

# 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.

I am interested in being a Head coach for Youth Basketball (\$10 discount) - Name: \_\_\_\_\_

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

Adult Programs: \$18/\$30  
\_\_\_\_\_ Yoga Fusion – (Ages 16+)  
\_\_\_\_\_ Floor Hatha Yoga – (Ages 16+)  
\_\_\_\_\_ Kickboxing – (Ages 16+)

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

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

## MAC Youth Basketball Sponsor

The MAC would like to thank Meade County Bank for graciously sponsoring our Youth Basketball Leagues. Your support across various MAC programs is greatly appreciated.



### Proud Partner:



### WINTER SESSION 2018

- \*Youth Basketball (K-2)
- \*Gymnastics
- \*Floor Hatha Yoga
- \*Yoga Fusion
- \*Kickboxing

Proudly Sponsored By:



United Way  
of Central Kentucky

**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 ADULT PROGRAMS

### **Yoga Fusion – (Ages 16+)**

A moderate blend of vinyasa yoga and plyometrics that combines cardio, strength, and stretching. (Leigh Ann Lusk – Instructor)

\*Participants will need to bring a mat to each class.

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

Times: Wednesdays 6:00 p.m. – 7:00 p.m.

Location: MAC

Dates: Wednesdays, Jan. 10 – Feb. 21

(No Class Wed., Feb. 14)

### **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. (Debbie McKinnon – Instructor)

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

Times: Mondays 6:30 p.m. – 7:30 p.m.

Location: MAC Studio B

Dates: Mondays, Jan. 8 – Feb. 12

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

Times: 6:30 p.m. – 7:30 p.m.

Location: MAC Studio A

Dates: Thursdays, Jan. 11 – Feb. 15



## 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. 13 – Feb. 24

(No Class Sat., Feb 17)

### **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. 13 – Feb. 24

(No Class Sat., Feb 17)

## 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: Saturdays, Jan. 13 – Feb. 24

(No Class Sat., Feb 17)

### **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, Jan. 13 – Feb. 24

(No Class Sat., Feb 17)



## GRADES K-2

## BOYS & GIRLS BASKETBALL



### Grades K-2

The MAC is working with the MCHS Boys Basketball staff to provide basketball leagues focusing on fundamentals and skill building. Players in grades K-2 will participate in a 6 week program. Practice and games will be held on the scheduled Saturdays with coaches and MAC staff.

### **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. 20 – Feb. 24

### LIMITED SPACES



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