

2018 FALL PROGRAM GUIDE

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Versailles, KY 40383
Phone: 859.873.5948
www.vwcparksrec.com

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 & 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.



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 14, 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! *Tax not included.



GENERAL PROGRAMS

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 17) & recital (Dec 18) at FS Theater. Register for one or more classes! Contact Rainey with questions. **DEADLINE: OCTOBER 10**



Class	Age	Day	Begins	Time	Cost	No Class	Instructor
Creative Dance 1	3-4	Mon	Oct 15	5:00-5:45	\$65	11/19	Keathley
Ballet 1	5-6	Mon	Oct 15	5:45-6:30	\$65	11/19	Keathley
Jazz/Hip Hop Mash 1	7-9	Mon	Oct 15	6:30-7:30	\$75	11/19	Keathley
Hip Hop 1	10-12	Mon	Oct 15	7:30-8:30	\$75	11/19	Keathley
Creative Dance 2	3-4	Wed	Oct 17*	4:00-4:45	\$65	10/31, 11/21	Osbour
Creative Dance 3	3-4	Wed	Oct 17*	4:45-5:30	\$65	10/31, 11/21	Osbour
Ballet 2	5-6	Wed	Oct 17*	5:30-6:15	\$65	10/31, 11/21	Osbour
Jazz/Hip Hop Mash 2	7-9	Wed	Oct 17*	6:15-7:15	\$75	10/31, 11/21	Osbour

* Wednesday classes will meet on Sunday, October 28 to make-up classes that will not meet on Halloween. Schedule is as follows: Creative Dance 2 (2 PM), Creative Dance 3 (2:45 PM), Ballet 2 (3:30 PM) & Jazz/Hip Hop Mash 2 (4:15)

PARENTS' NIGHT OUT

Enjoy an evening out while the kids have a blast! Open to boys & girls ages 5-11. Bring a swimsuit, towel & gym shoes, we'll provide the food & fun! 6-10:30 PM. \$15/child (includes dinner & snack), register for all 3 dates & get \$10 off! Register at Falling Springs or www.vwcparksrec.com! **Sept 14, Oct. 19 & Nov. 16**



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 8-12, 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: OCTOBER 3**



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. 21 & is open to boys & girls ages 5-11. \$20/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 16**

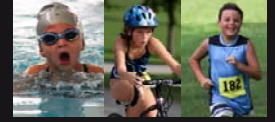


SCHOLARSHIPS AVAILABLE!

Scholarships are available for Woodford County Residents in need of financial assistance & may be used toward the purchase of memberships & programs. To apply for a scholarship or for more info visit www.vwcparksrec.com or contact Amanda Waits at 873-5948.

Scholarships made possible by the Woodford Health Foundation

2018 FALLING SPRINGS KIDZ TRI



KORT PHYSICAL THERAPY // CROSSROADS VETERINARY CLINIC

Don't miss out on the coolest event of the year! Sponsored by Crossroads Veterinary Clinic & KORT Physical Therapy, this event for youth ages 5-14 includes age appropriate swim, bike & run courses & an amazing day! Race Day: Sept 1. \$40/person (includes shirt & medal, tax not included). Register by Aug 26 to get a race shirt. **DEADLINE: AUGUST 29**

FREE KIDZ TRIATHLON CLINIC

August 26th @ 2PM
Falling Springs Center
Led by triathlete Dr. Ashley Keith

RACE SPONSORED BY:



To register or for clinic and race details go to www.vwcparksrec.com!

AQUATICS PROGRAMS

SWIM LESSONS

Learn to swim at Falling Springs! Classes offered M/W or T/R for 4 wks or Saturdays for 4 wks. Water Babies thru Level 2B offered. Cost varies by class. Contact Tefany for more info. Full schedule at Falling Springs Center or at www.vwcparksrec.com.



SESSION 1:	SESSION 2:	SESSION 3:
DEADLINE: AUG 31	DEADLINE: OCT 5	DEADLINE: NOV 2 (*no classes Thanksgiving wk)
M/W: Sept 10-Oct 3	M/W(F): Oct 15-Nov 9	M/W: Nov 12-Dec 12
T/R: Sept 11-Oct 4	T/R: Oct 16-Nov 8	T/R: Nov 13-Dec 13
Sat: Sept 8-29	Sat: Oct 20-Nov 10	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 8: 10 AM - 4 PM	Nov 21: 9 AM - 5 PM
Oct 10: 10 AM - 4 PM	Nov 23: 9 AM - 5 PM
Oct 11: 10 AM - 4 PM	Nov 24: 9 AM - 5 PM
Oct 12: 10 AM - 4 PM	Nov 25: 9 AM - 5 PM
Oct 13: 10 AM - 4 PM	
DEADLINE: OCT 3	DEADLINE: NOV 16



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.



FALLING SPRINGS CENTER CLOSINGS

Sept 1	Indoor Pools closed until 12 PM for Kidz Triathlon
Sept 4	Labor Day - Falling Springs closed, Splash Pool open 10-7
Oct 27	Indoor Pools & Court 3 Closed for Swim Meet
Dec 15	Pools & All Courts closed for WCI Swim Meet & Yth Bkb Games

For updates, please visit Falling Springs Center or www.vwcparksrec.com or find us on Facebook (@vwcparksandrec).

YOUTH and ADULT SPORTS

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. 28 with a player combine followed by two weeks of practice. Game days are Tu, Th or Sa beginning the week of Sept 17. \$70/player. Contact Aaron with questions. **DEADLINE: AUGUST 26**



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	\$48
Dragons	9-13	Tuesday	5:00-5:45	\$48
Warriors	5-8	Tuesday	5:45-6:30	\$48
Warriors	5-8	Saturday	10:00-10:45	\$48
Warriors	5-8	Saturday	10:45-11:30	\$48
Dragons	9-13	Saturday	11:30-12:15	\$48



Session 1: Sept 11—Oct 27 (No class 10/9 or 10/13)
Session 2: Nov 3—Dec 18 (No class 11/21 or 11/25)

DEADLINE: SEPTEMBER 5
DEADLINE: OCTOBER 30

FENCING

Learn to dodge, parry & thrust in this exciting, fast growing sport. Participants will learn proper form, technique & etiquette. Ages 12 to adult are welcome! \$60/person (new students must also purchase a glove for \$15, available from the instructor the first day of class).
**Classes not meeting a minimum of 5 participants in a class may be cancelled or combined with other classes, regardless of age.*



CLASS	AGE	DAY	TIME	COST
Group 1	7-12	Thu	6:00-7:00	\$60
Group 1	13 & up	Thu	7:00-8:00	\$60

Session 1: Sept 13—Oct 25 (No class 10/11)
Session 2: Nov 8—Dec 20 (No class 11/22)

DEADLINE: SEPTEMBER 10
DEADLINE: NOVEMBER 5

FALL BASKETBALL CLINIC

Brush up on your skills before the basketball season begins! Clinic meets Thursdays, Sept 13-Oct 4 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 for details.
DEADLINE: SEPTEMBER 10



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 9 & 11, 6-8 PM at Falling Springs. \$30/player. **DEADLINE: SEPTEMBER 27**



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 7-9 PM! This is a flexible league where teams are formed weekly based on who shows up. Runs Oct 14-Dec 16. \$50 for all 10 weeks or \$7/drop-in (tax not included), ages 16 & up. For more info contact Aaron. **DEADLINE: OCTOBER 10**



YOUTH BASKETBALL & CHEERLEADING
DETAILS COMING IN SEPTEMBER!

WONDERING HOW TO STAY UP-TO-DATE
ON PROGRAMS, EVENTS, CLOSINGS & MORE?

Stay "in the know" on all things Parks & Rec! You can find us in the following places:

Web: www.vwcparksrec.com
Facebook: @vwcparksandrec
Twitter: @VWCParksRec
Instagram: @vwcparks

FALL TENNIS



KIDZ TENNIS CLUB

Kids ages 5-10 are invited to give tennis a try this fall at the Kids Tennis Club on Mondays, Aug. 6-27. 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 (6 PM), ages 9-10 (7 PM). Contact Rainey with details.

LITTLE ACES

Join this program for 5-8 yr olds! Players will learn the basics of tennis, play fun games & rally & play matches by the end of the program! Optional Red Ball Challenge days with area programs will also be scheduled. WC Park tennis courts, Mon & Thu, Sept. 4*-Oct 4. 6-7 PM (*meets Tue, Sept 4 due to Labor Day on the 3rd). Program will move indoors to Falling Springs if it rains. \$55/player. **DEADLINE: AUGUST 29**

FIREBALL TENNIS

Join this NEW program for players 9-11 yrs old. The focus is on fun & development as players learn the basics of tennis, how to keep score & play practice matches. Optional orange ball challenge days with area programs will be scheduled. WC Park tennis courts, Mon & Thu, Sept. 4*-Oct 4. 7-8 PM (*meets Tue, Sept 4 due to Labor Day on the 3rd). Program will move indoors if it rains. \$55/player **DEADLINE: AUGUST 29**



FALL JUNIOR TEAM TENNIS

Fall JTT offers fun play opportunities for boys & girls in 5th through 12th grade! The season 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 22**

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 27. \$65/player (+ USTA Membership, contact Rainey with questions).

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 27. \$65/player (+ USTA Membership, contact Rainey with questions).



THANK YOU TO START SMART & TENNIS SPONSOR COURTNEY ROBERTS!

FITNESS CLASSES

Do you know the #1 way experts say to stick with a fitness program? Pick something you like!

We can help you do that at Falling Springs Center! Not only do we have a wide variety of cardio equipment, free weights & machines, we also offer over 40 land & 15 water fitness classes a week! Even better? ALL classes are included with annual memberships and MOST are included with 20 visit cards and daily admission!

We also have personal trainers who can help you get started on your fitness journey or take you to the next level. A trainer can also provide your child sports specific training to help them achieve their goals. Come check us out! Schedules and details are available at vwcparksrec.com!

