



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](mailto:info@vincennesymca.org) W [vincennesymca.org](http://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](http://vincennesymca.org)



Download our  
free mobile app!



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## STAFF

[info@vincennesymca.org](mailto:info@vincennesymca.org)

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Clint Roesler, Wellness Director	<a href="mailto:croesler@vincennesymca.org">croesler@vincennesymca.org</a>

## 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](http://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.

<b>Membership Rates</b>	<b>Joiner Fee</b>	<b>Monthly Fee</b>
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](http://vincennesymca.org).

## Fish Fry Fundraiser – September 15

Join us for a meal while raising money for Y scholarships! A lunch and dinner meal will be served and carry-out is available. Tickets are \$10 and Children under 10 are \$5.

**Lunch:** 11:00 a.m.–1:00 p.m.

**Dinner:** 4:30 p.m.–7:00 p.m.

## FREE Kids Mud Run

Join us September 16 for fun our mud event sponsored by German American Bank. Kids of all ages will have the opportunity to race through the mud while mastering obstacles to complete the course. The event is free and open to kids of all ages.

The first 100 kids to register by September 9 will receive a free t-shirt.

**Day/Time** Sat., Sept. 16, 10:00 a.m.

## Pumpkin Splash & Movie

Families can celebrate Halloween by swimming with pumpkins and enjoying a movie at the Y! Games and refreshments will also be part of the fun activities.

**Day/Time** Friday, October 20, 5:00 p.m.–7:30 p.m.  
(Swim time will be from 5:00 p.m.–6:30 p.m. and the movie will run from 6:30 p.m.–7:30 p.m.)

**Fee** Member, \$3; Non-member, \$5

## American Red Cross Blood Drive

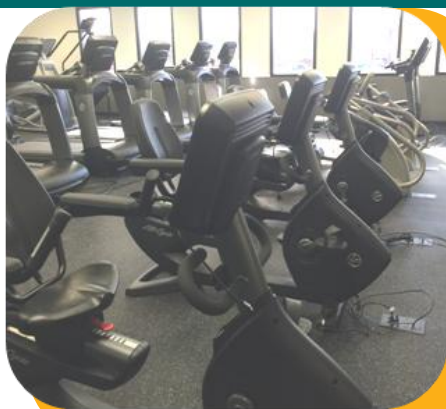
**Day/Time** Friday, December 29 11:00am–4:00pm.

# 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 is designed 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** Mon. & Wed., 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.

### FitStrong

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

### HiiT

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



### 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. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

### 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](http://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.

<b>Monday &amp; Wednesday</b>	<b>Tuesday &amp; Thursday</b>	<b>Saturday</b>
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)**

<b>Day/Time</b>	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.
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**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 through September.**

**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

***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.**

<b>Day</b>	Mon.-Fri. 2:30–6:00 p.m.
<b>Fee</b>	Member, \$10; Non-Member, \$15
<b>Registration Fee</b>	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.**

<b>Reg. Fee</b>	Individual, \$30; Family, \$50
<b>Day/Time</b>	7:00 a.m. – 6:00 p.m.
<b>Daily Fee</b>	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 & Mon., Wed., Fri., 6:30-8:30pm

Ages All Ages are Welcome

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

## REC ROOM

A space for kids, a space for families! With staff supervision, Y Members 6 years old and older and families can play games, do homework, and hang out with friends. Enjoy air hockey, ping-pong, video games, board games, computers, and more! Visit us Mon.-Fri., from 4:00 p.m.-7:00 p.m.

## 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](http://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.

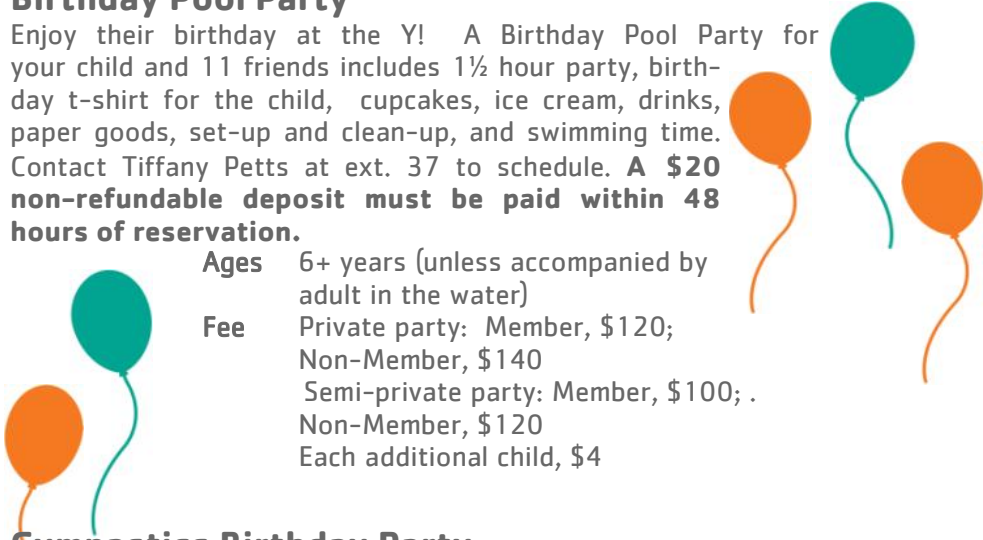
And, to Vincennes University students, we offer **FREE** shopping routes twice a week from campus.

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](http://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](http://www.vincennesymca.org)

Annual Campaign

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