

# REGISTRATION

Drop off or Mail registration form and fee to:  
Meade Activity Center Office  
493 Lawrence St, Brandenburg, KY 40108

**\*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.*

**\*CONTACT: 270 422-2227**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ M/F: \_\_\_\_\_

Race: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

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

- \_\_\_\_\_ Taekwondo (8-18 Beginner): \$72/\$90
- \_\_\_\_\_ Taekwondo (8-18 Intermediate): \$72/\$90
- \_\_\_\_\_ 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
- \_\_\_\_\_ Jr. Golf League (8-10): \$36/\$45
- \_\_\_\_\_ Jr. Golf League (11-14): \$36/\$45

## Adult Wellness

- \_\_\_\_\_ Cardio Fusion & Strength (16+): \$32/\$40
- \_\_\_\_\_ Flaherty (Thurs.)
- \_\_\_\_\_ MCHS (Mon.)
- \_\_\_\_\_ Taekwondo – Adult 18 & Older: \$60/\$75

**Shirt Size: S M L Youth/Adult:** \_\_\_\_\_ (All programs excluding First Tee & Adult Fitness)

- \* Family information is needed for our collaboration with the Foundation for a Healthy KY and for future grant opportunities.
- \* Meade Activity Center Members receive a 20% discount on all programs.
- \* Financial Assistance is available to those who qualify.

**MAC Financial Assistance**  
*In an effort to provide programming and membership opportunities to the entire community, the Meade Activity Center has developed the Fun and Fitness for Everyone Financial Assistance Program. Financial assistance is based on household income and is available to those who meet the financial qualifications. For additional information please contact the Meade Activity Center office.*

**MAC Mission Statement**  
*To promote active lifestyles and a healthy community through education, wellness, and recreation opportunities for all.*

Proud community partner:



## FALL 1 SESSION 2014

- \*Gymnastics
- \*Cheer & Dance
- \*Taekwondo
- \*Jr. Golf League
- \*Cardio Fusion & Strength

## FALL 2 SESSION 2014

- \*MAC/MCHS Boys Youth Basketball

*"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 1 YOUTH SPORTS

### 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, Sep. 6 – Oct. 25  
*(no class Saturday, Oct. 4 or 11)*

### 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, Sep. 6 – Oct. 25  
*(no class Saturday, Oct. 4 or 11)*

### 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, Sep. 6 – Oct. 25  
*(no class Saturday, Oct. 4 or 11)*

### 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, Sep. 6 – Oct. 25  
*(no class Saturday, Oct. 4 or 11)*

### 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 – 11:45 a.m.

**Location:** David T. Wilson Elementary

**Dates:** Saturdays, Sep. 6 – Oct. 25  
*(no class Saturday, Oct. 4 or 11)*

## TAEKWONDO

### Beginner/Intermediate – (Ages 8-18)

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. – 8:00 p.m. Beginner  
8:00 p.m. – 9:00 p.m. Intermediate

**Location:** MCHS Wrestling Studio

**Dates:** Tue. & Thurs. Sep. 16 – Dec. 11

### Adult Taekwondo – (Ages 18 and older)

**Cost:** \$75.00 (\$60.00 MAC Members)

**Times:** 7:30 p.m. – 9:00 p.m.

**Location:** MCHS Wrestling Studio

**Dates:** Wednesdays, Sept. 17 – Dec. 10

## THE FIRST TEE

### Jr. Golf League - (Ages 8-14)

Players will compete in a First Tee Jr. League taking place over the course of 4 weeks. Modified tees and rules will be utilized.

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

**Times:** 5:30 p.m. – 7:30 p.m.

**Location:** River Trace Golf

**Dates:** Sundays, Sep. 7 – Sep. 28

## FALL 1 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:** \$40.00 (\$32.00 MAC Members) (8 visits)

**Times:** 6:00 p.m. – 6:50 p.m.

**Location:** Flaherty Elementary

**Dates:** Thursdays, Sep. 4 – Dec. 18

**Cost:** \$40.00 (\$32.00 MAC Members) (8 visits)

**Times:** 6:30 p.m. – 7:20 p.m.

**Location:** MCHS Wrestling Studio

**Dates:** Mondays, Sep. 8 – Dec. 15

## 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:** \$45.00 (\$36.00 MAC Members)

**Time:** 8:30 – 9:00 a.m.

**Location:** David T. Wilson Elementary

**Dates:** Saturdays, November – December

### Basketball - (Grades K-6)

The MAC is working with the MCHS Boys Basketball staff to provide a new basketball league focusing on fundamental skills and team building. Players will participate in sessions between 6 and 12 weeks depending on grade level. Practice and games will be held on the scheduled dates with coaches and MAC staff.

*More Information to come soon.*

**Times:** TBA (A.M. HOURS FOR GAMES)

**Locations:** David T. Wilson Elementary/James R. Allen Freshman Academy/ Stuart Pepper Middle School

**Dates:** Saturdays, November – February

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