

# 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: \_\_\_\_\_

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

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

## FALL 1 SESSION

### Gymnastics:

- \_\_\_\_\_ Preschool Tumbling (3-4): \$36/\$45
- \_\_\_\_\_ Jumpers (5-10): \$36/\$45
- \_\_\_\_\_ Flippers (5-10): \$36/\$45
- \_\_\_\_\_ Springers (9-12): \$36/\$45

### Adult Programs:

- \_\_\_\_\_ Cardio Pump (16+): \$18/\$30

## FALL 2 SESSION

### Adult Programs:

- \_\_\_\_\_ Cardio Pump (16+): \$18/\$30
- \_\_\_\_\_ Zumba (16+): \$18/\$30
- \_\_\_\_\_ Floor Hatha Yoga (16+): \$18/\$30

- \* 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 2016

- \*Gymnastics
- \*Adult Fitness
- Cardio Pump

## FALL 2 SESSION 2016

- \*Adult Fitness
- Cardio Pump
- Zumba
- Yoga
- \*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 GYMNASTICS

### 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. 10 – Oct. 29

*(no class Saturday, Oct. 1 or 8)*

### 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. 10 – Oct. 29

*(no class Saturday, Oct. 1 or 8)*

### 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. 10 – Oct. 29

*(no class Saturday, Oct. 1 or 8)*

### 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. 10 – Oct. 29

*(no class Saturday, Oct. 1 or 8)*

## FALL 1 ADULT PROGRAMS

### Cardio Pump (Ages 16+)

Cardio Pump is a high energy, effective use of cardio and strength training that is sure to generate maximum calorie burn and muscle tone. This class is designed for all fitness levels. Hand Weights, Resistance bands, and other equipment will be utilized in this class.

**Cost:** \$30.00 (\$18.00 MAC Members)

**Times:** Thursdays 6:00 p.m. – 7:00 p.m.

**Location:** MAC

**Dates:** Thursdays, Sep. 15 – Oct. 27

*(No Class Oct. 6)*

## FALL 2 ADULT PROGRAMS

### Cardio Pump (Ages 16+)

Cardio Pump is a high energy, effective use of cardio and strength training that is sure to generate maximum calorie burn and muscle tone. This class is designed for all fitness levels. Hand Weights, Resistance bands, and other equipment will be utilized in this class.

**Cost:** \$30.00 (\$18.00 MAC Members)

**Times:** Thursdays 6:00 p.m. – 7:00 p.m.

**Location:** MAC

**Dates:** Thursdays, Nov. 3 – Dec. 15

*(No Class Nov. 24)*

## FALL 2 ADULT PROGRAMS

### Zumba (Ages 16 +)

Zumba® combines Latin and international music with dance moves for a fun and effective workout. Zumba® fitness classes take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**Cost:** \$30.00 (\$18.00 MAC Members)

**Times:** Tuesdays 6:30 p.m. – 7:30 p.m.

**Location:** MAC

**Dates:** Tuesdays, Nov. 8 – Dec. 13

### Floor Hatha Yoga Class (Ages 16+)

A gentle yoga practice utilizing breathing techniques and controlled movement to stimulate muscles while protecting joint structures. This class is designed to move from the floor to standing to ending with floor exercises that lead into a supine meditation. Chairs, blocks, blankets, balls, and straps will be utilized. This class is designed for the exercise beginner to the moderate athlete desiring stress reduction and an overall feeling of harmony.

**Cost:** \$30.00 (\$18.00 MAC Members)

**Times:** Mondays 6:30 p.m. – 7:30 p.m.

**Location:** MAC

**Dates:** Mondays, Nov. 7 – Dec. 12

## BASKETBALL PROGRAMS



### Youth Basketball - (Grades K-6)

The MAC is working with the MCHS Boys Basketball staff to provide basketball leagues 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.

**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

*More information to come soon.*

*Sponsored by Seropro of Breck, Grayson,  
Meade & Hancock Counties*



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