



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WINTER PROGRAM GUIDE 2012

JESSAMINE COUNTY YMCA



WELCOME

The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive.

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

About the Jessamine County Y

We are more than just bricks and mortar at the Jessamine County Y. We offer programs around the community for the community, including classes for adults, sports, swimming, school aged child care, arts and music.

Areas of Focus

For Youth Development: At the Y, we believe in nurturing the potential of every child and teen

For Healthy Living: Improving the region's health and well-being is a priority for the Y

For Social Responsibility: Giving back and providing support to our neighbors

Volunteer

Make a difference in a child's life by lending a helping hand, sharing a special expertise, or leading with your special talent. You can volunteer for any of our programs listed in this guide. We love our volunteers!

Donate

The Y does not turn anyone away for inability to pay. Please help us to continue to provide financial assistance to families that could not otherwise afford our programs. Call 859-885-5013 for details.



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REGISTRATION INFORMATION

Spaces are limited in all programs and registration is on a first-come, first-served basis.

AFTERSCHOOL /PRESCHOOL

To reserve your child's spot in our Afterschool and/or Preschool Program, please submit the following to the Jessamine County YMCA office.

- Completed registration packet (available online or at the Y Office)
- Child's current immunization record
- \$30.00 registration fee per child (June 2011-May 2012).

YOUTH AND ADULT PROGRAMS

Registration begins December 12. Sports Registration ends Jan 4. Registrations received after Jan 4 will incur a \$10 late fee. Please Register online at www.ymcaofcentralky.org Or at the Y Office, Mon-Fri 9am-4pm:

**220 E. Maple St.
Nicholasville, KY 40356
859-885-5013
www.ymcaofcentralky.org**

E-MAIL COLLECTION

The purpose for collecting e-mail addresses of our members and participants is strictly for Y use. The intent is to keep our members and participants better informed of current and upcoming events by connecting electronically with our members. Emails will not be sold.



OPEN DOORS

Financial Assistance Application

The YMCA of Central Kentucky is a nonprofit, community-based, health and human services organization that is committed to strengthening the foundations of the community. Our programs and services are available to everyone – regardless of age, background, ability or income.

Sharing the financial responsibility for a Y membership will give you peace of mind as well as a sense of ownership and pride. Those who qualify will be asked to pay only a portion of the established rate. Generous Y members and other community leaders contribute the remaining amount through the annual Y Giving Campaign. For more information, or a financial assistance application, please contact the Jessamine County YMCA at 859.885.5013 or download the application on our website at www.ymcaofcentralky.org.

Refund Policy

This policy applies to program classes:

- If the YMCA cancels a class/program, a full credit or refund will be issued to the program participant.
- If a program participant wishes to withdraw from a class prior to the first class, he/she will be issued a credit or refund minus a \$5 processing fee.
- Anyone wishing to withdraw from the class after one class has been held will be issued a credit or refund for the prorated amount of the balance (from the date the request was submitted) minus a \$5 processing fee.
- If a program participant wishes to withdraw from a class anytime after it has begun, and they provide a doctor's note, he/she will be issued a credit or refund for the prorated amount of the balance remaining (from the date the request was submitted), minus a \$5 processing fee.
- Credits and/or refunds may take up to 7-10 days to process.

Methods of Payment: Fees must be paid in full upon registration. Payment is accepted via cash, check or credit card (VISA, MasterCard, or Discover).

Returned Payment Fee: A \$15 fee will be charged for all returned checks and electronic fund transfers.

Want to stay updated on current events at the Y?
Find us on Facebook.
Follow us on Twitter.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

CHILD CARE

Jessamine County YMCA School Age Child Care ensures that the time after school is filled creatively and constructively. Kids have the chance to express their talents in the arts, games, gym time and other areas of interest, taking advantage of all the Y has to offer. Time is set aside for tackling homework, with adult help available. Children will gain new skills, discover new ideas, have fun and make new friends in an environment that is safe, structured and stimulating. School-age child care programs maintain a 1:15 staff to child ratio at all times to ensure the safety of your child. Register at the Jessamine County YMCA.

AFTER SCHOOL CARE

Brookside Elementary

Jessamine Early Learning Village

Nicholasville Elementary

Rosenwald Dunbar Elementary

Warner Elementary

West Middle School (held at Rosenwald Dunbar Elementary)

Days/Week	Time	Fee/Child/Week
1-2	2:40-6pm	\$40
3-5	2:40-6pm	\$55

Primetime Emergency Care: No more than 3 days per month. \$20/child per day.

SCHEDULED DAYS OFF / ALL DAY SNOW DAYS

Location: Rosenwald Elementary

Time: 7am-6pm

Fee/day: \$18 if attending after school, \$25 if not attending after school program.

The Jessamine County YMCA will **not** offer child care services when school is dismissed early for inclement weather.

We will still offer all day child care when school is cancelled for the entire day.

SCHOOL AGE CAMPS:

Spring Break Camp

Pre-registration required

Location: Rosenwald Elementary

Days/Week	Time	Fee/Child/Week
1-2	7am-6pm	\$70
3-5	7am-6pm	\$105



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HALF DAY PRESCHOOL PROGRAM

The Jessamine County YMCA Preschool Program focuses on age appropriate skills, large motor development and an emphasis on kindergarten readiness in a nurturing and safe environment. We will also sing songs, play games, have craft and fitness time. Preschool will be held at the YMCA on Maple Street.

Young children ages 3 to 5, create understanding and knowledge actively. Combining new concepts and ideas into what they already know. Research on brain development and how young children learn has demonstrated the phenomenal place at which learning takes place from the moment of birth. To grow and learn, young children need early education settings that support the development of the full range of capacities that serve as a foundation for future learning.

Children Age 3-4: Two Days Per Week

For children ages 3 - 4 who are two years away from attending kindergarten. To enroll in this class a child must be 3 years old by August 31. This class focuses on social enhancement, large motor development, songs, games, crafts, and character development. Children must be potty trained.

Classes begin:

Ages	Days/Week	Days/Time	Fee/Child/Week
3-4	2	Tues, Thurs, 9 - 11am	\$25

Children Age 4-5: Three Days Per Week

For children ages 4 - 5 who are one year away from attending kindergarten. To enroll in this class, a child must be 4 years old by August 31. This class focuses on kindergarten readiness, including the alphabet and numbers, printing games, large and fine motor development, crafts, and character development.

Classes begin:

Ages	Days/Week	Days/Time	Fee/Child/Week
4-5	3	Mon, Wed, Fri, 9 - 11am	\$35



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AQUATICS

SWIM LESSONS: Registration Begins Dec 12.

Classes meet once a week, 8 weeks at the Luce Center at Asbury University in Wilmore. Choose the appropriate age group/level for your child.

PARENT/CHILD SWIM LESSONS

Skip - (Ages 6-36mos) We will teach your child basic water skills, promote vocabulary, confidence, and independence through fun songs and games. Your child will also learn pre-swimming skills. An adult is required to be in the water.

Dates	Day/Time	Fee
Winter, Jan 12 - Mar 1	Thurs, 6:45—7:15pm	\$53

PRE-SCHOOL SWIM LESSONS

Sea Turtles - For your 2 year-old child who is comfortable in the water. They will learn independence, cooperation, confidence and swimming readiness.

Pike - We will teach your child to paddle, blow bubbles, kick and float on their front and back. Water safety will also be incorporated.

Eel - Your child should be able to swim 5 feet independently with their face in the water. We will teach your child to float on their front and back, kick and progress to crawl.

Ray - Your child should be able to swim 15 feet independently with their face in the water. We will teach your child to improve their crawl and swimming on their back.

Starfish - Your child should be able to swim 20 feet independently on their front, back and side. We will teach your child stroke refinement and endurance.

Ages	Dates	Day/Time	Fee
3-5	Winter, Jan 12 - Mar 1	Thurs, 6—6:30pm	\$53

YOUTH SWIM LESSONS

Polliwog - Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

Guppy - For children able to swim 10 yards without flotation device. Teaches swimming on front, back and side and breathing while swimming.

Minnow - For children able to swim 25 yards on front or back with or without flotation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, beginning breaststroke.

Fish - For children able to swim 25 yards of front crawl with rotary breathing, back crawl, sidestroke and elementary backstroke. Refines breaststroke, teaches butterfly, open turns and improves other strokes.

Flying Fish - For children able to swim 50 yards front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards butterfly. Teaches water safety techniques and improves endurance.

Ages	Dates	Day/Time	Fee
6-12	Winter, Jan 12 - Mar 1	Thurs, 6:45—7:30pm	\$53

Volunteers ages 13 and older for Swim Lessons are needed. You will be paired with an experienced instructor.



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LEAGUES

Child must be the correct age by the first day of practice. All our leagues are run by volunteer coaches. Please contact Kelly at 859.885.5013, ext. 103 if interested.

For game schedules and weather cancellations, please go to www.quickscores.com/jessamineymca

INDOOR SOCCER LEAGUE

Your child will learn soccer skills, good sportsmanship, developing self-respect and have fun while in the youth soccer league. They will also learn about our core values of honesty, respect, responsibility and caring in a non-competitive atmosphere.

Held at Luce Center in Wilmore

Practices begin Jan 7

Games are on Saturdays from Jan 21 - Feb 25

There will be 2 practices and 6 games.

Times listed below are only for the first two weeks.

Game schedules will be on www.quickscores.com/jessamineymca after Jan 7.

Registration Dec 12 - Jan 4

Registrations received after Jan 4 will incur a \$10 late fee.

Ages	Team	Practice Day/Time	Fee
4-5	Cricketts	Sat, 9-9:30am	\$55
4-5	Hornets	Sat, 9:30-10am	\$55
4-5	Caterpillars	Sat, 10-10:30am	\$55
4-5	Scorpions	Sat, 10:30-11am	\$55
6-7	Stars	Sat, 11-11:45am	\$55
6-7	Comets	Sat, 11:45am-12:30pm	\$55
6-7	Asteroids	Sat, 12:30-1:15pm	\$55
6-7	Galaxy	Sat, 1:15-2pm	\$55
8-10	United	Sat, 2-2:45pm	\$55
8-10	Revolution	Sat, 2:45-3:30pm	\$55



BASKETBALL LEAGUE

Your child will learn soccer skills, good sportsmanship, developing self-respect and have fun while in the youth basketball league. They will also learn about our core values of honesty, respect, responsibility and caring in a non-competitive atmosphere.

Held at Wilmore Elementary School

Practices begin Jan 10

Games are on Thursday evenings, Jan 19 - Feb 23

Game schedules will be on www.quickscores.com/jessamineymca after Jan 10.

Registration Dec 12 - Jan 4

Registrations received after Jan 4 will incur a \$10 late fee.

Ages	Team	Practice Day/Time	Fee
4-5	Bulls	Tues, 6:15-6:45pm	\$55
4-5	Lakers	Tues, 6:15-6:45pm	\$55
6-7	Celtics	Tues, 6:45-7:30pm	\$55
6-7	Mavericks	Tues, 7:30-8:15pm	\$55



UPCOMING LEAGUES

Sport	Ages	Registration	Season
Spring Soccer	3-10	Feb 13 - Mar 16	Mar-May
Spring T-Ball	4-7	Feb 13 - Mar 16	Mar-May

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SPORTS CLASSES

Registration Begins Dec 12

KICK START SOCCER

3-year-olds can learn valuable soccer skills before entering our youth soccer league. Classes will be held at Luce Center in Wilmore. Each player receives a jersey.

Ages	Session/Date	Day/Time	Fee
3	Winter, Jan 21 - Feb 25	Sat, 9-9:30am	\$45

LITTLE DRIBBLERS BASKETBALL

3-year-olds can learn valuable basketball skills before entering our youth basketball league. Held at Wilmore Elementary School.

Ages	Session/Date	Day/Time	Fee
3	Winter, Jan 19 - Feb 23	Thurs, 6:15-6:45pm	\$45

GYMNASTICS

Your child will receive an introduction to the sport of gymnastics, learn basic movements and use small apparatus. We will first lay a foundation for movement, developing core muscles, and flexibility. Classes will be held at the YMCA on Maple Street. Each student receives a T-shirt.

Preschool

Ages	Session/Date	Day/Time	Fee
3-5	Winter, Jan 14 - Feb 18	Sat, 9 - 9:30am	\$62

Youth

Ages	Session/Date	Day/Time	Fee
6-12	Winter, Jan 14 - Feb 18	Sat, 9:45 - 10:30am	\$62

CHEERLEADING

Participants will learn cheerleading fundamentals including cheers and dance routines with basic stunting and basic tumbling. Each participant will receive a t-shirt. Space is limited. Held at the YMCA on Maple Street.

Ages	Session/Date	Day/Time	Fee
6-12	Winter, Jan 9 - Feb 27	Mon, 6 - 7pm	\$62



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ARTS & HUMANITIES

Classes meet at the YMCA on Maple Street. Bring your own guitar. Registration Begins Dec 12.

YOUTH GUITAR

Beginning guitar lessons for young players. Great for introducing kids to music.

Ages	Date	Day/Time	Fee
8-12	Winter, Jan 9 - Feb 27	Mon, 5:30-6pm	\$50

GUITAR 1

Beginning guitar lessons for new players. No previous experience necessary!

Ages	Date	Day/Time	Fee
13 - Adult	Winter, Jan 9 - Feb 27	Mon, 6-6:45pm	\$60

GUITAR 2

Beginner/Intermediate guitar lessons for those who have a little experience with the guitar and know some of the open chords and major scales.

Ages	Date	Day/Time	Fee
13 - Adult	Winter, Jan 9 - Feb 27	Mon, 6:45-7:30pm	\$60

ART 101

Get ready to use your imagination! This great class is for boys and girls alike and features a mixed variety of art media including making play-doh from scratch, painting, seasonal decorations, making bows, and airplanes! Participants will work on different projects week to week with various items. Previous art experience is not necessary, just an imagination and a willingness to try new things!

Ages	Date	Day/Time	Fee
6-12	Winter, Jan 14 - Mar 3	Sat, 9:30-10:30am	\$50

THE MAGIC OF DRAMA

Kids love this popular youth acting class. Participants will learn and act out stories and tales from around the world. Basics of acting training will be taught as well as costume creation, improvisation and more!

Ages	Date	Day/Time	Fee
5-12	Winter, Jan 10-Feb 28	Tues, 6-7pm	\$60



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SPECIAL NEEDS PROGRAMMING

Tuned Into Music

A movement and music program for children with special needs. Classes will be held at the North Lexington Family YMCA. For more information contact Trevor Singleton at tsingleton@ymcaofcentralky.org

Intro to Sports Class

This class will introduce participants to a variety of sports including baseball, kickball, flag football, soccer and lacrosse. It will be held at the Lexington Baseball School on Boston Road in Lexington. Y staff and buddies will run the program. Registration forms may be downloaded at www.ymcaofcentralky.org. For more information, please contact the High Street YMCA at 254.9622.

Ages	Dates	Day/Time	Fee
5-20	Feb 10-Mar 16	Sat, 6-7pm	\$51

Jump Start Basketball

The Jump Start Basketball league is for participants ages 7-20 with special needs. Games are played at the North Lexington Family YMCA and will be held on Saturday afternoons. Buddies are recruited to help players as needed during play. Each child is placed on a team and given a jersey as well as an end of the year award. Registration forms may be downloaded at www.ymcaofcentralky.org. For more information, please contact the High Street YMCA at 254.9622.

Ages	Registration	Session	Time	Fee
7-20	Starts Jan 3	Starts Sat, Feb 12	2:30pm	\$51

“Spring Training” Baseball Skills Class

The Y is very pleased to partner with the Lexington Baseball School to offer a baseball skills development indoors this winter at the Lexington Baseball School location off Boston Road in Lexington. The class will be with Toyota Bluegrass Miracle League staff and buddies serving as instructors. Registration forms may be downloaded at www.ymcaofcentralky.org For more information please contact the High Street YMCA at 254.9622.

Ages	Session	Day/Time	Fee
5-20	Feb 7-Mar 14	Tue, 6-7pm	\$51

Goldfish Special Needs Swim Class

Swim time/instruction for individuals with special needs. A goldfish is a wonderful creature to watch as they grow and explore. The more care that is given to a goldfish and their environment, the more astounding they become! Small group instruction in warm/shallow water. Certified, caring instructors. Our Goldfish swim time is for those children/ young adults with special needs including neurological, physical or social challenges. The swim instruction is designed around the specific needs of each child/young adult and may include the participant being accompanied in the water by a parent, guardian or caregiver. They will learn water safety, basic water skills that include but are not limited to floating, progressive stroke development and kicking. The class will also focus on adaptive movement that will increase range of motion, balance and gross motor skills. Classes are offered on Thursdays starting at 7:30pm in the warm water pool. Ages 5-19. For more information please contact the Aquatics Department at the Beaumont Centre Family YMCA, 859-219-9622.

Fee: Member: \$33 / Program Participant: \$68



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SPECIAL NEEDS PROGRAMMING



The TBML is a baseball program for children ages 5-19 with special needs that is played at Shilito Park behind the Fayette Mall in Lexington. The league is played on a field specially designed to provide access for any type of walker or wheelchair with an all-flat surface and extra large dugouts and entrances. Buddies are recruited to help participants as needed during play. Each child is placed on a team and given a jersey and hat as well as an end-of-the-year award.

Registration: TBD

Dates: Sat, tentatively starting in April

Fee: \$41

Registration forms may be downloaded at www.miracleleague.org.

For more information contact Kevin at 859.367.7355 or khuary@ymcaofcentralky.org



FOR HEALTHY LIVING

Improving the Nation's Health & Well-Being

MARTIAL ARTS

Classes meet at the YMCA on Maple Street. **Registration Begins Dec 12.**

Tae Kwon Do Kids

Tae Kwon Do emphasizes the values of loyalty, honesty, courtesy and respect, along with self-discipline, self-defense and forms of sparring.

Ages	Dates	Day/Time	Fee
4-7	Winter, Jan 12 - Mar 8	Thu, 5:15-5:55pm	\$60

Tae Kwon Do

Tae Kwon Do emphasizes the values of loyalty, honesty, courtesy and respect, along with self-discipline, self-defense and forms of sparring. This class is for beginners with no experience, belts and belts.

Ages	Dates	Day/Time	Fee
8-Adult	Winter, Jan 12 - Mar 8	Thu, 6-7:30pm	\$60

SELF-DEFENSE

You will learn effective self-defense techniques for real life situations. You will learn how to defend common attacks and practice with a partner. Sign up with a friend and receive \$10 off.

Ages	Date	Day/Time	Fee
13+	Winter, Jan 10 - Feb 28	Tues, 6-7pm	\$60

TAI CHI

Tai Chi is a classic meditative art that combines slow movements with special breathing techniques to improve overall health as well as manage stress.

Ages	Date	Day/Time	Fee
18+	Winter, Jan 10 - Mar 27	Tues, 7-8pm	\$66



FOR HEALTHY LIVING

Improving the Nation's Health & Well-Being

GROUP CLASSES

Classes meet at the YMCA on Maple Street.
Registration Begins Dec 12.

YOGA

Invigorate your spirit, mind and body as you are led through different sequences of Yoga poses designed to improve circulation, promote healing, develop strength, flexibility and awareness of breath, which is essential to Yoga practice. All levels are welcome.

Ages	Date	Day/Time	Fee
16+	Winter, Jan 9 - Feb 27	Mon 7-8pm	\$60



YMCA'S DIABETES PREVENTION PROGRAM

You can take control! Are you at risk for type 2 diabetes? The Y's Diabetes Prevention Program helps those at high risk for developing type 2 diabetes reduce their risk through healthy eating, increased physical activity and weight loss. This approach has been proven to prevent or delay the onset of the disease by more than half. In a class setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated and more. After the initial 16 core sessions, you will meet monthly for up to a year for added support to help you maintain your progress.

Program goals:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

You must have a diagnosis for pre-diabetes or be above your recommended weight and targeted as 'high risk' for developing diabetes to qualify for the program.

To find out if you qualify or to register, contact Debbi Dean, Director of Total Health at High Street, 859.367.7332 or ddean@ymcaofcentralky.org or Keoka Caulder, 859.367.7333 or kcaulder@ymcaofcentralky.org.

The YMCA's Diabetes Prevention

Program is supported

nationally by United Health



FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

SPECIAL EVENTS

ART SHOW

Join us for an art show featuring artwork created by children in the Y afterschool program. You will be able to purchase artwork! All proceeds will benefit the Jessamine County Y Annual Giving Campaign.

**Friday, February 3 from 5:30-7:30pm
at The Y, 220 E. Maple St., Nicholasville**



VOLUNTEER OPPORTUNITIES

No matter what your special talents, interest and schedule are, you can help change someone's life at the Y. If you share our commitment to the continued well-being of our youth and community, please consider becoming a Y volunteer.



YMCA HEALTHY KIDS DAY

Mark your calendars for Saturday, April 28, 2012 for the YMCA Healthy Kids Day. More information to come in our Spring program guide.



Coming in March:

CPR, First Aid and Lifeguarding Classes.
More information to come in our
Spring Program Guide.



REGISTRATION FORM WINTER 2012

PLEASE RETURN REGISTRATION FORM AND FEE TO:
Jessamine County YMCA * 220 East Maple Street * Nicholasville, KY 40356

Participant Name	Sex	Age	DOB
Address		City	Zip
Home Phone	Cell/Work	Email Address	
Parent/Guardian Name	DOB	Place of Employment	

Race (Please circle one): Asian/Pacific Islander African American/Black Alaskan Native Caucasian/White
Hispanic Native American Other

T-Shirt Size (circle one) **Youth:** XS S M L **Adult:** S M L

Note: T-shirts are included with select programs as noted in the program descriptions.

I give my permission to the YMCA to use my child's photo in promotional literature (circle one): YES NO

I am interested in being a volunteer coach (circle one): YES NO

Please help a child participate in programs at the Y who otherwise could not afford it.

I would like to voluntarily add \$ _____

FOR YOUTH DEVELOPMENT

Skip, \$53

Sea Turtles, \$53

Pike, \$53

Eel, \$53

Ray, \$53

Starfish, \$53

Polliwog, \$53

Guppy, \$53

Minnow, \$53

Fish, \$53

Flying Fish, \$53

Soccer League, \$55, Team _____

Kick Start Soccer, \$45

Basketball League, \$55, Team _____

Little Dribblers, \$45

Preschool Gymnastics, \$62

Youth Gymnastics, \$62

Cheerleading, \$62

Youth Guitar, \$50

Guitar 1, \$60

Guitar 2, \$60

Visual Arts, \$50

Drama, \$60

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Martial Arts, \$60, Level _____

Tai Chi, \$66

Yoga, \$60

Self-Defense, \$60

**For Afterschool and
Preschool Program
registration,
please pick up a
registration packet at
the Jessamine County Y.**



Non-Profit Org.
U.S. Postage
PAID
Lexington, KY
Permit No. 592

Jessamine County YMCA
220 East Maple Street
Nicholasville, KY 40356
Phone: 859-885-5013
Fax: 859-885-2326

LET'S PLAY!



www.ymcaofcentralky.org