



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2012

March 5 - July 1



Registration Begins:
Members - February 22
Non-Members - February 24

FRANKFORT YMCA
www.frankfortymca.org

WELCOME

Mission Statement

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

Locations

Downtown Branch

402 West Broadway Street
502-227-9637

Prevention Park Branch

77 C. Michael Davenport Blvd.
502-875-9276

Crayon Club

142 Laneview Drive
502-695-8810

Management Team

DOWNTOWN 502-227-9637

Dave Steele.....CEO/Executive Director - dave@frankfortymca.org
Brent Wallace.....Family Services & Marketing Director - brent@frankfortymca.org
Melissa Bondurant.....Sports Director - melissa.bondurant@frankfortymca.org
Sabrina Metcalf.....Aquatics Director - sabrina.metcalf@frankfortymca.org
Jimmy Shearer.....Maintenance Director

PREVENTION PARK 502-875-9276

Zack Hall.....Branch Executive Director - zack@frankfortymca.org
Sunshine Stacy.....Business Office Manager - sunshine@frankfortymca.org

CRAYON CLUB 502-695-8810

Emily Paul.....Crayon Club Director - emily.paul@frankfortymca.org

Facility Hours

Downtown & Prevention Park

Monday-Friday: 5:30am-9pm

Saturday: 8am-7pm

Sunday: 12pm-6pm

Kids Corner Hours

Prevention Park

Mon/Wed/Fri: 9am-1pm and 4pm-7:30pm

Tues/Thur: 9am-1pm and 5pm-7:30pm

Saturday: 8am-12pm

Downtown

Monday-Thursday: 5pm-7:30pm



4 Week Session A: March 5 - April 1

4 Week Session B: April 9 - May 6

4 Week Session C: May 7 - June 3

4 Week Session D: June 4 - July 1

8 Week Session 1: March 5 - May 6

8 Week Session 2: May 7 - July 1

***Program Break: April 2 - April 8**

Facility Closed: April 8 - Easter

With the Y, you're not just a member of a facility; you're part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership gives you and your community the opportunity to learn, grow, and thrive.

We are a community with an everyday mission to helping you achieve a balance of spirit, mind, and body. We do that by encouraging good health and fostering connections with new and old friends through sports, fun, and shared interests.

Membership Types

- Youth (up to 12) - Membership privileges include the use of all facilities with adult supervision except fitness rooms and adult locker room. Youth ages 10-12 may utilize the fitness area with adult supervision after completing a fitness assessment and equipment orientation.
- Teen (13 to 17) - Teen membership includes use of youth locker rooms and all facilities open to members. Member has access in all areas except adult locker rooms (downtown only). Members may use the facility without adult supervision.
- Adult (18+) - Membership privileges include use of all facilities open to members.
- Family - Family memberships include two adults, any dependents under the age of 18, and full-time college students residing in the same household (must present current class schedule). Membership privileges include use of all facilities open to members. Family members under 13 must follow youth membership guidelines.
- College Student - Must be a full-time college student and present a copy of current class schedule each semester excluding summer. Membership privileges include use of all facilities open to members.
- Senior (60+) - Membership privileges include use of all facilities open to members.

Membership Pricing

Members have access to both the Downtown and Prevention Park facilities with their YMCA membership! Membership rates are subject to change pending on YMCA Board of Directors approval.

Membership Type	Entry Fee	Monthly Rate
Youth	\$0	\$14
Teen/College	\$26	\$26
Adult	\$45	\$45
Family	\$65	\$65
Senior	\$42	\$42

Financial Assistance

Financial assistance is available to those who apply and qualify. Applications are available at each location. Contact Valarie Gano for more information at 875-9276 ext.106 or valarie.gano@frankfortymca.org.

Cancellation Policy

Membership cancellation requires a minimum of 10 days written notice. Cancellation forms are available at either YMCA location.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Swim, Sports & Play

The Frankfort YMCA offers a variety of sports, arts, and music programs for toddlers through adults. League dates, rules, and other important details can be found on the sports specific pages at www.frankfortymca.org. Pre-registration is required for all programs. For more information, please contact Melissa Bondurant at melissa.bondurant@frankfortymca.org or 227-9637, ext. 102.

Replay It Sports Consignment Sale

March 17, 9:00am-2:00pm, Downtown YMCA Gym
Reduce, reuse, recycle, replay! The Replay It Sports consignment sale is an opportunity to sell and/or purchase gently used sports, recreation, and fitness equipment. Grab all of the sports items your family no longer uses and turn it into profits in one weekend. It's easier than Ebay, Craigslist, or a yard sale, and it benefits the Frankfort Y at the same time! Consignors make 70% of their profits (minus a \$5 participation fee), and the Frankfort YMCA sports department receives 30% of the profits that will be used to purchase much needed sports equipment. Shoppers will find a great selection of gently used recreation gear for the whole family at bargain prices. Visit the sports page at www.frankfortymca.org for consignor details and what to do before the big sale!

Sports Sponsorships

By becoming a Y sports sponsor, you support the Frankfort YMCA youth sports programs and advertise your business to thousands of children and families in our community. A banner with your full color corporate logo will be displayed in the Downtown YMCA gym year round. Your logo will appear on the sports page of our website with a link to your business website or Facebook page. Sponsors will also be acknowledged in various sports publications and at the annual meeting. A sports sponsorship is \$350 for the first year and \$300 every subsequent year. Contact Melissa Bondurant with questions and to secure your 2012 sponsorship.

Itty Bitty Sports (Ages 2-3 Years)

Members- \$28 Non-Members- \$40

Enjoy gym time together at the Y in this 8 week program. This beginner gym class is a wonderful opportunity for your toddler to practice his/her independence in a semi-structured environment. Participants will be introduced to new sports equipment every week, including soccer, basketball, football, t-ball, hockey, golf, and volleyball. Parents will also help their little ones navigate an obstacle course, ride a tricycle, throw bean bags, twirl ribbon sticks, wave the parachute, and enjoy a variety of movement activities.

Saturday 10:00-10:30am Downtown YMCA

Rookies Sports (Ages 3-5 Years)

Members- \$28 Non-Members- \$40

This preschool program is designed to give children a great start in youth sports. We emphasize basic physical activities such as running, jumping, and balance and introduce fundamental sports skills including throwing, passing, catching, kicking, hand/eye coordination, teamwork and sportsmanship. Parent participation is encouraged in this 4 week program.

T-Ball

Thursday 5:30-6:30pm Session B Prevention Park

Football

Thursday 5:30-6:30pm Session C Prevention Park

Basketball

Saturday 11am-12pm Session D Downtown YMCA

Sports Clinics (Ages 6-12 Years)

Members- \$24 Non-Members- \$36

YMCA youth sports classes help teach children the fundamentals and rules of a sport and emphasize the concepts of teamwork and sportsmanship in a fun, relaxed environment.

Baseball Clinic (Ages 6-12 Years)

Thursday 6:30-7:30pm Session B Prevention Park

Football Clinic (Ages 6-12 Years)

Thursday 6:30-7:30pm Session C Prevention Park

Basketball Clinic (Ages 6-12 Years)

Saturday 12-1pm Session D Downtown YMCA

Summer T-Ball and Coach Pitch Baseball Leagues (Ages 3-9 Years)

Tiny T-Ball Members- \$35 Non-Members- \$50

T-Ball & Coach Pitch Members- \$50 Non-Members- \$75

Our instructional t-ball and baseball leagues are designed to teach the fundamentals of baseball and promote sportsmanship in a game setting. League options are: Tiny T-Ball (Ages 3), T-Ball (Ages 4-5), or Coach Pitch Baseball (Ages 6-7 and 8-9). Registration will run until May 15, 2012 with practices starting in late May. Games are played on Saturdays from mid June through the end of July. Games and practices will be held at the Prevention Park YMCA (Ages 3-5) or Collins Lane Elementary School (Ages 6-9). Volunteer coaches are needed!

GYMNASTICS (Ages 18 Months-15 Years)

The Frankfort YMCA offers year round basic gymnastics and tumbling instruction for girls and boys ages 18 months through 15 years. A 5 to 1 student/teacher ratio is followed so each child receives enough individual instruction. Classes are offered in 4 week sessions and are now held in the up-stairs Sullivan gym at the Downtown YMCA.

Tiny Tumblers (Ages 18 Months-3 Years)

Members- \$18 Non-Members- \$26

Toddlers will climb, slide, jump, roll, balance, and crawl in this introductory gymnastics and tumbling class. Parent participation is required.

Monday 5:15-5:45pm
Thursday 10:00-10:30am
Sunday 3:30-4:00pm

Preschool Gymnastics (Ages 3-5 Years)

Members- \$20 Non-Members- \$30

This class teaches balance, coordination, flexibility, and intro tumbling and gymnastics skills in a fun, age appropriate environment. Preschoolers will learn basic movements and beginning tumbling including rolls, jumps, handstands, bar and balance beam skills.

Monday 5:45-6:30pm
Thursday 10:30-11:15am
Sunday 3:30-4:15pm

Preschool Gymnastics II (Ages 3-5 Years)

Members- \$20 Non-Members- \$30

This class is for preschoolers who have already taken the YMCA preschool gymnastics class or who have previous gymnastics experience. Basic skills will continue to be perfected and more difficult skills will be introduced.

Monday 5:45-6:30pm

Basic Gymnastics (Ages 6-12 Years)

Members- \$28 Non-Members- \$40

This is a beginner level class that will introduce children to basic gymnastics and tumbling skills. Children will learn stretching exercises, rolls, jumps, splits, cartwheels, handstands, bridges, backbends, walkovers, bar and balance beam skills.

Monday 6:30-7:30pm
Sunday 1:30-2:30pm

Intermediate Gymnastics (Ages 6-12 Years)

Members- \$28 Non-Members- \$40

This class is for students with basic gymnastics experience. Fundamental skills will be perfected and more difficult skills will be introduced. Students will learn a round-off, front hand-spring, toe touches, bridge kick-over, and starting back hand-springs and will continue practicing bar and beam skills.

Monday 6:30-7:30 pm
Sunday 2:30-3:30pm

Back Handspring Training (Ages 6-15 Years)

Members- \$28 Non-Members- \$40

Participants will perfect moves that assist with back hand-springs (such as bridges, back bends, handstands, strength training, and conditioning exercises) and will learn proper techniques and skills needed to execute a back handspring.

Sunday 2:30-3:30pm

Gymnastics for Boys (Ages 6-12 Years)

Members- \$28 Non-Members- \$40

We finally have a gymnastics class just for boys! Did you know balance and coordination will help with other sports too? Tumble, learn skills on the different gymnastics equipment, and have fun in a boys' only class.

Sunday 1:30-2:30pm

Private Gymnastics Instruction

Semi-Private, 4 one hour lessons, 3+ students:

Members- \$30 Non-Members- \$45

Private, 4 30 minute lessons, 1 student:

Members- \$50 Non-Members- \$100

Does your child benefit from individual attention or need help learning or perfecting a certain skill such as a back hand-spring? The Frankfort YMCA offers private or semi-private gymnastics lessons scheduled on an individual basis with our instructors. Contact Melissa Bondurant to schedule private gymnastics lessons.



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Birthday Parties

Birthday Parties

Members- \$75

Non-Members- \$125

Have your next birthday party at the YMCA. Choose between a pool, gym, or gymnastics party! Parties are scheduled from 2 to 4 p.m. on Saturday or Sunday afternoon at either the Downtown YMCA (pool, gym, or gymnastics party) or Prevention Park YMCA (pool party for ages 6 and under only). Our program staff will lead the birthday child and his/her guests with fun, age appropriate activities in the pool, gym, or on the gymnastics equipment for one hour followed by cake and presents for the second hour. You bring the cake, food, and decorations, and we will provide the staff to run the games and help with set up and clean up. There will be a \$25 discount if you prefer to have open gym or swim time without staff assistance (doesn't apply to gymnastics). Parties are limited to 15 children with a \$25 charge for up to 15 more participants.

Education & Leadership

MUSIC (Ages 18 Months-Adult)

Music and Movement (Ages 18 Months-3 Years)

Members- \$18

Non-Members- \$26

Children will learn locomotor skills, coordination and socialization through music and movement exercises in this 4 week program. Activities include circle time, singing, musical instruments, movement activities with scarves, bean bags, and other objects, parachute play, and semi-structured activities to keep your little one on the move!

Saturday 9:15-9:45am Downtown YMCA

Guitar (Ages 8+)

Members- \$28

Non-Members- \$40

These beginning guitar lessons are for brand new players – no experience necessary! Lessons will be taught in a small group format in a 4 week class. Guitars are available to borrow if you don't have your own instrument. If interested in private lessons or more advanced level classes, let us know!

Monday 6:00-6:45 pm Prevention Park

HYPE

One Child Family: \$20 Two Children Family: \$30

3+ Children family: \$40

HYPE is a PE program for homeschooled students. Students will spend time exercising in fitness class, learning swim lessons and water safety in the pool, and practicing different sports and playing games in sports class. Ages are categorized by Preschool (Ages 3-5), Youth (Ages 6-9), and Tween/Teen (Ages 10+). Class is offered in 4 week sessions and held once a week either on Tuesdays or Thursdays from 1 to 3 pm. Spring sports include multi-sports sampler, racquet sports, and outdoor games.

Child Care

The Crayon Club

Our childcare center provides full service daycare for children ages 6 weeks through 5 years old. The children will be involved in learning activities, arts and crafts, games, motor skill development, and environmental education on our adjoining 65 acre property.

Parents can be assured their children are being taken care of by imaginative, high-skilled and energized professionals who put the safety and happiness of the children first. Crayon Club staff members are trained in first aid, CPR and early childhood development. Training is ongoing throughout the year.

The Frankfort YMCA Crayon Club will:

- Provide a nurturing environment for children that encourages their social, emotional, physical and intellectual development.
- Offer quality enrichment activities for the children.
- Offer nutritious snacks and meals to ensure healthy growth.
- Work in a partnership with parents and family members to ensure that the child's needs are being met.

Weekly Fees

6 weeks - 7 months:	\$145
8 months - 14 months:	\$145
14 months - 21 months:	\$135
22 months - 30 months:	\$135
30 months - 36 months:	\$125
3 years - 4 years:	\$115
4 years - 5 years:	\$110

Hours of Operation

6:30am - 5:30pm

Registration Fee: \$35

Location

The Crayon Club is located in Industrial Park #3, off Millville Road. It is just 2 miles from I-64, exit #58, Versailles Road/US 60.

The Crayon Club participates in the STARS FOR KIDS NOW quality rating system that measures early care and education programs by levels of stars. The STARS FOR KIDS NOW assess programs in the following areas: staff/child ratios, group size, curriculum, parent involvement, training/education of staff, regulatory compliance and personnel practices. We are currently a STAR 2 rated center!

*The Crayon Club now offers discounts on family Y memberships! If you have one child enrolled at the Crayon Club, your family will receive ½ off a family Y membership. If you have two or more children enrolled, your family will receive a complimentary Y membership.

SUMMER CAMP

The Summer Day Camp is offered in two locations, the Downtown Frankfort YMCA and Saffell Street Elementary in Anderson County. The program begins on the first day of summer for the county in which the program takes place. Children are engaged in a variety of age appropriate activities such as outside games, arts & crafts, field trips and much more. Space is limited, so register early. Registration begins on Saturday, April 28 at Healthy Kids Day at the Downtown YMCA. For more information, contact Brent Wallace at brent@frankfortymca.org or 227-9637 ext.104.

Downtown Y Summer Camp

Monday - Friday: 7:00am - 5:30pm

Members: \$20/Family Registration Fee
\$100/week-Full Time -\$80/week-Part Time
Non-Members: \$20/Family Registration Fee
\$105/week-Full Time-\$85/week-Part Time

Saffell Street Summer Camp

Monday - Friday 6:00am - 6:00pm

\$20/Family Registration Fee
\$100/week-Full Time - \$80/week-Part Time

SPECIALTY CAMP

Specialty Camps are an alternative camping option that offers a variety of opportunities to learn a specific theme during the week. Registration begins on Saturday, April 28 at Healthy Kids Day at the Downtown YMCA. Space is limited to 30 children per session, so register early. Specific camps and camp dates will be available online at www.frankfortymca.org by March 1. Contact Brent Wallace at 227-9637 ext. 104 for more information.

Tennis and Swim Ages 7-14 June 4 - June 8

This week is geared for the beginning tennis player, or a more advanced player who wants to practice their skills by revisiting the fundamentals of the sport. Each day will have a variety of sport specific exercises to enhance skill levels. Also, good sportsmanship will be a key focus in all we do. After fun filled hours of skill exercises and games, the group may relax as they enjoy the cool water of Juniper Hill Swimming Pool for recreational swimming. Drop off and pick up will take place at Juniper Hill Park.

Members: \$100 Non Members: \$105

Nature Week Ages 7-12 June 11-June 15

This week is designed for those who have a true interest in the outdoors. Nature Week contains a wide variety of activities for children to learn about nature and wildlife, such as hiking different trails and visiting Salato Wildlife Center for educational and recreational fun!

Members: \$90 Non Members: \$95

Sand Volleyball and Swim Ages 10-15 June 18-22

This week will teach the fundamentals of volleyball through fun skill exercises and games. All participants will be able to enjoy recreational swimming after the volleyball portion of the day at Juniper Hill Pool. Drop off will take place near Juniper Hill Playground, and pick up will take place at the pool.

Members: \$100 Non Members: \$105

Art Week Ages 7-12 June 25-29

This week is the perfect camp for children who enjoy making new creations. This camp prides itself on teaching children how to use different art mediums and techniques, and will tap into the child's creative side and teach them to enhance their skills as young artists. This year, kids will be creating the props and backgrounds for Drama Camp! All personal projects may be taken home to display and to reflect back to when they had so much fun at YMCA Art Week!

Members: \$120 Non-Members: \$125

Drama Week Ages 7-14 July 2-13

This two week camp is specially designed for those interested in the performing arts. The camp will teach the children how to be creatively expressive on stage by demonstrations, studying, practices and rehearsals. A live performance will be offered on the final Friday evening as a camp finale' for the parents, guardians, family and friends of the children enrolled in this unique camp.

No Camp on July 4. Location TBD
Members: \$210 Non Members: \$220

Community Week Ages 10-14 July 16-20

This week is designed to teach our youth the importance of community involvement, community awareness, responsibilities and mutual respect. Children will be engaged in volunteer work throughout Frankfort, such as cleaning littered areas, collecting cans for recycling, coordinating a "donation request" carwash, with proceeds benefiting local charities, and much more. Morning drop off may occur in different locations throughout the week based on daily activity.

Members: \$90 Non Members: \$95



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Aquatics

YMCA Aquatics provide an opportunity for people of all ages and abilities to have fun and participate in various programs any time of the year in our indoor pool facilities.

Pre-registration is required for all YMCA swim lessons.

Lessons are offered in (4) four week sessions on Monday and Wednesday and for Saturday lessons. Tuesday and Thursday lessons will be one night a week for 8 weeks. Lessons will start on March 6th and runs for 8 weeks straight. Contact Sabrina Metcalf at 227-9637 ext.106 for more information.

PARENT & CHILD WATER DISCOVERY CLASS (6 Months-36 Months)

Members- \$22 Non-Members- \$45 Class Ratio 1:8

Skip: Focuses on introducing children to the water in a fun and inviting atmosphere with lots of toys and songs.

Monday & Wednesday	6:00-6:30pm	Prevention Park
Saturday	10:00-10:30am	Prevention Park
	(Members-\$15	Non-Members-\$30)

YMCA SWIM LESSONS

YMCA PRESCHOOL LESSONS (Ages 3-5 Years)

Members- \$22 Non-Members- \$45 Class Ratio 1:4

Pike: Designed to help children feel more comfortable and confident in the water on their own. Classes emphasize water safety, kicking, submerged bubble blowing, and floating.

Monday & Wednesday	5:00-5:30pm	Prevention Park
Tuesday	6:00-6:30pm	Downtown
Thursday	6:00-6:30pm	Downtown
Saturday	10:30-11:00am	Prevention Park
	(Members-\$15	Non-Members-\$30)

Eel: Eel swimmers are comfortable swimming short distances with their face in the water on their own. Children will practice streamlines, front crawl, elementary backstroke, and backstroke.

Monday & Wednesday	5:30-6:00pm	Prevention Park
Tuesday	6:30-7:00pm	Downtown
Thursday	6:30-7:00pm	Downtown
Saturday	11:00-11:30am	Prevention Park
	(Members-\$15	Non-Members-\$30)

Ray: Rays are children who are comfortable and confident in the water. This class focuses on teaching children rotary breathing, treading water, and components of breaststroke.

Monday & Wednesday	6:30-7:00pm	Prevention Park
Tuesday	7:00-7:30pm	Downtown
Thursday	7:00-7:30pm	Downtown

YMCA YOUTH LESSONS (Ages 6-13 Years)

Members- \$33 Non-Members- \$65 Class Ratio 1:6

Polliwog: Polliwogs are beginning swimmers. Class emphasizes water adjustment, floating, kicking, streamlines, and water safety.

Monday & Wednesday	5:30-6:15pm	Prevention Park
Tuesday	6:00-6:45pm	Downtown
Thursday	6:00-6:45pm	Downtown
Saturday	11:30am-12:15pm	Prevention Park
	(Member- \$20	Non Member- \$40)

Guppy: Children in the guppy level are comfortable in the water and can swim short distances independently. Guppies are introduced to rotary breathing (breathing to the side) during the front crawl, back crawl, and breaststroke.

Monday & Wednesday	6:15-7:00pm	Prevention Park
Tuesday	6:00-6:45pm	Downtown
Thursday	6:00-6:45pm	Downtown

Minnow: Designed to refine basic skills like rotary breathing for front crawl and breaststroke kick while also building endurance.

Tuesday	6:45-7:30pm	Downtown
Thursday	6:45-7:30pm	Downtown

Flying Fish: Flying Fish swimmers have a good base knowledge and ability in the different types of strokes. They are introduced to butterfly, sidestroke, flip turns and some rescue skills.

Tuesday	6:45-7:30pm	Downtown
Thursday	6:45-7:30pm	Downtown

YMCA ADULT SWIM LESSONS (Ages 14+)

Members- \$30 Non-Members- \$60 Class Ratio- 1:6

Beginner: Designed to introduce participants with little to no formal training to water and basic swimming techniques. This is a great class to help overcome fear of water.

Saturday	12:15-1:00pm	Prevention Park
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Intermediate: Participants will build endurance and work on stroke techniques. Swimmers will also refine rotary breathing for the front crawl.

Saturday	12:15-1:00pm	Prevention Park
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HEALTHY LIVING

Improving the nation's health and well-being.

Health, Well-Being & Fitness

Stroke Clinics (Ages 10 - Adult)

Members- \$5 Non-Members- \$10 Class Ratio 1:8
Whether you want to learn a new skill or just hone your current skills, stroke clinics are an excellent way to get specialized, focused attention on specific stroke techniques and race components. Our experienced instructing staff will provide a critical eye, useful demonstrations, and corrective feedback so that you may improve your stroke mechanics and swimming techniques. Classes are limited to 8 participants. Preregistration is required. All classes are held Downtown.

Friday, Mar. 9	Rotary Breathing	5:00-6:00pm
Friday, Mar. 16	Flip Turns	5:00-6:00pm
Friday, Mar. 23	Starts & Sprints	5:00-6:00pm
Friday, Mar. 30	Rotary Breathing	5:00-6:00pm
Friday, Apr. 6	Effective Kicks	5:00-6:00pm
Friday, Apr. 13	Butterfly	5:00-6:00pm
Friday, Apr. 20	Endurance Swims	5:00-6:00pm
Friday, Apr. 27	Breast Stroke	5:00-6:00pm

YMCA PRIVATE SWIM LESSONS

Members- \$50 Non-Members- \$100

SEMI PRIVATE LESSONS

Two or More Kids

\$25 for each additional child

Private Swim Lessons are scheduled on an individual basis and are offered for all ages and ability levels. Private lessons include (four) 30 minute lessons. Contact Sabrina Metcalf at 227-9637 ext.106 to schedule lessons.



Group Exercise (Land and Water)

Free w/membership

Join us for one of over 80 land or aqua classes that are included in your membership! See our monthly schedules located at the front desk at both locations or at www.frankfortymca.org for class descriptions, times and locations.

Equipment Orientations

Free w/membership

Learn how to safely and effectively use our cardiovascular and strength equipment.

Fitness Assessment

Free w/membership

This is a fitness evaluation that will determine your current fitness level. This assessment will provide data that will assist in the development of a personalized exercise prescription. You will receive a print-out that will include your present fitness status relative to health-related standards and age- and gender-matched norms. The following areas will be evaluated: resting heart rate and blood pressure, body composition, muscular strength, muscular endurance and flexibility. Assessments should be completed every 3-6 months to properly monitor your fitness level. Free follow up assessment within 3 months of initial assessment!

Burn 30 Boot Camp

Members - Free! Non-Members - \$5/session

Get the same benefits in only 30 minutes with this high intensity cardio and weight circuit as you would with a traditional 60 minute class.

Mon - Fri	12:15-12:45pm	Prevention Park
Tues/Thurs	5:15-5:45pm	Prevention Park
Tues/Thurs	12:15-12:45pm	Downtown

Extreme Boot Camp

Members - Free! Non-Members - \$10/session

Swinging sledge hammers, flipping truck tires and dragging sleds have never been so rewarding! Build muscle and burn fat with this 1 hour intense military style workout.

Saturday	8:00-9:00am	Prevention Park
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Sport Specific Program Design

Fee: \$20

Have one of our certified trainers design a program to help you become quicker, faster and stronger. We can develop routines specifically for your sport. Contact Ann Rutledge at 875-9276 ext.105 or info@frankfortymca.org for more information.

HEALTHY LIVING

Improving the nation's health and well-being.

Group Fitness Training (GFT)

Members - Free! Non-Members - \$10/class

GFT is a program designed to shape, sculpt and challenge your body. This is your opportunity to workout with a trained and certified fitness professional, get nutritional advice and see the results you've been waiting for.

Monday/Wednesday/Friday 9-10am Prevention Park

Monday/Wednesday/Friday 4-5pm Prevention Park

Tuesday/Thursday 5:30-6:30pm Downtown

Fit-4-Ever

Members - Free! Non-Members - \$10/class

This beginners Group Fitness Training class will keep you moving and improve your strength for the long haul!

Tuesday/Thursday 1:30-2:30pm Prevention Park

Silver Sneakers

Silver Sneakers is available at the Frankfort YMCA. This program offers a variety of sitting and standing exercises that allow you to go at your own pace. Silver Sneakers is great for muscle strengthening in a social setting. Contact either YMCA for more information on how to join and class dates and times.

Personal Training (Members Only)

Individual: 1 Session- \$30 5 Sessions- \$135

Group of 2: 1 Session- \$40 5 Sessions- \$180

Group of 3: 1 Session- \$50 5 Sessions- \$225

Are you having trouble achieving your fitness goals? We can set a personalized work out plan designed specifically with your goals in mind. If you have the determination, we will show you the way. For more information contact Ann Rutledge at 502-875-9276 ext.105 or info@frankfortymca.org.

Tai Chi - Meditation in Motion

Members- \$50 Non-Members-\$75

Tai Chi is a classic meditative art that combines slow movements with special breathing techniques to improve overall health as well as manage stress, increase strength, and improve balance and flexibility. Using the Lee Family Tai Chi form, this practice results in a mental and physical revitalization. Tai Chi has been recommended by the National Arthritis Foundation. Classes are taught by Master David Cubine, an 8th degree black belt, with 32 years of experience in the practice and teaching of Tai Chi. Classes are offered in 8 week sessions. Additional family members receive a 25% discount from their normal fee.

Tuesday 5:30-6:30pm Downtown YMCA

Shaolin Martial Arts (Ages 8-Adult)

Members- \$50 Non-Members- \$75

Shaolin Martial Arts helps you develop confidence, strength, focus, flexibility, and balance, as well as gain powerful self-defense skills and achieve overall mind, spirit, and body fitness. Individuals (ages 8 and up) and families are encouraged to train together to achieve quality time and work toward a common goal. This is an ongoing progressive program offering classes for all levels, white belt through advanced black belt ranks. Classes are taught by Master David Cubine, an 8th degree black belt, with 32 years of experience. Classes are offered in 8 week sessions. Additional family members receive a 25% discount from their normal fee.

Tuesday 6:30-7:30pm Downtown YMCA

Kid Fit

Free w/membership

Kid fit is a fun fitness class designed for children ages 7-12 years old. This motivating class works on strength, endurance and flexibility.

Saturday 10:30-11:15am Prevention Park

MobileFit

MobileFit Personal Workout Plan Free w/membership

MobileFit's interactive wellness technology combines member input, trainer feedback, and hundreds of accredited exercises to help you get the most out of every workout. At its core, MobileFit is a wellness system that provides adaptive workout plans based on your personal preferences and goals. To get started, simply register at the kiosk, complete a wellness questionnaire, and MobileFit will generate a customized wellness program—it will even assign you your very own wellness coach.

The workouts adapt and change as you provide feedback on workouts completed. You can log your progress through the kiosk or online. It's just that easy—and best of all—it's free. All YMCA members have access to MobileFit as part of their health and wellness plan.

MobileFit Nutrition

Free w/membership

The MobileFit Nutrition System is the perfect solution for total health and wellness. The system generates customized meal plans based on individual goals. Get detailed meal plans including over 13,000 different food choices and quickly print grocery lists in minutes! It can also identify vital nutrient deficiencies. With MobileFit Nutrition, you can easily design customized meal templates and analyze current eating patterns for over or under consumption. Please meet with your Wellness Coach to sign up or contact info@frankfortymca.org for more information.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

2012 Frankfort YMCA Annual Giving Campaign

The YMCA Annual Giving Campaign is a 6 week annual fundraising effort to allow us to honor the pledge that the YMCA is ... For All.

The goal of the YMCA to help strengthen our community, provide opportunities for children to live healthier lives and stay physically active. We accomplish this goal everyday in our programs such as:

Splash Week – Free swimming lessons for children in our community.

Second Grade Swim Lessons – Free swimming lessons for all second graders from Second Street School.

Youth Sports – Financial assistance so that all children can play.

After School & Summer Day Camp Programs – Quality child care for working parents.

Crayon Club – Full day child care for children 6 weeks to 5 years old.

Christmas Ball – Annual holiday dance for intellectually disabled teens and adults.

Military family support – Free memberships and program registrations for families of actively deployed military personnel.

We can use the help of all Y members and community friends to reach our \$100,000 goal for 2012. You can make a pledge online at www.frankfortymca.org, fill out a pledge card at the front desk or call Dave Steele, CEO at 227-9637 ext. 103.

HEALTHY KIDS DAY sponsored by Frankfort Regional Medical Center FREE FOR THE COMMUNITY!

Saturday, April 28 11am-2pm Downtown YMCA

Healthy Kids Day is a nationally recognized event to promote healthy living within your own communities. More than 1,900 YMCA's across the county participate in this event to ensure their communities get the needed resources in order to live their lives to the fullest! This event will take place at the Downtown Frankfort YMCA and will include fun for the whole family. There will be an inflatable obstacle course, games, prizes and educational booths, such as Frankfort Regional Medical Center, American Red Cross, Girl Scouts, Frankfort Police and Fire Department, Public Health and much more! The first 100 children to complete a passport of the exhibitors will receive a FREE Healthy Kids Day T-Shirt! All passports returned will be entered into a drawing for a FREE 6 Month Family Membership! Come out and enjoy the fun at the 2012 YMCA Healthy Kids Day!

2012 FRANKFORT TRIFECTA RUN/WALK SERIES

- Good Shepherd Irish "Run for the Gold" 3K Fun Run/Walk - March 17, 2012 - 6:30pm
- Pro Active for Life 5K Run/Walk - May 18, 2012 - 6:30pm
- Activate America 5 Mile Race and 2 Mile Walk - June 16, 2012, 8:30am

New this year! Electronic Chip Timing for all three races!

The first 300 participants that register for all three races will receive a free Frankfort Trifecta short sleeve performance shirt provided by Cool Comfort Body & Sole! Participants can register for all three races or just one race. Contact Zack Hall at 502-875-9276 ext.102 or zack@frankfortymca.org.





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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ALWAYS HERE FOR OUR COMMUNITY

ANNUAL GIVING CAMPAIGN
GIVE TODAY!

FRANKFORT YMCA
402 West Broadway Street
Frankfort, Kentucky 40601
502-227-9637
www.frankfortymca.org

