



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ACTIVATE

MORE THAN YOUR CORE.

YMCA OF VINCENNES
Winter/Spring Program Guide
January 1– March 31, 2018

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



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.
Christmas Eve	CLOSED
Christmas Day	CLOSED
New Year's Eve	CLOSED
New Year's Day	Regular Hours 1pm-6pm
Easter	CLOSED

vincennesymca.org



Download our free mobile app!



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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.

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

JOIN OUR CASUE

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 INFORMATION

Program Fees

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

Program Punch-Cards

All punch-cards for programs are non-transferable, non-refundable.

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

TRY THE Y

January 1-6 everyone is FREE to enjoy our Y! Swim, basketball, Pickleball, and Wellness Center is available for everyone to try.

OPEN HOUSE

January 7 is our OPEN HOUSE with special programs and classes to try for yourself. And, do not pay a JOINER FEE when you become a member that day only!

Healthy Kids Day - April 21

Join us Saturday, April XX for a fun family day to promote building healthier, happier kids.

Kids Triathlon - July 21

Kids will see it is fun to stay active and compete to better themselves with the Kids Triathlon. Each year at Gregg Park, kids will swim, bike, and run their way to finish line! Event held in July.

26th Annual YMCA/Memering Motorplex Scholarship Golf Outing - June 2018

Join us at Memering Motorplex for a fun day of golf, food and prizes to raise money to send a kid to Summer Day Camp at the Y! For our 26th year, our goal is to raise \$25,000 to help kids stay active and learn throughout the summer. To learn how to sponsor, donate or participate in this event, contact Bridgett Bilske.

WELLNESS

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.

Personal Training

One-on-one training 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

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.



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

Fee Member, **FREE**; Non-Member, \$2



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 members may take other fitness classes at the Y by purchasing a fitness card.

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 a.m.-11:45 a.m.

Fee Member, **FREE**

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.

Flow 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. Schedules available at the front desk, at vincennesymca.org, or on our free mobile app.

SWIM SESSION DATES

Each 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

Jan. 8-Jan. 31
Feb. 5-Feb. 28
Mar. 5-Mar. 28
Apr. 2-25

Tuesday & Thursday

Jan. 9-Feb. 1
Feb. 6-Mar. 1
Mar. 6-Mar. 29
Apr. 3-26

Saturday

Jan. 13-Mar. 3
Mar. 10-Apr. 28

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.

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

Ages 3 years and older

Fee Member, \$55; Non-Member, \$75

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.

BEGINS APRIL 3rd

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

Ages 6 months to 3 years old

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

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, \$15 per ½ hr; 2 Members, \$21 per ½ hr
Non-Member, \$21 per ½ hr; 2 Non-Members, \$27 per ½ hr

SWIM

WATER FITNESS CLASSES

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., 10-10:50 a.m. & Tues., Thurs., 5-5:50 p.m.

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

Men's Aquacise - Day/Time Mon., Wed. 9-9:30 a.m.

12-Week TRYathlon Training

Train at the Y for the 12th Annual TRY Knox County triathlon on **June 10, 2018**. Swimming, biking, running, core and strength training for all fitness levels. **Open to men and women.**

Day/Time Session Dates Begin Week of March 19
Mon. & Wed. 5:30pm-7pm Sat., 8am-10am

Fee Member, \$100; Non-Member, \$175

American Red Cross (ARC) Lifeguarding: Blended Learning

Water safety is our priority. The Y offers American Red Cross lifeguard courses. These classes combine online learning with hands-on sessions held at the Y. **After registering through the Y, you will receive instructions through email to complete online lessons 2 weeks prior to class.**

****Both classes are blended learning which consists of an 8 hr online portion that must be complete prior to the beginning of class.**

ARC Lifeguarding Certification - Everything you need to become a certified lifeguard. **Must be able to pass required swim test.**

Dates/Times *March 15-18* - Thurs. 6pm-10pm, Fri., 5pm-10pm, Sat., 9am-5pm, Sun., 9am-Completed

April 12-15 - Thurs. 6pm-10pm, Fri., 5pm-10pm, Sat., 9am-5pm, Sun., 9am-Completed

May 17-20 - Thurs. 6pm-10pm, Fri., 5pm-10pm, Sat., 9am-5pm, Sun., 9am-Completed

May 29, 30, 31 - Tues., Wed., Thurs., 9am-4pm

Ages 15 and older

Fee \$180

ARC Lifeguarding: Recertification-Review lifeguarding skills and core knowledge required for lifeguard recertification. Certification can't be more than 1 month expired to take class. **Proof of current ARC Lifeguarding certification required.**

Dates/Times April 27 & 28 - Fri. 5pm-10pm, Sat. 9am-5pm

May 11 & 12 - Fri. 5pm-10pm, Sat. 9am-5pm

Ages 15 and older

Fee \$105

CHILD CARE

Child Watch

***NOW FREE FOR MEMBERS WITH
A HOUSEHOLD MEMBERSHIP!!***

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 p.m.
Fee	Member, \$8; Non-Member, \$15
Registration Fee	Individual, \$30; Family, \$50

Snow Day/Holiday Child 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 Afterschool Child Care. **Financial Assistance Available.**

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

Spring Break All Day Care - **Financial Assistance Available.**

Weekly Fee

Part Time - Member Child - \$45 first child; \$36 each additional child
Non-Member Child - \$70 first child; \$56 each additional child

Weekly Fee

Full Time - Member Child - \$90 first child; \$72 each additional child
Non-Member Child - \$130 first child; \$104 each additional child

Summer Day Camp - **Financial Assistance Available.**

Kids from Kindergarten through 5th grade will enjoy learning, meeting new friends, and have a great time at the Y this summer. Field trips, guest speakers and plenty of activity will keep your child busy this summer!

SPORTS AND PLAY

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! Y staff are on hand for instruction. An adult must accompany children.

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

Ages Walking to 5 years old

Fee Member, complimentary; Non-Member, \$5 per family visit

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, complimentary

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.

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, 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 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

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
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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
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Gym Rental

Fee Member \$45 per hr; 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



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

YMCA Bettye J. McCormick Center

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	Bathing and Hygiene Care
Certified Aides and Therapeutic Programmer	Medication Administration
Comprehensive On-Site Medical Assistance	Outings and Exercise
Escort Service to Doctor's Appointments	Respite Care
Private Sitting and Dining	Two Meals and Daily Snack
Weekly Health Review	Assistance with Personal Goals

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

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., Noon

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. - 7:00 a.m. – 5:00 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.

**HELP OTHERS IN OUR COMMUNITY—
BECOME A VANGO DRIVER!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



US...

IS EMPOWERING

Every day, the Y strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It's how we help communities and the "us" who live in them find the power of their full potential.

» DONATE FOR A BETTER US.

We can't do it alone.

Annual Campaign

The Y.™ For a better us.

YMCA OF VINCENNES