

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

____ Betta \$38/\$45

____ Grouper \$38/\$45

Golf

____ Golf Camp \$48/\$56

Adult Fitness

____ Group Yoga \$32/\$42

____ Spin Cycling \$44/\$56

____ Circuit & Strength \$44/\$56

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.



SUMMER SESSION 2021

- Swim Lessons
- Golf Camp
- Group Yoga
- Spin Cycling
- Circuit & Strength Training

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 4 Participants Per Session/Class

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 (\$38.00 MAC Members)

Times: 6:00 p.m.

Location: Meade Activity Center

Dates: Tue. June 15 – July 6

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 (\$38.00 MAC Members)

Times: 6:30 p.m.

Location: Meade Activity Center

Dates: Tues. June 15 – July 6

**More Group Lessons may be available in July. If classes are full stop by the MAC pool for more info.*

ADULT FITNESS

MAC Indoor Spin Cycling - (Ages 16+) **11 MAX PARTICIPANTS**

- Spin classes provide a high-energy cardio workout using stationary spin bikes. Each class will include a combination of speed, hills, and interval training using high-energy music. This class can be adapted by each participant, so your workout can be as easy or grueling as you want it to be! - Heather Barr

Cost: \$56.00 (\$44.00 MAC Members)

Times: Tuesdays & Thursdays 5:30 p.m. – 6:00 p.m.

Location: MAC Studio B

Dates: Tues & Thurs. (July 6 - July 29)

(8 Total Classes)

MAC Circuit & Strength Group Training- (Ages

16+) 10 MAX PARTICIPANTS - Class will be focused on toning muscle groups and working the entire body. May require patrons to bring hand weights or yoga mats. Will include light stretching post workout. - Heather Barr

Cost: \$56.00 (\$44.00 MAC Members)

Times: Tuesdays & Thursdays 4:30 p.m. – 5:10 p.m.

Location: MAC Studio A

Dates: Tuesdays & Thursdays (July 6 - July 29)

(8 Total Classes)

ADULT FITNESS

MAC Group Yoga (Ages 16+) **10 MAX PARTICIPANTS**

- A gentle yoga practice utilizing breathing techniques and controlled movement to stimulate muscles while protecting joint structures. Chairs, blocks, blankets, balls, and straps will be utilized. ---
- Ashley Stull

Cost: \$42.00 (\$32.00 MAC Members)

Times: 9:00 a.m. – 10:00 a.m.

Location: MAC Studio A

Dates: Tuesdays, June 8 – July 13

(6 Total Classes)



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 – \$56 (\$48 MAC Members)

Dates: June 28-July 1 (If we experience a rain-out, Friday July 2 will be utilized for final day of program)

Location – River Trace GC

Times: 9:00 am – 10:30 am

LIMITED TO FIRST 30 PARTICIPANTS

The registration fee is due in full at the time of registration. Any cancellation made after June 11th, 2021 will not be eligible for a refund.

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