

Versailles-Woodford County Parks & Recreation WINTER/SPRING PROGRAMS 2020

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

VERSAILLES WOODFORD
PARKS & RECREATION

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

UPDATED 1.31.20

- **TO REGISTER:** Register for programs online at 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 12-March 22 (no volleyball Feb 2). \$50/player for the season or \$7/week. Open to ages 16 & up. **DEADLINE: JANUARY 9**



CHURCH VOLLEYBALL LEAGUE

Area churches are invited to enter teams made up of church members to play in this recreational league. League plays on Tuesdays at Falling Springs. Players must be at least 16 years old. 8 games guaranteed. \$160/team. Play begins March 17. Captain's meeting: March 10 at 6:30 PM. **DEADLINE: MARCH 8**



READY, SET, RUN!

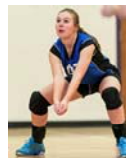
Ready, Set, Run! is a character-building, curriculum-based running program that equips boys & girls ages 8-13 (3rd grade & up only) with the physical training & goal-setting mentality needed to accomplish any goal they may set in life. This 12 week program addresses issues like confidence, self-esteem, 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 Tu & Th from 3-4 PM beginning Feb 4. Open to students from all schools but there is a **maximum of 40 participants**. Concludes with a 5k (ProActive 5k in Frankfort). \$100/student (t-shirt, journal & entry to 5k race included.) **DEADLINE: JANUARY 30**



GIRLS VOLLEYBALL LEAGUE

Girls in 3rd-6th grades are invited to join our 3rd annual Girls Volleyball League! The program will begin with Drills & Skills on March 16, 19 & 21 (times TBA). Players will be placed on teams and will begin practicing the week of March 23. Games will be played on Saturday mornings beginning April 11. \$70/player. Coaches are needed. If you are interested in coaching or have other questions, please contact Aaron Stover. **DEADLINE: MARCH 11**



START SMART SOCCER

This introductory program for 3 & 4 year 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 Tue, Mar 10 at 6:45 PM. Space is limited to 8 parent/child groups per group. \$65/player. **NOTE: soccer will meet during WC Spring Break. Thu class will meet on Tue, Mar 31 & Tue, Apr 28 instead of Thursday on those weeks.** **DEADLINE: MARCH 8**



- | | | | | |
|-------|----|---------|----------------|---|
| Grp 1 | M | 5:30 PM | Mar 16-Apr 27* | No soccer April 6 |
| Grp 2 | M | 6:30 PM | Mar 16-Apr 27* | No soccer April 6 |
| Grp 3 | Th | 5:30 PM | Mar 19-Apr 28* | No soccer April 2 & 9 (meets Tu, Mar 31 & Apr 28) |
| Grp 4 | Th | 6:30 PM | Mar 19-Apr 28* | No soccer April 2 & 9 (meets Tu, Mar 31 & Apr 28) |

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 19, 26, May 3 & 17** (no tennis on May 10; 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.



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 March 31 & April 2 from 5-7 PM at Falling Springs. \$30/player. Contact Aaron with questions. **DEADLINE: MARCH 29**



HOLIDAY HUSTLE FALLING SPRINGS MEMBERSHIP DRIVE

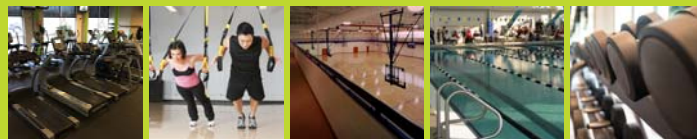
OFFER GOOD DEC 9-JAN 17

Purchase a **NEW*** Gold or Silver membership & we'll draw **3 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!

SCHOLARSHIPS AVAILABLE

Scholarships are available to Woodford residents in need of financial assistance. An application is required & proof of income must be provided. Aid is determined by household size & income. To apply for a scholarship, please visit the office at Falling Springs Center or visit www.vwcparksrec.com. Call Amanda at 873-5948 with questions.

LET'S GET SOCIAL!



@vwcparksrec



@vwcparks



@vwcparksrec

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 13) & recital (April 14) at FS Theater. Register for one or more classes! Visit the website for details. Contact Rainey with questions.

DEADLINE: FEBRUARY 2



Class	Age	Day	Begins	Time	Cost	No Class	Instructor
Creative Dance G1	3-4	Mon	Feb. 10	5:00-5:45	\$65	3/30	Keathley
Ballet G1	5-6	Mon	Feb. 10	5:45-6:30	\$65	3/30	Keathley
Jazz/Hip Hop Mash G1	7-9	Mon	Feb. 10	6:30-7:30	\$75	3/30	Keathley
Creative Dance 2	3-4	Thu	Feb. 6	4:15-5:00	\$65	3/19, 4/2	Osborn
Creative Dance 3	3-4	Thu	Feb. 6	5:00-5:45	\$65	3/19, 4/2	Osborn
Ballet 2	5-6	Thu	Feb. 6	5:45-6:30	\$65	3/19, 4/2	Osborn
Jazz/Hip Hop Mash G2	7-9	Thu	Feb. 6	6:30-7:30	\$75	3/19, 4/2	Osborn

ADULT DANCE FUSION

This 8 wk class for ages 18 & up is a funky mash of Jazz, Hip Hop & Modern, all rolled into an hour of FUN! Easy to follow, inclusive of all skill levels & experience, and led by a friendly, experienced instructor, this class will keep you active & having fun while meeting new people! Class meets Mon, 7:30-8:30 PM, & beginning Feb. 10 (No Class Mar 30). \$75/person. **DEADLINE: FEBRUARY 5**



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	\$55
Dragons	9-13	Tue	5:00-5:45 PM	\$55
Warriors	5-8	Tue	5:45-6:30 PM	\$55
Warriors	5-8	Sat	10:00-10:45 AM	\$55
Warriors	5-8	Sat	10:45-11:30 AM	\$55
Dragons	9-13	Sat	11:30 AM-12:15 PM	\$55



Session 3: Jan 14—Feb 22

Session 4: Mar 3—April 18 (No class 3/31 or 4/4)

Session 5: April 25—June 6 (No class 5/23)

DEADLINE: JANUARY 8
DEADLINE: FEBRUARY 26
DEADLINE: APRIL 21

PARENTS' NIGHT OUT

Enjoy an evening out while the kids enjoy an evening of fun! 6-10:00 PM, \$15/child (includes dinner & snack).

Register for all 4 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 24, Feb 21, Mar 20 & Apr 24**



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: March 30-April 3. 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 25**



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 rec leagues for ages U4-U19. Spring Registration opens Dec 15. For more info or to register, visit www.woodforyouthsoccer.com.

DEADLINE: JANUARY 31

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 17**



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 or Falling Springs for a complete class schedule, times & descriptions.



Session 4:

Sat: Jan 4-25

M/W: Jan 6-29

T/R: Jan 7-30

DEADLINE: DEC 30

Session 5:

SAT: Feb 1-22

M/W: Feb 3-26

T/R: Feb 4-27

DEADLINE: JAN 27

Session 6:

SAT: Feb 29-21

M/W: Mar 2-25

T/R: Mar 3-26

DEADLINE: FEB 24

Session 7:

No Saturdays this session

M/W: Apr 6-29

T/R: Apr 7-30

DEADLINE: MAR 30

LIFEGUARDING COURSE

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

Course is \$150/person (includes classroom and in water instruction plus a pocket mask). Participants who successfully pass the course, apply and are hired on at Falling Springs will receive a full refund of their registration fee within 30 days of beginning employment. The American Red Cross requires participants to be 15 years old by the last day of class. Visit www.vwcparksrec.com/swim-academy for course requirements. Contact Tefany Bleuel with questions.



Session 3: March 30-April 3 9 AM-4 PM **DEADLINE: MARCH 25**

FITNESS

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!



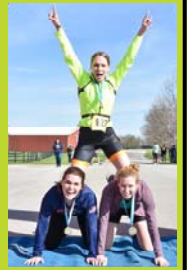
Did you know that Falling Springs offers over 40 land & water fitness classes & all are included with memberships, 20 visit cards & daily admission? With classes like Zumba, TRX, Group Cycling, Core de Force, Silver Sneakers, Step, Yoga & more, you're sure to find a class that fits your schedule & needs!

HEART & SOLE TRIATHLON

Join us for the 17th Annual Heart & Sole Triathlon April 18!

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, please contact Tefany at 873-5948 or at tbleuel@vwcparksrec.com.



REGISTRATION FEES:

By March 30: \$60/USAT Members | \$75/non-members

April 1-17: \$70/USAT Members | \$85/non-members

Race Day (April 18): \$80/USAT Members | \$95/non-members



For more information on programs, passes or rentals:

Website: www.vwcparksrec.com

Phone: 859.873.5948

In Person: Falling Springs Center

