



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



**FOR YOU
FOR YOUR FAMILY
FOR OUR COMMUNITY**

**YMCA OF VINCENNES
Fall/Winter Program Guide
September 1– December 31, 2018**

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

It's official...on July 24, 2018 I celebrated one whole year as the CEO. I can no longer use the excuse "I'm the new guy." I feel like I've learned a lot in my first year, but I'm smart enough to know that I've got an awful lot to learn still. I am so appreciative of the warm welcome and support I have received from the members and staff here. You all have certainly eased my transition, and for that I will be forever grateful.

One of the things that has been reinforced to me in my first year is that the YMCA of Vincennes is a very special place. With the senior center, adult day service, VanGo, summer day camp, after school care, child watch, pickleball, group exercise programs, and youth sports, we are so much more than a "gym and swim." This is a community within our community where people truly care about one another, and I am blessed to witness that every day. So if you were once a member or never have been, I would like to cordially invite you to come check us out. Bring a friend, too! Come and see for yourself what makes your Y a special place, a place like no other in town. We would love for you to join us here.

I hope to see you soon!

Patrick Herman
Chief Executive Officer

YMCA OF VINCENNES

2010 College Avenue, Vincennes IN 47591

P 812 895 9622

E info@vincennesymca.org W vincennesymca.org



HOURS

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

vincennesymca.org



Download our
free mobile app!



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STAFF

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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
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wellness@vincennesymca.org
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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 for a Better Us.

Together we create a strong Knox County

For 105 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 2017 our Y:

- More youth, adults and families were able to learn, grow, and thrive because of \$100,000 given in financial assistance for membership and program assistance.
- Provided over 94,000 low cost rides on VanGo Public Transportation
- Older adults were served 20,000 nutritious, affordable meals while staying active and independent.
- 160 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.

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 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

FREE Kids Mud Run – September 8

With partner, German American Bank, this free event is for kids 3-15. They will run through an obstacle course of mud and muck and enjoy hot dogs and snacks.

Pumpkin Pie Day, October 12 – Enjoy a sample of a healthier pumpkin pie and recipe card to take home!

Marine Corps Toys for Tots

Toy drive through December 16. Purchase a new, unwrapped toy to brighten Christmas for every child in Knox County.

American Red Cross Blood Drive – December 28, 11am-4pm
– Schedule your appointment at vincennesymca.org.

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 Coordinator and must be accompanied by an adult.

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.

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 Tues. & Thurs., 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.)

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!

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.

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.

Flow Yoga

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

HiiT

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

Refit

Group fitness experience that rocks your body, heart and soul with powerful moves and positive music to inspire you from inside and out. REFIT classes propel students to their best selves through dance, toning, balance, and flexibility.

Strength Train Together

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

Yoga

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

SWIM

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

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

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
Sept. 10-Oct. 3	Sept. 11-Oct. 4	Sept. 8-Oct. 27
Oct. 8-Oct. 31	Oct. 9-Nov. 1	
Nov. 5-Dec. 3	Nov. 6-Dec. 4	

NO SWIM LESSONS ON NOVEMBER 21 & 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, \$55; Non-Member, \$75

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

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., 10-10:50 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.



CHILD CARE



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 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)

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. 1/Season Begins Saturday, Sept. 22

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.

Reg. Deadline:

Nov. 30

Day

Saturdays, Beginning January 12, 2019

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.

Reg. Deadline: 9/23

Season Start: 10/7

Day Sundays

Fee \$300 per team



SPORTS AND PLAY

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 Sept. 9/23, Season Begins 10/7
Day/Time Tues. & Thurs., First Game at 6:30 p.m.
Fee \$200 per team

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 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, \$10 per Family**
(Beginning Oct. 1)

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**
(Beginning Oct. 1)

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.

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 Pinnick- Nurse
Tammy Sanders – ADS Coordinator
Sandy Higgins, Activities Coordinator/ Direct Care Personnel
Dixie Miller – Receptionist
Stacy Russell – Therapeutic Aide



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

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

Services include:

- | | |
|--|--------------------------------|
| Assistance with Shopping, Bills and Forms | 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.

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

YMCA VanGo

P 812 886 3381

2009 Prospect Avenue, Vincennes, IN 47591



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.

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. **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.

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD MORE THAN MUSCLE.



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.

