



HIGH STREET YMCA WWW.YMCAOFCENTRALKY.ORG

Facility Hours:

Mon-Thu 5:30 a.m. - 10 p.m.
 Fri 5:30 a.m. - 9 p.m.
 Sat 7 a.m. - 6 p.m.
 Sun 10 a.m. - 8 p.m.
 Closed: July 4

Kids Corner Hours:

Mon-Thu 8:30 a.m. - 1 p.m.
 4:30 p.m. - 8:30 p.m.
 Fri & Sat 8:30 a.m. - 1 p.m.
 Sun Closed

Kid's Corner (ages 6 mos - 9 yrs) is free for members for 2 hours per day while using the facilities. Please check with our caring Kids Corner staff on your 1st visit for sign in/out procedures & rules. \$5 fee applies for non-members utilizing this service

Registration Dates

Summer 1: Members May 17 / Program Participants May 20 Summer 2: Members June 21 / Program Participants June 24

Aquatics

SATURDAY—8 WEEK SESSION (Begins June 7 - July 31)

Preschool 3-5 year olds

Pike..... 9:30-10:00 AM
 Eel..... 10:00-10:30 AM
 Ray..... 10:30-11:00 AM
 Starfish.....12:00-12:30 PM

Progressive 6-12 year olds

Polliwog 9:00-9:45 AM
 Guppy 9:45-10:30 AM
 Minnow..... 10:30-11:15 AM
 Fish..... 11:15-12:00 PM
 Shark..... 11:00-11:45 AM

Parent/Child Swim Lessons 6-36 months.....9:00-9:30 AM

Stroke Refining 6-12 year olds.....Noon—1 p.m.

Swim Lesson Fees

30 min : \$28 Members/\$60 Program Participants
 45 min : \$30 Members/\$62 Program Participants

MONDAY/WEDNESDAY—4 WEEK SESSION

Summer 1: June 1—28 Summer 2: July 5—August 1

Preschool 3-5 year olds

Pike..... 6:00-6:30 PM
 Eel 6:30-7:00 PM
 Ray..... 7:00-7:30 PM
 Starfish.....5:30-6:00 PM

Progressive 6-12 year olds

Polliwog 6:00-6:45 PM
 Guppy 6:45-7:30 PM

Health & Fitness

There are many free classes included in your membership, ask for a schedule at Member Services!

Pilates - Matwork Summer 1: 7 week class (June 7-July 26) Free for Members/\$53 Program Participants

Summer 3: 4 week class (August 2—23) Free for Members/ \$30 Program Participants

- Beginner Class (Keri Lee), Mon. 7:30-8:30 p.m. / Intermediate Class, Mon. 6:30 - 7:30 p.m.

**Spaces are limited, registration is required for this program

Hatha Yoga (Karen Nixon) - Summer 1: June 1—July 27 Members \$66 / Program Participants \$82

• Tuesdays, 6:45-8:00 p.m.

**No class Summer 3 session

Teen Yoga—Summer 1: June 19-July 24 Free for Members/ Program Participants \$5 per class or \$25 for 6

• Saturdays, 11:00-12:00

Martial Arts

Check out our website for full class descriptions, www.ymcaofcentralky.org

Registration begins June 21 Members / June 24 Program Participants

Karate - Shaolin Summer 2: 8 wk session (July 5 - Aug 23) Members \$46/Program Participants \$71

- Beginner Class (Master Doug Byrum) Ages 8-Adult: Monday 5-6 p.m.

*If you are currently enrolled in a Shaolin class, see your instructor on the appropriate day/time for your new class.

Family Taekwondo, Summer 2: 8 wk session (July 6 - Aug 22) Members \$37/Program Participants \$61

- Beginner/White belt Class (Tracy Johnson, 4th Degree Black belt), Tues. 6:30-7:30 p.m.

Tai-Chi, Level I Beginner (Master Hiang The) Summer 2: 12 wk session

Additional family members receive a
25% discount on martial arts classes

Wed. 7—8 p.m. (July 7 - September 22)

Members \$69/Program Participants \$107

Music, Dance & Art Classes

Summer 1 - 8 week classes, June 7—July 31

Youth Guitar (ages 8-12), Mondays 6 - 6:30 p.m. Members \$60/\$Program Participants \$82

Guitar 1: Monday 6:30 - 7:20pm **Guitar 2:** Monday 7:30 - 8:20 pm **Guitar 3:** Monday 8:30 - 9:20 pm

- Guitar 1, 2 & 3 class fees: Members \$60/\$Program Participants \$82

Drumming with Marcus, Saturdays: Youth (ages 8-12), 2 -3 p.m. or Adult (ages 13+), 3 - 4 p.m.

- Drumming fees: Members \$30 / Program Participants \$42

Ballet, Saturdays: Ages 4-5, 12:25 - 1:15 pm or Ages 6-8, 1:30-2 p.m.

- Ballet fees: Members \$40 / Program Participants \$55

Painting with Jack Cochran (ages 13+): Wednesdays 7 - 9 p.m. Members \$60 / Program Participants \$82

Latin Ballroom Dance Explosion (Cathya) : Tue 8:30-9:20 p.m. Members \$60 / Program Participants \$82

Sport Leagues

Registration begins May 31 for Fall Soccer & Flag Football (Season begins in Sept)

- **Soccer (Ages 4-13):** Games will be played on Saturdays with a practice 1 night per week.

Ages 4-7: \$43 Members/\$70 Program Participants, ages 8-13: \$49 Members/\$77 Program Participants

- **Kick-Start Soccer (Age 3):** Soccer instructional program held on Saturdays . Participants pick from available class times. \$33 Members/\$51 Program Participants

- **Flag Football (Ages 5-11):** Games will be played on Sundays with a practice 1 night per week. \$33 Members/\$51 Program Participants

- **Adult Dodge Ball Fall League registration begins in August!** \$250 for team up to 12 players

Contact Erica at ewebb@ymcaofcentralky.org or (859)254-9622 for additional sport information

Kids & Family Activities

Parents Night Out (ages 6 months - 12 years): Register your child for an evening of supervised activities beginning 2 weeks prior to the Parents' Night Out you choose. All times are from 6 - 9 p.m., \$7 Members/\$10 Program Participants. **Dates: June 11, July 9, August 13**

Summer Camp: Several summer camps available! Check out our website for a complete guide!

Contact Ashley at abaggett@ymcaofcentralky.org or (859)367-7343 for additional information