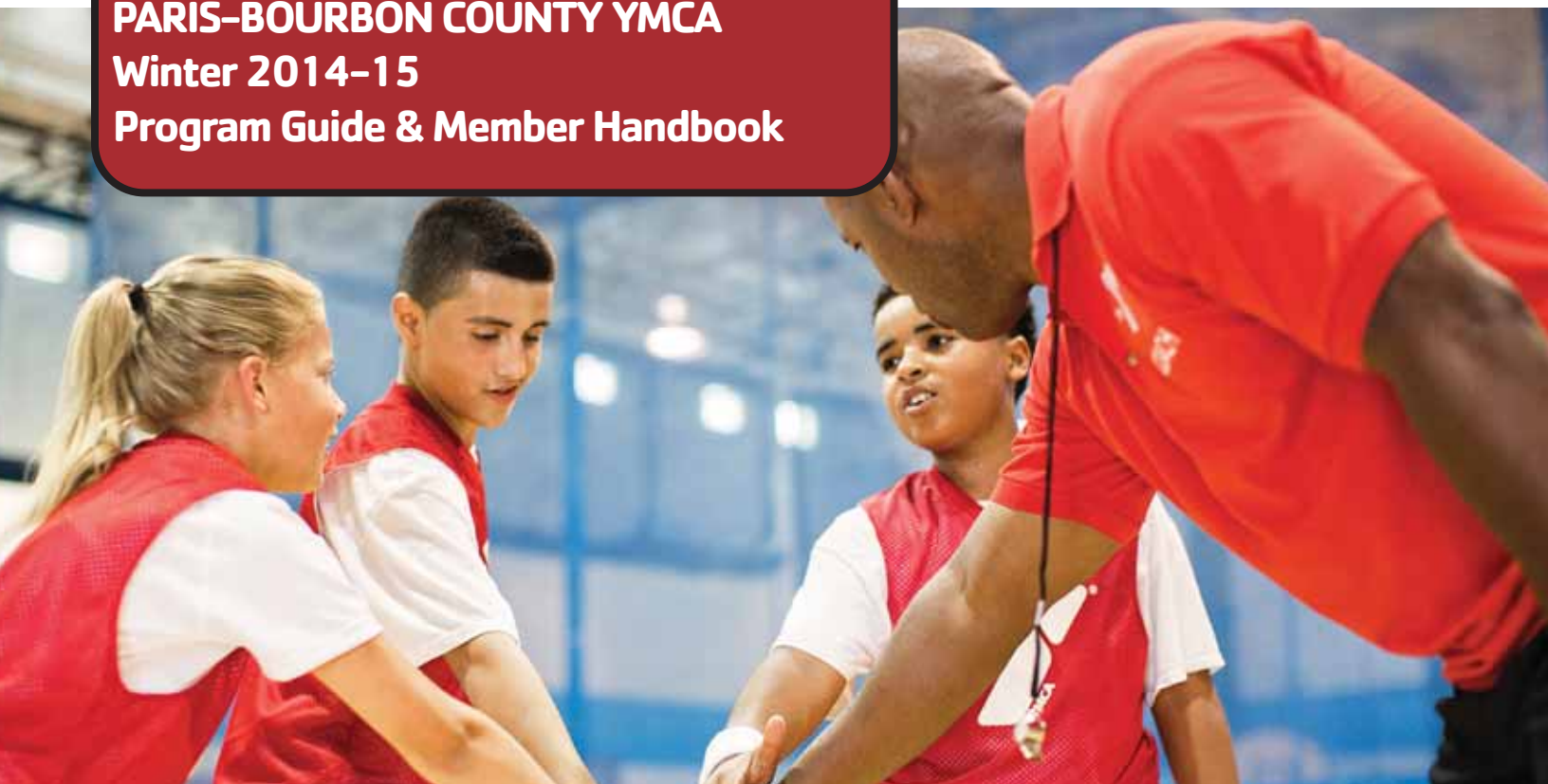




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEAMING UP FOR A YEAR OF FUN & FITNESS

PARIS-BOURBON COUNTY YMCA  
Winter 2014-15  
Program Guide & Member Handbook





**BOARD OF DIRECTORS**

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- Keith Lenox .....Operations Director
- Ivy Owens .....Health and Wellness Director
- Morgan Gleaves .....Program Director
- Rebecca Thomas .....Child Care Director
- Ginny Russell .....Front Desk Manager
- Ron Parker .....Business Manager
- Sabrina Gordon .....Executive Assistant

**MISSION**

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

**OUR HISTORY**

The Paris-Bourbon County YMCA has served our community since 1913. The Y is in the business of nurturing the potential of children and teens (Youth Development), improving health and well-being (Healthy Living) and motivating people to support their neighbors and the larger community (Social Responsibility).



Check us out online at  
[www.parisbourbonymca.org](http://www.parisbourbonymca.org)  
 for the latest news  
 and program information.

# WHAT'S INSIDE

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## FACILITY HOURS

Monday- Thursday	5:30 a.m. - 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 6:00 p.m.
Sunday	12:00 p.m. - 6:00 p.m.

## INDOOR POOL HOURS

Monday- Thursday	6:00 a.m. - 9:30 p.m.
Friday	6:00 a.m. - 7:30 p.m.
Saturday	8:00 a.m. - 5:30 p.m.
Sunday	12:00 p.m. - 5:30 p.m.

## CHILD WATCH\*

Monday - Friday	8:00 a.m. - 11:00 a.m.
Monday - Thursday	4:00 p.m. - 8:30 p.m.
Saturday	8:30 a.m. - 11:00 p.m.*

\*Call 24 hours in advance to sign up

## HOLIDAY HOURS

Christmas Eve:	5:30 a.m. - 2:00 p.m.
Christmas Day:	Closed
New Year's Eve:	5:30 a.m. - 6:00 p.m.
New Year's Day:	10:00 a.m. - 2:00 p.m.

# HAPPY HOLIDAYS!

# REGISTER TODAY!

## ONLINE REGISTRATION

This is available for all programs at [www.parisbourbonymca.org](http://www.parisbourbonymca.org)

## FACILITY

- 25-yard Indoor Pool (heated), Men's Steam Room, Women's Sauna, Gymnasium
- Fitness Center with cardiovascular and strength equipment
- Cycling Studio
- Group Exercise Studio
- Yoga/Gymnastics Studio
- Multi-purpose room
- Child Watch Room
- Child Development Center
- Free Group Exercise Classes
- Free Weight Equipment Orientations
- 25-meter Outdoor Pool

## YOUR Y IS GROWING!

### NICHOLAS COUNTY EXTENSION OF THE PARIS-BOURBON COUNTY YMCA

Opening mid-December 2014 is a 1,500 square foot facility at 124 East Main Street in Carlisle. The Y will have cardio and strength equipment as well as dumbbells. There will also be a group exercise room where we will begin a class schedule in January.

The membership rates are:

Family	\$40	Young Adult	\$20
Adult	\$25	Teen	\$15
Senior	\$25		

All joining fees are \$25.

If you are a member of the Paris-Bourbon County YMCA, you can use the Nicholas County location at no additional charge!

### Hours (subject to change):

M-F 6:00 a.m. - 10:00 a.m.  
M-Th 4:00 p.m. - 8:00 p.m.  
Sat. 9:00 a.m. - 1:00 p.m.

# MEMBERSHIP

## MEMBERSHIP RATES

Family (2 adults + tax dependents) . . . . .	\$52.00
Adult (26+) . . . . .	\$36.00
Teen (12-18 ) . . . . .	\$17.00
Senior (65+) . . . . .	\$28.00
Young Adult (19-25) . . . . .	\$25.00

## MEMBERSHIP JOINING FEE

(A joining fee is charged for all new memberships.)

Adult and New Family . . . . .	\$50.00
Senior, Youth & Young Adult . . . . .	\$25.00

## METHODS OF PAYMENT

### Electronic Funds Transfer

Pay as you go! Your bank account or credit card is debited once per month.

### Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Annual membership is 12 times the monthly fee. Payment is accepted via cash, check or credit card. All checks and electronic fund transfers will be assessed a \$25 fee if returned.

## MEMBERSHIP CARD

Your membership card is essential to checking in at the Y. Proper use of the membership card is expected. Membership cards are for your use only. Any member that allows another to use his or her membership will have their membership revoked. Lost or stolen cards can be replaced for a \$4 fee and photo ID must be verified.

## PROGRAM REGISTRATION

You may register for programs at the front desk or online at [www.parisbourbonymca.org](http://www.parisbourbonymca.org).

## PROGRAM REFUNDS

If the YMCA cancels a class, members will be given a full refund. If you cancel prior to the start of the program you will receive a refund less the cost of a t-shirt, etc. and/or will receive a full refund for medical/family emergency reasons. No refunds will be given after the program starts. Individuals that miss a class for medical reasons can make up classes when space is available. A \$5 processing fee may be charged for refunds.

## ADULT/ YOUTH EQUIPMENT ORIENTATION

Make a free appointment with a member of our fitness staff who will show you how to use the weight and cardio equipment in the Fitness Center. All youth 10-13 must be oriented to the youth equipment prior to use.

## GUEST POLICY

Y members beyond a 50 mile radius may use our Y up to 5 times a month at no cost. Y members within a 50 mile radius will be charged \$3 per visit. Out of town guests, 16 years or older, who aren't Y members may use our Y by paying \$5 per visit. A visiting family will be charged \$15.

## AWAY PROGRAM

When you join a Y, you become part of a national movement of more than 2,400 Y's. You may be allowed to use a Y while you are visiting an area. Please call the Y you will be visiting to learn about their guest policies. You may also call 800-333-9622 or visit [www.ymca.net](http://www.ymca.net) to learn more.

## MEMBERSHIP HOLD PROCEDURES

Your Y membership may be placed on hold for a minimum of 1 month and maximum of 6 months during any calendar year if you are not able to use our facility due to health reasons. Hold forms are available at the front desk. Membership holds require a minimum of 30 days prior to your next bank draft.

## TRANSFERRING, CHANGING OR CANCELING YOUR MEMBERSHIP

Your current membership may be transferable to another Y. To transfer, change or cancel your membership please provide a minimum of 30 days written notice prior to your next bank draft. If canceling or transferring your membership please return your membership card.

## FINANCIAL ASSISTANCE

The Y recognizes the need to serve all members of the community regardless of their ability to pay the full cost of a membership or program fee. Financial assistance is available for those who demonstrate financial need based on household income and number of dependents. Assistance is available for membership and programs. Applications may be picked up at the Y. Please return the completed application and requested documentation to the front desk. Application processing takes 10 days after the Y receives the completed application.





# AQUATICS

## SWIM LESSONS

The YMCA offers Youth and Adult swim lessons year round. The classes range in levels and varieties to include Water Babies as well as Youth and Adult Swim Lessons.

## PARENT/CHILD SWIM LESSONS

Introduces child and parent to an aquatic environment. The objective of this class is to help you and your child form a positive and confident feeling about swimming. Ages 6 months to 35 months.

Fees: Member \$30      Non-member \$50

The scheduled session will consist of six (6) thirty minute lessons on the following dates and times:

### Session 1:

January 24 – February 28      Saturdays  
11:00 – 11:30 a.m.

### Session 2:

March 2 – March 18      Mondays and Wednesdays  
6:00 to 6:30 p.m.

## PROGRESSIVE SWIM LESSONS

All Progressive Swim Lessons will meet the first night as a group to be evaluated and placed in the proper skill class. Class times will be determined and may change after evaluation is complete.

**Pre-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 and learn personal water safety.

**Polliwog:** Students work on kicking, breathing and lifesaving skills. Front and back crawl strokes are introduced.

**Guppy:** Students work on breathing skills, kicking and lifesaving skills. Will begin to develop front and back crawl strokes. Child must be able to swim half the length of the pool to enter this class.

**Minnow:** This is an intermediate class. Students will work on elementary front crawl and backstroke. Introduction to side-stroke and breaststroke. Will continue to develop water safety skills. Child must be able to swim one length of the pool and be comfortable in deep water to enter this class.

**Fish:** Continued development and perfecting front crawl and backstroke, while further developing breaststroke and side-stroke. Introduction to dolphin kick. Child must be able to swim a length of freestyle and a length of backstroke to enter this class.

**Flying Fish:** Students are introduced to butterfly stroke and continue to work on endurance and safety skills. Child must be able to swim two lengths of the pool in front crawl, back-stroke, breaststroke and sidestroke.

Fees: Member \$30      Non-member \$50

### Session 1:

January 6 – January 22      Tuesdays and Thursdays  
6:00 –6:30 p.m.      (3 to 7 years of age)  
6:30--7:00 p.m.      (8 years and older)

### Session 2:

January 24 – February 28      Saturdays  
10 to 10:30 a.m.      (3 to 7 years of age)  
10:30 to 11 a.m.      (8 years and older)

### Session 3:

February 3 - 19      Tuesdays and Thursdays  
6:00 –6:30 p.m.      (3 to 7 years of age)  
6:30--7:00 p.m.      (8 years and older)

### Session 4:

March 3 – 19      Tuesdays and Thursdays  
6:00-6:30 p.m.      (3 to 7 years of age)  
6:30-7:00 p.m.      (8 years and older)

## ADULT SWIM LESSONS

Adult Swim Lessons focus on the basic aspects of learning to swim, as well as stroke development and technique. Ages 18+.

Fee: Members: \$30      Non-Members: \$50

The scheduled session will consist of six (6), 45-minute lessons on the following dates and times:

### Session 1:

January 24 – February 28      Saturdays  
11:45-12:30 p.m.

### Session 2:

March 2 – March 18      Mondays and Wednesdays  
6:30 to 7:15 p.m.

## PRIVATE SWIM LESSONS

One on one swim lessons for all ages and skill levels. Consists of one 30-minute lesson.

Fee: Members: \$20      Non-Members: \$35

# AQUATICS

## WINTER SWIM TEAM

The YMCA Sharks swim team is a competitive age group swim program that competes against other YMCA and USA swim teams. The focus is on personal growth and development of each individual while learning to participate in a team environment. Recommended for ages 4 to 18 (minimum swim requirements apply). For more information, contact the Y at 987-1395. Swim Team fees range from \$265 to \$365, depending on skill level. Membership is a requirement for this program.

## YOUTH SWIM CLINIC

Youth Swim Clinics are designed to give current swim team members the opportunity for more one on one training and for prospective members to learn technique and strengthen endurance.

30 minute session: \$15 for Member; \$20 Non- member  
1 hour session: \$25 Member; \$35 Non-member

## SWIM CLINIC

Do you want to improve your swim stroke, speed, and endurance? Join Larissa for a weekly lesson on swimming technique and form. Ages 10 and up welcomed.

Cost: Members only \$60

Wednesdays

4:30-6:00 p.m.

January 14- March 11

Meet in Pool

## LAP SWIMMING

Lap swimming is offered continuously, other than during special aquatic activities. The monthly aquatic calendar is available at the front desk and outside the pool doors.

## RECREATIONAL SWIMMING

Recreational swimming is offered during most pool hours. During certain special events, recreational swimming will not be offered. The monthly aquatic calendar is available at the front desk and outside the pool doors.

## LIFEGUARD CERTIFICATION

The YMCA will be offering an American Red Cross New Lifeguarding Class. Participants must be 15 years of age on the date of the class. Students will be required on the first night of class to pass a swim test before continuing. If failed, the registration fee will be refunded in full. Maximum 12 participants per class.

Monday, March 9 5-9 p.m.

Tuesday, March 10 5-9 p.m.

Thursday, March 12 5-9 p.m.

Friday, March 13 5-8 p.m.

Saturday, March 14 9-5 p.m.

Monday, March 16 as needed

Fee: Member \$200

Non-member \$225

## LIFEGUARD RECERTIFICATION

The YMCA will be offering an American Red Cross Recertification class. These classes are for those people who need to RECERTIFY their CPR/Lifeguarding

Wednesday, March 4 from 5:00 – 9:00 p.m.

Fee: Member \$80

Non-member \$90

## SCUBA

Scuba Classes taught by Herb Booth, certified NAUI instructor. Classes are held on Monday and Wednesdays 5:30 - 8:30p.m. Classroom time is from 5:30 to 7:00 each night. Pool time is 7:00 to 8:30 each night.

Monday and Wednesdays, March 9 –March 25

Fee: Member \$200

Non-member \$225



# YMCA CHILD DEVELOPMENT CENTER

The Y Child Development Center is a licensed facility for children 6 weeks through 5 years of age. Our Center has a play-based philosophy which fosters the individual child's social, emotional, physical, and cognitive development. Using the "Creative Curriculum", our professional staff create an environment that promotes learning in the areas of art, science, math, and literacy. Our center embraces early language development through our music program and Baby signs (a sign language program). Preschool children participate in weekly specials such as swim lessons, library time, gymnastics\*, and music classes. Children also have daily opportunities to express themselves creatively through play in our "centerbased" classrooms. Our Preschool program uses "Handwriting Without Tears" curriculum. This program is designed to make handwriting easy and fun to learn for your child.

We provide each child with a hot and nutritious breakfast, lunch, as well as a healthy afternoon snack each day. Family involvement is a crucial part of each child's success in our preschool. Therefore, we keep parents informed with monthly parent involvement activities, newsletters, and volunteer opportunities.

Program Hours: 6:30 a.m.- 6:00 p.m.  
 Preschool Hours: 9:00 a.m.- 12:30 p.m.\*

\*These are the hours when children are taught educational curriculum

**Registration is accepted on a first come/first serve basis.** A annual registration fee of \$25.00 is required per school year for each participant in our child care programs.



	<u>Family Member*</u>	<u>Non-Family Member</u>
<u>Full-time (4 – 5 days)</u>		
Infants/Toddlers (6 weeks – 24 mos.)	\$120	\$130
Preschool (2 – 5 years old)	\$105	\$120
<u>Part-time (2 – 3 days)**</u>		
Infants/Toddlers (6 weeks – 24 mos.)	\$80	\$90
Preschool (2 – 5 years old)	\$70	\$85

\*Member rate requires a family membership

\*\*All payments must be on automatic Drafts. The Drafts will be every Friday for the next week.

\*\*\* Part-time days must be consistent each week. All schedule changes must be approved by the director.

## **DATES TO REMEMBER**

Our Child Care and after school programs will be closed on the following holidays:

- Memorial Day
- Labor Day
- 4th of July
- Thanksgiving Day
- Day after Thanksgiving
- Christmas Eve
- Christmas Day
- New Year's Eve
- New Year's Day

When holidays fall on a Saturday or Sunday, the YMCA Child Development Center and the After School Programs will observe the Friday before and the Monday after.

## **WINTER BREAK CAMP**

December 22- January 6, 2015  
 \$21.00 per day

## **SPRING BREAK CAMP**

Participants will go swimming, do arts & crafts, have gym time, walk to field trips such as the library and park, as well as participate in daily sports games.  
 March 30-April 3 and April 6-10  
 A \$25 registration fee will be charged if your child is not already enrolled in our after school program.  
 Fee: Members: \$90 Non-members: \$100

# BEFORE AND AFTER SCHOOL PROGRAM

## BEFORE SCHOOL PROGRAM

Child care is provided for school aged youth from 6:30 a.m.- 7:30 a.m. Students can be dropped off at the Y prior to school. The Y ensures that each student is picked up by the appropriate school bus.

Weekly Fee: \$25

## AFTER SCHOOL PROGRAM

Our program is designed to provide children with a friendly, supportive environment where they can have an opportunity to enjoy activities, make good choices, develop responsibility and stimulate curiosity. Throughout the school year, children have weekly opportunities to participate in activities like gym games, swimming, archery and art.

Special classes are available such as healthy cooking and money management that provide a wide range of learning experiences. Homework time is offered each day. Our program is available to students in Kindergarten through 5th grade. All children are provided a healthy snack upon their arrival.

After School Program Hours: after school till 6:00 p.m.

After School Rates:

	<u>Family</u> <u>Member*</u>	<u>Non-Family</u> <u>Member</u>
Full Time (4-5 days)	\$42	\$48
Part Time (2-3 days)	\$32	\$38

A one time registration fee of \$25.00 is required per school year for each participant in our child care programs.

\*Member rate requires a family membership

\*\*All payments must be on automatic Drafts. The Drafts will be every Friday for the next week.

## SCHOOL CLOSINGS

When schools are closed, the YMCA after school program is open from 6:30 a.m.- 6:00 p.m. Breakfast and lunch and a healthy snack will be provided.





# HEALTH AND WELLNESS

## INTRODUCTION TO BODYBUILDING

This program will introduce you to the basics of bodybuilding, including but not limited to: form, types of exercises, technique, and mindful lifting. Ivy Owens, certified Personal Trainer will ensure you get the most benefit from your workouts.

Tuesdays and Thursdays

12:30 p.m.-1:30 p.m.

February 3-March 26

Fee: Member \$40      Non-member \$60

## MEAL PLANNING

Come to Ivy's lecture on 7 day meal planning. Learn how spending 4-6 hours a week preparing all your meals will help you lose weight, feel better, detox, and decrease your risk of many chronic diseases.

Tuesdays, 2:00 p.m.

February 17, March 17, April 14

Fee: \$5

## RELAX: MASSAGE AND FLEXIBILITY

Taught by: Ivy Owens

Learn how to:

Rejuvenate the body through correct deep breathing (Yoga principles)

Enable your muscles to become more flexible than ever before!

Lengthen and strengthen through flexibility (Isometric contractions)

Alleviate pain, and deep muscle tension (SMR Self-myofascial release)

X.??? Get eXcited about this vital area of your fitness!

Ivy will instruct the techniques of self myofascial release using foam rollers, & tennis balls. Class will end with a meditation that includes massage and spinal alignment. You will leave class feeling relaxed yet rejuvenated.

This is the perfect Valentine's Day gift for your sweetheart  
Tuesdays, 11 a.m.

February 17- March 24

Fee: \$40 for Members

## AFTER SCHOOL FUN FITNESS

With Physical Activity programs decreasing in schools, it's hard to get the kids the exercise they need. The Y is offering an after school fitness program from 4:30-5:15 on Tuesdays and Thursdays. This is the only class that anyone over the age of 10 can join. Parents and adults are welcomed too, but the exercises are specific to the needs of growing children. Preregistration is required.

Tuesdays and Thursdays

4:30-5:15 p.m.

January 20-March 19

Fee: Members only \$40

## YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program is a group-based lifestyle intervention designed especially for people at high risk of developing type 2 diabetes, and has been proven to cut high-risk peoples' chances of developing the disease by more than half. The program is based on the landmark Diabetes Prevention Program (DPP) led by the National Institutes of Health (NIH) and supported by CDC, which showed that with lifestyle changes and modest weight reduction, a person with prediabetes can prevent or delay the onset of type 2 diabetes by 58 percent.

All individuals with a BMI of 25 or greater and who have two additional risk factors or have a diagnosis of prediabetes are eligible.

This program launches in February with classes on Mondays from 6-7 p.m.



# HEALTH AND WELLNESS

## DANCEATHON

A great way to get the weekend party started! Join us for two hours of ultimate booty shaking! You'll pre-burn those weekend calories and start the weekend feeling refreshed! Come see all of our dance instructors perform their best routines.

When: TBA

## GROCERY STORE TOUR

Learn how to navigate the grocery store, read labels, and develop healthy shopping habits.

Thursdays at 2:00 p.m.

February 19, March 19, & April 16

Free to EVERYONE! Meet at Ken's Front Entrance

Reminder: No one under the age of 14 allowed in Group Fitness Classes unless otherwise noted.

Horse play in any area of the campus will lead to immediate suspension.

PLEASE DO NOT FORGET TO RE-RACK WEIGHTS.



## GET YOUR FREE HAMI

### HEALTH ASSESSMENT MONDAYS

Mondays: 4:30-5:30 p.m. Gymnastics Room

Limit 6 members per session.

All assessments take 10-15 minutes.

The Y's Health Professional Ty Bostic, can examine and help you correct:

- \*Resting Heart Rate
  - \*Blood Pressure
  - \*Body Mass Index
  - \*Body Measurements
  - \*Overhead Squat Assessment (Correct Posture Alignment)
  - \*Overactive and Underactive Muscles
  - \*3-Minute Step Test (Cardiovascular)
  - \*Upper and lower body agility test (optional)
- Free to Members!

## PERSONAL TRAINING PLUS PROGRAM DESIGN

Personal Training is an awesome way to get in the best shape of your life! Our trainers have spent their lives learning the best methods for optimizing the individual's needs. Having a Personal Trainer at your side ensures that you are keeping good form and doing the exercises appropriate for YOU. However, sometimes it can be hard on your finances to afford a trainer on a consistent basis, which is why the YMCA is now offering Personal Training PLUS Program Design. For the same price as one personal training session, you can also have the trainer type up a list of the exercises you worked on that day so you are able to repeat them on your own until you are ready to purchase another workout.

Fee: \$40 for one hour of personal training + printout

## PERSONAL TRAINING

Our trainers will help to motivate you and guide you through your personal wellness journey. Whether you are brand new to exercise and need help with a personalized exercise sequence or you are more seasoned and need a little support; get past a plateau or mix up your routine, we are happy to help you!

### Personal Training Rates

One hour session	.....	\$40
5 - one hour sessions	.....	\$170
10 - one hour sessions	.....	\$270

### Personal Training Express (30-minute sessions)

30 minutes	.....	\$22.50
5 - 30 minute sessions	.....	\$100
10 - 30 minute sessions	.....	\$160

### Buddy Training (2 people together)

1 - one hour session	.....	\$45
5 - one-hour sessions	.....	\$200
10 - one-hour sessions	.....	\$350

## GROUP FITNESS CLASS DESCRIPTIONS

### WEIGHTS/STRENGTH/CARDIO CLASSES

**Cardio and Sculpt:** Low impact aerobics followed by a series of toning exercises.

**Forever Fit:** Keep your fitness forever with this class designed for the active adult.

**Strong Seniors:** A class specially designed for seniors. Keep your strength, endurance and flexibility by incorporating low impact aerobics, and using bands, hand weights, and a ball. This class can be modified to stay in a chair.

**YCross:** Uses Tabatas, metabolic training, full body resistance training, core and more!

**Boot Camp:** This class will push your body past it's limits to obtain the strength and endurance you deserve! Uses muscle confusion to keep your body guessing which translates into faster results. Be prepared to work hard!

**Kettlebells & Calisthenics:** Use your body weight and kettlebells to foster a leaner physic.

**TurboKick:** Tone and condition while kicking and punching your way through a high intensity aerobic workout that will leave you feeling invigorated and pumped.



**I'll Be Back:** Get an awesome upper-body workout that incorporates many different methods for developing strength and amazing arms, shoulders, and back.

**H.A.B.I.T.:** Hips, Abs, Butts, & Inner Thighs. Make this class a habit and you will lean your lower half for those Daisy Dukes! A perfect complement to I'LL BE BACK.

**ABS (A Beautiful Stomach):** This high intensity 20 min class blasts through a series of multiple different core exercises. This continuously changing class will keep your middle guessing which will lead to results! Feel your lower back pain disappear and see your belly tighten!

### CARDIO DANCE CLASSES

**Zumba (Both beginner and intermediate classes available):** Shimmy and shake your booty to a Latin beat!

### WATER CLASSES

**Aqua Fitness:** Low intensity, no impact class that is invigorating, energetic, and FUN! Water shoes recommended.

**Aqua Zumba:** Like Zumba, just add water and shake!

### GROUP CYCLING

**Group Cycling:** Ride on one of our state-of-the-art stationary bikes. This class will improve cardiovascular endurance, tone up the legs and bum, all while improving overall fitness. The best part is: YOU control your own intensity!

**Ride and Shine:** Ride into the day and add some shine to your life knowing you started the day off right.

### YOGA

**Yoga Basics:** A great class to start you off on the right foot! Learn Yoga at a slower pace and become comfortable with the moves.

**Advanced Yoga Flow:** Take your yoga training to the next level. This class will incorporate all three aspects of physical fitness: cardio, strength, and stretching into one invigorating session. Warning: Yoga has been known to foster health and happiness :)

**Roll Out:** Using foam rollers to decrease muscle soreness and recover

# YOUTH AND FAMILY

## GYMNASTICS

Learn gymnastics from instructor Kelly Geoghegan, who has over 20 years experience and trained state champions, as well as UK cheerleaders. Basic skills taught such as handstands, cartwheels, back handsprings and much more. For ages 4 and older. Each class will have a limit of 12.

Wednesdays

January 7 - February 11

February 18 - March 25

April 1 - May 6

Intermediate 4:30 p.m. – 5:30 p.m.

Beginner 5:30 p.m. – 6:30 p.m.

Advanced 6:30 p.m. – 7:30 p.m.

Saturdays

Jan 10 - February 14

February 21 - March 28

April 4 - May 9

Beginner 10:00 a.m. – 11:00 a.m.

Intermediate 11:00 a.m. – 12:00 p.m.

Fee: Member \$40

Non-member \$55

## FRIDAY FAMILY FLICKS

Join us for Friday Family Flicks. We will be showing a family friendly movie on a BIG projector screen in our gym. You can even bring a picnic dinner with you and the Y will provide popcorn. There will be floor seating so feel free to bring a blanket or pillow and arrive in your PJs. An adult must remain in the room with kids.

Friday, January 30 at 6 p.m. – Movie TBA

Fee: Free

Friday, March 6 at 6 p.m. – Movie TBA

Fee: Free

## FATHER/DAUGHTER DANCE

Spend an unforgettable night with that special girl or girls in your life. Guardians, male relatives or even family friends are welcome to escort that special girl. Refreshments will be provided. For ages 3 – 12.

Friday, February 6 from 6:30 – 8 p.m.

Fee: \$5 per family

## BLASTBALL

BlastBall provides an ideal entry level of play for the children who will go on to other advanced levels of the game. Think about it... playing T-ball with a soft bat and ball with a base that honks when you step on it! Everyone gets a chance to hit and there are no outs. We do not keep score but we do have fun playing and developing skills. Blastball is for children who will be 3 or 4 years old on or before April 30, 2015.

DATES TBD

Fee: Member \$25

Non – member \$35

## PICKLE-BALL CLINIC

What is Pickle-ball you ask? Pickle-ball is a sport played on a badminton-sized court with special Pickle-ball paddles, made of wood. The ball is similar to a whiffle ball, but slightly smaller. The lower net and ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their athletic ability. Join us in the gym to learn the game and have some fun!

Wednesday and Friday mornings in the gym

9:00 a.m. – 10:00 a.m.

Fee: Free for members





# YOUTH AND FAMILY

## RUNNING CLUB

Have fun, learn (or improve) a new sport and meet new friends. Kids will walk or ride the bus to the Y after school every Tuesday. A snack will be provided before the kids walk to Paris High School track to run. Pick up time is 4:45 p.m. at the Y. Ages 7-12 years of all fitness levels.

Tuesdays

March 17 – April 28

Fee: \$10 (includes snacks)

## RECREATIONAL SOCCER

Registration for spring soccer begins in February. The season runs late March to the end of May. U6-U14.

Fee:	Member	Non-member
U6	\$45	\$70
U8-U10	\$50	\$75
U12-U14	\$55	\$80

## COMMUNITY CPR CERTIFICATION

The Y will be offering an American Red Cross CPR/First Aid class for anyone in the community. This is a CPR/First Aid for communities, workplace and schools course.

Wednesday, March 18 5-9 p.m.

Fee: Member \$50

Non-member \$60



# MEMBER POLICIES

## BEHAVIOR POLICY

All adults, teens and children should feel comfortable and have positive feelings about being a part of the Y family. Inappropriate behavior or language deemed to be in conflict with the welfare and safety of our members and staff is strictly prohibited. Such behavior may take the form of the use of profanity, abusive language, fighting, unwelcome sexual advances, request for sexual favors and other verbal or physical conduct of a sexual or abusive nature. The Y also reserves the right to deny facility access or membership to any person who is a sexual offender, who has been convicted of any crime involving sexual abuse, convicted to any offense relating to the sale or transportation of illegal drugs and been convicted of any crime against persons such as children, spousal or parental abuse.

## REVOKED/ SUSPENDED MEMBERSHIP

Our Y has the right to suspend or terminate a membership if a member's behavior or language is judged to be in conflict with the welfare of other members or staff or in conflict with the Y's purpose and values.

## ATTIRE

Shoes and shirts must be worn in all areas of our Y, except the pool. Street shoes are not permitted on any wood floors or the pool area. Proper swimsuits must and should only be worn when using the pool. All attire must be consistent with our character values.

## FOOD & BEVERAGE POLICY

Food and beverages are only permitted in the lobby.

## TOBACCO POLICY

Our Y is a tobacco free campus. This includes e-cigarettes and all tobacco products.

## PROFANITY POLICY

Profanity is strictly prohibited in our Y. Any member, program participant or guest who uses profanity will be asked to leave. Repeated behavior will result in membership termination.

## CELL PHONE POLICY

Any person caught taking inappropriate pictures of another person without that person's permission or knowledge, will have his or her membership terminated. Please be considerate of all who utilize our facility by avoiding the use of cell phones while in the locker room and all exercise areas.

## WEAPON POLICY

No weapons are permitted on Y property.

## CHILD SUPERVISION

**General:** A responsible member at least 16 years of age must directly supervise any member under the age of 12 in all areas of the facility. The instructors and/or parents will monitor program participants during the duration of the class/program.

**Swimming:** The following guidelines have been established for your health and safety in our swimming pools. All swimmers under the age of 12 must be accompanied in the pool area at all times by a responsible person at least 16 years of age. Any child unable to pass the deep water swim test is not allowed in the deep end of the indoor or outdoor pool (which includes the diving board). Any child who cannot pass the shallow water swim test must have an adult within arms reach (in the water) of them at all times.

## Fitness Center:

14 and older - no restrictions

\*12 - 13 - access to youth fitness equipment, bikes, ellipticals, rowing machines\*

\*10-11 - must be accompanied by an adult and can have access to same equipment as 12-13 year olds

\*orientation with fitness staff is required. No one under the age of 14 can use the treadmills.

## Free Weight Room

16 years and older - no restrictions

14-15: can use if accompanied by a parent or legal guardian. (no exceptions).

## Track

12 and older may use track

10-11 year olds may use track if accompanied by an adult



# MEMBER POLICIES

## RECREATIONAL SWIMMING

Recreational swimming is offered during most pool hours with the exception of certain swim team practices or special events. A monthly calendar is available at the front desk and online.

## LAP SWIMMING

There is always at least one lap lane available except during special aquatic activities.

## TRACK

Walkers/joggers must be 12 years of age or older to use the track without adult supervision. Please note the signs at both doors that indicate the direction of walking/jogging for the day. The track is not an observation area for other facility activities.

## SAUNA & STEAM ROOM USAGE

Members must be at least 19 years of age to use the sauna and steam room. Proper bathing attire **MUST** be worn.

## SURVEILLANCE

For your protection, many areas of the Y are under video surveillance.

## MUSIC POLICY

Any music deemed inappropriate by Y staff and is not in accordance with our mission is not permitted to be played in the facility. When playing personal music, please use ear buds.

## ADA

The Y complies with the intent and spirit of the Americans with Disabilities Act. If you need special assistance or accommodations, please call or notify the front desk.

## PARKING

Parking is available for members on the street in front of the facility; parking lots located behind the facility on either side of the outdoor pool and on the corner of Main and 10th streets, by the Catholic church. Members may also park along the fence by the Family Dollar Store and at Riley's Tire after 5:00 pm. Two handicap parking spaces are available in front of the building. Please do not park in front of the daycare center in the drop off space.

## LOCKER ROOMS

Adult locker rooms (for ages 19 and older) and family locker rooms (ages 18 and under) are available. Parents accompanying children 6 and under use the family locker rooms based on the adult's gender. Children ages 7- 18 must use the appropriate gender locker room. Moms with boys and dads with girls can always use the Special Needs locker area. Lockers are for daily use only. Locks left overnight will be removed. Some lockers are available for members to rent. Payment can be made on an annual basis or by monthly bank draft. Invest in a strong lock and always secure your personal belongings. The Y is not responsible for lost or stolen items. We recommend you leave valuables in your locked car.



**PARIS-BOURBON COUNTY YMCA**

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