

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 United Way of Central Kentucky 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 Basketball: \$40/\$50

_____ Basketball (Grades K-2)

Youth Sports: \$36/\$45

_____ Preschool Stars Sports (Ages 3-5)

Gymnastics & Cheerleading: \$36/\$45

_____ Preschool Tumbling (Ages 3-4)

_____ Jumpers (Ages 5-10)

_____ Flippers (Ages 5-10)

_____ Springers (Ages 9-12)

_____ Cheer & Dance (Ages 7-12)

Martial Arts: \$44/\$55

_____ Introduction to Martial Arts (Ages 8-12)

_____ Introduction to Martial Arts (Ages 13+)

_____ Tiny Tigers Martial Arts (Ages 6-9)

Youth Guitar: \$44/\$55

_____ Ages 8-10

_____ Ages 11-18

Adult Programs

_____ Cardio Pump — (circle one) Thursday/Saturday/Combo: \$24/\$30-\$40/\$50

_____ Zumba — (circle one) Thursday/Saturday/Combo: \$24/\$30-\$40/\$50

_____ Seated Hatha Yoga: \$24/\$30

_____ Floor Hatha Yoga: \$24/\$30

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

MAC Fitness Center

The MAC is excited to have opened the doors to our new Health & Fitness Facility. The new center contains over 40 pieces of cardio, circuit, and strength training equipment. New programs will include Yoga, Zumba, and Cardio Pump. Membership and Daily Visits can be purchased and we hope that you will consider visiting us in the near future.

*Sincerely,
Aaron Greenwell
Executive Director
Meade Activity Center*



United Way
of Central Kentucky



WINTER SESSION 2016

- *Youth Basketball
- *Preschool Stars Sports
- *Gymnastics
- *Cheer & Dance
- *Martial Arts
- *Zumba
- *Yoga
- *Cardio Pump
- *Youth Guitar

Proudly Sponsored By:



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 BASKETBALL



The MAC and MCHS coaching staff are happy to announce an additional opportunity for our K-2 Youth Basketball League in the winter of 2016. Players will be participating in a 6 week session. Practice and games will be held on the scheduled dates with MAC/MCHS Staff & Players. The league for grades K-2 will be designed for Boys & Girls. All Games will be played at David T. Wilson Elementary. Jerseys and awards are included with registration fees and fundamentals, skill building, and sportsmanship will be emphasized.

Grades K-2

Cost: 6 Weeks - \$50.00 (\$40.00 MAC Members)
Time: Games between 9:00 a.m. – 12:00 p.m.
Location: David T. Wilson Elementary
Dates: Sat., Jan. 23 – Feb. 27

WINTER YOUTH SPORTS

Preschool 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 a.m. – 9:00 a.m.
Location: David T. Wilson Elementary
Dates: Sat., Jan. 23 – Feb. 27.

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: Sat., Jan. 23 – Feb. 27

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: Sat., Jan. 23 – Feb. 27

WINTER GYMNASTICS & CHEERLEADING

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: Sat., Jan. 23 – Feb. 27

Springers – (Ages 9-12)

Children will build from Flippers and will learn cartwheels, round-offs, 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: Sat., Jan. 23 – Feb. 27

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: Sat., Jan. 23 – Feb. 27

WINTER MARTIAL ARTS

MAC Introduction to Martial Arts - (Ages 8-18)

This class will consist of a wide range of martial arts styles focusing on a variety of basic martial arts techniques including stances, rolls, strikes, blocks, and holds. Students will develop greater focus, self-control, balance, strength, and endurance. All students will be considered a beginner rank in this new curriculum. (Garrett Frank – Instructor)

Cost: \$55.00 (\$44.00 MAC Members)
Times: 7:00 p.m. – 8:00 p.m. Ages 8-12
8:00 p.m. – 9:00 p.m. Ages 13+
Location: MCHS Wrestling Studio
Dates: Tuesdays, Jan. 12 – Mar. 1 (8 Weeks)

Tiny Tigers Martial Arts – (Ages 6-9 / Grades 1-3)

The class curriculum will be a blend of Tae Kwon Do and Shaolin-do martial arts. Students will learn various stances, blocks, kicks and punches while improving their balance, focus, self-control, and coordination. (Lindsey Frank – Instructor)

Cost: \$55.00 (\$44.00 MAC Members)
Times: 5:00 p.m. – 6:00 p.m.
Location: David T. Wilson / BPS
Dates: Thursdays, Jan. 14 – Mar. 3 (8 Weeks)

WINTER GUITAR

MAC Youth Guitar (Ages 8-18)

Ever wanted to learn Guitar? Now you can in this exciting beginner level program. (Matt McDougal – Instructor)

Cost: \$55.00 (\$44.00 MAC Members)
Times: 5:00 p.m. – 6:00 p.m. Ages 8-10
6:00 p.m. – 7:00 p.m. Ages 11-18
Location: MAC
Dates: Tuesdays, Jan. 12 – Feb. 16

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