



NEW Program Menu

In order to better serve you, and help save the planet, we have cut down on our printing and are now providing you with this easy-to-read Program Menu for Spring & Summer 2009!



This Program Menu will be available for each session, and will have the days, times, and fees of all programs offered, as well as session and registration dates.

Ask for our Member Guide that includes descriptions of programs - available online or at the branch.

Visit us online at www.MyY.org for course descriptions, facility schedules, online registration and much more!



Membership Events

Healthy Kids Day	
April 18, 2009	10:00 am - 2:00 pm
Volunteer Day	
May 16, 2009	9:00 am - 1:00 pm
Fun in the Sun Swim Meet	
May 2, 2009	10:00am - 12:00pm
All Ages	\$5.00
Pool Party	
May 24, 2009	12:00 pm - 2:00 pm
1st Annual Father's Day Golf Outing	
June 17, 2009	9:00am - 1:00pm
Shotgun Scramble	\$65 per person
Includes drinks on course and lunch at turn and drinks afterwards for 1 hour. All proceeds support the Annual Scholarship Campaign EveryOne Deserves A Y!	
Luau	
July 24, 2009	6:00 - 8:00 pm
<i>Indoor pool closed for annual maintenance August 23 - August 30</i>	
Building & Business Hours	
Building	
Mon - Fri	5:30am - 10:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	12:00 pm - 6:00pm
Business	
Mon - Fri	8:00am - 10:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	12:00 pm - 6:00pm

Programs & Services

Spring & Summer 2009
May, June, July, August

SESSIONS & REGISTRATION

Session Name and Dates		Registration Dates	
<i>All sessions are 4 weeks in length beginning on the first Monday of the month unless noted.</i>			
		Members	Program Members
May	May 4 - May 31	April 10, 2009	April 20, 2009
June	June 1 - June 28	May 10, 2009	May 20, 2009
July	July 6 - Aug 2	June 10, 2009	June 20, 2009
August	Aug 3 - Aug 28	July 10, 2009	July 20, 2009
Address			
R.C. Durr YMCA 5874 Veterans Way Burlington, KY 41005			
Phone Numbers			
Phone	859-534-5700		
Fax	859-534-5777		
Website	www.MyY.org		
Programs			
Kids Zone (to Memorial Day)	6:30pm - 8:30pm	M-TH	
	8:30am-2:00pm	M-F	
Childwatch	4:00pm-9:00pm	M-F	
	8:30am - 2:00pm	Sa	
	Closed Sundays & Holidays		
Boone County Senior Center	8:30am - 2:30pm	M-F	
Summer Pool Schedule		Memorial Day - Labor Day	
Members	Mon-Fri 11:00am - 8:00pm	Sat 11:00am - 8:00pm	Sun 12:00pm - 6:00pm
Community hours	Mon-Fri 1:00pm - 8:00pm	Sat 12:00pm - 8:00pm	Sun 1:00pm - 6:00pm

SUMMER CAMP May 26-Aug 14

Each week of camp has a theme! Check it out online at www.MyY.org

**PreSchool Camp
Ages 3-5 years old**

\$75 Member/Week	9am-12pm
\$105 Program Members/Week	9am-12pm
\$125 Member/Week	9am-4pm
\$170 Program Members/Week	9am-4pm

**Traditional Day Camp
Ages 5(Kind) to 11 years old**

\$125 Member/Week	9am-4pm
\$170 Program Members/Week	9am-4pm

**Teen Camp
Ages 11 to 15 years old**

\$130 Member/Week	9am-4pm
\$175 Program Members/Week	9am-4pm

**Leaders in Training (LIT)
Ages 13 to 16 years old**

\$30 Members/Week	9am-4pm
\$60 Program Members/Week	9am-4pm

**Pre & Post Camp
(Pre 6:30-9:00 am/Post 4:00-6:00pm)**

\$10 - Pre OR Post Camp	\$20 Pre AND Post Camp
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Sports & Speciality Camps

All Sports & Speciality Camps are from 9am-12pm. Need Day Camp from 12pm-4pm? Just add a half-day of Day Camp! (there is an additional fee)

\$75 Members/Week	9am-12pm
\$105 Program Members/Week	9am-12pm
June 8 - June 12	Baseball
June 15 - June 19	Flag Football
June 15 - June 19	Cheer & Tumble
June 22 - June 26	Dodgeball
June 29 - July 3	Basketball
July 6 - July 10	Swimming
July 13 - July 17	Tae Kwon Do
July 20 - July 24	Gymnastics/Princesses & Divas
July 27 - July 31	Soccer
July 27 - July 31	Creative Arts
Aug 3 - Aug 7	Gymnastic -Olympians
Aug 10 - Aug 14	Dance

CHILDCARE		
Before and After School		
Locations: 1) R.C. Durr YMCA - serves IHM, Burlington, Stephens, and Goodridge. 2) Erpenbeck - serves Erpenbeck		
Activity options: Homework help, enrichment, physical activity, art, music, swim lessons, and more!		
Extended Kindergarten for IHM, Burlington & Stephens at the R.C. Durr YMCA.		
Preschool		
Full Day and Part Day licensed preschool offers a well-rounded education centered on YMCA values. Activities focus Kentucky Learning Standards and geared towards building creativity. Story time and craft time are integrated with pre-writing and pre-math skills to foster kindergarten readiness.		
Children will have the opportunity to participate in swim lessons, gymnastics, and other curriculum enrichment while enrolled in the full day program. Space is limited - Register now!		
CHEERLEADING/TUMBLING		
30 minute class	\$30 members	\$60 program members
45 minute class	\$45 members	\$90 program members
60 minute class	\$60 members	\$120 program members
90 minute class	\$90 members	\$180 program members
Class Name	Day	Time
Mini (3-5 yrs old)	W	6:30-7:00pm
Pee Wee (6-9 yrs old)	W	7:00-7:30pm
Junior (ages 10 & up)	W	7:30-8:30pm
Gymnastics/Tumbling Open Gyms		
May 23, 2009		10:00-am-12:00pm
June 27, 2009		10:00am-12:00pm
July 25, 2009		10:00am-12:00pm
GYMNASTICS LESSONS		
Class Name	Day	Time
Rollers	M	4:30-5:00pm
Beginning	M	5:30-6:00pm
	W	4:30-5:00pm
	W	5:30-6:00pm
	F	4:30-5:00pm
	F	6:30-7:00pm
Swingers	M	5:00-5:30pm
	M	6:00-6:30pm
	W	5:00-5:30pm
Beginning-Intermed	W	6:00-6:30pm
	F	5:00-5:30pm
	F	7:00-7:30pm
	M	4:30-5:30pm
	M	5:30-6:30pm
Kippers	W	4:30-5:30pm
	W	4:30-5:30pm
	W	5:30-6:30pm
	F	4:30-5:30pm
	F	5:30-6:30pm
Flippers	M	6:30-7:30pm
	W	6:30-7:30pm
	F	6:30-7:30pm
TAE KWON DO		
\$40 Member	T	6:30-8:30pm
\$50 Program Member	F	6:30-8:30pm

SWIM LESSONS			
Classes include 8 class dates			
M= May, J=June, Ju=July, A=Aug			
Cost: \$26/Member \$80/Program Members			
4 wk=2 classes per week of month indicated			
2 wk=4 classes per week of month indicated (offered twice per month)			
8 wk=1 class per week offered over 2 month period			
Parent/Child			
4 wk	J, Ju	M/W	10:40 - 11:10am
4 wk	M, J, Ju, A	M/W	6:25 - 6:55pm
4 wk	M, J, Ju, A	T/Th	7:00 - 7:30pm
8 wk	M, Ju	F	10:40 - 11:10am
8 wk	M, Ju	Sa	10:30 - 11:00am
Pike/Eel Ages 3-5yrs			
2 wk	J, Ju, A	M-Th	9:30 - 10:00am
2 wk	J, Ju, A	M-Th	10:05 - 10:35am
4 wk	M	M/W	10:05 - 10:35am
4 wk	M, J, Ju	M/W	10:40 - 11:10am
4 wk	M	M/W	2:45 - 3:15pm
4 wk	M, J, Ju, A	M/W	5:15 - 5:45pm
4 wk	M, J, Ju, A	M/W	5:50 - 6:20pm
4 wk	M, J, Ju, A	M/W	6:25 - 6:55pm
4 wk	M	T/Th	10:05 - 10:35am
4 wk	M, J, Ju	T/Th	10:40 - 11:10am
4 wk	M, J, Ju, A	T/Th	5:50 - 6:20pm
4 wk	M, J, Ju, A	T/Th	6:25 - 6:55pm
4 wk	M, J, Ju, A	T/Th	7:00 - 7:30pm
8 wk	M, Ju	F	10:05 - 10:35am
8 wk	M, Ju	F	10:40 - 11:10am
8 wk	M, Ju	F	11:15 - 11:45am
8 wk	M, Ju	Sa	9:55 - 10:25am
8 wk	M, Ju	Sa	10:30 - 11:00am
8 wk	M, Ju	Sa	11:05 - 11:35am
Ray/Starfish Ages 3-5yrs			
2 wk	J, Ju, A	M-Th	9:30 - 10:00am
4 wk	M	M/W	9:30 - 10:00am
4 wk	M	M/W	2:10 - 2:40pm
4 wk	M, J, Ju, A	M/W	5:50 - 6:20 pm
4 wk	M, J, Ju, A	M/W	6:25 - 6:55pm
4 wk	M	T/Th	9:30 - 10:00am
4 wk	M, J, Ju, A	T/Th	6:25 - 6:55pm
4 wk	M, J, Ju, A	T/Th	7:00 - 7:30pm
8 wk	M, Ju	F	10:05 - 10:35am
8 wk	M, Ju	Sa	9:55 - 10:25am
8 wk	M, Ju	Sa	11:05 - 11:35am
Polliwog Ages 6-12yrs			
4 wk	J, Ju, A	M-Th	10:05 - 10:35am
4 wk	J, Ju	M/W	10:40 - 11:10am
4 wk	M, J, Ju, A	M/W	5:50 - 6:20pm
4 wk	J, Ju	T/Th	10:40 - 11:10am
4 wk	M, J, Ju, A	T/Th	5:50 - 6:20pm
4 wk	M, J, Ju, A	T/Th	6:25 - 6:55pm
4 wk	M, J, Ju, A	T/Th	7:00 - 7:30pm
8 wk	M, Ju	Sa	9:55 - 10:25am
8 wk	M, Ju	Sa	11:05 - 11:35am



SWIM LESSONS (cont.)			
Guppy/Minnow/Fish Ages 6-12yrs			
2 wk	J, Ju, A	M-Th	9:30 - 10:00am
2 wk	J, Ju, A	M-Th	10:05 - 10:35am
4 wk	J, Ju	M/W	10:40 - 11:10am
4 wk	M, J, Ju, A	M/W	5:50 - 6:20pm
4 wk	M, J, Ju, A	M/W	6:25 - 6:55pm
4 wk	J, Ju	T/Th	10:40 - 11:10am
4 wk	M, J, Ju, A	T/Th	5:50 - 6:20pm
4 wk	M, J, Ju, A	T/Th	6:25 - 6:55pm
4 wk	M, J, Ju, A	T/Th	7:00 - 7:30pm
8 wk	M, Ju	Sa	9:55 - 10:25am
8 wk	M, Ju	Sa	10:30 - 11:00am
8 wk	M, Ju	Sa	11:05 - 11:35am
Flying Fish/Shark Ages 6-12yrs			
2 wk	J, Ju, A	M-Th	9:30 - 10:00am
4 wk	J, Ju	M/W	10:40 - 11:10am
4 wk	M, J, Ju, A	M/W	5:50 - 6:20pm
4 wk	M, J, Ju, A	T/Th	6:25 - 6:55pm
8 wk	M, Ju	Sa	10:30 - 11:00am
Teens			
8 wk	M, Ju	Sa	12:15 - 12:45pm
Challengers			
8 wk	M, Ju	Sa	9:20 - 9:50am
Specialty classes \$40 Mem/\$100 Prog			
Cuda Connection	T/Th	7:00 - 7:45pm	
Adult (Classes begin May 3 & June 28th)			
Beginners	Su	12:05 - 1:00pm	
Intermediate	Su	1:00 - 2:00pm	
Masters	Su	2:00 - 3:00pm	
Small Group (3-4 in group)			
Pike/Eel	Su	3:00 - 3:30pm	
Polliwog	Su	3:30 - 4:00pm	
One-on-One Water Fitness Fun			
\$40 per 1 hour session			
Private session with a water fitness instructor			
Private/Semi-private Swim Lessons			
\$84 - \$252			
Four 30 - 45 minute Private/Semi-private session with your choice of instructor			
PRESCHOOL TUMBLING (May only)			
Class Name	Day	Time	
Mommy & Me	M	9:30-10:00am	
<i>(parent & 18mos-2yr)</i>			
Tumble Bears	M	10:00-10:30am	
<i>(ages 18 mos -2yrs)</i>			
	M	4:00-4:30pm	
	TH	9:30-10:00am	
	TH	10:00-10:30am	
Bumble Bees	M	10:30-11:00am	
<i>(ages 3-4)</i>			
	TH	10:30-11:00am	
	F	4:00-4:30pm	
TUMBLING SPECIALTY CLASSES & CLINICS			
Class Name	Day	Time	
Flyers	M/W	6:30-7:30pm	
Beginning	M	5:30-6:15pm	
Tumbling	W	5:30-6:15pm	
	F	5:30-6:15pm	
Advanced Tumbling	M	6:30-7:15pm	
Clinics (ages 6 & up)			
Tumbling	TBA		
Back Handspring/Tuck	TBA		
Cheerleading	TBA		

SPORTS PROGRAMS			
T-Ball		Ages 3-5	
Coach Pitch		Ages 6-9	
Member/Coach & Member	\$45 & \$60	10-Apr	
Prg Mbr/Coach & Prog Mbr	\$75 & \$90	20-Apr	
Registration deadline is May 15th			
Practice Week of May 25			
First Game	6-Jun		
Last Game	18-Jul		
<i>No Game July 4</i>			
Adult Basketball Ages 18 & Up			
Team	\$250.00	10-Apr	
Plus Referee fees per game \$20/Shirts Included			
Deadline is May 1 - Or First 8 Teams			
First Game	17-May		
Last Game	16-Aug		
<i>No Game July 5</i>			
Fall Soccer Ages 3 & up			
Member/Coach & Member	\$45 \$ \$60	10-Jun	
Prg Mbr & Prg Mbrs	\$75 & 90	20-Jun	
Deadline is July 15			
Practice Week of August 3			
First Game	8-Aug		
Last Game	3-Oct		
Fall Flag Football Ages 5 & up			
Member & Coach	\$60.00	10-Aug	
Program Members	\$90.00	20-Aug	
Deadline is September 15			
Practice Week of October 5			
First Game	10-Oct		
Last Game	28-Nov		
<i>Please check website for practice and game start dates.</i>			
<i>www.quickcores.com/rcdurrymca</i>			
VOLUNTEER OPPORTUNITIES			
If you are interested in volunteering to coach your child's sport. Please obtain a Volunteer packet from the front desk, fill it out and we will take care of the rest. Once a year you must attend our Child Protection Class - usually held during Mandatory Coaches Clinics. Volunteer Coaches also receive \$15 off registration for each team they coach.			

Youth & Family Wellness Programs			
Cardio Ages 11& 12		Strength Ages 13-15	
Healthy Snacks and Drinks are provided.			
18-Apr	9:00 - 12:30	Sa	1:00 - 4:30pm
16-May	9:00 - 12:30	Sa	1:00 - 4:30pm
20-Jun	9:00 - 12:30	Sa	1:00 - 4:30pm
18-Jul	9:00 - 12:30	Sa	1:00 - 4:30pm
15-Aug	9:00 - 12:30	Sa	1:00 - 4:30pm
19-Sep	9:00 - 12:30	Sa	1:00 - 4:30pm
17-Oct	9:00 - 12:30	Sa	1:00 - 4:30pm
Family Fit Ages 9 & 10 with Parent			
Classes are on the 2nd Monday and 4th Tuesday of the month.			
Class starts at 6:30pm - Please register at Front Desk.			

**GROUP EXERCISE SCHEDULE
(Land & Water)**

Monday		
Day		
6:00 - 7:00am	Group Cycle	Cycle Studio
7:30 - 8:15am	Deep Water Cardio (Abs)	Indoor Pool
8:20 - 8:35am	Shallow Strength Training	Indoor Pool
8:25 - 8:55am	Body Sculpt	Aerobics Studio
8:40 - 9:25am	Shallow Cardio	Indoor Pool
9:00 - 9:50am	Boot Camp 1 & 3 Mondays	Aerobics Studio
9:00 - 9:50am	Cardio Sculpt 2 & 4 Mondays	Aerobics Studio
9:00 - 9:50am	Group Cycle	Cycle Studio
9:00 - 9:45am	SilverSneakers Strength	Studio Down Under
10:00 - 10:45am	Senior Aerobics	Studio Down Under
10:00 - 10:50am	Zumba-Int/(Zumba-Beg. Last Mon)	Aerobics Studio
10:00 - 10:50am	Aerofit	Aerobics Studio
11:00 - 12:00n	Gentle Yoga	Aerobics Studio
1:00 - 2:00pm	Shallow Cardio and Strength	Indoor Pool
Evening		
4:30 - 5:15pm	Let's Get Active	Aerobics Studio
5:30 - 6:20pm	Step Aerobics	Aerobics Studio
6:30 - 7:20pm	Body Sculpt	Aerobics Studio
6:30 - 7:30pm	Group Cycle	Cycle Studio
7:20 - 8:05pm	Deep Variety	Indoor Pool
7:30 - 8:30pm	Zumba	Aerobics Studio
Tuesday		
Day		
6:00 - 7:00am	Group Cycle	Cycle Studio
7:30 - 8:15am	Deep Water Cardio (Abs)	Indoor Pool
8:20 - 8:35am	Shallow Strength Training	Indoor Pool
8:40 - 9:25am	Shallow Cardio	Indoor Pool
9:00 - 9:50am	Zumba	Aerobics Studio
9:00 - 10:00am	Cycle Core and Stretch	New Cycle Studio
9:00 - 9:50am	YogaStretch	Studio Down Under
10:00 - 10:50am	Step Aerobics	Aerobics Studio
11:15am - 12:00pm	Deep Variety	Indoor Pool
12:15 - 1:00pm	Arthritis Foundation	Indoor Pool
12:30 - 1:15pm	Sit 'n be Fit	Studio Down Under
1:00 - 1:45pm	Silver Splash	Indoor Pool
Evening		
4:30 - 5:15pm	Kids Zumba	Aerobics Studio
5:30 - 6:20pm	Yin Yoga	Aerobics Studio
6:30 - 7:20pm	Power Yoga	Aerobics Studio
6:30 - 7:30pm	Group Cycle	Cycle Studio
7:30 - 8:20pm	Boot Camp	Aerobics Studio
7:45 - 8:30pm	Deep Variety	Indoor Pool

**GROUP EXERCISE SCHEDULE
(Land & Water)**

Wednesday		
Day		
6:00 - 7:00am	Group Cycle	Cycle Studio
7:30 - 8:15am	Deep Water Cardio (Abs)	Indoor Pool
8:20 - 8:35am	Shallow Strength Training	Indoor Pool
8:25 - 8:55am	Body Sculpt	Aerobics Studio
8:40 - 9:25am	Shallow Cardio	Indoor Pool
9:00 - 9:50am	Boot Camp	Gymnasium
9:00 - 9:50am	Variety Cardio	Aerobics Studio
9:00 - 9:45am	SilverSneakers Strength	Studio Down Under
10:00 - 10:45am	Senior Aerobics	Studio Down Under
1:00 - 2:00pm	Shallow Cardio & Strength	Indoor Pool
Evening		
5:30 - 6:20pm	All in the Family Yoga	Aerobics Studio
5:30 - 6:20pm	Pilates on the Ball	Aerobics Studio
6:30 - 7:20pm	Variety Cardio/Strength	Aerobics Studio
6:30 - 7:30pm	Group Cycle	New Cycle Studio
7:20 - 8:05pm	Deep Variety	Indoor Pool
7:30 - 8:30pm	Zumba	Aerobics Studio
Thursday		
Day		
6:00 - 7:00am	Group Cycle	Cycle Studio
7:30 - 8:15am	Deep Water Cardio (Abs)	Indoor Pool
8:20 - 8:35am	Shallow Strength Training	Indoor Pool
8:40 - 9:25am	Shallow Cardio	Indoor Pool
9:00 - 9:50am	Body Sculpt	Aerobics Studio
9:00 - 9:50am	Yogastretch	Studio Down Under
9:00 - 9:50am	Group Cycle	Cycle Studio
11:15am - 12:00pm	Deep Variety	Indoor Pool
12:15 - 1:00pm	Arthritis Found. YMCA Program	Indoor Pool
12:30 - 1:15pm	Sit 'n be Fit	Studio Down Under
1:00 - 1:45pm	Silver Splash	Indoor Pool
1:15 - 2:00pm	Ballroom Dancing Beg.	Aerobics Studio
2:15 - 3:00pm	Ballroom Dancing Inter.	Aerobics Studio
Evening		
5:30 - 6:15pm	Zumba (Ages 9-Adult)	Aerobics Studio
6:30 - 7:30pm	Group Cycle	Cycle Studio
6:30 - 7:20pm	Hatha Yoga	Aerobics Studio
7:30 - 8:30pm	Zumba	Aerobics Studio
7:30 - 8:20pm	Boot Camp	Gymnasium
7:45 - 8:30pm	Deep Variety	Indoor Pool
Friday		
Day		
7:30 - 8:15am	Deep Water Cardio (Abs)	Indoor Pool
8:20 - 8:35am	Shallow Strength Training	Indoor Pool
8:25 - 8:55am	Body Sculpt	Aerobics Studio
8:40 - 9:25am	Shallow Cardio	Indoor Pool
9:00 - 9:50am	Zumba	Aerobics Studio
9:00 - 9:45am	SilverSneakers Strength	Studio Down Under
10:00 - 10:45am	Senior Aerobics	Studio Down Under
10:00 - 10:45am	Group Cycle	Cycle Studio
10:00 - 10:50am	Aerofit	Aerobics Studio
10:00 - 10:50am	Mat Pilates	Aerobics Studio
10:00 - 10:45am	Boot Camp	Gymnasium
11:00 - 12:00n	Hatha Yoga	Aerobics Studio
1:00 - 2:00pm	Shallow Cardio and Strength	Indoor Pool

**GROUP EXERCISE SCHEDULE
(Land & Water)**

Saturday		
8:15 - 9:15am	Hatha Yoga	Aerobics Studio
9:00 - 9:45am	Deep Variety	Indoor Pool
9:30 - 10:15am	Beginner Cycling	Cycle Studio
9:30 - 10:30am	Instructors Choice	Aerobics Studio
10:30 - 11:30am	Group Cycle	Cycle Studio
Sunday		
1:15 - 2:15pm	Boot Camp	Aerobics Studio
2:30 - 3:20pm	American Tribal Belly Dance	Aerobics Studio
3:30 - 4:30pm	Hatha Yoga	Aerobics Studio

YOUTH FITNESS SCHEDULE

Monday		
4:30 - 5:15pm	Let's Get Active	Aerobics Studio
Tuesday		
4:30 - 5:15pm	Zumba Kids	Aerobics Studio
6:00 - 8:00pm	"Y" Buddy Workout	Fitness Center
Wednesday		
5:30 - 6:20pm	All in the Family Yoga	Aerobics Studio
Thursday		
5:30 - 6:15pm	Zumba (Ages 9-Adult)	Aerobics Studio
6:00 - 8:00pm	"Y" Buddy Workout	Fitness Center
Friday		
7:20 - 8:05pm	Fish Bowl	Indoor Pool
Saturday		
2:00 - 2:45pm	All in the Family Treadmoves	Fitness Center
Sunday		
1:00 - 1:45pm	Fish Bowl	Indoor Pool
1:00 - 1:45pm	All in the Family Water	Indoor Pool

