

# Versailles-Woodford County Parks & Recreation WINTER/SPRING PROGRAMS 2019

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

VERSAILLES WOODFORD  
PARKS & RECREATION

FIND YOUR FUN  
AT PARKS & REC!

UPDATED 1.7.19

- **TO REGISTER:** Register for programs online at [www.vwcparksrec.com](http://www.vwcparksrec.com) or at Falling Springs Center
- **FINANCIAL AID:** Scholarships are available. Contact Amanda for details.

## YOUTH & ADULT SPORTS

### 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 13-March 24 (no volleyball Feb 3). \$50/player or \$7/drop-in (tax not included). Open to ages 16 & up. Players are not obligated to play every week. **DEADLINE: JANUARY 9**



### READY, SET RUN!

Ready, Set, Run! is a character-building, curriculum-based running program that equips boys & girls ages 8-13 (3rd grade & up only) 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 Wed & Fri 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 5. \$100/person (includes t-shirt, journal & entry to 5k race.) **DEADLINE: JANUARY 30**

### 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 5 at 6 PM. Space is limited to 8 parent/child groups per session. \$65/player. **DEADLINE: MARCH 1**



**Group 1** Mon 5:30 PM Mar 11-Apr 22 No soccer April 1  
**Group 2** Mon 6:30 PM Mar 11-Apr 22 No soccer April 1  
**Group 3** Thu 5:30 PM Mar 14-Apr 25 No soccer April 4  
**Group 4** Thu 6:30 PM Mar 14-Apr 25 No soccer April 4

### CHURCH VOLLEYBALL LEAGUE

Church Volleyball moves to the spring in 2019! Area churches are invited to enter teams made up of church members to play in this recreational league. League plays on Thursdays at Falling Springs. Players must be at least 16 years old. 8 games guaranteed. \$160. Play begins March 14. Captain's meeting: March 7 at 6:15. **DEADLINE: MARCH 3**



### KORT Physical Therapy HEART & SOLE TRIATHLON

Join us for the 16th Annual Heart & Sole Triathlon presented by KORT Physical Therapy on April 20!

This is a USAT sanctioned event for ages 15 & up! Course includes a 400-yd swim in the Falling Springs 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.

Volunteers are needed! If you can help out on race day, please contact Tefany at 873-5948 or [tbleuel@vwcparksrec.com](mailto:tbleuel@vwcparksrec.com).



#### REGISTRATION FEES:

**By March 30:** \$60/USAT Members | \$75/non-members  
**April 1-19:** \$70/USAT Members | \$85/non-members  
**Race Day (April 20):** \$80/USAT Members | \$95/non-members



## HOLIDAY HUSTLE FALLING SPRINGS MEMBERSHIP DRIVE



OFFER GOOD DEC 10-JAN 18

Purchase a **NEW\*** Gold or Silver membership & we'll draw 5 winners who will have the value of their membership applied towards their second year renewal!

Already a member? Renew your Gold pass during the promotional period and before your pass expires and receive 10% off you renewal!\*\*

*\*Must not have had a pass within the past 6 months.  
 \*\*Discount cannot be combined with monthly installment plans, but would apply to Silver or Bronze members who convert to a Gold membership.*



### WHAT MAKES US DIFFERENT?



- ↳ Drop-in Land & water fitness classes are included with all passes!
- ↳ FREE KidZone nursery access is included with all memberships!
- ↳ Children ages 13 & under added to Gold & Silver memberships for free!
- ↳ We offer a month-to-month no contract Bronze pass!
- ↳ Gold & Silver member discount on most programs & rentals!

### GIRLS VOLLEYBALL LEAGUE

Girls in 3rd-6th grades are invited to join our 2nd annual Girls Volleyball League! The program will begin Drills & Skills on March 25. Players will be placed on teams and will begin practicing the week of April 7. Games will be played on Saturday mornings beginning April 20. \$70/player. Coaches are needed. If you are interested in coaching or have other questions, please contact Aaron Stover. **DEADLINE: MARCH 20**



### 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 3rd-8th grade. Clinic meets April 2 & 4 from 5-7 PM at Falling Springs. \$30/player. Contact Aaron with questions. **DEADLINE: MARCH 27**



### KIDS' TENNIS CLUB

Kids ages 5-12 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. Includes general instruction, fun games & activities. Meets Sundays at WC Park Courts on **April 7, 14, 28 & May 5** (no tennis on April 21; will meet indoors at Falling Springs in case of bad weather). Attend 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 9-12 (3 PM). Contact Rainey with questions at [rjohns@vwcparksrec.com](mailto:rjohns@vwcparksrec.com).



# GENERAL PROGRAMS

## TWINKLE TOES DANCE

Introduce your child to Ballet, Jazz, Contemporary or Hip Hop dance in a fun environment! Classes meet 1-hr/wk for 8 wks & culminate with a rehearsal (April 15) & recital (April 16) at FS Theater. Register for one or more classes! Watch the website for details. Contact Rainey with questions.

**DEADLINE: FEBRUARY 1**



| Class                | Age   | Day | Begins | Time      | Cost | No Class  | Instructor |
|----------------------|-------|-----|--------|-----------|------|-----------|------------|
| Creative Dance G1    | 3-4   | Mon | Feb. 4 | 5:00-5:45 | \$65 | 2/11, 4/1 | Keathley   |
| Ballet G1            | 5-6   | Mon | Feb. 4 | 5:45-6:30 | \$65 | 2/11, 4/1 | Keathley   |
| Jazz/Hip Hop Mash G1 | 7-9   | Mon | Feb. 4 | 6:30-7:30 | \$75 | 2/11, 4/1 | Keathley   |
| Hip Hop              | 10-12 | Mon | Feb. 4 | 7:30-8:30 | \$75 | 2/11, 4/1 | Keathley   |
| Creative Dance 2     | 3-4   | Wed | Feb. 6 | 4:00-4:45 | \$65 | 3/13, 4/3 | Osourn     |
| Creative Dance 3     | 3-4   | Wed | Feb. 6 | 4:45-5:30 | \$65 | 3/13, 4/3 | Osourn     |
| Ballet 2             | 5-6   | Wed | Feb. 6 | 5:30-6:15 | \$65 | 3/13, 4/3 | Osourn     |
| Jazz/Hip Hop Mash G2 | 7-9   | Wed | Feb. 6 | 6:15-7:15 | \$75 | 3/13, 4/3 | Osourn     |

## 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 |
|----------|------|-----|-------------------|------|
| Warriors | 5-8  | Tue | 4:15-5:00 PM      | \$48 |
| Dragons  | 9-13 | Tue | 5:00-5:45 PM      | \$48 |
| Warriors | 5-8  | Tue | 5:45-6:30 PM      | \$48 |
| Warriors | 5-8  | Sat | 10:00-10:45 AM    | \$48 |
| Warriors | 5-8  | Sat | 10:45-11:30 AM    | \$48 |
| Dragons  | 9-13 | Sat | 11:30 AM-12:15 PM | \$48 |



Session 3: Jan 15—Feb 23

Session 4: Mar 5—April 20 (No class 4/2 or 4/6)

Session 5: April 27—June 8 (No class 5/25)

**DEADLINE: JANUARY 9**

**DEADLINE: FEBRUARY 27**

**DEADLINE: APRIL 24**

## PARENTS' NIGHT OUT

Enjoy an evening out while the kids enjoy an evening of fun! 6-10:30 PM, \$15/child (includes dinner & snack). Register for all 3 dates and get \$10 off! Don't forget a swimsuit, towel and gym shoes! Contact Aaron for with questions or for more information. **Dates: Jan 25, Feb 22, Mar 22 & Apr 26**



## 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 1-5. Cost: \$125/child for the week or \$30/day (10% off each additional child). (Includes breakfast & snack each day & lunch on Friday). Contact Aaron for with questions. **DEADLINE: MARCH 27**



## SCHOLARSHIPS AVAILABLE

Scholarships are available to Woodford Co residents in need of financial assistance. An application is required & applicants must provide proof of income. Aid is determined by household size & income. To apply for a scholarship, please visit the office at Falling Springs Center or go to [www.vwcparksrec.com](http://www.vwcparksrec.com). Call Amanda at 873-5948 with questions.

## INDEPENDENT YOUTH SPORTS

Various youth sports programs in Woodford County are organized & operated by independent, parent run volunteer organizations. For details on these leagues, please see the info 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](http://www.woodforyouthsoccer.com). **EARLY-BIRD DEADLINE: FEBRUARY 1**



### 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](http://www.wcybsa.com). **DEADLINE: JANUARY 30**



# AQUATICS PROGRAMS

## SWIM LESSONS

Learn to swim at Falling Springs! Our Swim and Safety Instructors conduct level specific lessons designed to advance swimmers from water comfort to technical stroke proficiency. There are seven levels, ranging from water babies to swim team prep, so you are sure to find a class that will fit your child's needs. Cost varies by class. Please visit [www.vwcparksrec.com](http://www.vwcparksrec.com) or Falling Springs for a complete class schedule, times & descriptions.



Session 4:

M/W: Jan 7-30

T/R: Jan 8-31

Sat: Jan 5-26

**DEADLINE: DEC 28**

Session 5:

M/W: Feb 4-27

T/R: Feb 5-28

SAT: Feb 2-27

**DEADLINE: JAN 25**

Session 6:

M/W: Mar 4-27

T/R: Mar 5-28

SAT: Mar 2-23

**DEADLINE: FEB 22**

Session 7

M/W: Apr 8-May 1

T/R: Apr 9-May 2

No Saturdays this session

**DEADLINE: MAR 29**

## LIFEGUARDING COURSE

Looking for a job that that develops leadership, responsibility and teamwork? Lifeguarding provides all of that and more, but it starts with training!

Parks & Rec offers Lifeguard Training Courses throughout the year. Course includes classroom and in-water instruction. \$260/person (includes pocket mask). Successful completion qualifies the student for employment at area aquatics facilities, including Falling Springs Center. The American Red Cross requires to be 15 years old by the last day of class. Visit [www.vwcparksrec.com/swim-academy](http://www.vwcparksrec.com/swim-academy) for course requirements. Contact Tefany Bleuuel with questions.



Session 3: April 1-4

9 AM-4 PM

**DEADLINE: MARCH 27**

# FITNESS PROGRAMS

## FITNESS CLASSES

Why Group Fitness classes? Because Research has shown that it can lower stress, improve mood and even decrease symptoms of depression and anxiety. Research has also found that a group exercise class may be even **better** for your mental wellbeing than a solo sweat session!



Did you know that nearly all 40+ Falling Springs land & water fitness classes are included with all memberships, 20 visit cards & daily admission? With classes like Zumba, Group Cycling, Core de Force, Silver Sneakers, RIPPED Bootcamp, WERQ, Yoga and more, you're sure to find a class that fits your schedule & needs!

**Check out these two new EXPRESS classes designed to fit your busy schedule!! These classes are 30 minutes long, included with daily admission, visit cards and all memberships. Those attending classes also have access to the KidZone room for youth ages 3 months to 9 years. (KidZone is included with Gold, Silver & Bronze memberships and is only \$4 per child with paid daily admission or visit cards.)**



**FAST & FURIOUS** - This class combines cardio and strength training! You'll go hard for 30 minutes so you can get back to your day! Classes begin January 7 and meet Mon & Thu at 11 AM on Court 1 in the gym.

**K30X** - Based on a class you may have heard of before, this 30 minute express class is designed to give you a total body strength & cardio conditioning workout that will help you blast fat and build lean muscle fast! Class meets Tuesdays at 6:30 PM beginning January 8.



## VERSAILLES-WOODFORD COUNTY PARKS & RECREATION

For more info on programs, passes or rentals:

Web: [www.vwcparksrec.com](http://www.vwcparksrec.com)  
Phone: 859.873.5948  
In Person: Falling Springs Center

VERSAILLES WOODFORD PARKS & RECREATION

