

Versailles-Woodford County Parks & Recreation

WINTER & SPRING PROGRAMS 2024

*Unleash the inner athlete in you -
regardless of age!*

START SMART GOLF

This introductory program for 5-7 year-olds provides a developmentally appropriate introduction to golf using fun equipment. Parent participation required. No equipment necessary. Space is limited to 8 parent/child groups per session. \$75/player. **DEADLINE: APRIL 11**

G1: Thu 5:30 PM Apr 18, Apr 25, May 2, May 9, May 16, May 23

G2: Thu 6:30 PM Apr 18, Apr 25, May 2, May 9, May 16, May 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 11 at 6:00 PM. Space is limited to 8 parent/child groups per group. \$75/player. **DEADLINE: MARCH 7**

Grp A: Mondays 5:30 PM. No soccer week of April 1

Grp B: Mondays 6:30 PM. No soccer week April 1

Grp C: Wednesdays 5:30 PM. No soccer week of April 1

Grp D: Wednesdays 6:30 PM. No soccer week of April 1



Little Futsal~ NEW

This is an opportunity for kids in U10, U 11, and U 12 to get some touches on the ball and brush up on skills before the Spring Season! This program will meet on Saturday evenings for 5 weeks beginning Jan 20 (will not meet Feb 3). Teams will be formed nightly based on total number of participants each night. Volunteers are needed to help manage each court! Questions? Contact Aaron
\$20/player. **DEADLINE: JANUARY 15**



PICKLEBALL CLINIC~ NEW!

This clinic will give players the opportunity to learn one of the fastest growing sports in America, work on the basic fundamentals and meet new people! Beginner and intermediate level players are welcome. Instruction by Teri Morford, Greg Friel, and Ken Bobzien
Clinic meets from 6PM - 7:30 PM at Falling Springs.

DATES:

- April 11, April 15, April 18

PRICE:

- FREE!! Still need to register!

DEADLINE: APRIL 9

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 21, April 28, May 5, 19** (no tennis on May 12; will meet indoors at Falling Springs in case of bad weather). Attend all dates or just the ones that work best with your schedule! \$7/week per child or \$20/all 4 days. Ages 5-8 (2 PM), ages 9-12 (3 PM). Contact Aaron with questions at astover@vwcparksrec.com.



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. \$200/team. Play begins March 19. Captain's meeting: March 14 at 6 PM. **DEADLINE: MARCH 13**



YOUTH VOLLEYBALL LEAGUE~ NEW FORMAT

TWO DIVISIONS:

- Beginner= 3rd- 9th graders (will meet Thursdays)
- Advanced= 5th- 9th graders (will meet Mondays)
 - Skills Assessments will be offered (DATES TBD)

Additional days may be added pending number of players. Questions or want to volunteer? Contact Aaron!

PRICE: \$70/player

DEADLINE: March 14

ADULT VOLLEYBALL LEAGUE~ NEW!

League for 18 and up! Matches will be played on Sunday evenings (additional day may be added pending number of teams). Form your own team and designate a team captain!
\$40/ player. Contact Aaron!

DEADLINE: APRIL 8

SPRING BREAK 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 split into two groups: 3rd-5th grade and 6th-8th. Clinic meets from 10 AM -12 PM at Falling Springs.

DATES:

- 3rd-5th grade will meet April 1 and April 2
- 6th-8th grade will meet April 3 and April 4

PRICE:

- \$60/player

DEADLINE: MARCH 28



SPRING NFL FLAG FOOTBALL~ NEW!

This exciting league introduces boys & girls to the game of football in a non-contact format with a focus on fundamentals, teamwork & sportsmanship. Practices begin week of April 8. Contact Larry with questions.

Divisions:

- Rookie= K-2
- Veterans= 3-5

PRICE: \$85

DEADLINE: MARCH 28



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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 15) & recital (Apr 16) at the Falling Springs Center. Contact Aaron with questions.



Class	Age	Day	Begins	Time	Cost	Instructor	Deadline
Creative Dance G1	3-4	Wed	Feb 14	4:15-5:00	\$75	H. Hash	Feb 9
Ballet 1	5-6	Wed	Feb 14	5:00-5:45	\$75	H. Hash	Feb 9
Ballet 2	5-6	Wed	Feb 14	5:45-6:30	\$75	H. Hash	Feb 9
Jazz/Hip Hop Mash-up 1	7-9	Wed	Feb 14	6:30-7:30	\$85	H. Hash	Feb 9

Class	Age	Day	Begins	Time	Cost	Instructor	Deadline
Creative Dance 2	3-4	Thu	Feb 15	4:15-5:00	\$75	P. Whitaker	Feb 9
Creative Dance 3	3-4	Thu	Feb 15	5:00-5:45	\$75	P. Whitaker	Feb 9
Ballet 3	5-6	Thu	Feb 15	5:45-6:30	\$75	P. Whitaker	Feb 9
Jazz/Hip Hop Mash-up 2	7-9	Thu	Feb 15	6:30-7:30	\$85	P. Whitaker	Feb 9

READY, SET, RUN!



Ready, Set, Run! is a character-building, curriculum-based running program that equips boys & girls 3rd-5th with the physical training & goal-setting mentality needed to accomplish any goal they may set in life. This 8 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 8 weeks on Tue & Thu from 4-5 PM beginning Feb 20 & concludes with a 5k race on Apr 21. Max of 40 participants. \$100/student (includes a shirt, journal & race entry.) **DEADLINE: FEBRUARY 15**

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 (\$50/payable to the instructor). Register soon; space is limited!



CLASS	DAY	TIME	COST
White Belt	Tue	5:15-6:00 PM	\$65
Yellow Belt	Tue	6:00-6:45 PM	\$65
Orange & White Belt	Tue	6:45-7:30 PM	\$65
White Belt	Sat	10:00-10:45 AM	\$65
Yellow Belt	Sat	10:45-11:30 AM	\$65
Orange & White Belt	Sat	11:30AM-12:15PM	\$65

Session 3: Jan 16 - Feb 24 **DEADLINE: JANUARY 12**

Session 4: Feb 27 - Apr 13 (No class 4/2 or 4/6) **DEADLINE: FEBRUARY 23**

Session 5: April 16 - May 25 **DEADLINE: APRIL 13**

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: \$180/child for the week or \$40/day (10% off each additional child). (Includes breakfast & snack each day & lunch on Friday). Questions? Contact Larry. **DEADLINE: MARCH 27**



NOW HIRING!

MID DAY LIFEGUARDS

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

APPLICATIONS AVAILABLE AT:

FALLING SPRINGS CENTER & WWW.VWCPARKSREC.COM

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. Classes will now be offered for 6 weeks and only meet one day a week! Six levels are being offered ranging from Level 1 thru Level 6 (class descriptions, along with class schedules & times) are available online at www.vwcparksrec.com/aquatics/swim-academy.



SCHEDULE

Level 1 days and times=

- Tuesday: 4:50- 5:20pm
- Saturday: 9:00-9:30am

Level 2 days and times=

- Tuesday: 4:15- 4:45pm
- Saturday: 9:05- 9:35am

Level 3 days and times=

- Tuesday: 5:25- 6:05pm
- Tuesday: 6:10- 6:50pm
- Saturday: 10:10- 10:50am
- Saturday: 10:55- 11:35am

Price (Pricing is based on class duration):

- 30 min class = \$100
 - 40 min class = \$115
 - 50 min class = \$125
- All classes will meet for 6 weeks

Level 4 days and times=

- Tuesday: 4:25 - 5:05pm
- Saturday: 9:45- 10:25am

Level 5 days and times=

- Tuesday: 5:10- 5:50pm
- Saturday: 9:15- 9:55am

Level 6 days and times=

- Tuesday: 5:55-6:45pm

LESSONS ON SATURDAY FEB 3 and FEB 24 WILL BE MOVED TO SUNDAYS, FEB 4 and FEB 25 DUE TO SWIM MEETS. TIMES ARE TBD

FITNESS & EVENTS

Indoor Ironman

Complete the equivalent of a full Ironman Triathlon within the confines of Falling Springs Center!

DATES:

February 5th - March 5th!

DISTANCES:

Swim 2.4 Miles (79 Laps) OR Row (65 Minutes)
Bike 112 Miles
Run/Walk 26.2 Miles

PRICE: \$25/participant *includes tax*

Heart & Sole Triathlon

BE
BRAVE

Join us for the 19th Annual
Heart & Sole Triathlon on Saturday, May 11!

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 best cross-country courses in the state!

Volunteers are needed! If you can help, please contact Tefany at 859-214-4814 or at tbleuel@vwcparksrec.com.

REGISTRATION FEES:

By March 29: \$75
March 30- April 30: \$85
May 1- May 11: \$95

REGISTER @
RUNSIGNUP.COM

For more information on
programs, passes or rentals:

Website: www.vwcparksrec.com
Phone: 859.873.5948

In Person: Falling Springs Center

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