

SPORTS

Pee Wee Sports – (Ages 3-5)

This program is designed especially for children between the ages of 3 and 5 years. Participants will learn basic rules for T-ball, basketball, kickball and soccer. Skills such as running, kicking and throwing will be taught. Each participant will receive a T-shirt and medal.

Cost: \$40.00

Time: 9:00 – 9:30 a.m.

Location: Georgetown College

Dates: Saturdays, September 11 – October 16

Tee-ball League/Coach Pitch League– (Ages 4-6)

This league will be an instructional beginning tee-ball league focusing on fundamental skills. Players will be pitched two balls; if unsuccessful, they will then hit off a tee. Players will participate in a 6-week game and practice schedule.

Cost: \$60.00

Times: 9:00 a.m. – 12:00 p.m.

Location: Georgetown College

Dates: Saturdays, September 11 – October 16

Soccer League– (Ages 4-5 & 6-7)

This league will develop basic skills of soccer through practice and instructional league games. Players will participate in a 6-week schedule of practices and games to enhance their soccer abilities.

Cost: \$60.00

Times: 9:00 a.m.-12:00 p.m.

Location: Georgetown College / Georgetown Middle School

Dates: Saturdays, September 11 – October 16



SPORTS

NFL Fall Flag Football League

(Ages 5-6, 7-8, 9-11)

This League will take place from September 19 through October 24. Practices will begin one or two weeks prior to games. (A coach will contact parents before practices begin.) Games will be scheduled at the North Lexington Family YMCA on Sundays from September 19 until October 24. NFL Flag Football is a non-contact league that focuses on the development of skill positions.

Cost: \$60.00

Time: Various

Location: North Lexington Family YMCA

Dates: Sundays, September 19-October 24

First Score Flag Football

(Special Needs)

First Score is a 5-on-5 flag football program adapted from the NFL Flag Rules designed for children 5-19 with special-needs. Every child plays offense and defense each game, lining up at quarterback, running back and receiver. The league is non-contact and features lots of offense. The season runs on Sundays from mid-October to mid-November in Lexington. This program also utilizes the buddy system to assist children if they need help in various facets of game play. Each player receives a reversible NFL jersey and end of season award. The cost is \$45 and registration forms may be downloaded at www.ymcaofcentralky.org.

Cost: \$45.00

Time: Various

Location: Various YMCA branch locations

Dates: TBD

Gymnastics/Tumbling – (Ages 3-12)

PRESCHOOL MOVEMENT - (ages 3 and 4)

In this class children will learn basic stretching, basic movements, balance coordination, and beginning tumbling.

Cost: \$40.00

Time: 9:00 a.m. – 9:30 a.m.

Location: Georgetown College Rec Center

Dates: Saturdays, September 11 – October 9 & Sunday, October 17

ROLLERS - (ages 5-12): In this class children will learn basic stretching skills, log rolls, forward rolls, backward rolls, basic splits, headstands, into cartwheels, and several types of jumps.

Cost: \$45.00

Time: 9:30 a.m. – 10:15 a.m.

Location: Georgetown College Rec Center

Dates: Saturdays, September 11 – October 9 & Sunday, October 17

SPORTS

SWINGERS - (ages 5-12): Children in this class will build on skills from the Rollers class and will also learn how to do handstands, bridges, complete cartwheels, hurdles, basic round off, handstand rolls, and snap downs. Must be able to do forward and backward rolls by themselves to be at this level.

Cost: \$45.00

Time: 10:15 a.m. – 11:00 a.m.

Location: Georgetown College Rec Center

Dates: Saturdays, September 11 – October 9 & Sunday, October 17

Cheer & Dance (Ages 7-12)

Children will learn basic cheers, jumps, basic tumbling techniques and dance used in cheerleading. Participants will build on these skills and progressively put together a cheer/dance routine. Students will present their routine to parents and other guests during the last class of the session.

Cost: \$45.00

Time: 11:00-11:45

Location: Georgetown College Rec Center

Dates: Saturdays, September 11 – October 9 & Sunday, October 17

Horseback Riding Lessons – (Ages 6-12)

Children will have a fun and educational experience over the course of five weeks to become acquainted with horseback riding. Participants will progressively learn riding skills along with grooming techniques throughout the session. Class space is limited to the *first 6 participants*. Participants will need to wear long pants and heeled shoes.

Dates: Mondays, beginning September 13

Time: 5:30-7:00 PM

Location: Why Not Farms

Cost: \$90.00

ARTS

Music Classes – (Ages 8-Adult)

YOUTH GUITAR - (Ages 8-12)

Beginning guitar lessons for young players. These lessons are great for introducing kids to music! Lessons will be taught in small groups. Youth Level One is for those brand new to the instrument. Students must supply their own instruments. Classes meet once a week for six weeks.

Cost: \$50.00

Time: 5:00 p.m. – 5:30 p.m.

Location: Georgetown College Rec Center

Dates: Tuesdays, Sept. 7-Oct. 12

ARTS

GUITAR I - (Ages 13-Adult)

Beginning guitar lessons for youth, teen and adults. No previous experience necessary! Lessons will be taught in a small group. Students must supply their own instruments.

Cost: \$60.00

Time: 5:30 p.m. – 6:20 p.m.

Location: Georgetown College Rec Center

Dates: Tuesdays, Sept. 7-Oct. 12

GUITAR II - (Ages 13-Adult)

Intermediate level guitar lessons for those who have some previous experience with the instrument. If you know most of the open chords and can strum a few tunes, this class is for you! We'll be covering expanded chords, major / minor scales, 12-bar blues, and the pentatonic scale- plus more!

Cost: \$60.00

Time: 6:30 p.m. – 7:20 p.m.

Location: Georgetown College Rec Center

Dates: Tuesdays, Sept. 7-Oct. 12

Visual Arts – (Ages 2-12)

NEW! YOUNG PICASSO'S PRESCHOOL ART (Ages 2-5)

Child and parent will work with a variety of provided materials. Weekly projects are designed to give children exposure to different art mediums and much more. Enjoy family bonding time while helping your child improve creative thinking and fine motor skills! Class meets once a week for six weeks.

Parent attendance is mandatory.

Cost: \$40.00

Time: 5:00 p.m. – 5:30 p.m.

Location: TBD

Dates: Beginning in September

YMCA VISUAL ARTS MIX - (Ages 6–12)

This great class features a mixed variety of art media including paint, clay, paper machete and more! Participants will work on different projects week to week under the leadership of an experienced art instructor. Previous art experience is not necessary, just an imagination and a willingness to try new things! Class meets once a week for 6 weeks.

Cost: \$45.00

Time: 5:30 p.m. – 6:15 p.m.

Location: TBD

Dates: Beginning in September

REGISTRATION

Drop off or Mail registration form and fee to:

Scott County YMCA Office

(Located in the Georgetown/Scott County Chamber of Commerce)

160 East Main, Georgetown, KY 40324

Registration deadline is August 27 for all leagues; two days prior to start date for all other programs (space permitting). Contact: (502) 863-4841 for more info.

Registration is accepted on a first-come/first-served basis. Programs fill quickly, so please register early. **Financial assistance is available if needed.**

Name: _____ Age: _____ Date of Birth: ____/____/____ M/F _____ Shirt size: _____

School Attending: _____ E-mail Address: _____

Address: _____ City: _____ Zip: _____

Parent's Name: _____ Date of Birth: ____/____/____

Home Phone: (____) _____ Day-Time Phone: (____) _____

Contact Person: _____

____ ***I am interested in being a coach for YMCA leagues; .***
(head coach discount \$10; assistant coach discount \$5)

Note:
Coaches meeting
Aug. 26

Youth Sports:

- ____ Pee Wee Sports: \$40.00
- ____ Tee-Ball League: \$60.00
- ____ Soccer League: \$60.00
- ____ NFL Flag Football League: \$60.00
- ____ First Score Flag Football: \$45.00
- ____ Preschool Movement: \$40.00
- ____ Rollers: \$45.00
- ____ Swingers: \$45.00
- ____ Cheer & Dance: \$45.00
- ____ Horseback Riding: \$90.00

Arts Classes:

- ____ Youth Guitar: \$50.00
- ____ Guitar I: \$60.00
- ____ Guitar II: \$60.00
- ____ Guitar III: \$60.00
- ____ Preschool Art: \$40.00
- ____ Visual Arts Mix: \$45.00

Financial assistance available.

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

Y Zone **After-School Care**

QUALITY PROGRAM

The YMCA of Central Kentucky Child Development Y Zone after-school program is designed to help children of working parents grow physically, emotionally, socially, and intellectually through active participation in a variety of enrichment activities. The program is licensed by the state of Kentucky and exceeds required day care standards.

SERVICE LEARNING & CHARACTER DEVELOPMENT

Like all YMCA programs, the Y Zone after-school program is built around the YMCA's core values of Caring, Honesty, Respect and Responsibility.

TRAINED STAFF

Our professionally trained staff ensures quality care. Each year YMCA staff receives extensive hours of professional development training that exceeds state licensing guidelines. Staff is trained in CPR/1st Aid and is carefully screened through various background checks and pre-employment drug testing.

HOURS OF OPERATION

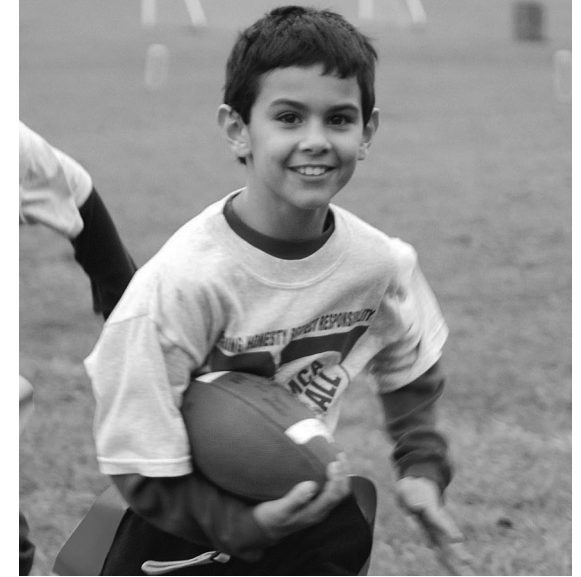
Program hours are Monday-Friday from school dismissal until 6:00 p.m. During In-service/ Records Days, Snow Days, Winter Break, Spring Break, and selected holidays, All-day care is available from 7:00 a.m. to 6:00 p.m.

FINANCIAL ASSISTANCE

The YMCA Y Zone program is committed to providing high quality childcare that is available to everyone. We offer a sliding scale financial assistance program that is based on household income and number of dependents. Please call 863-4841 for more details.



SCOTT COUNTY YMCA



FALL 2010 SESSION 1

- Pee Wee Sports
- Soccer League
- Tee-Ball Leagues
- Flag Football
- Special Needs Flag Football
- Cheer & Dance
- Gymnastics
- Horseback Riding
- Visual arts

(see inside for detailed descriptions, session dates and times)

REGISTER
ymcaofcentralky.org
ONLINE!



Scott County YMCA
863-4841