



# REACHING OUR POTENTIAL

**YMCA OF VINCENNES**  
**Program Guide**  
**September 1 - December 31, 2019**

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

Welcome to the YMCA of Vincennes!

For 105 years and counting, the YMCA of Vincennes has impacted our great community through programs that promote Youth Development, Healthy Living, and Social Responsibility. Now more than ever, our YMCA serves as a resource for helping people of all ages to reach their fullest potential in spirit, mind, and body. As a charitable organization open to all, we hold true to our commitment to serve individuals of all backgrounds and celebrate each other's differences as well as those things we hold in common.

We offer a variety of programs and activities in an effort to unite our community – men, women, and children – regardless of age, income, or background – to nurture the potential of children, teens, and adults, while improving our community's health and well-being, and providing opportunities to give back and support our neighbors. Whether you are into basketball, racket sports (including pickleball!), or swimming – yoga, aquasize, weight training, or cardio – or simply gathering together in the lobby to catch up with friends, our YMCA has something for everyone.

For those of you who are currently part of the YMCA of Vincennes family, whether as a donor, volunteer, member, program participant or staff, thank you for your commitment and support. For those of you who are new to our YMCA, I welcome you to come see what we have to offer and learn more about how the YMCA of Vincennes is helping transform lives throughout our community.

Once again, welcome to the YMCA of Vincennes. Together, we can help each other reach our potential and become a healthier, happier, and stronger community.

Sincerely,

Pat Herman  
CEO

## **YMCA OF VINCENNES**

2010 College Avenue, Vincennes IN 47591

P 812 895 9622

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



## HOURS

Monday–Friday	5:30 a.m.–9:00 p.m.
Saturday	6:00 a.m.–6:00 p.m.
Sunday	1:00 p.m.–6:00 p.m.
Easter	CLOSED
Memorial Day	6:00 a.m.–12:00 p.m.
July 4th	6:00 a.m.–12:00 p.m.
Labor Day	6:00 a.m.–12:00 p.m.
Thanksgiving	6:00 a.m.–10:00 a.m.
Christmas Eve	6:00 a.m.–12:00 p.m.
Christmas Day	CLOSED
New Year’s Eve	6:00 a.m.–12:00 p.m.
New Year’s Day	10:00 a.m.–6:00 p.m.

**vincennesymca.org**



**Download our  
free mobile app!**



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## STAFF

**info@vincennesymca.org**

Patrick Herman, Chief Operating Officer  
 Rebecca Richardville, Marketing Director  
 Rebecca Schaefer, VanGo Coordinator  
 Bill Davis, Membership & Program Director  
 Nola Davis, Senior Center Director  
 Tyler Kitchell, Sports Coordinator  
 Susie Land, Director of Business Operations  
 Tiffany Petts, Aquatics Director  
 Rebecca Richardville, Member Services Coordinator  
 Tammy Sanders, Adult Day Service Coordinator  
 Amanda Smith, Wellness Coordinator  
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 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 were 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](http://vincennesymca.org/give).

# JOIN OUR CAUSE

Membership at the Y is a special thing. Be a part of a leading nonprofit charity working to strengthen our Knox County community through youth development, healthy living and social responsibility.

When you join the Y, you belong to a place where:

- ➔ Parents find a safe, positive environment for children to learn good values and social skills.
- ➔ Families come together and spend quality time with each other.
- ➔ Adults connect with friends and learn how to live healthier.
- ➔ Children and teens play, learn who they are and what they can achieve.
- ➔ Communities thrive because neighbors give back.

Membership Rates	Joiner Fee	Monthly Fee
Youth (0-18)	\$12	\$14
Young Adult (19-24)	\$12	\$25
Adult	\$30	\$37
Household	\$48	\$52
Senior (60+)	\$30	\$35
Senior Household	\$48	\$48
Walking (19+) (Not eligible for other program discounts or facility usage.)	\$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



the Y  
FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FISH FRY FUNDRAISER

Friday, August 16th, 2019

Lunch Served from 11:00 am to 1:00 pm  
Dinner Served from 4:30 pm to 7:00 pm  
Cost: \$10.00 Adults; \$5.00 Children under 10  
Includes: Fish Filet, Hamburger or Hot Dog, Chips, Dessert, and a drink.

Carry Out Available

WWW.VINCENNESYMCA.ORG



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FOR SOCIAL RESPONSIBILITY

## MUDDY OR NOT, HERE WE COME! MUD RUN!

Saturday September 7th, 2019 at 10:00 am

FREE EVENT

FREE Food and Snacks

YMCA Camp Green

Sponsored By: German American  
Banking | Insurance | Investments



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FOR SOCIAL RESPONSIBILITY

## PUMPKIN SPLASH IS BACK!

Family Pumpkin Splash & A Movie!  
YMCA OF VINCENNES

Friday, October 18th, 2019

Swim Time - 5:00 pm to 6:30 pm  
Movie Time - 6:30 pm to 7:30 pm

COST: \$3.00 per member child  
\$5.00 per non-member child



the Y  
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FOR SOCIAL RESPONSIBILITY

## STRUTTIN' OUR STUFFIN'

5K RUN/WALK AND FAMILY FUN RUN

SATURDAY, NOVEMBER 16TH, 2019

9:00 AM Start Time

5K Run/Walk: \$20.00 per person  
1 Mile Family Fun Run:  
FREE FOR ALL



www.vincennesymca.org



## 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

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

## Yoga Stretch

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 Parkinson's 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!**



# 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.***

### **Candlelight Yoga**

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

### **Cardio Concert**

You don't need to know how to dance to have fun in this session! Follow along during this high intensity cardio dance class to get a full body workout while dancing along to some of your favorite songs.

### **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. (Suspends during the summer months.)

### **Pound**

Pound is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

### **HiiT**

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



### **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.

## 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.

### 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.

6:00pm to 6:30pm	6:00pm to 6:30pm	10:00am to 10:30am
Monday & Wednesday	Tuesday & Thursday	Saturday
Sept. 9 - Oct. 2	Sept. 10 - Oct. 3	Sept. 7 - Oct. 26
Oct. 7 - Nov. 4 No Class Oct. 30th	Oct. 8 - Nov. 5 No Class Oct. 31st	
Nov. 11 - Dec. 9	Nov. 12 - Dec. 10	
No class Nov. 27th	No class Nov. 28th	

**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

**Fee** Member, \$45;  
Non-Member, \$65



**Contact Tiffany Petts**  
**Aquatics Director for more**  
**information at:**  
**[tpetts@vincennesymca.org](mailto:tpetts@vincennesymca.org)**

# AQUATICS

## 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.



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**EVERY  
MONDAY,  
WEDNESDAY,  
AND  
FRIDAY**

## CARDIO AQUACISE



**Join us at  
10:00 am to 11:00  
am Every Monday  
Wednesday and  
Friday!**



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

# 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 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.

## 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 28–Aug. 7 (Closed Memorial Day and July 4)

**Ages** Entering Kindergarten through entering the 6th Grade

**Registration Fee** \$30 per Child, \$50 per Family

**Part-time and Full-time rates available and multi-child discount.**

**DOWNLOAD CAMP HANDBOOK @ [vincennesymca.org](http://vincennesymca.org)**

## 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

**REGISTRATION BEGINS IN JULY**

## 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


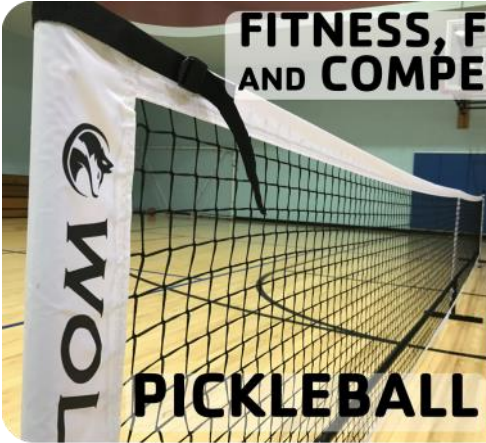
**Full Time** – Member Child – \$90 first child; \$72 each additional child

Non-Member Child – \$130 first child; \$104 each additional child

# 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.



**COURT TIMES:**  
Monday-Friday  
9am-11am  
Equipment Available.

## 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



# 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

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



**YMCA Bettye J. McCormick Senior Center**

**2009 Prospect Avenue  
Vincennes, IN 47591  
P 812 882 2285  
W [vincennesymca.org](http://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](http://vincennesymca.org).**

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

**Services include:**

- |  |                                |
|--|--------------------------------|
| Assistance with Shopping, Bills and Forms  | 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., 9:00 a.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



# YMCA VanGo

2009 Prospect Avenue  
Vincennes, IN 47591  
P 812 886 3381  
W [vincennesymca.org](http://vincennesymca.org)



**NEW! Schedule your ride online at  
[vincennesymca.org](http://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](http://vincennesymca.org).**

# 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

## 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  
**\$20.00 Deposit Requested to Hold Rental**

## Gym Rental

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

## Racquetball Court Rental

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

## Multiple Area Rental

Create a night of fun for your group. Choose 1 hour in 3 of the following areas: gym 1 (includes sports wall), gym 2, gymnastics, racquetball courts, pool for up to 50 people.

**Fee** Member \$160; Non-Member \$190; 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.

## 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. Rent-er 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](mailto:bdavis@vincennesymca.org)



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Call YMCA VanGo! Public Transportation



Download the  
FREE Ecolane  
mobile App to  
schedule all  
your rides.

**\$2.00 Fares Each Way in City**  
**\$5.00 Fares Each Way**  
**Outside of City**

**CALL:**

**1-812-886-3381**

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



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FOR SOCIAL RESPONSIBILITY

## FALL ACTIVITIES AT THE YMCA OF VINCENNES

**Free Kids Muddy Mile Mud Run**

**September 7th, 10:00 am**

**Family Pumpkin Splash & A Movie**

**October 18th, 5:00 pm – 7:30 pm**

**Struttin' Our Stuffin' 5K Run/Walk and  
Family Fun Run.**

**November 16th, 9:00 am**

**For more info visit**

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





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.

