

Versailles-Woodford County Parks & Recreation WINTER/SPRING PROGRAMS 2022

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

VERSAILLES WOODFORD
PARKS & RECREATION

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

- ⇒ 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 9-March 20 (no volleyball Feb 13). \$50/player for the season or \$7/week. Open to ages 16 & up.

DEADLINE: JANUARY 6



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 22. Captain's meeting: March 15 at 6 PM. **DEADLINE: MARCH 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 Falling Springs for 12 weeks on Tue & Thu from 4-5 PM beginning Feb 15 & concludes with a 5k race. Max of 40 participants. \$100/student (includes a shirt, journal & race entry.) **DEADLINE: FEBRUARY 8**



VOLLEYBALL LEAGUE

3rd-8th graders are invited to join our 4th annual Volleyball League (divisions will be formed based on enrollment)! Program begins with Drills & Skills on April 10, 14 & 19 (times TBA). Players will be placed on teams & practices will begin week of April 21. Matches will be played on Sunday afternoons. \$70/player. Coaches are needed. If you are interested in coaching or have other questions, please contact Aaron Stover. **DEADLINE: APRIL 5**



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 Emily Galbraith, former NCAA Division I volleyball player. Camp is open to boys & girls in 3rd-8th grade. Clinic meets March 28-30 from 10 AM -12 PM at Falling Springs. \$45/player. Contact Aaron with questions.



DEADLINE: MARCH 23

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 Monday, March 14 at 6:00 PM. Space is limited to 8 parent/child groups per group. \$65/player. **DEADLINE: MARCH 9**

Grp 1 M 5:30 PM Mar 22*-May 2 No soccer March 28 / *First night is a TUESDAY
Grp 2 M 6:30 PM Mar 22*-May 2 No soccer March 28 / *First night is a TUESDAY
Grp 3 Th 5:30 PM Mar 24-May 5 No soccer March 31
Grp 4 Th 6:30 PM Mar 24-May 5 No soccer March 31



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 24, May 1, 15 & 22** (no tennis on May 8; 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.



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

WHAT'S IN A PARK? SO VERY MUCH!



Versailles-Woodford Co. Parks & Recreation maintains 5 parks in our community & each provides a safe, fun, FREE place for adults & youth to stay active, play & enjoy the outdoors! Looking for ways to improve your physical & mental health? Visit a park today!

WOODFORD COUNTY PARK

- ⇒ TRAILS: Grass walking paths marked with 1, 2 & 3 mile courses (all start at the tennis courts).
- ⇒ TENNIS COURTS: 6 new outdoor, lighted courts
- ⇒ DISC GOLF: 18 hole championship course
- ⇒ PICKLEBALL: 3 outdoor courts
- ⇒ DOG PARK: Large & small dog areas with water access

BIG SPRING PARK

- ⇒ TRAILS: 0.8 mile paved path through park
- ⇒ PLAYGROUND: equipment for ages 2-12

HUNTERTOWN PARK

- ⇒ TRAILS: 1 mile grass trail

NEIGHBORHOOD PARKS

- ⇒ STONEGATE PARK
- ⇒ MEREWOOD PARK
- ⇒ PADDOCK PARK



All have playground equipment appropriate for children ages 2-12!

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 (Apr 11) & recital (Apr 12) at the Falling Springs Theater. Contact Rainey with questions.



Class	Age	Day	Begins	Time	Cost	Instructor	Deadline
Creative Dance G1	3-4	Wed	Feb 9	4:15-5:00	\$65	H. Hash	Feb 2
Ballet 1	5-6	Wed	Feb 9	5:00-5:45	\$65	H. Hash	Feb 2
Ballet 2	5-6	Wed	Feb 9	5:45-6:30	\$65	H. Hash	Feb 2
Jazz/Hip Hop Mash-up 1	7-9	Wed	Feb 9	6:30-7:30	\$75	H. Hash	Feb 2

Class	Age	Day	Begins	Time	Cost	Instructor	Deadline
Creative Dance 2	3-4	Thu	Feb 10	4:15-5:00	\$65	R. Hash	Feb 2
Creative Dance 3	3-4	Thu	Feb 10	5:00-5:45	\$65	R. Hash	Feb 2
Ballet 3	5-6	Thu	Feb 10	5:45-6:30	\$65	R. Hash	Feb 2
Jazz/Hip Hop Mash-up 2	7-9	Thu	Feb 10	6:30-7:30	\$75	R. Hash	Feb 2

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 18 - Feb 26

Session 4: Mar 8 - Apr 23 (No class 3/29 or 4/2)

Session 5: April 30 - Jun 11 (No class 5/28)

DEADLINE: JANUARY 12

DEADLINE: MARCH 2

DEADLINE: APRIL 25

PARENTS' NIGHT OUT

Enjoy an evening out while the kids enjoy an evening of fun! 6-10:00 PM, \$15/child (includes dinner & snack). Don't forget a swimsuit, towel and gym shoes! Contact Aaron for with questions or for more information.

Dates: Jan 14, Feb 11, Mar 11 & Apr 22



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 28-April 2. 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 23**



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.



Four levels are being offered this spring, ranging Level 1A to 2B (class descriptions, along with class schedules & times) are available online at www.vwcparksrec.com/aquatics/swim-academy.

Session 2:

M/Tu: Feb 7-22

DEADLINE: JAN 30

Session 3:

M/Tu: Mar 7-22

DEADLINE: FEB 27

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!

Cost is \$260 and includes classroom and in water instruction plus a pocket mask. Successful completion qualifies the student for employment at area aquatics facilities, including Falling Springs Center. 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 28-April 1 9 AM-4 PM **DEADLINE: MARCH 23**

FITNESS

FITNESS CLASSES

Why Group Fitness classes? Because research has shown that it can lower stress, improve mood & even decrease symptoms of depression & 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!

NOW HIRING!

LIFEGUARDS
SWIM INSTRUCTORS
KIDZONE

- Equal Opportunity Employer
- Background check required
- Drug test required

APPLICATIONS AVAILABLE AT:

FALLING SPRINGS CENTER & WWW.VWCPARKSREC.COM

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. 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 4-15. For more information to register, go to www.wcybsa.com. **DEADLINE: FEBRUARY 11**

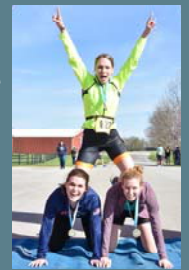


HEART & SOLE TRIATHLON

Join us for the 18th Annual Heart & Sole Triathlon on Saturday, May 14!

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 April 17: \$60/USAT Members | \$75/non-members
April 18-May 13: \$70/USAT Members | \$85/non-members
Race Day (May 14): \$80/USAT Members | \$95/non-members



VERSAILLES WOODFORD
PARKS & RECREATION

For more information on programs, passes or rentals:

Website: www.vwcparksrec.com
Phone: 859.873.5948
In Person: Falling Springs Center

