

# FALL 2017 PROGRAM GUIDE

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For more details on any program visit the web or give us a call. To register for a program, complete an Activity Registration Form & return it along with the fee to the Falling Springs Center. Forms are available online at [www.vwcparksrec.com](http://www.vwcparksrec.com) & at Falling Springs.

**PARKS & RECREATION INVITES YOU TO FIND YOUR FUN!**

Scholarships available for those in need of assistance. Programs subject to change or cancellation.



## YOUTH AND ADULT SPORTS

### 12TH ANNUAL KIDZ TRI

Don't miss out on the coolest event of the year! Youth ages 5-14 will challenge themselves on age appropriate swim, bike & run courses at Woodford Co. Park. Registration includes a t-shirt & finishers medal. \$40/child. Register by Aug 27 to get a race shirt.

RACE DAY: SEPTEMBER 2 DEADLINE: AUGUST 30

### FREE KIDS' TRIATHLON ORIENTATION—AUGUST 26!

Join Swim Bike Run of Kentucky staff at 10 AM at Falling Springs Center for a Kid's Tri clinic! Get an explanation of the course & transition area & ask lots of questions! Please bring your bicycle, helmet, swimsuit, towel, water bottle, running shoes & any other equipment you'll bring on Race day for a transition area tutorial! Contact Rainey with questions.



### BACK TO SCHOOL SPECIAL!!

It's back to school, back to a routine & back to fitness and you definitely don't want to miss our Back To School Special! Through September 15, buy 10 visit cards to Falling Springs at deeply discounted prices! \$40 for adults & \$25 for youth. **THAT'S NEARLY 35% OFF OUR REGULAR PRICES!**

Stop by Falling Springs, visit the website or call 859.873.5948 to purchase your passes before this unbelievable promotion expires!



### START SMART GOLF

Instructional program for 5-7 year olds. Helps develop the motor skills necessary for children to be successful in youth sports. Meets 1-hr/wk for 6 wks. Parent participation is required. Space is limited! **DEADLINE: AUGUST 17**



Group 1 Thursdays 5:30 PM Aug 24 - Sept 28 \$65  
Group 2 Thursdays 6:30 PM Aug 24 - Sept 28 \$65

### FALL ADULT MIX VOLLEYBALL

Come play volleyball in a relaxed, fun, social environment! Parks & Rec offers co-ed volleyball on Sundays at Falling Springs from 6-8 PM! This is a flexible league where teams are formed weekly based on who shows up. Runs Aug 20-Nov 5 (no volleyball Sept 3 or Oct 1). \$50 for all 10 weeks or \$10/day, ages 16 & up. For more info contact Aaron. **DEADLINE: AUGUST 18**



### NFL FLAG FOOTBALL

This exciting league will introduce boys & girls to the game of football in a non-contact format with a focus on fundamentals, teamwork & sportsmanship. Three age divisions: 5-7, 8-10 & 11-13. Program begins Aug. 27 with a "Skills & Drills" clinic followed by two weeks of practice. Game days are Tue/Thu beginning September 12. \$70/player. Contact Aaron with questions. **DEADLINE: AUGUST 23**



### GIRLS VOLLEYBALL CLINIC

This clinic will provide players with opportunities to improve their basic volleyball skills, including serving, hitting, passing, setting, digging & more! Instruction by Ryan Brown. Camp is open to girls in 6th-8th grade girls. Clinic meets October 2 & 5, 5-7 PM at Falling Springs. \$30/player. **DEADLINE: SEPTEMBER 27**



### FALL BASKETBALL CLINIC

Brush up on your skills before the basketball season begins! Clinic meets Thursdays, Sept 7-28 from 6:30-8 PM. Open to boys & girls grades 3-8. \$35/child. Instruction by coach Ed Stepp. Contact Aaron at [astover@vwcparksrec.com](mailto:astover@vwcparksrec.com) for details. **DEADLINE: SEPTEMBER 1**



## FALL TENNIS



### KIDS TENNIS CLUB

Kids ages 5-10 are invited to give tennis a try this fall at the Kids Tennis Club on Mondays, Aug. 7-28. There's no commitment or equipment to buy...we'll even provide a racket! General instruction & fun games & activities. Attend all dates or just the ones that work best with your schedule! \$5/week per child or \$15/all dates. Ages 5-8 (5 PM), ages 9-10 (6 PM). Visit [www.vwcparksrec.com/sports](http://www.vwcparksrec.com/sports) for registration link.

### JR. TENNIS LESSONS

Join us for tennis lessons this fall! Instruction by Evan Spradlin (8u), Addison Beck (10u & 12U). All levels welcome! Min of 4, max of 8 per group. \$45/player. Bring a water bottle & a tennis racket!

G1	Sa	5-6 yr olds	9AM	Sept 9-30	\$45	<b>DEADLINE: SEPT 6</b>
G2	Sa	11-12 yr olds	9AM	Sept 9-30	\$45	<b>DEADLINE: SEPT 6</b>
G3	Sa	7-8 yr olds	10AM	Sept 9-30	\$45	<b>DEADLINE: SEPT 6</b>
G4	Sa	9-10 yr olds	10AM	Sept 9-30	\$45	<b>DEADLINE: SEPT 6</b>
G5	Sa	7-8 yr olds	11 AM	Sept 9-30	\$45	<b>DEADLINE: SEPT 6</b>
G6	Sa	9-10 yr olds	11 AM	Sept 9-30	\$45	<b>DEADLINE: SEPT 6</b>

### LITTLE ACES

Join this NEW program for players ages 6-8 yrs old! Players will learn the basics of tennis, play fun games & start rallying & playing matches by the end of the program! WC Park tennis courts, Sept. 11-Oct. 19, 5:45-6:45 PM (no tennis during Fall Break). \$55/player **DEADLINE: SEPTEMBER 6**



THANK YOU TO START SMART & TENNIS SPONSOR COURTNEY ROBERTS

### FALL JUNIOR TEAM TENNIS

Fall JTT offers fun play opportunities for boys & girls ages 10-18! All divisions follow the Jr. Team Tennis format, which includes boys singles, girls singles, boys doubles, girls doubles & mixed doubles at every team match. The seasons consists of practices and match play against area teams or schools (depending on the division of play). **ALL DIVISIONS ARE OPEN TO PLAYERS OF ALL SKILL LEVELS, EVEN IF YOU'VE NEVER PICKED UP A RACQUET!** Please see below for details for each league. **REGISTRATION DEADLINE FOR ALL DIVISIONS: AUGUST 24**

#### 10 & UNDER TENNIS

Players ages 9 & 10 years old are invited to plan in this fun league. \$65/player. Weekly practices + home & away matches on Sunday afternoons.

#### MIDDLE SCHOOL TENNIS LEAGUE

Represent your school & play other schools from around Central Kentucky! No cuts & everybody plays! 5th-8th graders are eligible, regardless of school. Format includes practices + home & away matches on Thu evenings and/or Sunday afternoons. Begins the week of Aug 28. \$75/player.

#### HIGH SCHOOL INTERSCHOLASTIC TENNIS LEAGUE

Represent your school & play other schools from around Central Kentucky! All levels welcome, including those new to tennis. No cuts, everybody plays! Open to 9th-12th graders, regardless of school. Format includes practices + home & away matches. Begins wk of Aug 28. \$75/player.

# GENERAL PROGRAMS

## TAEKWONDO FOR KIDS

Taekwondo builds self-esteem, mental discipline, a strong body & more! Classes meet for 6 weeks on the days listed. Instruction by Clark Longhofer. Uniform required for new students (\$40). Register soon, space is limited!

CLASS	AGE	DAY	TIME	COST
Warriors	5-8	Tuesday	4:15-5:00	\$45
Dragons	9-13	Tuesday	5:00-5:45	\$45
Warriors	5-8	Tuesday	5:45-6:30	\$45
Warriors	5-8	Saturday	10:00-10:45	\$45
Warriors	5-8	Saturday	10:45-11:30	\$45
Dragons	9-13	Saturday	11:30-12:15	\$45



Session 1: Sept 5—Oct 21 (No class 10/3 or 10/7)  
Session 2: Nov 4—Dec 19 (No class 11/21 or 11/25)

DEADLINE: AUGUST 30  
DEADLINE: NOVEMBER 1

## TWINKLE TOES DANCE

Introduce your child to Ballet, Jazz or Hip Hop dance in a fun environment! Classes meet once a week for 8 wks & culminate with a rehearsal (Dec 18) & recital (Dec 19) at FS Theater. Register for one or more classes! Contact Shannon with questions. **DEADLINE: OCTOBER 11**



Class	Age	Day	Begins	Time	Cost	No Class	Instructor
Creative Dance 1	3-4	Mon	Oct. 16	5:00-5:45	\$65	Nov 20	C. Keathley
Ballet 1	5-6	Mon	Oct. 16	5:45-6:30	\$65	Nov 20	C. Keathley
Ballet 2	7-8	Mon	Oct. 16	6:30-7:15	\$65	Nov 20	C. Keathley
Hip Hop	9-12	Mon	Oct. 16	7:15-8:15	\$75	Nov 20	C. Keathley
Creative Dance 2	3-4	Thu	Oct. 19	4:15-5:00	\$65	Nov 23	B. Osbourn
Ballet 3	5-6	Thu	Oct. 19	5:00-5:45	\$65	Nov 23	B. Osbourn
Jazz	7-8	Thu	Oct. 19	5:45-6:30	\$65	Nov 23	B. Osbourn

## TOUCH-A-TRUCK

Bring your family for an up-close & personal look at the vehicles that better our lives! See & touch the vehicles, talk to the drivers, enjoy demonstrations & jump on the inflatables! Vehicles to include a police car, fire truck, ambulance, dump truck & much more!



Saturday, September 16 | 10AM-1PM | Falling Springs parking lot

## PARENTS NIGHT OUT

Enjoy an evening out while the kids have a blast! Open to boys & girls ages 5-11. Bring a swimsuit, towel and gym shoes, we'll provide the food and fun! 6-10:30 PM. \$10/child (includes dinner & snack). Call Aaron for details or to let him know you're coming! **Dates: Sept 15, Oct. 20, Nov. 17 & Dec. 15**



## FALL BREAK CAMP

With games, swimming, field trips & fun galore, Parks & Rec is the place to be for Fall Break! Open to boys & girls ages 5-11! October 2-6, 7AM-6PM. \$125/child for the week or \$30/day (includes daily breakfast & snack). Campers should wear tennis shoes & bring a swimsuit, towel & lunch each day. 10% off each additional child. Multi-child discount available. Call Aaron for more info.



**DEADLINE: SEPTEMBER 27**

## TURKEY ROMP

The day before Thanksgiving can be crazy...let Parks & Rec help you get your holiday preparations done! Bring the kids to Falling Springs for a day of fun while you knock out that "to do" list! Turkey Romp runs 8 AM-4 PM on Nov. 22 & is open to boys & girls ages 5-11. \$15/child (includes breakfast, lunch & a snack). Activities include swimming, organized games, free play & a Thanksgiving craft. They'll have fun & you keep your sanity! For more info contact Aaron at 873-5948 or astover@vwcparksrec.com. **DEADLINE: NOVEMBER 17**



FOR MORE INFO ON THESE & OTHER PROGRAMS, PLEASE VISIT [WWW.VWCPARKSREC.COM](http://WWW.VWCPARKSREC.COM)!

# FITNESS PROGRAMS

## TRX

Utilizing the TRX Suspension Trainer, a training tool that leverages gravity & the user's body weight, this class develops strength, balance, flexibility & core stability, and it's all that without the impact! Class meets Tuesday evenings at 6 PM, Sept 5-Oct 17 (no class 10/3). \$45/Gold & Silver Members, \$65/all others. **DEADLINE: AUGUST 30**



## BARRE

One of the hottest trends in fitness today is offered at Falling Springs! This class utilizes ballet, yoga & Pilates inspired movements focusing on isometric strength training using high reps & small movements. This is a specialty class offered 4x's a week at Falling Springs. Classes are \$12 at the door for everyone (members & non-members) or you can purchase a Barre Card in blocks of 10, 15 or 20 classes. Member & non-member rates are offered on Barre Cards. Visit [www.vwcparksrec.com/fitness](http://www.vwcparksrec.com/fitness) for details!



# AQUATICS PROGRAMS

## SWIM LESSONS

Learn to swim at Falling Springs! Classes offered on M/W or T/R for 4 weeks or Saturdays for 5 weeks. Water Babies thru Level 2B offered. Cost varies by class. Contact Tefany for more info. Full schedule at [www.vwcparksrec.com](http://www.vwcparksrec.com) and at Falling Springs Center.

SESSION 1: No classes Oct 28  
**DEADLINE: SEPTEMBER 29**  
M/W: Oct 9-Nov 1  
T/R: Oct 10-Nov 2  
Sat: Oct 14-Nov 18

SESSION 2: No classes Nov 20-24  
**DEADLINE: OCTOBER 27**  
M/W: Nov 6-Dec 6  
T/R: Nov 7-Dec 7  
No Saturday classes



## LIFEGUARD CERTIFICATION COURSE

Parks & Recreation offers Lifeguard Certification Courses throughout the year. Cost is \$260/person. Successful completion qualifies the student for employment at area aquatics facilities, including Falling Springs Center. See the website for requirements. Contact Tefany Bleuel for details.

SESSION 1	SESSION 2
Oct 2: 10 AM - 4 PM	Nov 22: 9 AM - 5 PM
Oct 3: 10 AM - 4 PM	Nov 24: 9 AM - 5 PM
Oct 4: 10 AM - 4 PM	Nov 25: 9 AM - 5 PM
Oct 5: 10 AM - 4 PM	Nov 26: 9 AM - 5 PM
Oct 6: 10 AM - 4 PM	
<b>DEADLINE: NOV 17</b>	<b>DEADLINE: TBA</b>



## ADAPTIVE AQUATICS

This program is designed to serve participants of all ability levels by incorporating a Learn to Swim Progression for individuals with physical, neurological, developmental and cognitive impairments. Participants are taught swim skills, water safety and independence. Classes are scheduled with individual instructors at mutually convenient days and times. Please contact Tefany for more information.



## YOUTH BASKETBALL & CHEERLEADING DETAILS COMING IN SEPTEMBER!

## FALLING SPRINGS CENTER CLOSINGS

Sept 2	Indoor Pools closed until 12 PM for Kidz Triathlon
Sept 4	Labor Day-Falling Springs closed, Splash Pool open 10-8
Sept 4-25	Indoor Pools closed for Annual Maintenance
Oct 28	Indoor Pools & Court 3 Closed for Swim Meet

For updates, please visit [www.vwcparksrec.com](http://www.vwcparksrec.com),  
[www.facebook.com/vwcparksandrec](http://www.facebook.com/vwcparksandrec) or Falling Springs Center.

## SCHOLARSHIPS AVAILABLE!

Scholarships are available for individuals & families who would like to participate in programs but are in need of financial assistance. To apply for a scholarship or for more info visit the Parks & Rec offices, [www.vwcparksrec.com](http://www.vwcparksrec.com) or contact Shannon Centers at 873-5948.

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