

REGISTRATION

Drop off or Mail registration form and fee to:
Meade Activity Center
493 Lawrence St, Brandenburg, KY 40108
(270) 422-222

***REGISTRATION DEADLINE:** 2 days prior to start date for all programs (space permitting).
Registration is accepted on a first-come/first-served basis. Programs will fill quickly, so please register early.

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

Race: _____ E-Mail Address: _____

Address: _____ City: _____ Zip: _____

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

Primary Phone: _____ Secondary Phone: _____

Contact Person: _____ Phone: _____

*Family information is needed for our collaboration with the Foundation for a Healthy KY and for future grant opportunities.

*Financial Assistance is available.

_____ I am interested in being a coach for MAC Youth Basketball leagues
(Head Coach = \$10 discount)

Note: All cancellations due to inclement weather will be posted on our website and facebook page.

Youth Sports

_____ Future Stars Sports (3-5): \$32/\$40
_____ Basketball (5-7): \$40/\$50
_____ Indoor Soccer (4-6): \$40/\$50
_____ Preschool Tumbling (3-4): \$32/\$40
_____ Jumpers (5-10): \$32/\$40
_____ Flippers (5-10): \$32/\$40
_____ Springers (9-12): \$32/\$40
_____ Cheer & Dance (7-12): \$32/\$40

Adult Wellness

_____ Cardio Fusion & Strength (16+): \$28/\$35
_____ Flaherty (Thurs)

*Financial Assistance is available to those who qualify.

Shirt Size: S M L Youth/Adult (All programs excluding Adult Fitness Classes)

***Meade Activity Center Members receive a 20% discount on all programs.**

CATCH Program

The Meade Activity Center will implement the CATCH after-school program at your child's elementary school again in 2013-2014. CATCH is designed to offer participants fun with peers and coaches, but they will have a side benefit of becoming healthier and more physically fit. The CATCH program will provide at least 30 minutes of daily physical activity while also providing healthy snacks for participants. The program will teach your children to make educated nutritional choices daily. By the end of the school year, we hope that you will see a change in your child's attitude towards health and physical fitness.



FALL 2 SESSION 2013

- *Youth Basketball
- *Future Stars Sports
- *Indoor Soccer
- *Gymnastics
- *Cheer & Dance
- *Cardio Fusion & Strength

"The MAC is not a building, it's about People"

493 Lawrence Street
Brandenburg, KY 40108
(270) 422-2227
(270) 422-7774 FAX
info@meadeactivitycenter.org
www.meadeactivitycenter.org

"At the MAC, We're Serious About Having Fun"

FALL 2 YOUTH SPORTS

Future Stars Sports – (Ages 3-5)

This program is designed for children between the ages of 3 and 5 years old. Participants will learn the basic skills and rules for various sports including T-Ball, Basketball, Soccer, Flag Football, and Kickball.

Cost: \$40.00 (\$32.00 MAC Members)

Time: 8:30 a.m. – 9:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)

Basketball – (Ages 5-7)

This program will be an instructional developmental basketball league focusing on fundamental skills and team building. Players will participate during a 6 week schedule. Practice and games will be held on the scheduled dates with coaches and MAC staff.

Limited to first 32 players.

Cost: \$50.00 (\$40.00 MAC Members)

Times: 10:00 a.m. – 12:00 p.m.

(One Hour Each Week)

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)

Financial Assistance Available

FALL 2 YOUTH SPORTS

Indoor Soccer – (Ages 4-6)

This instructional program will teach the basics of soccer in an indoor setting. Practice and games will be held on the scheduled dates with coaches and MAC staff.

Limited to first 32 participants.

Cost: \$50.00 (\$40.00 MAC Members)

Times: 9:00 a.m. – 10:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)



Financial Assistance Available

FALL 2 GYMNASTICS & CHEERLEADING

Preschool Tumbling – (Ages 3-4)

Children will learn basic stretching, movements, balance coordination, and beginning tumbling.

Cost: \$40.00 (\$32.00 MAC Members)

Times: 9:00 a.m. – 9:30 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)

Jumpers – (Ages 5-10)

In this class children will learn basic stretching, log rolls, forward rolls, backward rolls, basic splits, headstands, into cartwheels, and several types of jumps.

Cost: \$40.00 (\$32.00 MAC Members)

Times: 9:30 a.m. – 10:15 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)

Flippers – (Ages 5-10)

Children will build from the Jumpers class and will also learn how to do handstands, bridges, cartwheels, hurdles, handstand rolls, and snap downs.

Cost: \$40.00 (\$32.00 MAC Members)

Times: 10:15 a.m. – 11:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)

Financial Assistance Available

Springers – (Ages 9-12)

Children will build from Flippers and will learn cartwheels, roundoffs, and back handsprings.

Cost: \$40.00 (\$32.00 MAC Members)

Times: 10:15 a.m. – 11:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)

Cheer & Dance – (Ages 7-12)

Children will learn basic cheers, jumps, tumbling, and dance used in cheerleading. Participants will build on these skills and perform a routine at the end of each session.

Cost: \$40.00 (\$32.00 MAC Members)

Times: 11:00 a.m. – 11:45 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Nov. 2 – Dec 14

(no class Saturday, Nov. 30)

FALL 2 ADULT FITNESS

Cardio Fusion and Strength – (Ages 16+)

Kick, punch and groove your way to better health in this fun, effective cardio kick-box and dance fusion class that includes strength training to ensure maximum calorie burn and muscle toning. Each class ends with a series of relaxing stretches to lengthen muscles and increase flexibility. We cover it all, head to toe! Perfect for all fitness levels.

Cost: \$35.00 (\$28 MAC Members) 8 Visits

Times: 6:00 p.m. – 6:50p.m.

Location: Flaherty Elementary

Dates: Thursdays, Nov. – May

Financial Assistance Available