



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE HERE FOR YOU

WINTER 2012 PROGRAM
GUIDE & MEMBER HANDBOOK



PARIS-BOURBON COUNTY YMCA

MESSAGE FROM THE DIRECTOR

A New Year is upon us and many people choose to make their New Year's resolutions at this time. Whether you make a resolution or not, remember to focus on the small things you can do to change your life and the lives of others.

Taking care of yourself assures you will be healthy enough to enjoy life's pleasures. Those pleasures include taking a walk in the snow, bending down to lift up your grandchild or something more adventuresome like running your first race.

The Y is here to help you with your goals and your resolutions. We are also here to help you with your spirit. We hope that when you walk into our Y you feel welcome and comfortable. You are part of our Y family.

On behalf of the Y staff, we wish you a happy and healthy 2012. Thank you for being part of the Y, and we look forward to serving you throughout the year.

Sincerely,



Cathy Boone
Executive Director



STAFF

| | |
|-----------------|-------------------------------------|
| Cathy Boone | Executive Director |
| Jenny Earlywine | Swim Team Coach/Aquatic Coordinator |
| Keith Lenox | Aquatic/Property Director |
| Pam Litteral | Health and Wellness Director |
| Ron Parker | Business Manager |
| Ginny Russell | Front Desk Manager |
| Rachel Skinner | Administrative Assistant |
| Rebecca Thomas | Child Care Director |

Check us out online at www.parisbourbonymca.org for the latest news, up-to-date calendar and program information.

Become a fan on Facebook!



CONNECT WITH THE Y!



United Way
of the Bluegrass

BOARD OF DIRECTORS

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Louis Prichard (Vice President)
Bruce Allison (Treasurer)
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Sara Branch
Paul Clift
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Shack Parrish
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Anne Rogers
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Brian Washington
Henry (Skip) Watson III
Gary Wiseman

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FACILITY HOURS

| | |
|------------------|------------------|
| Monday- Thursday | 5:30 am- 9:00 pm |
| Friday | 5:30 am- 8:00 pm |
| Saturday | 7:00 am- 6:00 pm |
| Sunday | 1:00 pm- 5:00 pm |

INDOOR POOL HOURS

| | |
|------------------|--------------------|
| Monday- Thursday | 6:00 am – 8:30 pm |
| Friday | 6:00 am – 7:30 pm |
| Saturday | 10:00 am – 5:30 pm |
| Sunday | 1:00 pm – 4:30 pm |

CHILD WATCH

| | |
|-------------------|---------------------|
| Monday - Friday | 8:00 am - 11:00 am |
| Monday - Thursday | 4:00 pm - 8:00 pm |
| Saturday | 8:30 am - 11:30 pm* |

*Call 24 hours in advance to sign up

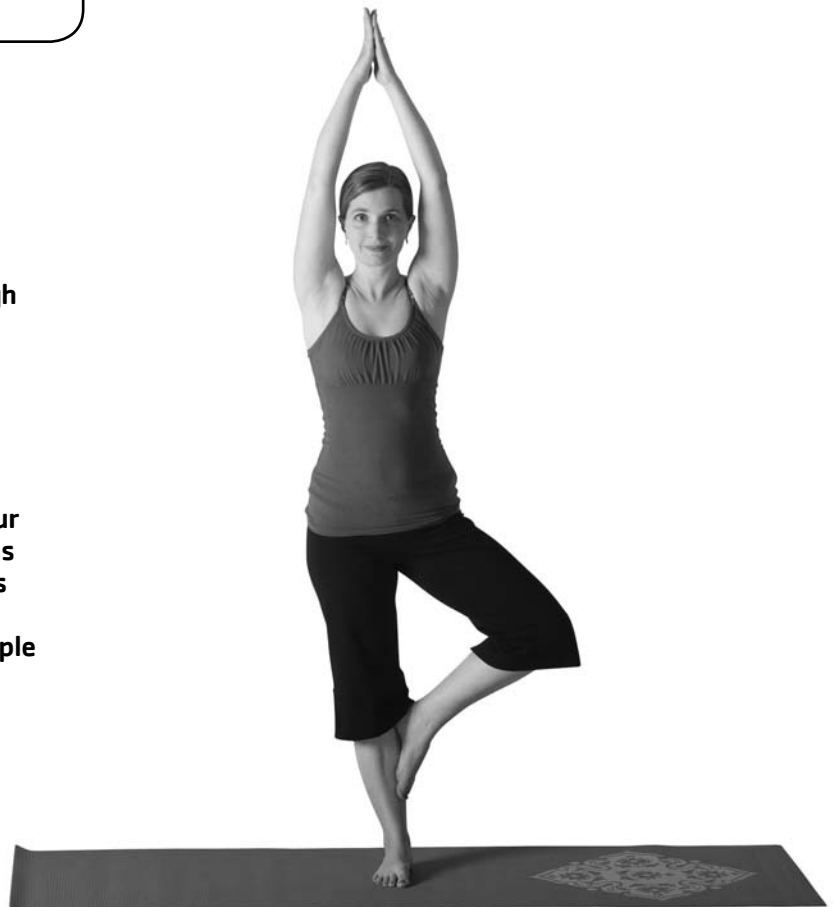
MISSION

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

OUR HISTORY

The Paris-Bourbon County YMCA has served our community since 1913. The Y is in the business of nurturing the potential of children and teens (Youth Development), improving health and well-being (Healthy Living) and motivating people to support their neighbors and the larger community (Social Responsibility).

Our facility serves over 3,200 members and 4,000 program participants.



MEMBERSHIP

MEMBERSHIP RATES

| | |
|----------------------|---------|
| Family | \$48.00 |
| Adult (19+) | \$33.00 |
| Youth (6 mos- 18 yr) | \$13.50 |
| Senior (65+) | \$25.50 |
| College Student Rate | \$22.50 |

MEMBERSHIP JOINING FEE

(A joining fee is charged for all new memberships.)

| | |
|-------------------------|---------|
| Adult and New Family | \$50.00 |
| Senior, Youth & College | \$25.00 |

METHODS OF PAYMENT

Electronic Funds Transfer

Pay as you go! Your bank account or credit card is debited once per month.

Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Annual membership is 12 times the monthly fee. Payment is accepted via cash, check or credit card. All checks and electronic fund transfers will be assessed a \$25 fee if returned.

MEMBERSHIP CARD

Your membership card is essential to checking in at the Y. Proper use of the membership card is expected. Membership cards are for your use only. Any member that allows another to use his or her membership will have their membership revoked. Lost or stolen cards can be replaced for a \$4 fee and photo ID must be verified.

PROGRAM REGISTRATION

Registration schedules are available at the front desk or online at www.parisbourbonymca.org. Priority registration is given to all members. Members are only allowed to sign up themselves during priority registration.

REFUNDING PROGRAM FEES

If the YMCA cancels a class, members will be given a full refund. If you cancel prior to the start of the program you will receive a refund less the cost of a t-shirt, etc. and/or will receive a full refund for medical/family emergency reasons. No refunds will be given after the program starts. Individuals that miss a class for medical reasons can make up classes when space is available. A \$5 processing fee may be charged for refunds.

ADULT/ YOUTH EQUIPMENT ORIENTATION

Make a free appointment with our Health and Wellness Director who will gladly show you how to use the weight and cardio equipment in the Fitness Center. All youth 10-13 must be oriented to the youth equipment prior to use.

CHILD WATCH

This free service is available to members for up to 2 hours for infants through 11 years of age.

(For Saturdays please call 24 hours in advance.)

Monday- Saturday 8:30 am- 11:30 am

Monday- Thursday 4:00 pm- 8:00 pm

AWAY PROGRAM

When you join a YMCA, you become part of a national movement of more than 2,400 Y's. You may be allowed to use a YMCA while you are visiting an area. Please call the YMCA you will be visiting to learn about their guest policies. You may also call 800-333-9622 or visit www.ymca.net to learn more.

GUEST POLICY

Y members beyond a 50 mile radius may use our Y up to 5 times a month at no cost. Y members within a 50 mile radius will be charged \$3 per visit. Out of town guests, 16 years or older, who aren't Y members may use our Y by paying \$5 per visit. A visiting family will be charged \$15.

MEMBERSHIP HOLD PROCEDURES

Your Y membership may be placed on hold for a minimum of 1 month and maximum of 6 months during any calendar year if you are not able to use our facility due to health reasons. Hold forms are available at the front desk. Membership holds require a minimum of 30 days prior to your next bank draft.

TRANSFERRING, CHANGING OR CANCELING YOUR MEMBERSHIP

Your current membership may be transferable to another Y. To transfer, change or cancel your membership please provide a minimum of 30 days written notice prior to your next bank draft.

FINANCIAL ASSISTANCE

The YMCA recognizes the need to serve all members of the community regardless of their ability to pay the full cost of a membership or program fee. Financial assistance is available for those who demonstrate financial need based on household income and number of dependents. Assistance is available for membership and programs. Applications may be picked up at the Y. Please return the completed application and requested documentation to the branch you will be using. Application processing takes 10 days after the Y receives the completed application.

YOUTH DEVELOPMENT

Nurturing the potential of every child

PRIVATE SWIM LESSONS

For all ages and abilities who are looking for individualized instruction. Your swim instructor will cater the lessons to specifically meet your needs and achieve your swimming goals. Classes are 30 minutes..

Ages: 4 years and up

Fee: Member \$15

Non-Member \$20

Times and dates of classes for private lessons are available upon instructor availability. Dates and times are mutually agreed upon by swim instructor and parent.



PROGRESSIVE SWIM LESSONS

Pre-Polliwog- A beginning class for children who do not know how to swim and have never had a structured beginning level class. Children will become comfortable in the water and learn personal water safety.

Polliwog- Students work on kicking, breathing and lifesaving skills. Front and back crawl strokes are introduced.

Guppy- Students work on breathing skills, kicking and lifesaving skills. Will begin to develop front and back crawl strokes. Child must be able to swim half the length of the pool to enter this class.

Minnow- This is an intermediate class. Students will work on elementary front crawl and backstroke. Introduction to sidestroke and breaststroke. Will continue to develop water safety skills. Child must be able to swim one length of the pool and be comfortable in deep water to enter this class.

Fish- Continued development and perfecting front crawl and backstroke, while further developing breaststroke and sidestroke. Introduction to dolphin kick. Child must be able to swim a length of freestyle and a length of backstroke to enter this class.

Flying Fish- Students are introduced to butterfly stroke and continue to work on endurance and safety skills. Child must be able to swim two lengths of the pool in front crawl, backstroke, breaststroke and sidestroke.

Fee: Member \$15

SESSION 1:

January 10-January 26

Tuesdays and Thursdays

7:00 – 7:30 pm (Pre-Polliwog, Polliwog and Guppy)

7:30 – 8:00 pm (Minnow, Fish and Flying Fish)

SESSION 2:

February 7-February 23

Tuesdays and Thursdays

7:00 – 7:30 pm (Pre-Polliwog, Polliwog and Guppy)

7:30 – 8:00 pm (Minnow, Fish and Flying Fish)

SESSION 3:

March 6-March 22

Tuesdays and Thursdays

7:00 – 7:30 am (Pre-Polliwog, Polliwog and Guppy)

7:30 – 8:00 am (Minnow, Fish and Flying Fish)

The scheduled sessions will consist of six (6) thirty minute lessons on the dates and times shown.

YOUTH DEVELOPMENT

Nurturing the potential of every child

WINTER SWIM TEAM

The YMCA Sharks swim team is a competitive age group swim program that competes against other YMCA and USA swim teams. The focus is on personal growth and development of each individual while learning to participate in a team environment. Recommended for ages 4 to 18 (minimum swim requirements apply). For more information, contact Jenny Earlywine at 987-1395. Swim Team fees range from \$265 to \$325, depending on skill level. Membership requirement for this program.



PRESCHOOL PROGRAM

The Y Child Development Center is a licensed facility for children 6 weeks through 5 years of age. Our Center has a play-based philosophy which fosters the individual child's social, emotional, physical and cognitive skills. Our professional staff create an environment that promotes learning in the areas of art, science, math and literacy. Our center embraces early language development through our music program and Baby Signs (a sign language program). Preschool children participate in other weekly programs like swimming, library time, gymnastics and LEAP (Literacy, Eating and Activity for Primary) Children also have daily opportunities to express themselves creatively through play in our "center-based" classrooms. These programs foster positive and effective communication between children and adults.

We provide each child with a nutritious morning and afternoon snack, as well as a healthy lunch each day. Family involvement is a crucial part to each child's success in our preschool. Therefore, we keep parents informed with parent meetings, monthly newsletters and volunteer opportunities.

Program Hours: 6:30 am- 6:30 pm

Preschool Hours: 8:30 am- 12:30 pm*

*These are the hours when children are taught educational curriculum

| | Member | Non-Member |
|----------------------------------------|--------|------------|
| Full-time (4 – 5 days) | | |
| Infants/Toddlers (6 weeks – 24 months) | \$115 | \$125 |
| Preschool (2 – 5 years old) | \$100 | \$115 |
| Part-time (2 – 3 days) | | |
| Infants/Toddlers (6 weeks – 24 months) | \$75 | \$85 |
| Preschool (2 – 5 years old) | \$67 | \$80 |

DATES TO REMEMBER

Winter Break:

Bourbon County December 19- January 2

Paris December 19- January 3

Our preschool and after-school programs will be closed on the following dates in observance of the Christmas Holiday:

Christmas Eve (Friday, December 23)

Christmas Day (Monday, December 26)

YOUTH DEVELOPMENT

Nurturing the potential of every child

BEFORE SCHOOL PROGRAM

Child care is provided for school aged youth from 6:30am-7:30am. Students can be dropped off at the Y prior to school. The Y ensures that each student is picked up by the appropriate school bus.

Weekly Fee: \$20

AFTER SCHOOL PROGRAM

Our program is designed to provide children with a warm, supportive environment where they can have an opportunity to enjoy activities, make good choices, develop responsibility and stimulate curiosity. Throughout the school year, children have weekly opportunities to participate in physical activities like gym games and swimming as well as various clubs such as art, character and archery. The clubs change on a regular basis to provide a wide range of learning experience. It is available to students in Kindergarten through 5th grade. All children are provided a healthy snack upon their arrival as well as homework help.

After School Program Hours: after school till 6:30 pm

After School Rates:

| | Member | Non-Member |
|--------------------------|--------|------------|
| Full Time (4-5 days) | \$42 | \$48 |
| Part Time (2-3 days) | \$32 | \$38 |
| Annual Registration Fee: | \$25 | |

SCHOOL CLOSINGS

When schools are closed, the Y after school program is open from 6:30 am- 6:30pm. Each child must bring a healthy sack lunch from home (no fast food or soda) when schools are closed.

Y KIDS RUNNING CLUB

Have fun, learn (or improve) a new sport and meet new friends. The program begins on Wednesday, March 14 and will end May 9. Kids will walk or ride the bus to the YMCA after school every Wednesday except Spring Break week. A snack will be provided before the kids walk to Paris High School track to run. Pick up time is 4:45 p.m. at the YMCA.

Ages 7-12 years of all fitness levels.

Fee: \$10 (includes T-shirt, snacks and water)

GYMNASTICS

Learn from instructor, Kelly Geoghegan, who has over 20 years experience and trained state champions and UK cheerleaders. Skills taught are forward and backward rolls, handstands, cartwheels, back handsprings and much more. 6 week sessions.

Thursdays

January 5-February 9

February 16-March 22

Times:

Beginner - 5:30 pm -6:30 pm

Intermediate - 4:30 pm -5:30 pm

Advanced* - 6:30 pm -7:30 pm

(*Instructor needs to approve advanced students)

Fee: Member \$30

Non-member \$45

KARATE

Masterson's Martial Arts is bringing 12 years of Martial Arts experience to the YMCA. Taekwondo is the primary martial art style that is taught. Other martial arts styles and self defense programs are mixed into the taekwondo curriculum to provide a well rounded program. Classes are offered for children and adults with students being accepted as young as 4 years of age.

Tuesdays and Thursdays

Time: 5:30 pm youth, 6:30 pm adults

Monthly Fee: Member \$60 Non-member \$75

New member fee for Karate Club: \$50

BOXING CLUB

Focus on boxing combinations, shadow boxing, sparring and professionalism. Hand wraps are mandatory.

Instructor: Chico Vasquez

Ages: 7 and up

Mondays-Thursdays

Time: 4:30 pm - 6:00 pm

Fee: \$20 for one hour private lesson

\$25 per month (1 individual)

\$35 per month (2 members of the same family)

SPRING RECREATIONAL SOCCER

Registration for spring soccer begins in February. The season runs late March to the end of May.

U6-U14 and Soccer Starters ages 3-4.

HEALTHY LIVING

Improving the community's health and well-being

HEALTHY COOKING ON A BUDGET

If you think driving through the drive-through is quicker and cheaper than eating at home, we are going to teach you otherwise. Join us for this free class where you can learn shopping tips, nutrition, meal planning and cooking a healthy meal for your family. Participants will be eating what they cook.

Fee: Free

Adults only

Dates: Thursday, January 12 and
Thursday, January 19

Time: 6:00 pm - 7:00 pm

Location: YMCA Child Care Center

The program is funded by a PepsiCo Healthy Living Grant.

SCUBA

Taught by Herb Booth, certified NAUI instructor. Classroom time is from 5:30 to 7:00. Pool time is 7:00 to 8:30.

Date: March 5-March 21

(Mondays & Wednesdays)

Fee: Member \$200

Non-member \$225

LAP SWIMMING

There is always at least one lap lane available except during special aquatic activities. The monthly aquatic calendar is available at the front desk and online.

RECREATIONAL SWIMMING

Recreational swimming is offered during most pool hours. During certain swim team practices or special events, recreational swimming will not be offered. The monthly aquatic calendar is available at the front desk and online.

CPR CERTIFICATION

The YMCA will be offering an American Red Cross CPR/First Aid class for anyone in the community. Classes will cover life saving techniques for infants, children and adults.

Date: March 22

Time: 6:00 pm

Fee: \$50

Mat Pilates

Functional fitness exercises designed to increase core strength, correct postural issues and increase flexibility.

Date: Mondays, February 13-March 19

Time: 6:15 pm - 7:15 pm

Fee: Member \$20

Non-member \$30

PERSONAL TRAINING

One hour session \$35

One hour session packages

5 sessions \$150

10 sessions \$250

20 sessions \$400

Buddy Training (2 people together)

One hour \$45

5 one-hour sessions \$180

10 one-hour sessions \$290

Personal Training Express (30 minute sessions)

30 minutes \$22.50

Five 30 minute sessions \$100

Ten 30 minute sessions \$160

HEALTHY LIVING AT THE YMCA

Participate in a weekly discussion group where the focus is leading a healthy lifestyle. Topics include nutrition, fitness, and behavior modification. Wednesdays, 5:30-6:30 pm.

GROUP EXERCISE CLASSES

The Paris-Bourbon County YMCA offers a variety of free exercise and wellness classes to all our members. Please pick up a copy of the group exercise schedule at the front desk or check online at www.parisbourbonymca.org for the scheduled days and times.

AQUA FLEX:

Low impact water class designed to increase range of motion and muscular strength. This class takes all joint and muscular issues into consideration.

BODY BLAST:

Challenges and strengthens all muscle groups. High intensity.

BOOT CAMP:

Fun, intense, and ever changing fitness drills.

GROUP CYCLING:

Burns calories and improves cardiovascular fitness.

FOREVER FIT

Maintain strength and endurance for a lifetime.

LOW IMPACT INTERVAL:

Low level aerobics with strength exercises and stretching included. Appropriate for all levels.

STRONG FORM:

Light weight training and floor work focusing on strength, balance, and core strength.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

STRONG SENIORS:

Low intensity strength and flexibility class

WATER AEROBICS:

Invigorating and energetic water exercise

YOGA:

3 class options – Beginner, intermediate and advanced.

YOUNG AT HEART:

Cardio dance/movement class.

ZUMBA:

Fun and exhilarating Latin dance class.

YMCA HERITAGE CLUB– Leave a Legacy

The Paris-Bourbon County YMCA's Heritage Club was established to increase the awareness of the endowment fund and to recognize those who have included the Y in their financial planning. The purpose of the endowment fund is to provide the Y with a stable financial base to carry out its mission today, while also allowing for growth in the future.

The YMCA Heritage Club consists of individuals who have demonstrated their long-term commitments to the Paris-Bourbon County YMCA through planned, charitable giving in the form of wills/bequests, charitable trusts or life insurance.

In addition to providing security for the future, contributed support is reinvested in our youth, serving as a source of scholarships, awarded annually to children participating in YMCA programs such as camp, after school child care and youth sports.

Please consider joining the growing number of Y friends whose dedication to youth is perpetuated through planned giving. To receive more information about joining the Heritage Club, please contact Cathy Boone, Executive Director at 859.987.1395 or cboone@parisbourbonymca.org.

ANNUAL GIVING CAMPAIGN

The Y makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause.

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. In 2011 the Paris-Bourbon County YMCA provided more than \$170,000 to ensure children, adults and families receive financial assistance toward memberships, services and programs. And since no one is turned away for their inability to pay, we ask that you help us continue this cause.

To give online go to www.parisbourbonymca.org

VOLUNTEER OPPORTUNITIES

Coaching, painting, small construction projects, etc. No matter what your special talents, interests, and schedules are you can help change someone's life at the Y.



MEMBER POLICIES

BEHAVIOR POLICY

All adults, teens and children should feel comfortable and have positive feelings about being a part of the Y family. Inappropriate behavior or language deemed to be in conflict with the welfare and safety of our members and staff is strictly prohibited. Such behavior may take the form of the use of profanity, abusive language, fighting, unwelcome sexual advances, request for sexual favors and other verbal or physical conduct of a sexual or abusive nature. The Y also reserves the right to deny facility access or membership to any person who is a sexual offender, who has been convicted of any crime involving sexual abuse, convicted to any offense relating to the sale or transportation of illegal drugs and been convicted of any crime against persons such as children, spousal or parental abuse.

REVOKED/ SUSPENDED MEMBERSHIP

Our Y has the right to suspend or terminate a membership if a member's behavior or language is judged to be in conflict with the welfare of other members or staff or in conflict with the Y's purpose and values.

ATTIRE

Shoes and shirts must be worn in all areas of our Y, except the pool. Street shoes are not permitted on any wood floors or the pool area. Proper swimsuits must and should only be worn when using the pool. All attire must be consistent with our character values.

FOOD & BEVERAGE POLICY

Food and beverages are only permitted in the lobby.

TOBACCO POLICY

Our Y is a tobacco free facility. This includes the front entrance, outdoor pool area and parking lot.

PROFANITY POLICY

Profanity is strictly prohibited in our Y. Any member, program participant or guest who uses profanity will be asked to leave. Repeated behavior will result in membership termination.

CELL PHONE POLICY

Any person caught taking inappropriate pictures of another person without that person's permission or knowledge, will have his or her membership terminated. Please be considerate of all who utilize our facility by avoiding the use of cell phones while in the locker room and all exercise areas.

WEAPON POLICY

No weapons are permitted on Y property.

CHILD SUPERVISION

General: A responsible member at least 16 years of age must directly supervise any member under the age of 12 in all areas of the facility. The instructors and/or parents will monitor program participants during the duration of the class/program.

Swimming: The following guidelines have been established for your health and safety in our swimming pools. All swimmers under the age of 12 must be accompanied in the pool area at all times by a responsible person at least 16 years of age. Any child unable to pass the deep water swim test is not allowed in the deep end of the indoor or outdoor pool (which includes the diving board). Any child who cannot pass the shallow water swim test must have an adult within arms reach (in the water) of them at all times.

Wellness: Fitness Center: No one under the age of 10 is permitted in the Fitness Center at any time. Youth ages 10-13 who are accompanied by someone 16 or older may exercise on the youth strength training equipment after an orientation conducted by the Health and Wellness Director.

No one under the age of 16 is permitted in the free weight room at any time.





TRACK

Walkers/joggers must be 12 years of age or older to use the track without adult supervision. Please note the signs at both doors that indicate the direction of walking/jogging for the day. The track is not an observation area for other facility activities.

SAUNA & STEAM ROOM USAGE

Members must be at least 19 years of age to use the sauna and steam room. Proper bathing attire **MUST** be worn.

SURVEILLANCE

For your protection, many areas of the Y are under video surveillance.

ADA

The Y complies with the intent and spirit of the Americans with Disabilities Act. If you need special assistance or accommodations, please call or notify the front desk.

MUSIC POLICY

Any music deemed inappropriate by Y staff and is not in accordance with our mission will be asked to remove and/or turned off while using the facility.

PARKING

Parking is available for members on the street in front of the facility; parking lots located behind the facility on either side of the outdoor pool and on the corner of Main and 10th streets, by the Catholic church. Members may also park along the fence by the Family Dollar Store and at Riley's Tire after 5:00 pm. Two Handicap parking spaces are available in front of the building. Please do not park in front of the daycare center in the drop off space.

LOCKER ROOMS

Locker rooms and showers are available. Adult locker rooms (for ages 19 and older) and family locker rooms (ages 18 and under) are available. Parents accompanying children 6 and under use the family locker rooms based on the adult's gender. Children ages 7- 18 must use the appropriate gender locker room. Moms with boys and dads with girls can always use the Special Needs locker area. Lockers are for daily use only. Locks left overnight will be removed. Kit lockers are available for members to rent. Payment can be made on an annual basis or by monthly bank draft. Invest in a strong lock and always secure your personal belongings. The Y is not responsible for lost or stolen items. We recommend you not leave valuables in your car or bring them into the facility.

PARIS-BOURBON COUNTY YMCA
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