

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# ACENTURY OF SERVICE

PARIS-BOURBON COUNTY YMCA

FALL 2013 Program Guide & Member Handbook

Register for programs beginning August 12



### MESSAGE FROM THE DIRECTOR

Dear Members,

It is hard to believe that summer is over and the kids are going back to school. We had a great summer at the Y. The camp kids went on many adventures including the zoo, a Legends ballgame and the Children's Museum.

By the time you read, this, we will be in the midst of our indoor pool renovations. This is a major project that keeps in line with the Y's strategic plan of keeping our facilities up-to-date in order to serve our members. If you aren't a user of our pool, perhaps you may want to consider a water exercise class, swim lessons or just swimming. It's great cross-training or rehab for injuries.

You may notice some new faces around the Y soon. We recently hired Morgan Gleaves as a new program director responsible for aquatics, youth and family programming. We sadly will be saying goodbye to Jenny Earlywine. Jenny has been our swim team coach for 13 years, and she has accepted a position with Bourbon County schools. Jenny will be missed by all, and I personally want to thank her for her years of service and commitment to the Y. Someone will have big shoes to fill. Good luck Jenny.

Lastly, I want to recognize the Paris-Bourbon County YMCA for serving our community for 100 years. This is a big year for us, and we hope you will join us in our celebrations we have planned for the fall. We especially encourage and invite you to attend our Fall Benefit that will be held September 21 at Hillcroft Farm.

Sincerely,



### **STAFF**

**Cathy Boone Executive Director** 

**Ivv Owens Health and Wellness Director** 

Morgan Gleaves **Program Director Keith Lenox Property Director Child Care Director** Rebecca Thomas **Ginny Russell** Front Desk Manager **Ron Parker Business Manager** 

### **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).



### **BOARD OF DIRECTORS**

Louis Prichard (President) David Smith (Past President) **Bruce Allison (Treasurer)** Lisa Hinkle (Secretary) Sara Branch (Vice President)

**Paul Clift Donnie Foley** Lana Fryman Stan Galbraith **Eric Hamelback Morgan Judy** Joe Koch Matt Koch **James Miller Shack Parrish David Pope Anne Rogers** 

**Brian Washington Gary Wiseman** 



Check us out online at www.parisbourbonymca.org for the latest news, up-to-date calendar 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.

\*\* Beginning September 3

### **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

### **OUTDOOR POOL HOURS**

The outdoor pool will remain open daily through August 19 and will remain open on weekends through Labor Day, September 2.

## REGISTER BEGINNING AUGUST 12

### ONLINE REGISTRATION

This is available for all programs at www.parisbourbonymca.org

### **FACILITY**

- 25 yard Indoor Pool (heated), Men's Steam Room, Women's Sauna, Gymnasium
- Fitness Center with cardiovascular and strength equipment
- 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

### **FINANCIAL ASSISTANCE**

The Paris-Bourbon County YMCA is a non-profit community based health and human services organization that is committed to strengthening the foundations of the community. Our programs and services are available to everyone regardless of age, background, ability or income.

Sharing the financial responsibility for a Y membership will give you peace of mind as well as a sense of ownership and pride.

Those who qualify will be asked to pay only a portion of the established rate. Generous Y members and other community leaders contribute the remaining amount through the Y Annual Giving Campaign.

### Join us for the Y's 100th Anniversary Open House

Monday, December 9 from 4–8 p.m. join our staff and volunteers for tours, free classes and programs, refreshments, and, of course, cake!

### Be part of the Y's 100th Anniversary Club

Between September 1 and December 9, (100 days) you have an opportunity to be part of this exclusive club. You can become a member by doing any or all of the following:

- Donate \$100
- Run/walk 100 miles in 100 days
- Bike 100 miles in 100 days
- Log any type or amount of physical activity for 100 days
- Give 100 pennies in 100 days (children only)

Members of the Club will receive a special commemorative gift and be entered in a drawing for \$100 to be given away at our Open House on December 9.

### **MEMBERSHIP**

### **MEMBERSHIP RATES**

Family	\$48.00
Adult (19+)	\$33.00
Youth (6 mos- 18 yr)	\$13.50
Senior (65+)	\$25.50
College Student Rate	\$22.50

### **MEMBERSHIP JOINING FEE**

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

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

### **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.

### **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 to learn more.

### **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.

### **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.

The Y offers Youth and Adult swim lessons year round. The classes range in levels and varieties to include Parent/Child as well as Youth and Adult Swim Lessons.

### **PARENT/CHILD**

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

Fee: Member \$20

Non-member \$40

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

SESSION 1:

September 9 - 25 Mondays and Wednesdays

6:00 - 6:30 p.m.

**SESSION 2** 

September 21 - October 26 Saturdays

11:00 - 11:30 a.m.



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 be changed after evaluation is complete.

### **PROGRESSIVE SWIM LESSONS**

<u>Pre-Polliwog</u>- 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.

<u>Polliwog</u>- Students work on kicking, breathing and lifesaving skills. Front and back crawl strokes are introduced.

<u>Guppy</u>- 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.

<u>Minnow</u>- This is an intermediate class. Students will work on elementary front crawl and backstroke. Introduction to sidestroke 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.

<u>Fish</u>- Continued development and perfecting front crawl and backstroke, while further developing breaststroke and sidestroke. Introduction to dolphin kick. Child must be able to swim a length of freestyle and a length of backstroke to enter this class.

<u>Flying Fish</u>- 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, backstroke, breaststroke and sidestroke.

SESSIONS WILL CONSIST OF 6 THIRTY MINUTE LESSONS.

Ages: 3 - 15 years of age

Fee: Member \$20

Non-Member \$40

**SESSION 1:** 

September 10-26 Tuesdays and Thursdays

7:00 – 7:30 p.m. (3 – 7 years of age) 7:30 – 8:00 p.m. (8 years and older)

Session 2:

September 21-October 26 Saturdays

10:00 – 10:30 a.m. (3 to 7 years of age) 10:30 – 11:00 a.m. (8 years and older)

Session 3:

October 8-October 24 Tuesdays and Thursdays 7:00 –7:30 p.m. (3 to 7 years of age) 7:30--8:00 p.m. (8 years and older)

Session 4: Tuesdays and Thursdays

November 5-November 21

7:00 –7:30 p.m. (3 to 7 years of age) 7:30–8:00 p.m. (8 years and older)

### **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 \$325, depending on skill level.

Membership requirement for this program.

### LIFEGUARD CERTIFICATION

The Y will be offering an American Red Cross 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.

Fee: Member \$200 Non-member \$225

### LIFEGUARD CLASS #1

Monday, September 23	5:00-9:00 p.m.
Tuesday-September 24	5:00-9:00 p.m.
Thursday-September 26	5:00-9:00 p.m.
Friday-September 27	5:00-8:00 p.m.
Saturday-September 28	9:00 a.m5:00 p.m.
Monday-September 30	as needed

### LIFEGUARD RECERTIFICATION

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

LIFEGUARD RECERT CLASS #1

Wednesday-September 25 ...... 5:00-9:00 p.m.

Fee: \$80



FOR YOUTH DEVELOPMENT®
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# GIVE TO THE Y IMPACT YOUR COMMUNITY

### **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.

### Wednesdays

August 7 – September 11 (6 weeks) September 18 – October 23 (6 weeks) October 30 – December 18 (8 weeks)

Intermediate 4:30 – 5:30 p.m. Beginner 5:30 – 6:30 p.m. Advanced 6:30 – 7:30 p.m.

### Saturdays

September 14 – October 19 (6 weeks) October 26 – December 21 (8 weeks)

Beginner 10:00 – 11:00 a.m. Intermediate 11:00 a.m. – 12:00 p.m.

Fee: Member \$30 (6 weeks); \$40 (8 weeks) Non-member \$45 (6 weeks); \$60 (8 weeks)

### **SOCCER STARTERS**

A non – competitive introduction to soccer for kids 3 and 4 years old. This program is designed to teach basic soccer skills, teamwork and sportsmanship are also taught. There will be 6 instructional classes in our gym. No games will be played. A t-shirt is given to each participant.

Tuesdays, September 10 – October 15 5:30 – 6:30 p.m.

Fee: Member \$25 Non-member \$35

### **BOBBY EADES SKILLS TRAINING (B.E.S.T.)**

To be the best basketball player the basic fundamentals and skills are a necessity for all skill levels. Learn ball handling skills, defensive stances and much more from Bobby Eades. Bobby is a former Paris High School basketball coach who was inducted into the 2013 Kentucky High School Basketball Coaches' (KABC) Coaches Court of Honor. For males and females grades 1 – 8. Cost includes a T-shirt!

Saturdays, September 7 – October 26 9:00 – 10:00 a.m.

Fee: Member \$55 Non-member \$65

### **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, 2014.

Thursdays, October 17 – November 21 5:30 – 6:30 p.m. in the gym

Fee: Member \$25 Non-member \$35

### **BALLET**

Children will have fun and develop self-confidence as they learn the beginning elements of Ballet. During this class, participants will develop poise and grace as they learn from our trained instructor, Sara Ratliff.

Mondays, September 16 - December 2

Ages: 4 – 6 year olds 5:45 – 6:30 p.m.

Fee: Member \$60 Non-member \$80

### **TEEN XTREME**

Each week we will have different fitness activities for middle schoolers. Activities include resistance training, fitness scavenger hunts, obstacle courses, races, stability ball training, and much more! We will be doing fitness testing on the first and last week just to see how strong they've become. Grades 6-8.

November 5 – December 10
Tuesdays at 4:00 p.m. in the group exercise room
FREE for Members
Non-member \$15

### **ARCHERY**

Thanks to the movie 'The Hunger Games' archery is currently one of the fastest growing sports. You can learn archery basics without having to worry about purchasing any equipment. We've got everything covered so all you have to do is sign up! Classes will be held in the group exercise studio.

Grades 4 - 8

October 3 – November 7 from 4:00 – 5:00 p.m.
Fee: Member \$30 Non-member \$40

### 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.\*

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

	Member	Non-Member	CCA
Full-time (4 – 5 days) Infants/Toddlers (6 weeks – 24 months)	\$115	\$125	\$125
Preschool	\$100	\$115	\$115
(2 - 5 years old)			
Part-time (2 – 3 days) Infants/Toddlers (6 weeks – 24 months)	\$75	\$85	\$85
Preschool	\$67	\$80	\$80
(2 – 5 years old)			
Half Day(4/5 days)	\$67	\$80	\$80
*additional \$10 per month for gymnastics			

### **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 day, Christmas Eve, Christmas Day, New years Eve and New Years 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.

# CELEBRATING A CENTURY OF SERVICE

Annual Fall Benefit Saturday, Sept. 21 Hillcroft Farm

Make Plans To Join US!

<sup>\*</sup>These are the hours when children are taught educational curriculum

### **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:

	Member	Non-Member	CCA
Full Time (4-5 days)	\$42	\$48	\$48
Part Time (2-3 days)	\$32	\$38	\$38

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

### **SCHOOL CLOSINGS**

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



### HEALTHY LIVING Improving the community's health and well-being

### **GROUP EXERCISE CLASSES**

The Paris-Bourbon County YMCA offers a variety of free exercise and wellness classes to all our members. Please pick up a copy of the group exercise schedule at the front desk or check online at www.parisbourbonymca.org for the scheduled days and times.

Note: No one under the age 14 admitted to Group Fitness classes unless otherwise noted.

### MASSAGE AND FLEXIBILITY

Taught by: Ivy Owens & Ty Bostic Learn how to:

- R ejuvenate the body through correct deep breathing (Yoga principles)
- E nable your muscles to become more flexible than ever before!
- L engthen and strengthen through flexibility (Isometric contractions)
- A lleviate pain, and deep muscle tension (SMR Self-myofascial release)
- X Get eXcited about this vital area of your fitness!

The class will start with Ivy leading you through a series of breathing techniques. We will begin a Sun Salutation to warm and lubricate the muscles and joints. Ty will instruct the techniques of self myofascial release using foam rollers, tennis balls, and lacrosse balls. Then both Ty and Ivy will go around preforming PNS stretching on individuals in the class. Finally the class will end with a meditation that includes massage and spinal alignment. You will leave class feeling relaxed yet rejuvenated. The Y's educated fitness professionals will teach you how to correct any muscle imbalances from overtraining.

Time/Dates: Wednesdays at 8:00 p.m., October 2-23 OR

Fridays at 9:15 a.m. October 4- 25 Fee: Members \$50; Non-members \$65

### HEALTHY COOKING WITH LIZ

Liz Kingsland, Bourbon County Extension Agent, will be cooking with fall veggies: Crockpots the healthy way!
Learn to prepare headliner holiday sides and not-so-devilish desserts.

September 30, October 21 & November 11, 5:30 p.m.

Meet in Child Care Center Fee: \$2.00 per person

### SISTERS IN STEEL

Ever wished you had a Personal Trainer by your side during your workouts? If so, join this 4 week, 8 session, weight lifting program with certified Personal Trainer and experienced weight lifter Ivy Owens. Ivy will teach you how to execute proper form while lifting challenging weights as well as dieting tips to further your success. These sessions are appropriate for those who have an exercise background, but have been apprehensive to stepping into the weight room.

Tuesdays & Thursdays, 10:00-11:00 a.m. September 10 – October 3 Meet in the Downstairs Free Weight Room Fees: Members \$30; Non-members \$50

### GET YOUR FREE HAM! <u>H</u>EALTH <u>A</u>SSESSMENT <u>M</u>ONDAYS

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)

Mondays: 4:30-5:30 p.m. Gymnastics Room Limit 6 members per session. All assessments take 10-15 minutes.

Fee: Free to Members!

### JUICING AT THE Y!

Come get a cup of fruit and vegetable juice and give a toast to your health! Ivy will make you a serving of freshly juiced produce to fill your body with vitamins, minerals and nutrients. Here's to your health!

September 9 & 23; October 7 & 21 at 4:30 p.m. In Lobby

Fee: Free to members with Health Assessment

### HEALTHY LIVING Improving the community's health and well-being

### **GUEST SPEAKER: DR. MARK JACKSON**

Title: The psychology of flourishing

When asked, most people report being relatively happy with their lives. Most of these folks also say that there's still room for improvement. Join Dr. Mark Jackson from Transylvania University to learn what psychologists have recently discovered about what the happiest people in the world do differently (or just better) than the rest of us. He'll discuss these findings, as well as offer strategies for helping you make your lives even richer than they already are.

Friday, September 13, 5:30 p.m.

Meet in Board Room

Cost: Free for Members; \$3 for Non-members

### **GUEST SPEAKER: DR. MARK JACKSON**

Title - Flow, Focus, and Flourishing

Most everyone has heard athletes after an amazing performance describe themselves as being "in the zone" or "in the groove" or "tuned in." Recent research suggests that these states (called "flow") are necessary for psychological well-being. Transylvania University psychologist Dr. Mark Jackson will discuss this research on flow and explore with you how everyone has the capacity to achieve flow and enhance their overall life satisfaction.

Friday, October 4 at 5:30 p.m. Meet in Board Room Cost: Free for Members; \$3 for Non-members

### **GROUP FITNESS CLASS DESCRIPTIONS**

### WEIGHTS/STRENGTH/CARDIO CLASSES

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

Cardio Pump: High impact aerobics mixed with strength.

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.

**Super Circuit:** This high-energy class will allow you to work at your own level, yet blast though a variety of different exercises.

**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.

S.A.S.S.Y: Strong And Stunning Super You! This is a whole body workout that incorporates elements of Pure Barre, Pilates, Victoria Secret's "Train like an Angel" and Yoga to work on problem areas specific to women. A perfect complement to HABIT.

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 SASSY.

ABS (A BEAUTIFUL STOMACH): This high-intensity 30-minute class blasts though 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 & intermediate classes available): Shimmy and shake your booty to a Latin beat!

Dance Fitness: Dance to a variety of different types of music!

Hip-Hop & Squat: Uses 3-6 moves per hip hop song and pairs that move with the verse and chorus. This creates an easy-to-follow routine that will get you sweating and squatting to tone up that tush. Warning: You gotta' drop that fanny low in order to lift it up!

### **WATER CLASSES**

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

### **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.

### HEALTHY LIVING Improving the community's health and well-being

### **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.

Family Yoga: This class is designed for you and your child. It is the only group exercise class that is appropriate for children under 14. Bring the whole family and learn how Yoga can help foster strong bonds.

Mixed Level Yoga: A moderate intensity yoga class that is appropriate for those with some prior experience with yoga to the seasoned yogi. Modifications will be offered throughout practice.

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. It is recommended that you take at least Yoga Basics once and Mixed Level Yoga once before coming. Warning: Yoga has been known to foster health and happiness:)

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.

### **PERSONAL YOGA SESSIONS**

Private therapeutic yoga sessions are indivdualized to the clients physical, mental and emotional needs. A private session is structured around the particular issue the client would like improvement upon, as well as taking into account any physical or medical limitations. The goal of personal yoga sessions is to utilize the principles of the yoga postures to bring about optimal alignment and health in the body.

Fee: \$50 per 60 minute session

### 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!

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

### 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.

### **SESSION 1:**

October 14-October 30 Monday and Wednesdays

Fee: \$200 Member \$225 Non-members

### **ADULT SWIM LESSONS**

Adult Swim Lessons focus on the basic aspect of learning to swim, as well as stroke development and technique.

Age: 16 and over

Fee: Member: \$20 Non-member: \$40

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

### Session 1:

Monday and Wednesday September 9-September 25 6:45-7:30 p.m.

Session 2: Saturdays September 21-October 26 11:45 a.m.-12:30 p.m.

### **CO-ED VOLLEYBALL LEAGUE**

League will be 6 weeks with single elimination playoffs. Games will be self refereed. Must be at least 17 yrs old. Create a 4 person team with your friends, coworkers or come on as a free agent and we will find you a team! Set, spike, fun! All matches will be played on Sunday afternoons. They will begin at 1:00pm and are scheduled every 45 minutes.

September 22 – October 27 \$80 per Member team; \$20 for an individual. Team must consist of at least one Y member. \$100 per non – member team; \$25 per non – member individual.

### SOCIAL RESPONSIBILITY Giving back and providing support to our neighbors

### **COMMUNITY CPR CERTIFICATION**

The YMCA 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.

Fee: \$50

CPR Class #1

Monday, October 14 ...... 5:00-9:00 p.m.

CPR Class #2

Thursday, December 5...... 5:00-9:00 p.m.

### **ANNUAL GIVING CAMPAIGN**

The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause.

In 2012 the Paris-Bourbon County YMCA provided more than \$190,000 in scholarships and program subsidies for children, adults and families in our community. And since no one is turned away for their inability to pay, we ask that you help us continue this cause. To give online go to www.parisbourbonymca.org

### YMCA HERITAGE CLUB- Leave a Legacy

The Paris-Bourbon County YMCA's Heritage Club was established to increase the awareness of the endowment fund and to recognize those who have included the Y in their financial planning. The purpose of the endowment fund is to provide the Y with a stable financial base to carry out its mission today, while also allowing for growth in the future.

The YMCA Heritage Club consists of individuals who have demonstrated their long-term commitments to the Paris-Bourbon County YMCA through planned, charitable giving in the form of wills/bequests, charitable trusts or life insurance.

In addition to providing security for the future, contributed support is reinvested in our youth, serving as a source of scholarships, awarded annually to children participating in YMCA programs such as camp, after school child care and youth sports.

Please consider joining the growing number of Y friends whose dedication to youth is perpetuated through planned giving. To receive more information about joining the Heritage Club, please contact Cathy Boone, Executive Director at 859.987.1395 or cboone@parisbourbonymca.org.

### **VOLUNTEER OPPORTUNITIES**

Serving meals, coaching, painting, rocking babies, small construction projects, etc. No matter what your special talents, interests, and schedules are you can help change someone's life at the Y.

### **POOCH PLUNGE**

Bring the entire family and watch your pet have a blast swimming in our outdoor pool. Only dogs are allowed to swim. Pooch Plunge will be held rain or shine.

Saturday, September 7, 4:00 - 6:00 p.m.

Fee: \$5 per dog. Proceeds support the Paris Animal Welfare Society (P.A.W.S.) and the Y's Annual Giving Campaign.

### **POTLUCK PARTIES**

Join us for a potluck lunch, activities and fellowship. Bring your favorite entree, side dish or anything else you'd like. If you plan to attend please stop by the front desk and let us know what dish you'll be bringing! The Y will provide refreshments and tableware.

### HALLOWEEN POTLUCK PARTY

Tuesday, October 22, 12:00 – 2:00 p.m.

Fee: FREE

### **CHRISTMAS POTLUCK PARTY**

Tuesday, December 10, 12:00 - 2:00 p.m.

Fee: FREE

### **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, September 13 at 6:00 p.m. – Movie TBA Fee: Free



### 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 facility. This includes the front entrance, outdoor pool area and parking lot.

### **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**

<u>General</u>: 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, elipticals, 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





### **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.

### **ADA**

The Y complies with the intent and spirit of the Americans with Disabilities Act. If you need special assistance or accomodations, 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 917 Main Street Paris, KY 40361 P 859.987.1395 F 859.987.8053 www.parisbourbonymca.org

