

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 discount on all programs.

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

Total Body Blast – Brittany Barr: \$30/\$42

- _____ Saturday 8:45 a.m. (16+)
- _____ Tuesday 4:30 p.m. (16+)
- _____ Tuesday 5:15 p.m. (16+)
- _____ Tuesday 6:00 p.m. (16+)

Gymnastics & Cheerleading: \$39/\$48

- _____ Preschool Tumbling (Ages 3-4)
- _____ Jumpers (Ages 5-10)
- _____ Flippers (Ages 5-10)
- _____ Springers (Ages 9-12)

Yoga – Debbie McKinnon: \$24/\$35

- _____ Floor Hatha Yoga (16+)

Spin Cycling – Aaron Greenwell: \$24/\$35

- _____ Spin Cycling 5:30 p.m. (16+)

Youth Basketball: \$45/\$55

- _____ Co-Ed Basketball (Grades K-2)

Cardio – Leigh Ann Lusk: \$24/\$35

- _____ Cardio Pump – Step Class (16+)

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 KORT Physical Therapy for graciously sponsoring our Youth Basketball Leagues. Your support across various MAC programs is greatly appreciated.



WINTER SESSION 2020

- *Youth Basketball
- *Gymnastics
- *Total Body Blast
- *Spin Cycling
- *Yoga
- *Cardio Pump

Proud Partner:



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

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.
Tuesdays 4:30 p.m. – 5:15 p.m.
Tuesdays 5:15 p.m. – 6:00 p.m.
Tuesdays 6:00 p.m. – 6:45 p.m.
Location: MAC Studio A
Dates: Saturdays, Jan. 11 – Feb. 15
Tuesdays, Jan. 7 – Feb. 11

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: \$35.00 (\$24.00 MAC Members)
Times: 5:30 p.m. – 6:00 p.m.
Location: MAC Studio B
Dates: Thursdays, Jan. 2 – Feb. 6

WINTER ADULT PROGRAMS

Floor Hatha Yoga Class – (Ages 16+)

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.

Instructor: Debbie McKinnon.

Cost: \$35.00 (\$24.00 MAC Members)
Times: Mondays 6:30 p.m. – 7:30 p.m.
Location: MAC Studio A
Dates: Mondays, Feb. 3 – Mar. 9



Cardio Pump (Step Class) - (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.

Instructor: Leigh Ann Lusk

Cost: \$35.00 (\$24.00 MAC Members)
Times: 6:30 p.m. - 7:15 p.m.
Location: MAC Studio A
Dates: Wednesdays Jan. 8 – Feb. 12

WINTER GYMNASTICS & CHEERLEADING

Preschool Tumbling – (Ages 3-4)

Children will learn basic stretching, movements, balance coordination, and beginning tumbling.

Cost: \$48.00 (\$39.00 MAC Members)
Times: 9:00 a.m. – 9:30 a.m.
Location: David T. Wilson Elementary
Dates: Saturdays, Feb 1. – Mar. 7

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: \$48.00 (\$39.00 MAC Members)
Times: 9:30 a.m. – 10:15 a.m.
Location: David T. Wilson Elementary
Dates: Saturdays, Feb 1. – Mar. 7

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: \$48.00 (\$39.00 MAC Members)
Times: 10:15 a.m. – 11:00 a.m.
Location: David T. Wilson Elementary
Dates: Saturdays, Feb 1. – Mar. 7

Springers – (Ages 9-12)

Children will build from Flippers and will learn cartwheels, roundoffs, and back handsprings.

Cost: \$48.00 (\$39.00 MAC Members)
Times: 10:15 a.m. – 11:00 a.m.
Location: David T. Wilson Elementary
Dates: Saturdays, Feb 1. – Mar. 7

GRADES K-2 BOYS & GIRLS BASKETBALL



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

Co-Ed Youth: Grades K-2

Cost: 6 Weeks - \$55.00 (\$45.00 MAC Members)
Time: Games between 9:00 a.m. – 12:00 p.m.
Location: David T. Wilson Elementary
Dates: Saturdays, Jan. 25 – Feb. 29



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