



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**EXERCISE YOUR HEART
IN MORE WAYS THAN ONE.**

YMCA OF VINCENNES
Summer Program Guide
April 1–August 31, 2017

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.
Easter	CLOSED
Memorial Day	6:00 a.m.-12:00 p.m.
July 4th	6:00 a.m.-12:00 p.m.

vincennesymca.org



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Clint Roesler, Wellness Director	croesler@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. 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 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 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 EVENTS

Healthy Kids Day – April 29

Join us Saturday, April 29 for a fun family day to promote building healthier, happier kids.

25th Annual YMCA/Memering Motorplex Scholarship Golf Outing – June 21, 2017

Join us and 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 **25th** 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 Bilskie.

Kids Triathlon – July 22, 2017

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!

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

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

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, \$2 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 members may take other fitness classes at the Y by purchasing a fitness card.**

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for support.

Day/Time Tues. & Thurs., 10-11 a.m.

Fee Member, **FREE**

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.-11:45a.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. Purchase a fitness card to participate. **Your first class is free!**

Download our FREE mobile app for schedules at your fingertips!

Body Blast

Cardiovascular conditioning with intervals of strength and core work. Format varies. Amy will keep you moving throughout the entire class!

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

Adds circuit exercises to regular spinning drills. Students get: progressive hills, steady-state flats and intervals! But 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.

HiiT

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

Step It Up

Traditional low-impact cardio! Build cardiovascular endurance and muscular strength with fun step combos.

Strength and Tone

Designed to strengthen the cardiovascular system, tone muscles, and boost flexibility. We use dumbbells, resistance bands, body weight exercises and other equipment. Exercises can be modified to accommodate all fitness levels.

Yoga

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

FITNESS CARDS

1 Class	Member	\$3 each
2-15 Classes	Member	\$2.50 each
16 Classes	Member	\$35.00
1 Class	Non-Member	\$5.50 each
2-15 Classes	Non-Member	\$5.00 each
16 Classes	Non-Member	\$72.00

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

Apr. 3-26
May 1-24
June 5-28
July 10-Aug. 2
Aug. 7-30

Tuesday & Thursday

Apr. 4-27
May 2-25
June 6-29
July 11-Aug. 3
Aug. 8-31

Saturday

May 6-June 24
July 1-Aug. 26
(No Class July 22)

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

Splash Swim Lessons

Splash sessions run 2 weeks with 8 classes for the summer months.

Day/Time Mon.-Thurs., 10:00-10:30 a.m., Mon.-Thurs., 6:30-7p.m.
(Friday as makeup day for weather)

Ages 3-12

Fee Y member, \$50, Non-member, \$70

Session 1 - June 12 - June 22

Session 2 - June 26 - July 7 (Make-up for the 4th Holiday on Friday)

Session 3 - July 17 - July 27

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 4 and 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 CARD

1 Class	Member-\$3/Non-Member-\$5.50 each
2-15 Classes	Member-\$2.50/Non-Member-\$5 each
16 Classes	Member-\$35/Non-Member-\$72 each

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.

Fee Purchase a Water Fitness Card.

Arthritis Aquacise

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

Fee Purchase a Water Fitness Card.

Men's Aquacise

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

Fee Member/Non-Member \$1.50/\$2.25 each

TRYathlon Swimming Class

Learn to swim more efficiently while improving endurance for the remainder of a triathlon. **Open to men and women.**

Session Dates April 25-May 18

Day/Time Tues. & Thurs., 6:30-7:15 p.m.

Fee Member, 2x weekly, \$50, Non-Member, 2x weekly, \$85

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. An additional fee of \$35 must be paid directly to the ARC for the online lessons. Online classes must be completed prior to class starting.**

SWIM

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

Day April 6-9, April 27-30, May 18-21,
AND, May 31, June 1-2, Wed.-Fri., 9am-4pm.
Time Thurs. 6:00-10:00 p.m., Fri. 5:00-10:00 p.m.,
Sat. 9:00 a.m.- 5:00 p.m., Sun. 9:00 a.m.-4:00 p.m.
Ages 15 and older
Fee \$140 * Does not include \$35 ARC fee.

ARC Lifeguarding: Recertification–Review lifeguarding skills and core knowledge required for lifeguard recertification. Proof of current ARC Lifeguarding certification required.

Day April 21-22, May 5-6
Time Fri. 5:00-10:00 p.m., Sat. 9:00 a.m.-5:00 p.m.
Ages 15 and older
Fee \$80 * Does not include \$35 ARC fee.

CHILD CARE

Child Watch

Babysitting for ages 6 weeks to 6 years old while you work out at the Y or run local errands. Purchase a Child Watch card at the front desk.

Hours Mon.-Sat., 8 a.m.–12 p.m.
Mon.-Thurs., 5-7:30 p.m.
Fee Member - \$2 per hour, in building & \$3 per hour, out of building
Non-Member - \$3/hour, in building & \$5/hour, out of building

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

Summer Day Camp – Financial Assistance Available.

Kids from Kindergarten through 6th 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!

Day/Time Mon.-Fri., 6 a.m.-6 p.m.
Dates May 30-Aug. 4 (Closed Memorial Day and July 3 & 4)
Registration Fee \$30 per Child, \$50 per Family
Part-time and Full-time rates available and multi-child discount.

DOWNLOAD CAMP HANDBOOK @ vincennesymca.org

SPORTS AND PLAY

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! 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.

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 a team MLB shirt, hat and medal.

Day/Season Saturday, Beginning in May

Ages 3-5 years old

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

REGISTRATION DEADLINE: APRIL 17

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

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

Gym Rental

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

(Rentals continued next page.)

PARTIES AND 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

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



YMCA BETTYE J. MCCORMICK SENIOR CENTER

PHONE: 812 882 2285

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. 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.



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.