



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE HAPPY BE HEALTHY BELONG



YMCA OF VINCENNES
Fall/Winter Program Guide
September 1 – December 31, 2017

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Welcome Everyone to the YMCA of Vincennes!

Dear YMCA members, supporters and friends,
My name is Patrick Herman and I have recently been appointed CEO of the YMCA of Vincennes. I cannot overstate what an honor and privilege it is to be entrusted in this position. Many great people have been here before me, and I am humbled to walk in their footsteps. My greatest desire is to continue the fine tradition of excellence of promoting Christian values through community interaction and healthy lifestyle, a tradition that has been in place here for over 100 years.

In the short time I have been here, I have personally witnessed the dedication of the staff to provide you with the best experience the YMCA can offer. If there is anything we can do to improve that experience, please let us know. This is your YMCA, and we are here for you.

I wish to thank you all for your prayers and your support of the YMCA of Vincennes. I look forward to serving you into the future.

Sincerely,

Patrick Herman
Chief Executive Officer

YMCA OF VINCENNES

2010 College Avenue, Vincennes IN 47591

P 812 895 9622

E info@vincennesymca.org W vincennesymca.org



HOURS

| | |
|------------------|----------------------|
| Monday-Friday | 5:30 a.m.-9:00 p.m. |
| Saturday | 6:00 a.m.-6:00 p.m. |
| Sunday | 1:00 p.m.-6:00 p.m. |
| Labor Day | 6:00 a.m.-12:00 p.m. |
| Thanksgiving Day | 6:00 a.m.-10:00 a.m. |
| Christmas Eve | CLOSED |
| Christmas Day | CLOSED |
| New Year's Eve | CLOSED |
| New Year's Day | 5:30 a.m.-9:00 p.m. |

vincennesymca.org



Download our
free mobile app!



WHAT'S INSIDE

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STAFF

info@vincennesymca.org

Pat Herman, Chief Executive Officer
Bridgett Bilskie, Marketing Director
Mark Carie, VanGo Coordinator
Abby Carrie, Membership Director
Bill Davis, Youth & Family Director
Nola Davis, Senior Center Director
Tyler Kitchell, Sports Coordinator
Dan Land, Facilities & Property Manager
Susie Land, Director of Business Operations
Tiffany Petts, Aquatics Director
Clint Roesler, Wellness Director

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FINANCIAL ASSISTANCE:

We believe everyone deserves a Y, so we offer financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. It's easy to apply and, thanks to our generous donors, we do everything we can to create a place for everyone. Contact Abby Carrie to learn more.

YOUR GIFT AT WORK

HEALTHY HEARTS

Financial assistance is provided for individuals with cardiac risk factors receive monitored exercise to ensure they participate in proper exercise for better healthy.

3RD GRADE WATER SAFETY

Each school year **250** 3rd graders participant in a **FREE** water safety class to keep them safe around water.

TUTORING

20 Elementary and middle school-age children receive a helping hand through tutoring, not only increasing their learning, but building confidence.

AFTERSCHOOL, ALL DAY CARE & SUMMER DAY CAMP

160 Kids stay active both indoors and out last summer through play, fitness and education. Plus, another **85** kids had a safe place to go afterschool and when school is out.

BETTYE J. MCCORMICK SENIOR CENTER

20,000 Nutritious, affordable meals were served to those 60+ in our community while engaging them in social activities.

VANGO

Over 90,000 Low-cost rides were given to local people of all ages to get them safely to work, school, medical appointments, and more.

GIVE to help those less fortunate, for a stronger community, for a better us: vincennesymca.org/give.

JOIN OUR CAUSE

Membership at the Y is a special thing. Be a part of a leading nonprofit charity working to strengthen our Knox County community through youth development, healthy living and social responsibility.

When you join the Y, you belong to a place where:

- ➔ Parents find a safe, positive environment for children to learn good values and social skills.
- ➔ Families come together and spend quality time with each other.
- ➔ Adults connect with friends and learn how to live healthier.
- ➔ Children and teens play, learn who they are and what they can achieve.
- ➔ Communities thrive because neighbors give back.

| Membership Rates | Joiner Fee | Monthly Fee |
|---------------------------------|-------------------|--------------------|
| Youth (0-18) | \$12 | \$14 |
| Young Adult (19-24) | \$12 | \$25 |
| Adult | \$30 | \$37 |
| Family | \$48 | \$52 |
| Senior (60+) | \$30 | \$35 |
| Senior, Family | \$48 | \$48 |
| Walking (19+) | \$12 | \$12.50 |
| Genesis Center (Additional Fee) | | \$15 |

Family: Two adults living in the same household and all IRS allowable tax dependents, up to and including the age of 24.

Payment Options

The Y offers two payment options, annual full pay and monthly e-pay from your debit/credit card, checking account or savings account. You may cancel your membership anytime with a 15-day written notice.

BE OUR GUEST

Day Passes allow you to visit us to begin your journey toward a healthier you and enjoy time with family and friends.

| | | |
|------|--------------------|------|
| Fee: | Youth (Ages 0-18): | \$5 |
| | Adult (Ages 19+): | \$7 |
| | Family: | \$10 |

PROGRAM INFO

Program Fees

All program and registration fees must be paid in full at enrollment.

Program Enrollment

Enrollment is on a first-come first-served basis.

Program Cancellations

The Y reserves the right to cancel any class based on low enrollment.

Program Credit

Cancellation during the first week of a program requires a 20% service fee from your refund or credit. No refunds or credits are issued after the first week of a program. Programs cancelled due to low enrollment will be refunded or credited in full.

SPECIAL EVENTS

Stay up to date on events by visiting our calendar: vincennesymca.org.

American Red Cross Blood Drive

Schedule your appointment at redcrossblood.org/give.

Day/Time Friday, December 29 11:00am-4:00pm.

Toys for Tots

Toy drive through December 11. Purchase a new, unwrapped toy to brighten Christmas for every child in Knox County.

St. Vincent de Paul Food Drive

Donate 5 non-perishable food items and receive a \$20 Y gift card. Collection will be through November 29.

Drop and Shop

Drop your children at Child Watch for some kid-free shopping time. This will be held on Sundays in December from 2pm-4pm. This is for members only and pre-registration is required.

Ladies Night Out: Holiday Edition

Ladies enjoy a night just for you on Friday, December 15 from 5pm-8pm at the Y shopping for Christmas presents or items for yourself. No entry fee and meal tickets are \$10. Plus, purchase tickets for a chance to win some great door prizes. All proceeds benefit our scholarship fund.

WELLNESS

WELLNESS CENTER

Our Wellness Center contains state of the art cardio and weight equipment to suit everyone's needs and desires. Must be 16 to access Wellness Center.

Children 12-15 must complete an orientation prior to access with Wellness Director, Clint Roesler.



Wellness Orientation

FREE with every membership. Find out how to safely and properly use all the fitness equipment we have to offer. And how to connect the equipment to apps to track progress and set goals. To schedule an appointment contact Clint Roesler.

Wellness Coaching Sessions

Ready to get started? Come in for a wellness evaluation and lifestyle assessment including body fat percentage, height, weight, and blood pressure. With the help of the Wellness Coach, establish goals and an exercise program that best fits you. Contact Clint Roesler to schedule.

Fee \$10 for half hour session

Personal Training

One-on-one training with an Exercise Physiologist and customized routines to help you reach your full potential. **Y members only.**

Individual Rate

Fee (1-4 Sessions)

1/2 Hour \$25 each
1 Hour \$35 each

Fee (5+ Sessions)

1/2 Hour \$20 each
1 Hour \$30 each

Group Rate

Fee (1-4 Sessions)

1/2 Hour \$40 each
1 Hour \$55 each

Fee (5+ Sessions)

1/2 Hour \$30 each
1 Hour \$45 each

WELLNESS

Healthy Hearts – Healthy Hearts is a blood pressure monitoring program for those who have elevated blood pressure or any cardiac risk factors. The class is also open to diabetic patients per doctors orders. Healthy Hearts helps participants become educated and helps reduce cardiac risk factors, along with helping keep diabetes under control. Class is monitored by our exercise physiologist and a retired cardiac nurse. To register for this class contact Clint Roesler, Wellness Director. **Financial assistance available.**

Day/Time Mon., Wed. & Fri., 6:45-8 a.m. & Tues., Thurs., 12:45-2 p.m.

Fee Member, \$25, Non-Member, \$35

EnhanceFitness

A physical activity program especially designed for individuals suffering from arthritis, is comprised of three 60-minute classes per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members. EnhanceFitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis. The program is beneficial for older adults in general, but has been deemed particularly safe and effective for older adults living with arthritis and is listed as a recommended arthritis intervention by the Centers for Disease Control.



Contact, Clint Roesler, to learn more.

Day/Time Mon., Wed. & Fri., 10 a.m.

Fee Member, **FREE**, Non-Member, \$3 per class

SilverSneakers®

Our Y offers SilverSneakers, a wellness program that helps older adults enjoy healthy, active lifestyles. SilverSneakers classes are for the fit and active as well as those unfamiliar with exercise.



SilverSneakers classes are FREE to all Y members. .

SilverSneakers® Yoga

Move your whole body through a complete series of seated and standing yoga poses. Chair support offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

Day/Time Tues. & Thurs., 11:15 a.m.-12 p.m.

Fee Member, **FREE**

(Check with your insurance company for a fitness center benefit like SilverSneakers.)

WELLNESS

GROUP FITNESS CLASSES

Improve your health and make friends while having fun. The Y offers group exercise classes on a drop-in basis. Inquire at the front desk or visit us online for the class schedule.

NOW FREE FOR MEMBERS!!

Non-members must purchase a day pass.

Download our FREE mobile app for schedules at your fingertips!



Country Heat Live

TURN IT UP TO BURN IT OFF™! This class is a completely exhilarating, country-inspired workout with step-right-in, easy to follow moves.

Cycle45

Enjoy an indoor, non-impact cardiovascular workout that strengthens and tones the lower body. Participants journey across fast flat roads, rolling hills and slow climbs.

Cycle Circuit

A spin class that adds circuit exercises to regular spinning drills. Participants get: progressive hills, steady-state flats and intervals. However, intervals take on a different meaning with added circuits that introduce strength, agility and balance.

FitStrong

Ready to up your game? High energy cardio interval training combining a variety of strength, power, and fun. Returns October 16.

HiiT

Interval training with short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise.

Power Hour Yoga

Fast paced cardio style of Yoga with constant movement in sync with your breathing.

Restorative Yoga

Slow paced, deep stretching and relaxation. Great for muscle recovery after workouts.

Strength Train Together

Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

Yoga

Classic yoga using postures to release tension and stress, promote flexibility and strength, and restore health and peace of mind.



SWIM

For over a century, our Y has been teaching people to swim. Stay healthy and active with our 25-yard lap swim pool and warm-water therapy pool.

For free-swim times, pool schedules are available at the Y or download the schedule at vincennesymca.org or download the FREE mobile app for schedules at your fingertips!

SWIM SESSION DATES

Each youth swim session runs 4 weeks with 8 classes. Your choice of Monday and Wednesday, Tuesday and Thursday or Saturday. Minimum enrollment of four required to run classes.

| Monday & Wednesday | Tuesday & Thursday | Saturday |
|-------------------------------|-------------------------------|-----------------|
| Sept. 11-Oct. 4 | Sept. 12-Oct. 5 | Sept. 9-Oct. 28 |
| Oct. 9-Nov. 1 | Oct. 10-Nov. 2 | |
| Nov. 6-Dec. 4 | Nov. 7-Dec. 3 | |

NO SWIM LESSONS ON NOVEMBER 22 & 23.

Youth Swim Lessons

Children become comfortable in the water and progress through swimming movements according to the child's abilities so that they can swim independently. Children learn floating, kicking, water safety, back stroke, breast stroke and rotary breathing while building self-confidence.

(See Session Dates Above)

| | |
|-----------------|---|
| Day/Time | Mon. & Wed., 6:00 p.m.-6:30 p.m., Tues. & Thurs., 6:00 p.m.-6:30 p.m. Sat., 10:00 a.m.-10:30 a.m. |
|-----------------|---|

Ages 3 years and older

Fee Member, \$50, Non-Member, \$70

Parent & Child Swim

Helps children become comfortable in the water and teaches swimming readiness activities. Parents bond with their child through songs and fun activities with their child through songs and fun activities.

Runs April through September only.

Day/Time Tues. & Thurs., 6-6:30 p.m.

Ages 6 months to 3 years old

Fee Member, \$45, Non-Member, \$65



SWIM



Private Swim Lessons

For children and adults who want one-on-one lessons to perfect a particular stroke or for the beginner who would feel more comfortable in a private lesson. Contact Tiffany Petts to schedule. Five sessions must be purchased when registering.

Fee Member, \$14 per ½ hr;
2 Members, \$20 per ½ hr
Non-Member, \$20 per ½ hr;
2 Non-Members, \$26 per ½ hr

WATER FITNESS CLASSES

NOW FREE FOR MEMBERS!!

Non-Members must purchase a day pass.

Our shallow water aerobic fitness classes promote cardiovascular health, muscle tone, endurance and flexibility without stress on the joints. Swimming skills are not necessary. Classes run year-round.

Cardio Aquacise

Day/Time Mon., Wed., Fri., 10:00 a.m.-10:50 a.m.
& Tues., Thurs., 5:00 p.m.-5:50 p.m.

Arthritis Aquacise

Day/Time Tues., Thurs. 10:00 a.m.-10:50 a.m.

Men's Aquacise

Day/Time Mon., Wed. 9:00 a.m.-9:30 a.m.



CHILD CARE

Child Watch

SPECIAL EVENT:

Drop and Shop

Drop your children at Child Watch for some kid-free shopping time. This will be held on Sundays in December from 2pm-4pm. This is for members only and pre-registration is required.

NOW FREE FOR MEMBERS!!

Non-Members must purchase a day pass.

Babysitting for ages 6 weeks to 6 years old while you work or attend a class at the Y.

Hours Mon.-Sat., 8:00 a.m.–12:00 p.m. and Mon.–Thurs., 5:00–7:30 p.m.

Afterschool Child Care

During the school year we provide care for kids with fun, creative activities and active play. Transportation from South Knox and Vincennes Community schools provided.

Financial Assistance Available.



| | |
|-------------------------|--------------------------------|
| Day | Mon.–Fri. 2:30–6:00 p.m. |
| Fee | Member, \$10; Non-Member, \$15 |
| Registration Fee | Individual, \$30; Family, \$50 |

Snow Day/Holiday All Day Care

When school is cancelled due to weather or school holidays, the Y provides activities including swimming, gymnastics and games. Registration prior to the first cancellation/holiday required if not already registered for After-school Child Care. **Financial Assistance Available.**

| | |
|------------------|---|
| Reg. Fee | Individual, \$30; Family, \$50 |
| Day/Time | 7:00 a.m. – 6:00 p.m. |
| Daily Fee | Member, \$20; Non-Member \$25, \$15 (Attending Afterschool) |

SPORTS AND PLAY

YOUTH INDOOR SOCCER

Pee-Wee Soccer (Ages 3-5)

Children learn foot-eye coordination, basic soccer skills, fair play and teamwork in a non-competitive and fun atmosphere. This League practices for 20-30 minutes and plays 20-30 minutes of scrimmage on a half court with regulation goals.

Reg. Deadline

Sept. 24/Season Begins Saturday, Oct. 14

Fee

Member, \$55; Non-Member, \$85

YOUTH BASKETBALL

Sports at the Y encourage and promote healthy kids by placing a priority on family involvement, healthy competition, the value of participation, team building and fair play. Parents are encouraged to be involved as volunteer coaches.

Registration Deadline: Dec. 3

Day Saturday, Beginning in January

Fee Y member, \$55; Non-member, \$85

Pee-Wee Basketball (Ages 3-5)

Children learn shooting, dribbling and passing fundamentals with a focus on fun. Games played on Saturdays.

Youth Basketball (Grades K-5)

A competitive program that develops fundamental skills through instruction and league games. Games played on Saturdays.

High School Basketball (Grades 9-12)

Competitive play in league games with an emphasis on good sportsmanship with games played on Mondays and Thursdays.

ADULT BASKETBALL LEAGUE

A fun way to stay fit with friends and enjoy the game. Adult Basketball League will be a 6 week season with games played on Sunday, and will wrap up with a single elimination tournament. Must register as a team. No single registrations will be accepted.

Day Sundays, Beginning in January

Fee \$300 per team

ADULT CO-ED VOLLEYBALL LEAGUE

Looking for a fun way to stay fit and connected? With an emphasis on teamwork, volleyball at the Y offers recreation and skill development for adults 18 and older. Games are played 6 versus 6 for 8 weeks, plus a tournament.

Reg. Deadline Oct. 1, Season Begins Oct. 10

Day/Time Tues. & Thurs., First Game at 6:30 p.m.

Fee \$200 per team



SPORTS AND PLAY

TAEKWONDO

Purchase a punch card at the front desk. Contact Max Strate, Fifth Degree Black Belt.

Fee Member, \$6.50 per class; Non-Member, \$11.50 per class

Beginner Taekwondo

For children and adults new to martial arts. Learn fundamentals with plenty of one-on-one time. Day/Time Wed., 5:00-5:30 p.m.

Advanced Taekwondo

For those who want to further develop their skills. Learn stretches, kicks, punches, belt forms and self-defense. Weapons training is also available after appropriate rank is achieved. Day/Time Wed., 5:30-6:30 p.m.

RACQUET BALL COURT

For a little friendly competition, invite your friends to a game of racquet ball at the Y. A court is available for use during open hours. Equipment is available at the front desk.

PICKLEBALL COURT

NEW Pickleball court has been added to Gym 2. The court is available on a first come, first serve basis. Equipment is available at the front desk.

Day/Time Mon.,-Fri. 9:00-11:00am

Ages All Ages are Welcome

Fee FREE for Members; Non-Members Purchase a Family Day Pass

PRESCHOOL OPEN GYMNASTICS

Play time for kids and parents! An adult must accompany children.

Day/Time Mon., Wed. & Fri., 10:00-11:00 a.m.

Ages Walking to 5 years old

Fee Member, FREE; Non-Member Purchase a Family Day Pass.

OPEN GYMNASTICS

Explore and enjoy our gymnastics area. An adult must accompany children.

Day/Time Tues., Wed. & Fri., 6:00-7:00 p.m.

Ages 10 years and younger (with parent)

Fee Member, FREE; Non-Member Purchase a Family Day Pass.

YMCA Bettye J. McCormick Senior Center

2009 Prospect Avenue, Vincennes, IN 47591

P 812 882 2285 W vincennesymca.org

Center Hours: Monday – Friday, 8:00am–4:00pm

STAFF:

Nola Davis - Director

Rebecca Collins - Nurse

Tammy Sanders - ADS Coordinator

Sandy Higgins, Activities Coordinator/ Direct Care Personnel

Dixie Miller - Receptionist

Stacy Russell - Therapeutic Aide

Darlene Seals - Therapeutic Aide



For more information regarding our programs at the center, including our brochure and monthly menus, visit our website at vincennesymca.org.

Enhanced Adult Day Service – Keep your independence. The Y is here to help you or your loved ones do just that. We provide daily care for older adults based on individual needs. We have a registered nurse on staff and we can provide transportation. too Our program has achieved accreditation from CARF, an organization focused on advancing the quality of community services. Visit us or call for more information.

Services include:

Assistance with Shopping, Bills and Forms
Certified Aides and Therapeutic Programmer
Comprehensive On-Site Medical Assistance
Escort Service to Doctor’s Appointments
Private Sitting and Dining
Weekly Health Review

Bathing and Hygiene Care
Medication Administration
Outings and Exercise
Respite Care
Two Meals and Daily Snack
Assistance with Personal Goals

Payment options include: BDDS, Choice, Medicaid Waiver, private payment, private insurance and more.

YMCA Bettye J. McCormick Senior Center

Lunch at the Center

Enjoy a hot, nutritious, home-cooked plate lunch with your friends. Please give us 24-hour notice.

Day/Time Mon.-Fri., 12:00 p.m.

Fee 60+--\$1; Guests Under 60--\$3 (Must accompany a senior 60+)

Health Screenings

We're here to help you take charge of your health. Please call us for information about screenings offered at the Senior Center:

Blood Pressure Cholesterol & Senior Smart Series Support Groups
Glucose Screening Flu/Pneumonia Clinic

Woodworking Shop

A full-service shop open to the public for your woodworking needs and repairs. Custom-built pieces are available. The shop is open for ages 60+ to work on their projects and hobbies.

Day/Time Mon.-Fri., 9:00a.m.-1:00p.m.

HEALTH & RECREATION

Stay active and connected with Senior Center programs, services and clubs.

Call or visit for more information:

| | | |
|--------------------|---------------------------|-----------------|
| Bingo | Birthday Parties | Euchre Club |
| Book Club | Frogger's Crochet Club | Travel Group |
| Computer Lab | Exercise Equipment-Groups | Crafts |
| Grandmother's Club | Story time | Red Hat Society |
| Hand Bell Choir | Feeling Fantastic Club | Buddy Walks |





Safe, reliable, convenient and handicapped accessible public transportation system for everyone. YMCA VanGo will take you wherever you need or desire, no matter your age or abilities. With county routes available, we help many people get to work and offer door-to-door service for everyone who needs it.

Day/Time Mon.-Fri. - 6:00 a.m. - 6:00 p.m. **Phone** 812 886 3381

YMCA VanGo fares are \$2 each way within the city of Vincennes. County fares are based on destination. A student discount is available for those with a valid Vincennes University ID.

Ride to work, the doctor's office, shopping, salon, movies, laundromat, bowling, restaurants, therapy, school ... the list is endless!

We go wherever you go!

Rides are scheduled on a first come, first serve basis. Dependent on the availability of vans and drivers, every attempt will be made to accommodate each rider. **We request at least 24 hours advance notice for rides.** Rides with less than 24 hours notice are subject to an additional charge.

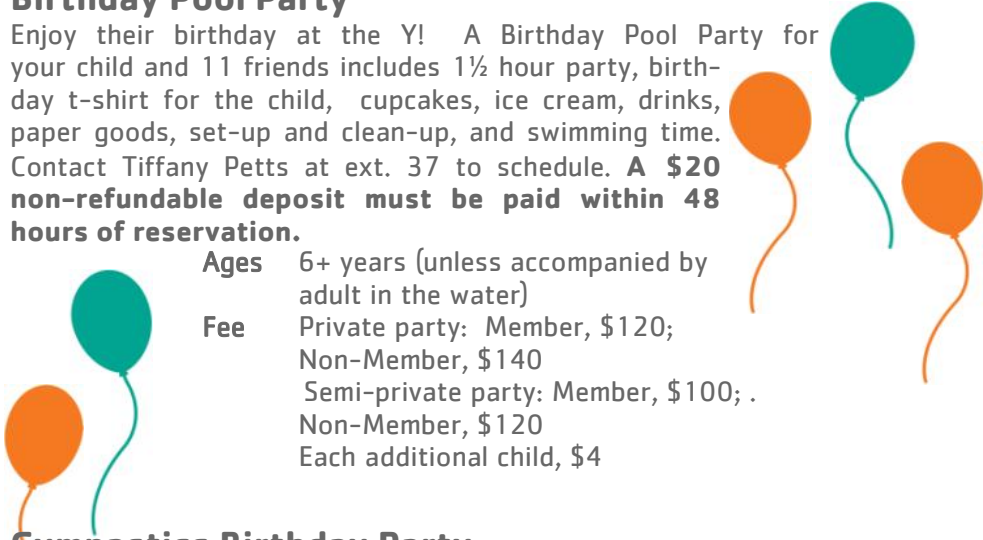
And, to Vincennes University students, we offer **FREE** shopping routes twice a week from campus.

Our drivers are ready to help! Please let our dispatchers know if you need assistance to and from the van or if you require an aide to assist you during the ride.

PARTIES AND RENTALS

Birthday Pool Party

Enjoy their birthday at the Y! A Birthday Pool Party for your child and 11 friends includes 1½ hour party, birthday t-shirt for the child, cupcakes, ice cream, drinks, paper goods, set-up and clean-up, and swimming time. Contact Tiffany Petts at ext. 37 to schedule. **A \$20 non-refundable deposit must be paid within 48 hours of reservation.**

- 
- Ages** 6+ years (unless accompanied by adult in the water)
Fee Private party: Member, \$120; Non-Member, \$140
Semi-private party: Member, \$100; Non-Member, \$120
Each additional child, \$4

Gymnastics Birthday Party

Your 1½ hour party includes a birthday t-shirt for the child, cupcakes, ice cream, drinks, paper goods, set-up and clean-up, and a staff person on hand. Contact Abby Carrie at ext. 16 to schedule. **A \$20 non-refundable deposit is required within 48 hours of reservation.**

- Ages** 6+ years (unless accompanied by adult)
Fee Up to 12 children - Member \$120; Non-Member \$140
Each additional child, \$4

The Y is here for you, whether a family gathering, child's party or church or staff event. **All rentals require a \$20 non-refundable deposit paid within 48 hours of reservation.**

Racquetball Court Rental

- Fee** Member \$35; Non-Member \$45 per hr

Gymnastics Rental

Includes Y staff member on site. Contact Abby Carrie at ext. 24 to schedule.

- Fee** Up to 20 people - Member \$65; Non-Member \$80 per hr
21 to 40 people - Member \$70; Non-Member \$85 per hr
41 to 60 people - Member \$75; Non-Member \$90 per hour

PARTIES AND RENTALS

Gym Rental

Fee Member \$45; Non-Member \$55 per hr

Pool Rental

Lifeguards on duty during your rental.

Fee Up to 20 people - Member \$75; Non-Member \$90 per hr
21 to 40 people - Member \$85; Non-Member \$100 per hr
41 to 60 people - Member \$95; Non-Member \$110 per hr

Rec Room Rental

Includes Y staff member on site.

Fee Member \$50; Non-Member \$60 per hr

Lock-In

Overnight use of racquetball courts, gym 1 (includes sports wall), and 1-hour pool rental with lifeguard. The Y provides a building supervisor. Renter must provide six adults supervisors for up to 50 people. Typical time is 9:00 p.m.–6:00 a.m.

Fee Member \$280; Non-Member \$330, Each Addt'l Person, \$1

Arts & Crafts Building

Full use of kitchen, restroom, tables and chairs, and outdoor playground and picnic area.

Fee Member \$50; Non-Member \$60 per hr

Senior Center Rental

Contact Nola Davis at (812) 882-2285 for information.

Multiple Area Rental

Create a night of fun for your group. Choose 3 of the following areas: gym 1 (includes sports wall), gym 2, gymnastics, racquetball courts, pool for 3 hours for up to 50 people.

Fee Member \$160; Non-Member \$190; Each Addt'l Person, \$1

VOLUNTEER – It's easy to make real change in your community through volunteering. And at the Y, your options are wide open. Use your time and talent to create an impact that really counts – coaching a youth sports team, extending a hand to help seniors, or cheering on runners at a 5K race. Interested in giving back?

Fill out the volunteer application at www.vincennesymca.org.



FOR YOUTH DEVELOPMENT
FOR OLDER ADULTS
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN BUILD A BETTER US

From safe spaces to academic achievement to family well-being and more, when you donate to the Y, you're giving those in need the opportunity to thrive.
Give for a better us.

The Y.™ For a better us.™

YMCA OF VINCENNES
www.vincennesymca.org

Annual Campaign

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