.

Refund Policy

This policy applies to program classes:

- If the YMCA cancels a class/program, a full credit or refund will be issued to the program participant.
- If a program participant wishes to withdraw from a class prior to the first class, he/she will be issued a credit or refund minus a \$5 processing fee.
- Anyone wishing to withdraw from the class after one class has been held will be issued a credit or refund for the pro-rated amount of the balance (from the date the request was submitted) minus a \$5 processing fee.
- If a program participant wishes to withdraw from a class anytime after it has begun, and they provide a doctor's note, he/she will be issued a credit or refund for the pro-rated amount of the balance remaining (from the date the request was submitted), minus a \$5 processing fee.
- Credits and/or refunds may take up to 7-10 days to process.

Methods of Payment: Fees must be paid in full upon registration. Payment is accepted via cash, check or credit card (VISA, MasterCard, or Discover).

Returned Payment Fee: A \$15 fee will be charged for all returned checks and electronic fund transfers.

www.ymcaofcentralky.org
 Phone: 859-885-5013
 Fax: 859-885-2326

REGISTRATION FORM FALL 1 & 2, 2010

PLEASE RETURN REGISTRATION FORM AND FEE TO:

Jessamine County YMCA * 220 East Maple Street * Nicholasville, KY 40356

For after-school registration, please pick up a registration form at the Jessamine County YMCA

Participant Name	Sex	Age	DOB
Address		City	Zip
Home Phone	Cell/Work	Email Address	
Parent/Guardian Name		DOB	

T-Shirt Size (circle one) **Youth:** XS S M L **Adult:** S M L

Note: T-shirts are included with select programs as noted in the program descriptions.

I give my permission to the YMCA to use my child's photo in promotional literature (circle one): YES NO

LEAGUES

- __ Soccer, \$50, Team _____
- __ T-Ball, \$50, Team _____
- __ Flag Football, \$60
- __ Basketball, \$50

INSTRUCTIONAL SPORTS

- __ Kick Start, \$40 Class _____
- __ Little Dribblers, \$40
- __ Preschool Tumbling, \$60, Session _____
- __ Youth Tumbling, \$60, Session _____

HEALTH & WELL-BEING

- __ Cardio Pump, \$25 Day _____, Session _____

MARTIAL ARTS

- __ Tae Kwon Do, \$50, Session _____
- __ Tai Chi, \$66

MUSIC

- __ Drumming, \$47, Session _____
- __ Youth Guitar, \$47, Session _____
- __ Guitar 1, \$57, Session _____
- __ Guitar 2, \$57, Session _____

ART

- __ Dance, \$47, Session _____
- __ Visual Arts, \$47, Session _____

AQUATICS

- __ Skip, \$50, Session _____
- __ Pike w/Parent, \$50, Session _____
- __ Pike, \$50, Session _____
- __ Eel, \$50, Session _____
- __ Ray, \$50, Session _____
- __ Polliwog, \$50, Session _____
- __ Guppy, \$50, Session _____
- __ Minnow, \$50, Session _____
- __ Fish, \$50, Session _____
- __ Flying Fish, \$50, Session _____
- __ Diving, \$50, Session _____