

# REGISTRATION

Drop off or Mail registration form and fee to: Meade Activity Center  
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.

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: \_\_\_\_\_

In consideration for being permitted to participate with the Meade Activity Center for any purpose including but not limited to utilization and/or observation of its facilities, services, and programs, without respect to location, the undersigned, for himself or herself and any personal representatives, assigns, heirs, and next of kin hereby agrees to release, waive and discharge the MAC, its directors, officers, Board of Directors, employees, and agents from all liability for any loss or damage to personal property, and/or any claims or demands therefor on account of injury or death of the undersigned. The undersigned agrees that the forgoing Release and waiver of Liability is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Kentucky. The Undersigned also acknowledges that he/she has both read and voluntarily signed this Release and Waiver of Liability. I have read the Release.

\_\_\_\_\_  
 Name of Participant (Print)                      Signature                      Parent or Guardian Signature  
 I give the MAC permission to use my child's photo in promotional literature: \_\_\_\_\_ Yes      \_\_\_\_\_ No

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

\*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.  
 \*All cancellations due to inclement weather will be posted on our website and facebook page.  
 \*Meade Activity Center Members receive a 20% discount on all programs.

## Youth Sports

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

## Adult Fitness

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

## Youth Basketball

- \_\_\_\_\_ Boys Grades K-2: \$40/\$50
- \_\_\_\_\_ Boys Grades 3-4: \$52/\$65
- \_\_\_\_\_ Boys Grades 5-6: \$52/\$65

## Youth Bowling

- \_\_\_\_\_ Grades K-2: \$32/\$40
- \_\_\_\_\_ Grades 3-4: \$48/\$60
- \_\_\_\_\_ Grades 5-6: \$48/\$60

Shirt Size (circle one):    Youth S    Youth M    Youth L    Adult S    Adult M    Adult L    *T-Shirts for all programs excluding Adult Fitness & Bowling*

## MAC Youth Basketball Sponsor

*The MAC would like to thank Don Wright and Michael Matney with Seropro of Breck, Grayson, Meade, and Hancock Counties for graciously sponsoring our Youth Basketball Leagues. Your support across various MAC and River Trace Golf programs is greatly appreciated.*

*Aaron Greenwell  
Executive Director  
Meade Activity Center*

*Proud Partner:*



**United Way  
of Central Kentucky**



## FALL 2 SESSION 2016

- \*Adult Fitness
- \*MAC/MCHS Youth Basketball
- \*Gymnastics
- \*Youth Bowling Leagues



*"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 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

### 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

## BOYS YOUTH BASKETBALL



### Boys 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., Nov. 5 – Dec. 17 (Off Nov 26)

### Boys Grades 3-4

**Cost:** 8 weeks - \$65.00 (\$52.00 MAC Members)

**Time:** Games between 9:00 a.m. – 12:00 p.m.

**Location:** Brandenburg Primary

**Dates:** Sat., Nov. 19 – Feb. 11

(Off Nov. 26 & Dec. 24 & 31) Tournament to Follow

### Boys Grades 5-6

**Cost:** 8 weeks - \$65.00 (\$52.00 MAC Members)

**Time:** Games between 9:00 a.m. – 12:00 p.m.

**Location:** James R. Allen Freshman Academy

**Dates:** Sat., Nov. 19 – Feb. 11

(Off Nov 26 & Dec 24 & 31) Tournament to Follow

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

## FALL 2 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., Nov. 5 – Dec. 17 (Off Nov 26)

### 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., Nov. 5 – Dec. 17 (Off Nov 26)

### 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., Nov. 5 – Dec. 17 (Off Nov 26)

### 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:** Sat., Nov. 5 – Dec. 17 (Off Nov 26)

## YOUTH BOWLING



This MAC is partnering with Lynn's Pins (Now a Smoke-Free Facility) to offer a youth bowling league this fall! Programs will take place on Sunday afternoons over a 6 week season and will be concluded with an awards ceremony.

### K-2 League (Gutter Guards, 1 game per week)

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

**Times:** 2:00 p.m.

**Location:** Lynn's Pins (Brandenburg)

**Dates:** Sun. Nov. 6 – Dec. 18

### 3-4 & 5-6 Grade League (2 games/week)

**Cost:** \$60.00 (\$48.00 MAC Members)

**Times:** 2:00 p.m.

**Location:** Lynn's Pins (Brandenburg)

**Dates:** Sun. Nov. 6 – Dec. 18

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