

Versailles-Woodford County Parks & Recreation

WINTER/SPRING PROGRAMS 2018

275 Beasley Drive • Versailles, KY 40383 • 859.873.5948 • www.vwcparksrec.com

VERSAILLES WOODFORD
PARKS & RECREATION

**FIND YOUR FUN
AT PARKS & REC!**

UPDATED 1.10.18

- **TO REGISTER:** Register for programs online at www.vwcparksrec.com or at Falling Springs Center
- **FINANCIAL AID:** Scholarships are available. Contact Shannon for details.

GENERAL PROGRAMS

TWINKLE TOES DANCE

Introduce your child to Tap, Jazz, Contemporary or Hip Hop dance in a fun environment! Classes meet 1-hr/wk for 8 wks & culminate with a rehearsal (April 9) & recital (April 10) at FS Theater. Register for one or more classes! Watch the website for details. Contact Rainey with questions.



DEADLINE: JANUARY 26

CORRECTED SCHEDULE/FEEES BELOW!

Class	Age	Day	Begins	Time	Cost	No Class	Instructor
Creative Dance 1	3-4	Mon	Feb. 5	5:00-5:45	\$65	4/2	Keathley
Ballet 1	5-6	Mon	Feb. 5	5:45-6:30	\$65	4/2	Keathley
Hip Hop 1	9-11	Mon	Feb. 5	6:30-7:30	\$75	4/2	Keathley
Hip Hop 2	12-14	Mon	Feb. 5	7:30-8:30	\$75	4/2	Keathley
Creative Dance 2	3-4	Wed	Jan. 31	3:15-4:00	\$65	3/14, 4/4	Osborn
Creative Dance 3	3-4	Wed	Jan. 31	4:00-4:45	\$65	3/14, 4/4	Osborn
Ballet 2	5-6	Wed	Jan. 31	4:45-5:30	\$65	3/14, 4/4	Osborn
Jazz/Hip Hop Mash-up	7-9	Wed	Jan. 31	5:30-6:30	\$75	3/14, 4/4	Osborn

TAEKWONDO FOR KIDS

Taekwondo builds self-esteem, mental discipline, a strong body & more! Classes meet for 6 weeks and are offered on Tuesdays & Saturdays. A uniform is required for new students (\$40/payable to the instructor). Register soon, space is limited!

CLASS	AGE	DAY	TIME	COST
Little Warriors	5-8	Tue	4:15-5:00 PM	\$45
Jr. Dragons	9-13	Tue	5:00-5:45 PM	\$45
Little Warriors	5-8	Tue	5:45-6:30	\$45
Little Warriors	5-8	Sat	10:00-10:45 AM	\$45
Little Warriors	5-8	Sat	10:45-11:30 AM	\$45
Jr. Dragons	9-13	Sat	11:30 AM-12:15 PM	\$45



Session 3: Jan 16—Feb 24

Session 4: Mar 6—April 21 (No class 4/3 or 4/7)

Session 5: May 1—June 16 (No class 5/26 or 6/12)

DEADLINE: JANUARY 10

DEADLINE: FEBRUARY 28

DEADLINE: APRIL 25

DAY CAMP PROGRAMS

PARENTS' NIGHT OUT

Enjoy an evening out while the kids enjoy an evening of fun! 6-10:30 PM, \$10/child (includes dinner & snack). Don't forget a swimsuit, towel and gym shoes! Contact Aaron for with questions or for more information.

Dates: January 19, February 16, March 16, April 20 & May 18



SINGLE DAY SCHOOL BREAK CAMPS

Check out the Parks & Recreation's Day Camps when school is out of session! Participants enjoy swimming, organized games, arts & crafts and lots of just plain fun! One days camps are \$30/child per day and run from 7AM to 6PM. Campers should bring a lunch, swim suit, towel & wear gym shoes. Breakfast & snack provided. Contact Aaron for more info.

JANUARY 15 MARTIN LUTHER KING DAY DEADLINE: JANUARY 11

SPRING BREAK CAMP

Falling Springs is the place to be for Spring Break! Campers will have a blast swimming, participating in organized games, arts & crafts projects and more! Campers are asked to wear tennis shoes and bring a lunch, swimsuit and a towel to camp every day. Dates: April 2-6. Cost: \$125/child for the week or \$30/day. (Includes breakfast & snack each day & lunch on Friday). Contact Aaron for more info. **DEADLINE: MARCH 28**



JOIN FALLING SPRINGS TODAY!



FREE CHILDCARE FOR MEMBERS WHILE WORKING OUT!

KIDS 13 & UNDER FREE ON GOLD & SILVER PASSES!

BUY A GOLD PASS & GET 13 MONTHS FOR THE PRICE OF 11!

MONTH-2-MONTH INDIVIDUAL PASSES ARE AVAILABLE!

NEW TO FALLING SPRINGS? ASK US ABOUT A FREE 7 DAY TRIAL PASS!



**VISIT WWW.VWCPARKSREC.COM
FOR MORE INFORMATION!**



AQUATICS PROGRAMS

LEARN TO SWIM CLASSES

Learn to swim at Falling Springs! Instruction is provided by trained swim lesson instructors and are designed to teach children how to swim, starting with getting children comfortable in the water in the water babies and water tots classes to technical strokes in the upper level classes. Classes are offered on Tu/Th or Saturdays. Water Babies - Level 5 offered. Cost varies by class. Please visit www.vwcparksrec.com or Falling Springs Center for a complete schedule, including times and class descriptions.



Session 4:

M/W: Feb 5-Feb 28

T/R: Feb 6-Mar 1

DEADLINE: JANUARY 26

Session 5:

M/W: Mar 5-Mar 28

T/R: Mar 6-Mar 29

SAT: Feb 24-Mar 24

DEADLINE: FEBRUARY 21

Session 6:

M/W: Apr 9-May 2

T/R: Apr 10-May 3

SAT: Apr 14-May 12

DEADLINE: MARCH 30

LIFEGUARDING COURSE

Parks & Rec offers Lifeguard Training Courses throughout the year. Course includes classroom and in-water instruction. \$260 (includes pocket mask). Successful completion qualifies the student for employment at area aquatics facilities, including Falling Springs Center. Next session meets daily, April 2-6 from 9 AM-3 PM. Contact Tefany Bleuel with questions.

DEADLINE: MARCH 28



SCHOLARSHIPS AVAILABLE

Scholarships for programs and passes are available for individuals & families in need of financial assistance. An application & documentation of all income within the household are required. Aid is determined by household size & income. To apply for a scholarship, please visit www.vwcparksrec.com, come by the Parks & Rec offices or call Shannon at 873-5948.

YOUTH SPORTS

READY, SET, RUN!

Ready, Set, Run! is a character-building, curriculum-based running program that equips boys & girls ages 8-13 with the physical training & goal-setting mentality needed to accomplish any goal they may set in life. This 12 week program addresses issues like confidence, self-esteem, peer pressure & proper nutrition. Above all, kids have a blast seeing what they are capable of achieving, including a 5K run upon completion of the program.

Meets at Southside Elem. on Tue & Wed from 2:45-4 PM beginning Feb 6. Students from any school may participate. **Maximum of 40 participants.** Program concludes with the Great Cake Race 5k on May 6. \$100/person (includes t-shirt, journal & entry to 5k race.) **DEADLINE: JANUARY 31**



START SMART SOCCER

This introductory program for 3 & 4 year olds helps develop the motor and coordination skills necessary for children to be successful in youth sports. Parent participation is required. Parents new to the Start Smart programs must attend a parent meeting on Tuesday, March 6 at 6 PM. Space is limited to 8 parent/child groups per session. \$65/player. **DEADLINE: MARCH 2**

Group 1 Mon 5:30 PM Mar 12-Apr 30 No soccer Apr 2 or Apr 23
Group 2 Mon 6:30 PM Mar 12-Apr 30 No soccer Apr 2 or Apr 23
Group 3 Thu 5:30 PM Mar-15-May 3 No soccer Apr 5 or Apr 26
Group 4 Thu 6:30 PM Mar 15-May 3 No soccer Apr 5 or Apr 26



SPRING BREAK VOLLEYBALL CLINIC

This clinic will provide players with opportunities to improve their basic volleyball skills, including serving, hitting, passing, setting, digging & more! Beginner and intermediate level players are welcome. Instruction by Ryan Brown & Charece Brown. Camp is open to girls in 5th-8th grade girls. Clinic meets April 2 & 3 from 6-8 PM at Falling Springs. \$30/player. Contact Aaron with questions.

DEADLINE: MARCH 28



KIDS TENNIS CLUB

Kids ages 5-10 are invited to come give tennis a try this spring at our Kids Tennis club! There's no commitment, just lots of games, prizes & fun! Bring a racquet if you have one, extras provided if needed. General instruction and fun games & activities. Meets on Sundays at the WC Park Courts as follows: **April 22, 29 & May 6, 20** (no tennis on May 13; we will move indoors to Falling Springs if there's bad weather). Come to all dates or just the ones that work best with your schedule! \$5/week per child or \$15/all 4 days. Ages 5-8 (2 PM), ages 9-10 (3 PM). Contact Rainey for more info rjohns@vwcparksrec.com.



JR. TENNIS LESSONS

Open to beginners & experienced players, tennis lessons are a great way to start in tennis or improve your skills. Space is limited to 8 players per group. Schedule will be posted by late February with lessons beginning in late April/early May. Watch www.vwcparksrec.com for updates!



INDEPENDENT YOUTH SPORTS

Various youth sports programs in Woodford County are organized & operated by independent volunteer organizations. For details on these leagues, please see the information below and contact the organizations directly for more information on registration, coaching, etc.

YOUTH SOCCER

The Woodford Youth Soccer Association operates recreational leagues for ages U4-U19. For more information or to register your child, please visit www.woodforyouthsoccer.com. **EARLY-BIRD DEADLINE: JANUARY 15**



YOUTH BASEBALL & SOFTBALL

The Woodford Youth Baseball-Softball Association offers t-ball, baseball & softball leagues for ages 5-15. For more information to register, go to www.wcybsa.com. **DEADLINE: FEBRUARY 9**



FITNESS PROGRAMS

FITNESS CLASSES

Did you know that Falling Springs land & water fitness classes are included with all memberships, 20 visit cards & daily admission? It's a great deal, with over 40 land classes & 20 water classes offered weekly! With classes like Zumba, Group Cycling, Aqua Zumba, Yoga, Circuit & many more, you'll be hard pressed to not find a class that fits your schedule & needs.

In addition, we are also offering new enrollment classes that are among the biggest trends in fitness today! These classes are separate from the drop-in schedule and require enrollment. Space is limited so register now!

TRX - Class utilizes the TRX Suspension Trainer, a training tool that leverages gravity & the user's body weight to develop strength, balance, flexibility & core stability. \$45/Gold & Silver Members, \$65/Non-Members. *New session coming in March. Watch www.vwcparksrec.com/fitness and Falling Springs Center for updates!*



ADULT PROGRAMS & EVENTS

WINTER ADULT MIX VOLLEYBALL

Parks & Recreation offers co-ed volleyball on Sundays at Falling Springs from 7-9 PM! This is a flexible league where teams are formed weekly based on who shows up. Program runs January 14-March 25 (no volleyball Feb 4). \$50/player or \$7/day at the door. Open to ages 16 & up. Players are not obligated to play every week. **DEADLINE: JANUARY 10**



BRAZILIAN JIU JITSU

Participants will learn fundamental techniques & drills to lay the foundation for ongoing training. Participants should wear comfortable clothing free of metal zippers or buttons (i.e. gym/board shorts, yoga pants, t-shirts, etc.). Classes meet Tuesdays, 7:30-9 PM, Jan 23-Mar 13. Open to ages 16 & up. \$100/person. Instruction by Vince Tabscott (Valhalla Academy of Frankfort). Contact Rainey with questions. **DEADLINE: JANUARY 17**



ADULT BASKETBALL LEAGUES

Hoop it up this spring in Parks & Rec adult basketball leagues! Form a team at your church or get your buddies or co-workers together & enter a team in the Open League. Church league players must be 16 yrs & up. 8 games guaranteed. **DEADLINE: MARCH 9**



Open League Coaches' Meeting: Sunday, March 13 @ 2 PM

Church League Coaches' Meeting: Thursday, March 17 @ 6 PM

LEAGUE	DAY	BEGINS	COST	MAX #	NOTES
Open	Sun	Mar 18	\$400	9 Teams	No Games 4/1, 4/13, 5/27
Church	Tue	Mar 20	\$400	9 Teams	No games 4/3

HEART & SOLE TRIATHLON

Join us for the 15th Annual Heart & Sole Triathlon on April 21! This is a USAT sanctioned event for ages 15 & up! Course includes a 400-yd swim in the FSRC pool, 15-mile bike ride through Bluegrass horse farms & historic Versailles & finishes with a 5K run on one of the most challenging cross-country courses in the state. Cost: \$60/USAT Members, \$75/non-members (fees go up on April 1). Volunteers are needed! If you can help out on race day, please contact Tefany at 873-5948 or tbleuel@vwcparksrec.com. **DEADLINE: MARCH 31**



FENCING

Learn moves, strategy & balance with the sport of fencing. Learn to dodge, parry & thrust in this exciting, fast growing sport. Participants will learn proper form, technique & etiquette in this methodical yet fast-paced sport. Class meets Thu, April 12-May 31 from 7-8:00 PM in the Falling Springs Center gym. Ages 12 to adult are welcome! \$80/person (new students must also purchase a glove for \$15, available from the instructor the first day of class). **DEADLINE: APRIL 9**



FREE Fencing Demo class in the gym on Saturday, March 24 at 10 AM. All equipment will be provided!