



YOUTH DEVELOPMENT®
HEALTHY LIVING
SOCIAL RESPONSIBILITY

ALWAYS WELCOME IN EVERY COMMUNITY

NATIONWIDE MEMBERSHIP

YMCA OF VINCENNES

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CHANGING LIVES FOR THE BETTER

YMCA OF VINCENNES
Winter/Spring Program Guide
January 1-March 30, 2019

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

If I had a nickel for every time I heard someone say, "I really love change," well, I'm pretty certain my pockets would be empty. I would say the opposite is more likely to be the true feelings of most people. Change is disruptive and often times challenging, if not downright hard! Changing the way we do things requires that we abandon something we know and are comfortable with for something new, unknown, and uncomfortable. Who likes getting out of their "comfort zone?" Not me. I can assure you of that.

However, change is totally necessary if we are going to grow, evolve, and improve as a person or as a community. A good friend of mine has reminded me many times that "status quo equals slow death." And, as much as I hate to admit it sometimes, he is absolutely correct. To paraphrase his words, "If you're not changing, you're not really living."

So, I'm inviting you all to make a change in your lives. If you haven't ever been a member of our YMCA, or if you've been away for a while, or even if you are a member but you just haven't been motivated to work out recently, now's the time to make a positive change. Will it seem a little new, unknown, and uncomfortable? It sure will, but I predict if you stick with it, your outlook will improve, your health will improve, and you just might feel more alive than ever before.

Here's your chance to look change square in the eye and say, "You're not as bad as I thought you were!" Come to the YMCA and join me in changing our lives and the lives of our community for the better.

Hope to see you soon,

Pat Herman
CEO

YMCA OF VINCENNES

2010 College Avenue, Vincennes IN 47591
P 812 895 9622

E info@vincennesymca.org W vincennesymca.org



PARTIES AND RENTALS

Gymnastics Rental

Includes Y staff member on site.

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

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

Gym Rental

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

Racquetball Court Rental

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

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.

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

Field Trips – Contact Bill Davis at bdavis@vincennesymca.org

PARTIES AND RENTALS

BIRTHDAY PARTIES

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. **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.**

RENTALS

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

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.
New Year's Eve 5:30 am-12:00 p.m.
New Year's Day 5:30 a.m.-9:00 p.m.
Easter CLOSED

WHAT'S INSIDE

MEMBERSHIP & GUEST INFO.....	5
PROGRAM INFORMATION.....	6
SPECIAL EVENTS.....	6
WELLNESS.....	7-9
SWIM.....	10-11
CHILD CARE.....	12
SPORTS & PLAY	13-14
YMCA BETTYE J. MCCORMICK SENIOR CENTER.....	15-16
YMCA VANGO.....	17
PARTIES & RENTALS.....	18-19

vincennesymca.org



Download our free mobile app!



STAFF

info@vincennesymca.org

Patrick Herman, Chief Operating Officer
Bridgett Bilskie, Marketing Director
Mark Carie, VanGo Coordinator
Bill Davis, Membership & Program Director
Nola Davis, Senior Center Director
Michael Keyes, Member Service Coordinator
Tyler Kitchell, Sports Coordinator
Susie Land, Director of Business Operations
Tiffany Petts, Aquatics Director
Tammy Sanders, Adult Day Service Coordinator
Amanda Smith, Wellness Coordinator
Ron Thompson, Maintenance Director

pberman@vincennesymca.org
bbilskie@vincennesymca.org
mcarie@vincennesymca.org
bdavis@vincennesymca.org
nola@vincennesymca.org
mkeyes@vincennesymca.org
youthsports@vincennesymca.org
sland@vincennesymca.org
tpetts@vincennesymca.org
tsanders@vincennesymca.org
wellness@vincennesymca.org
rthompson@vincennesymca.org

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.

GIVE for a Better Us.

Together we create a strong Knox County

For 107 years, the YMCA of Vincennes has responded to the needs and challenges of our community. The issues children, seniors and families face may have changed over time, but what remains the same is our commitment to strengthening our community.

Our **Annual Campaign** makes healthier kids, happier families and a better community possible. Every dollar raised provides Y membership and program financial assistance for people who need it most.

Gifts to the Y make swim lessons, basketball teams or camp a reality for kids. Seniors can receive a hot, nutritious lunch for \$1 through our Bettye J. McCormick Senior Center.

Heritage Club

Through gifts and commitments to the YMCA Endowment, Heritage Club members perpetuate the Y's positive influence on future generations of families. A **planned charitable gift** may be made in a variety of ways to insure the financial stability of the Y in the coming years.

We believe in making meaningful change

We believe that no one should be turned away due to inability to pay. In 2018 our Y:

- More youth, adults and families we able to learn, grow, and thrive because of \$100,000 given in financial assistance for membership and program assistance.
- Expected to meet our goal of providing 100,000 low cost rides on VanGo Public Transportation
- Older adults were served 20,000 nutritious, affordable meals while staying active and independent.
- 150 kids from Kindergarten through 5th grade, created memories and learning experiences during Summer Day Camp.

We believe in making a difference

Every year, hundreds of volunteers contribute their time to our Y. Over 100 employees work to bring our cause to life. Thousands of community members visit our Y to build healthy spirit, mind and body. Your gift is a crucial part of making the promise come true.

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

YMCA VanGo

2009 Prospect Avenue
Vincennes, IN 47591
P 812 886 3381
W vincennesymca.org



NEW! Schedule your ride online at vincennesymca.org or download the FREE Ecolane app.

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, for 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.

For more ride information or to learn more about this program go to vincennesymca.org.

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.-1:00 p.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



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+) <small>(Not eligible for other program discounts or facility usage.)</small>	\$12	\$12.50
Genesis Center <small>(Additional Fee)</small>		\$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 10-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

OPEN HOUSE - January 6

HEALTHY KIDS DAY - April - To Be Determined

PRAYER BREAKFAST

National Day of Prayer - May 2

**27th ANNUAL MEMERING MOTORPLEX/YMCA
SCHOLARSHIP GOLF OUTING - June 19**

KIDS TRIATHALON - July 20

FISH FRY FUNDRAISER - August 16

**KIDS MUD RUN - September
To Be Determined**

PUMPKIN SPLASH - October - To Be Determined

VOLUNTEER & DONOR BREAKFAST - November 1

STRUTTIN' OUR STUFFIN' 5K & FAMILY FUN RUN - November 16



YMCA Betty J. McCormick Senior Center

**2009 Prospect Avenue
Vincennes, IN 47591
P 812 882 2285
W vincennesymca.org**

**Center Hours: Monday - Friday
8:00 a.m.-4:00 p.m.**

STAFF:

Nola Davis - Director
Rebecca Pinnick- Nurse
Tammy Sanders - ADS Coordinator
Sandy Higgins, Activities Coordinator/ Direct Care Personnel
Dixie Miller - Receptionist



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	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.

SPORTS AND PLAY



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, Complimentary;
Non-Member, \$10 per Family

OPEN GYMNASTICS

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

Day/Time Mon., Wed. & Fri., 6:00-7:00 p.m.
Ages 10 years and younger (with parent)
Fee Member, Complimentary, Non-Member, \$10 per Family

TAEKWONDO

Instruction by Max Strate. Purchase a punch card at the front desk.

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.

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.

WELLNESS

WELLNESS CENTER

Our Wellness Center contains state of the art cardio and weight equipment to suit everyone's needs and abilities. Must be 16 to access Wellness Center. Children 12-15 must complete an orientation prior to access with our Wellness Coordinator and must be accompanied by an adult.

Wellness Orientation

A **FREE** Wellness Orientation is available 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.

Download the free Life Fitness app "LF Connect" to login and track your workout on all our cardio equipment.



Personal Training – For Members Only

One-on-one training and customized routines to help you reach your full potential.

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

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.

Day/Time Mon., Wed. & Fri., 10 a.m.
Fee Member, **FREE**; Non-Member, \$7 Day Pass



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**; Non-Member, \$7 Day Pass

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



ROCKY STEADY – For Members Only

Non-contact boxing inspired classes can reverse, reduce and even delay the symptoms of Parkinsons Disease. Evaluation must be completed prior to attending class.

Day Mon., Tues., Wed., Thurs., Fri., 8:30 a.m.-9:30 a.m.
Fee \$15



Download our FREE mobile app for schedules at your fingertips!

High School Basketball League

This 8-week program for high school aged kids in grades 9-12. A single elimination tournament will end the season. No individual registrations will be accepted.

Day Thursdays, Beginning January 17
Fee Team Registration \$275
Deadline December 31

Men's Basketball League

This 8-week program for adults 18 years and older. A single elimination tournament will end the season. No individual registrations will be accepted.

Day Sundays, Beginning February 10
Fee Team Registration \$300
Deadline January 27

Pee Wee Baseball

An introduction to the game of baseball, this six week session teaches sportsmanship and focuses on fundamentals and rules of baseball: how to hit, catch and throw. Fee includes shirt and medal to participants.

Day/Season Saturday, Beginning in May
Ages 3-5 years old
Fee Member, \$55; Non-Member, \$85

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.

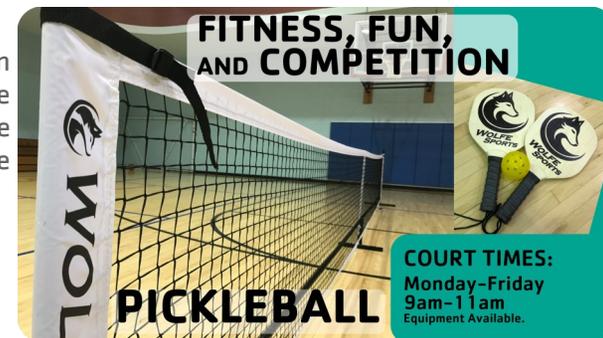
PICKLEBALL COURT

A Pickleball is now available in Gym 2. The court is available on a first come, first serve basis. Equipment is available at the front desk.

Day/Time Mon.-Fri. 9:00-11:00 a.m.

Ages All Ages are Welcome

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



Child Watch

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 out 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, \$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 Afterschool 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)

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!

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.

Balance & Flex

A 30 minute class focusing on balance and flexibility, this class is great for seniors looking to regain better mobility, athletes looking to enhance their performance and everyone in between.

Candlelight Yoga

Slow paced, deep stretching and relaxing. Candlelight ambiance adds an extra element of relaxation.

Circuit Kickboxing

Combines the functional elements of kickboxing with the intensity of circuit training to provide a full body workout designed to burn calories, build muscle and improve cardiovascular health.

Core De Force

Core-focused workout based on mixed martial arts, combines boxing, kickboxing and Muay Thai moves and more.

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.

Hiit

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

Move!

Specifically designed for women looking to lose 25lbs or more, this class is all about getting you moving and celebrating every accomplishment as you start your fitness journey.

Silver Strength

This circuit class, created for men 50 and older, targets all the major muscle groups by combining cardio, strength training, balance, flexibility and functional movement.

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.



Vinyasa Yoga

Full body workout that focuses on balance, strength, flexibility and breathing.

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 open 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!

YOUTH 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
Jan. 7-30	Jan. 8-31	Jan. 12-Mar. 2
Feb. 4-27	Feb. 5-28	Mar. 9-Apr. 27
Mar. 4-27	Mar. 5-28	
Apr. 1-24	Apr. 2-25	

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., 6-6:30 p.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 2nd

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

WATER FITNESS CLASSES

FREE FOR MEMBERS!!

Non-Members must purchase a day pass for \$7

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 13th Annual TRY Knox County triathlon on **June 9, 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 18 Tues. & Thurs., 5:30pm-7pm Sat., 8am-10am
Fee	Member, \$100; Non-Member, \$175



AMERICAN RED CROSS LIFEGUARDING

Classes Coming in early Spring. Dates and times to be determined.

Contact Tiffany Petts at the YMCA at (812) 895-9622 or tpetts@vincennesymca.org