

# 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

\*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.  
\*All cancellations due to inclement weather will be announced through our website and Facebook.

Youth Basketball: \$40/\$50  
\_\_\_\_ Basketball (Grades K-2)

Youth Bowling  
\_\_\_\_ K-2 League: \$40/\$50  
\_\_\_\_ 3-4 Grade League: \$56/\$70  
\_\_\_\_ 5-6 Grade League: \$56/\$70

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

Martial Arts  
\_\_\_\_ Introduction to Martial Arts: \$44/\$55  
\_\_\_\_ Tiny Tigers Martial Arts (Ages 6-9): \$44/\$55  
\_\_\_\_ Ladies Self-Defense (Ages 13+): \$18/\$30

Adult Programs  
\_\_\_\_ Cardio Pump – (Ages 16+) \$18/\$30  
\_\_\_\_ Zumba – (Ages 16+) \$18/\$30  
\_\_\_\_ Kickboxing – (Ages 16+) \$24/\$40

Shirt Size (circle one): Youth S Youth M Youth L Adult S Adult M Adult L  
T-Shirts for all programs excluding Adult Classes and Youth 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.



Proud Partner:



United Way  
of Central Kentucky



WINTER SESSION 2016

- \*Youth Basketball
- \*Gymnastics
- \*Martial Arts
- \*Youth Bowling
- \*Ladies Self-Defense
- \*Zumba
- \*Cardio Pump
- \*Kickboxing

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"

## 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. (Leigh Ann Lusk – Instructor)

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

**Times:** 6:00 p.m. – 7:00 p.m.

**Location:** MAC Studio A

**Dates:** Wednesdays, Jan. 11 – Feb. 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. (Gwen Waldecker – Instructor)

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

**Times:** 6:30 p.m. – 7:30 p.m.

**Location:** MAC Studio B

**Dates:** Wednesdays, Jan. 11 – Feb. 15

### Kickboxing (Ages 16+)

A workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a lean body and a healthy state of mind. No special equipment required. Most suitable to participants of medium to high fitness levels, newcomers are always welcome. (Chris Biddle – Instructor)

**Cost:** \$40.00 (\$24.00 MAC Members)

**Times:** 6:30 p.m. – 7:30 p.m.

**Location:** MAC Studio A

**Dates:** Thursdays, Jan. 12 – Feb. 16

## GRADES K-2

### BOYS & GIRLS BASKETBALL



#### Co-Ed Youth: 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:** Saturdays, Jan. 28 – Mar. 4

## YOUTH BOWLING

This MAC is once again partnering with Lynn's Pins (Now a Smoke-Free Facility) to offer a youth bowling league again this winter! Programs will take place on Sunday afternoons over an 8 week season and will be concluded with an awards ceremony.

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

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

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

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

**Dates:** Sundays, Jan. 22 – Mar. 12 (8 Weeks)

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

**Cost:** \$70.00 (\$56.00 MAC Members)

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

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

**Dates:** Sundays, Jan. 22 – Mar. 12 (8 Weeks)

## 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. 21 – Mar. 4

*(No class February 18)*

### 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. 21 – Mar. 4

*(No class February 18)*

### 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. 21 – Mar. 4

*(No class February 18)*

### 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:** Saturdays, Jan. 21 – Mar. 4

*(No class February 18)*

## WINTER MARTIAL ARTS

### MAC Youth Introduction to Martial Arts - (13+)

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:** 5:30 p.m. – 6:30 p.m.

**Location:** MAC Studio B

**Dates:** Tuesdays, Jan. 17 – Mar. 7 (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

**Dates:** Thursdays, Jan. 19 – Mar. 9 (8 Weeks)



### Ladies Self-Defense – (Ages 13+)

Participants will learn and practice a variety of martial art techniques used in self-defense. Participants will also increase their situational awareness in a variety of scenarios. (Garrett Frank – Instructor)

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

**Times:** 6:45 p.m. – 7:45 p.m.

**Location:** MAC Studio B

**Dates:** Tuesdays, Jan. 17 – Mar. 7 (8 Weeks)

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