

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**

***Financial Assistance is available if needed to those who qualify**

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

Swim Lessons (PM)

____ Betta \$36/\$45

____ Flounder \$36/\$45

____ Grouper \$36/\$45

____ Roughy \$36/\$45

Adult Fitness

____ Spin Cycling \$24/\$30

____ Water Aerobics \$15/\$25

*****Total Body Blast \$42/\$30**

____ Saturday – June 8-July 13

____ Tuesday – June 11-July 16

Golf

____ Golf Camp \$42/\$50

*****The First Tee \$36/\$45**

____ PLAYer (Ages 6-9)

____ PLAYer (Ages 10-14)

____ PAR (Ages 6-9)

____ PAR (Ages 10-14)

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 Membership Benefit

As an added reward to current MAC Members, all programming options will be available to Members at a discount as indicated in the program guide.

Proud Community Partner:



United Way
 of Central Kentucky



SUMMER SESSION 2019

- * Swim Lessons
- * Golf Camp
- * The First Tee
- * Spin Cycling
- * Water Aerobics
- * Total Body Blast

*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

"At the MAC, We're Serious About Having Fun"

SWIM LESSONS

30 Minute Sessions

Limited to 8 Participants Per Session/Class

PRE-SCHOOL

Betta – (Ages 3-5)

For children who are new to swimming, have never had a lesson and need to adjust to the water. We will instruct your child on basic stroke and kicking skills, floating and pool safety.

Cost: \$45.00 (\$36.00 MAC Members)

Times: 6:00 p.m.

Location: Meade Activity Center

Dates: Tue. June 11 – July 2

Flounder – (Ages 3-5)

Your child is comfortable in the water and able to swim with their faces in water and no flotation device. They will learn to float, kick and coordinate progressive arm movements. Your child will become more independent by learning to swim longer distances.

Cost: \$45.00 (\$36.00 MAC Members)

Times: 6:30 p.m.

Location: Meade Activity Center

Dates: Tue. June 11 – July 2

**Individual Swim Lessons will also be available to those who may be interested. For additional information, contact the Head Lifeguards once the pool season is underway. 270 422-2227*

SWIM LESSONS

30 Minute Sessions

Limited to 8 Participants Per Session/Class

ELEMENTARY

Grouper – (Ages 6-12)

A great beginner class for children 6 and older who may or may not have had a swim lesson before. Participants may be fearful of the water, unable to tread water or float independently. Your child will gain confidence in the water by learning front, back and side stroke in the beginning level.

Cost: \$45.00 (\$36.00 MAC Members)

Times: 6:00 p.m.

Location: Meade Activity Center

Dates: Thur. June 6 – 27

Roughy – (Ages 6-12)

Your child is able to swim comfortably on their front or back. At this level, they begin to swim longer distances and are introduced to rhythmic breathing and treading water.

Cost: \$45.00 (\$36.00 MAC Members)

Times: 6:30 p.m.

Location: Meade Activity Center

Dates: Thur. June 6 – 27

**Individual Swim Lessons will also be available to those who may be interested. For additional information, contact the Head Lifeguards once the pool season is underway. 270 422-2227*

ADULT FITNESS

NEW! Spin Cycling - (Ages 16+)

Spin classes provide a high-energy cardio workout using stationary spin bikes. This Class will get your heart and legs pumping. Each class will include a workout combining sitting, standing, and interval training using high-energy music. This class can be adapted by each participant, so your workout can be as easy/tough as you want it to be! - **Instructor: Aaron Greenwell**

Cost: \$30.00 (\$24.00 MAC Members)

Times: 7:00 a.m. – 7:30 a.m.

Location: MAC Studio B

Dates: Wednesdays, June 12- July 24 (No class 7/3)

Water Aerobics - Ages 16+

Water aerobics is a program based upon a progressive water workout designed to promote cardiovascular fitness, muscle tone, endurance, and flexibility. **Instructor: Leigh Ann Lusk**

Cost: \$25.00 (\$15.00 MAC Members)

Times: Tuesdays: 6:00 p.m. – 6:30 p.m.

Location: MAC Pool

Dates: Thursdays, July 11 – August 1

NEW! Total Body Blast – (Ages 16+)

Class will be focused on "blasting" muscle groups and toning the entire body. This class will have participants utilizing free weights and some energy within. Will include light stretching post workout. - **Instructor: Brittany Barr**

Cost: \$42.00 (\$30.00 MAC Members)

Times: Saturdays, 8:45 a.m. – 9:30 a.m.

Location: MAC Studio A

Dates: Saturdays, June 8 - July 13

OR

Cost: \$42.00 (\$30.00 MAC Members)

Times: Tuesdays 6:00 p.m. – 6:45 p.m.

Location: MAC Studio A

Dates: Tuesdays, June 11 – July 16

GOLF

Youth Golf Camp – (Ages 5-12)

This camp is a program introducing and educating youth golfers about the game. Participants will learn fundamentals, rules and etiquette, and will participate in sessions and games covering full swing, short game and putting.

- Fees will include: All instruction, use of equipment, greens fees, cook out and Awards Banquet, T-Shirt, and goodie bag.
- Participants DO NOT have to provide their own clubs, though we encourage you to bring your own if available.

Cost: \$50.00 (\$42.00 MAC Members)

Times: 9:00 a.m. – 11:00 a.m. (M-Wed)

9:00 a.m. – 12:00 p.m. (Thursday) Scramble will be on Friday if there is a rain day during the course of the week.

Location: River Trace Golf @ MAC

Dates: June 24 – June 27

The First Tee – (Ages 6-14)

The PLAYer and PAR Level* programs typically meet for 1 hour sessions. Classes will be held at the River Trace Golf Course. Classes are limited to a small number of participants so sign up well in advance to reserve your spot.

*PLAYer is designed for the beginner and PAR is designed for those who have completed three full sessions of the First Tee.

Ages: 6-9 **Times:** 5:00 p.m. – 6:00 p.m.

Ages: 10-14 **Times:** 6:00 p.m. – 7:00 p.m.

Cost: \$45.00 (\$36.00 MAC Members)

Location: River Trace Golf @ MAC

Dates: Thursdays, Aug. 15 – Sep. 26

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