

# VERSAILLES-WOODFORD COUNTY PARKS & RECREATION 2019 FALL PROGRAM GUIDE

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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](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.



## BACK TO SCHOOL SPECIAL

It's back to school, back to a routine & back to fitness! Get back on track today with a 10 visit card to Falling Springs!



**10-VISITS**  
**\$40 for Adults**  
**\$25 for Youth**  
**That's Over 35% Savings!**  
Offer ends 8/30/19!



Purchase a new visit card or add visits to an existing card at Falling Springs Center & online at [www.vwcparksrec.com](http://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](http://www.vwcparksrec.com).



<b>SESSION 1:</b> <b>DEADLINE: SEP 2</b> M/W: Sept 9-Oct 9 T/R: Sept 10-Oct 10 Sat: Sept 14-Oct 12	<b>SESSION 2:</b> <b>DEADLINE: OCT 7</b> M/W(F): Oct 14-Nov 6 T/R(F): Oct 15-Nov 7 Sat: Oct 19-Nov 9	<b>SESSION 3:</b> <b>DEADLINE: NOV 4</b> (*no classes Thanksgiving wk) M/W: Nov 11-Dec 11 T/R: Nov 12-Dec 12 No Saturday classes
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### 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
Sept 30 : 10 AM - 4 PM	Nov 27: 9 AM - 5 PM
Oct 1: 10 AM - 4 PM	Nov 29: 9 AM - 5 PM
Oct 2: 10 AM - 4 PM	Nov 30: 9 AM - 5 PM
Oct 3: 10 AM - 4 PM	Dec 1: 9 AM - 5 PM
Oct 4: 10 AM - 4 PM	
DEADLINE: SEPT 25	DEADLINE: NOV 21



### 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

Aug 17	Indoor Pools closed until 12 PM for Kidz Triathlon
Sept 2	Labor Day - Falling Springs closed, Splash Pool open 10-7
Sept 28	Indoor Pools & Court 3 Closed for Swim Meet
Dec 14	Pools & All Courts closed for WCI Swim Meet & Yth Bkb Games

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

## 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 (Oct 23) & recital (Oct 24) at the Falling Springs Theater. Register for one or more classes! Contact Rainey with questions.



Class	Age	Day	Begins	Time	Cost	Instructor	Deadline
Creative Dance 1	3-4	Mon*	Aug 12	5:00-5:45	\$65	Keathley	Aug 7
Ballet 1	5-6	Mon*	Aug 12	5:45-6:30	\$65	Keathley	Aug 7
Jazz/Hip Hop Mash-up 1	7-9	Mon*	Aug 12	6:30-7:30	\$75	Keathley	Aug 7

\*Monday classes will not meet on Labor Day. These classes will be made up on Tuesday, September 3. There are no classes on September 9 or 30.

Class	Age	Day	Begins	Time	Cost	Instructor	Deadline
Creative Dance 2	3-4	Wed*	Aug 21	4:00-4:45	\$65	Osbourm	Aug 16
Creative Dance 3	3-4	Wed*	Aug 21	4:45-5:30	\$65	Osbourm	Aug 16
Ballet 2	5-6	Wed*	Aug 21	5:30-6:15	\$65	Osbourm	Aug 16
Jazz/Hip Hop Mash-up 2	7-9	Wed*	Aug 21	6:15-7:15	\$75	Osbourm	Aug 16

\*Wednesday classes will not meet on October 2.

### 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 PM. \$15/child (includes dinner & snack), register for all 3 dates & get \$10 off! Register at Falling Springs or [www.vwcparksrec.com](http://www.vwcparksrec.com)! **Sept 13, Oct. 18 & Nov. 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! Sept 30-Oct 4, 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. Call Aaron for more info. **DEADLINE: SEPTEMBER 25**



### 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. 27 & 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](mailto:astover@vwcparksrec.com). **DEADLINE: NOVEMBER 24**



### WINTER BREAK CAMP

The weather outside may be frightful, but we'll be heating up the fun at Falling Springs Center with games, swimming & holiday fun at Parks & Rec! Open to boys & girls ages 5-11, camp meets Dec 23, 26-27, 30 & Jan 2-3. 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. Call Aaron for more info. **DEADLINE: DECEMBER 18**



## 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](http://www.vwcparksrec.com) or contact Amanda Waits at 873-5948.

Scholarships made possible by the Woodford Health Foundation

# YOUTH and ADULT SPORTS

## START SMART SOCCER

This introductory program for 3 & 4 yr olds helps develop the motor & 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 Thu, Aug 15 at 6 PM. Space is limited to 8 parent/child groups per session. \$65/player. **DEADLINE: AUGUST 13**



- Grp 1 Mon 5:30 PM Aug 19 - Sept 23\* *\*No Soccer Sept 2, will meet Wed, Sept 4*
- Grp 2 Mon 6:30 PM Aug 19 - Sept 23\* *\*No Soccer Sept 2, will meet Wed, Sept 4*
- Grp 3 Thu 5:30 PM Aug 22 - Sept 26
- Grp 4 Thu 6:30 PM Aug 22 - Sept 26

## 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 as space is limited!

CLASS	AGE	DAY	TIME	COST
Warriors	5-8	Tuesday	4:15-5:00	\$55
Dragons	9-13	Tuesday	5:00-5:45	\$55
Warriors	5-8	Tuesday	5:45-6:30	\$55
Warriors	5-8	Saturday	10:00-10:45	\$55
Warriors	5-8	Saturday	10:45-11:30	\$55
Dragons	9-13	Saturday	11:30-12:15	\$55



Session 1: Sept 10—Oct 26 (No class 10/1 or 10/5) **DEADLINE: SEPTEMBER 4**  
 Session 2: Nov 5—Dec 21 (No class 11/26 or 11/30) **DEADLINE: OCTOBER 30**

## FENCING

Learn to dodge, parry & thrust in this exciting, fast growing sport. Participants learn proper form, technique & etiquette. A fencing glove is recommended but not required (available for \$13 from the instructor the first day of class); however, any protective glove is acceptable. *\*Classes not meeting a minimum of 5 participants may be combined or cancelled.*



CLASS	WHO	AGE	DAY	TIME	COST
Fencing 101	New Students	7 & up	Thu*	6-7 PM*	\$75
Fencing 102	Returners	7 & up	Thu*	7-8 PM*	\$75

**\*Session 1 classes will meet on 2 Sundays at 4 PM & 5 PM**

Session 1: Sept 12, 19, Oct 6\*, 10, 17 & 20\* **DEADLINE: SEPTEMBER 9**  
 Session 2: Nov 7, 14, 21, Dec 5, 12 & 19 **DEADLINE: NOVEMBER 4**

## FALL BASKETBALL CLINIC

Brush up on your skills before the basketball season begins! Clinic meets Tuesdays, Sept 17-Oct 15 (no basketball on Oct 1) from 6:30-8 PM. Open to boys & girls grades 3-8. \$45/child. Instruction by coach Ed Stepp. Contact Aaron at [astover@vwcparksrec.com](mailto:astover@vwcparksrec.com) for details. **DEADLINE: SEPTEMBER 11**



## GIRLS FALL VOLLEYBALL CLINIC

Polish up those skills before Middle School tryouts! This clinic will provide players opportunities to improve skills in serving, hitting, passing, setting, digging & more! Instruction by Ryan Brown. Camp is open to 6th-8th grade girls. Sundays, Sept 15-Oct 13 (no VB Sept 29), 4-5:30 PM at Falling Springs. \$45/player. **DEADLINE: SEPTEMBER 11**



## 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 13-Dec 15. \$50 for all 10 weeks or \$7/drop-in, ages 16 & up. For more info contact Aaron. **DEADLINE: OCTOBER 9**



## KIDZ TENNIS CLUB

Kids ages 5-12 are invited to give tennis a try this fall at the Kids Tennis Club on **Mondays, August 5-26**. 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 (5:45 PM), ages 9-12 (6:45 PM). Contact Rainey with questions.



## LITTLE ACES & FIREBALL TENNIS

Join this fun, developmentally appropriate program for players 5-12! Program meets Sept 3\*-26 (*\*First day is a Tue due to Labor Day*). Participants should bring a racket & a water bottle. Registration fee includes a t-shirt. Space is limited, so register soon! **DEADLINE: AUGUST 28**



Little Aces G1	Ages 5-8	M*/Th	4:30-5:15 PM	\$40	Max of 10 players
Little Aces G2	Ages 5-8	M*/Th	5:15-6:00 PM	\$40	Max of 10 players
Fireball	Ages 9-12	M*/Th	6:00-7:00 PM	\$50	Max of 15 players

## 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 21**



## 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 (scheduled on Thu evenings and/or Sunday afternoons. Begins the week of Aug 26. \$85/player. USTA Membership required. Purchase at [www.usta.com](http://www.usta.com). 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. \$85/player. USTA Membership required. Purchase at [www.usta.com](http://www.usta.com). 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 or take you to the next level. Schedules and details are available at [vwcparksrec.com](http://vwcparksrec.com)!



## 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 here:

Web: [www.vwcparksrec.com](http://www.vwcparksrec.com)  
 Facebook: [@vwcparksandrec](https://www.facebook.com/vwcparksandrec)  
 Twitter: [@VWCParksRec](https://twitter.com/VWCParksRec)  
 Instagram: [@vwcparks](https://www.instagram.com/vwcparks)

**YOUTH BASKETBALL & CHEERLEADING DETAILS COMING IN SEPTEMBER!**