

REGISTRATION

Drop off or Mail registration form and fee to:
Meade Activity Center
493 Lawrence St, Brandenburg, KY 40108
(270) 422-2227

***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 for those who qualify, call the MAC Office for details.
*Meade Activity Center Members receive a 20% discount on all programs.

_____ 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 announced through our website and Facebook.

Youth Sports

_____ Future Stars Sports (3-5): \$36/\$45

_____ Basketball (5-7): \$44/\$55

_____ Indoor Soccer (4-6): \$40/\$50

_____ Preschool Tumbling (3-4): \$36/\$45

_____ Jumpers (5-10): \$36/\$45

_____ Flippers (5-10): \$36/\$45

_____ Springers (9-12): \$36/\$45

_____ Cheer & Dance (7-12): \$36/\$45

Winter Fitness

_____ Judo (10+): \$72/\$90

_____ Taekwondo (8-18): \$72/\$90

_____ Cardio Fusion & Strength (16+): \$32/\$40

_____ Gentle Hatha Yoga (16+): \$40/\$50

Shirt Size (circle one): Youth S Youth M Youth L Adult S Adult M Adult L

T-Shirts for all programs excluding Winter Fitness Classes

MAC Holiday Fitness Series

The MAC is happy to announce the success of the 2nd Annual Holiday Fitness Series. The series has seen nearly 300 participants through two events, and we look forward to closing out the series with the New Year's Day Race on January 1st. We would like to thank all of our event sponsors, participants, and volunteer race coordinators for helping support our efforts. Without the assistance of our local community, none of this is possible.

*Sincerely,
Aaron Greenwell
Executive Director
Meade Activity Center*



WINTER SESSION 2014

- *Future Stars Sports
- *Youth Basketball
- *Indoor Soccer
- *Gymnastics
- *Cheer & Dance
- *Judo
- *Taekwondo
- *Cardio Fusion & Strength
- *Gentle Hatha Yoga

Sponsored by
BIG TIRES
THE TEAM YOU TRUST™

MAC's MISSION
To promote active lifestyles and a healthy community through education, wellness, and recreation opportunities for all.

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"

WINTER 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. Each participant will receive a T-Shirt.

Cost: \$45.00 (\$36.00 MAC Members)

Time: 8:30 a.m. – 9:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

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.

Cost: \$55.00 (\$44.00 MAC Members)

Times: 10:00 a.m. – 1:00 p.m. (1 Hour/Week)

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

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.

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

Times: 9:00 a.m. – 9:50 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

WINTER GYMNASTICS & CHEERLEADING

Preschool Tumbling – (Ages 3-4)

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

Cost: \$45.00 (\$36.00 MAC Members)

Times: 9:00 a.m. – 9:30 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

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: \$45.00 (\$36.00 MAC Members)

Times: 9:30 a.m. – 10:15 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

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: \$45.00 (\$36.00 MAC Members)

Times: 10:15 a.m. – 11:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

Springers – (Ages 9-12)

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

Cost: \$45.00 (\$36.00 MAC Members)

Times: 10:15 a.m. – 11:00 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

WINTER GYMNASTICS & CHEERLEADING

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: \$45.00 (\$36.00 MAC Members)

Times: 11:00 a.m. – 11:45 a.m.

Location: David T. Wilson Elementary

Dates: Saturdays, Jan. 25 – Mar. 1

WINTER FITNESS

Judo – (Ages 10+)

Judo is a martial art, combat and Olympic sport created to strengthen the body and mind. It primarily uses principles of balance and leverage to overcome a stronger opponent. Judo is known for dynamic throws, but also teaches grappling and submission holds. Improve your balance, overall strength, and stamina while learning how to defend yourself! Courses are offered in 3 month packages, which are concluded with a belt promotion registered with the United States Judo Association (USJA).

**\$60.00 annual USJA Membership required.*

Cost: \$90.00 (\$72.00 MAC Members)

Times: 7:00 p.m. – 8:30 p.m.

Location: MCHS Wrestling Studio

Dates: Mon. & Wed. Feb. 3 – Apr. 30

WINTER FITNESS

Taekwondo – (Ages 8-18)

Beginner/Intermediate

Students of taekwondo will develop precision and power in the execution of basic techniques including strikes, kicks, blocks and stances, as well as how to combine these techniques in sparring, forms, and self-defense moves. In addition to these sport specific skills, this program is also expected to improve endurance, strength, flexibility, concentration, self-control, confidence, emotional maturity, problem solving and social skills. Courses are offered in 3 month packages.

Cost: \$90.00 (\$72.00 MAC Members)

Times: 7:00 p.m. – 7:45 p.m. Beginner

7:45 p.m. – 9:00 p.m. Intermediate

Location: MCHS Wrestling Studio

Dates: Tue. & Thurs. Feb. 4 – May 1

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 tone. Perfect for all fitness levels. We cover it all, head to toe!

Cost: \$40.00 (\$32.00 MAC Members) 8 Visits

Times: 6:00 p.m. – 6:50 p.m.

Location: Flaherty Elementary

Dates: Thursdays, Jan. – May

Gentle Hatha Yoga – (Ages 16+)

A gentle mat yoga practice utilizing deep breathing techniques and controlled movement to stimulate the muscles while protecting the joint structures.

Cost: \$50.00 (\$40.00 MAC Members) 8 Visits

Times: 5:30 p.m. – 6:30 p.m.

Location: MCHS Wrestling Studio

Dates: Mon. & Wed. classes begin Feb. 3

Financial Assistance Available to those who qualify. Contact the MAC Office for additional information.