



REACHING

OUR POTENTIAL

YMCA OF VINCENNES
Program Guide
January 1 - March 31, 2020

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 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.
Labor Day	6:00 a.m.–12:00 p.m.
Thanksgiving	CLOSED
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	12:00 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
 Devin Lett, Sports Coordinator
 Susie Land, Director of Business Operations
 Tiffany Petts, Aquatics Director
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 Amanda Smith, Wellness Coordinator
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tsanders@vincennesymca.org
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jsievers@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 2019 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.

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+) <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



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

WINTER WARRIOR VIRTUAL RUN
GOING ON NOW!

"One run can change your day, many runs can change your life."

120 Miles in 12 Weeks!

Online registration is open until January 12, 2020!

www.yvincennesymca.org

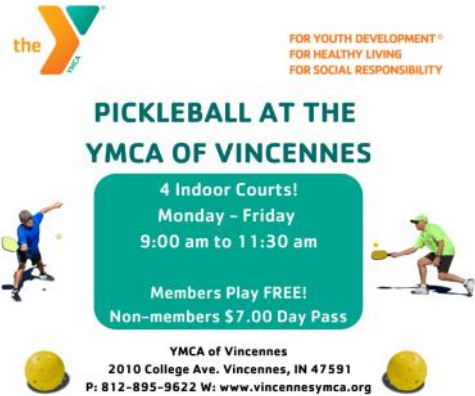


the Y FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Y BOOT CAMP

ARE YOU READY?

What seems impossible today will one day become your warm-up.




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

PICKLEBALL AT THE YMCA OF VINCENNES

4 Indoor Courts!
Monday - Friday
9:00 am to 11:30 am

Members Play FREE!
Non-members \$7.00 Day Pass

YMCA of Vincennes
2010 College Ave. Vincennes, IN 47591
P: 812-895-9622 W: www.vincennesymca.org



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

STARTS JANUARY 6TH!

CRUNCH & PUNCH GROUP FITNESS CLASS

Join us Monday and Friday mornings from 6:15 am to 7:15 am for 1 hour of Crunch and Punch core sessions in the boxing room.

Stretch, then rotate through stamina stations that target glutes, legs, core and balance, and chest and arms.

For more info email: wellness@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

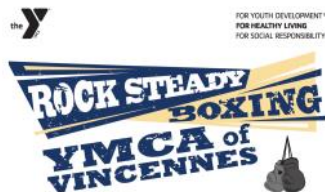
(Check with your insurance company for a fitness center benefit like SilverSneakers.)

ROCK 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 Mondays 9:00 am - 9:45am
Tuesdays and Thursdays 8:30 am - 9:30 am
Wednesday and Fridays 8:00 am - 9:30 am

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.

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.

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.

Crunch and Punch

Stretch and rotate through stamina stations that target glutes and legs, core and balance, and chest and arms.

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.)

HiiT

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

Pound

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

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.

Y Boot Camp

Our Boot Camp program is designed to provide a TOTAL BODY WORKOUT. Focus will be in areas such as core, cardio, strength, and endurance.

Yoga With Weights

Full body workout that incorporates weights with yoga.

Vinyasa Yoga

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

SEE AQUATICS FOR WATER CLASS DESCRIPTIONS.

AQUATICS

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
Feb 3 - Feb 26	Feb 4 - Feb 27	Feb 29 - April 18
March 2 - March 25	March 3 - March 26	
April 6 - April 29	April 7 - April 30	
May 5 - June 1	May 6 - May 29	
No Classes Memorial Day		

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

12-Week Triathlon Training

Train at the y for the Annual TRY Knox County triathlon on June 14, 2020. Swimming biking, running, core and strength training for all fitness levels. Open to both men and women.

Day/Time 2020 Session Dates Begin Week of March 23rd, 2020

Monday and Wednesdays 5:30pm-7pm & Sat. 8am-10am

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

For more information contact Tiffany Petts at: 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.

LIFEGUARD CERTIFICATION CLASSES

Class Dates: March 26th - 29th, 2020
April 16th - 19th, 2020
May 14th - 17th, 2020
May 28th - 31st, 2020

Class Times are as follows:

Thursday from 6:00 pm - 10:00 pm
Friday from 5:00 pm - 10:00 pm
Saturday from 9:00 am - 5:00 pm
Sunday As Needed.

Recertification Dates: May 1 & 2, 2020
April 24 & 25, 2020.

Online portion will be emailed out about 10 days prior to class starting and must be completed before the first class. *Note: A reliable email must be provided when registering for classes.

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

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
9:00 AM TO 11:30 AM
TUESDAYS 6:30 PM TO 8:30 PM

EQUIPMENT AVAILABLE

PICKLEBALL

PICKLEBALL COURT

Pickleball is now available in Gyms 1&2. The 4 Indoor courts are available on a first come, first serve basis. Equipment is available at the front desk.

Day/Time Mon.-Fri. 9:00-11:30 a.m. Tuesday Evenings 6:30 - 8:30 p.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

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
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Beginner Taekwondo

For children and adults new to martial arts. Learn fundamentals with plenty of one-on-one time.

Day/Time	Thursdays, 5:00 - 5:30 p.m.
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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	Thursdays, 6:00 pm - 6:30 p.m.
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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.

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
Certified Aides and Therapeutic Programmer
Comprehensive On-Site Medical Assistance
Escort Service to Doctor’s Appointments
Private Sitting and Dining
Weekly Health Review

Bathing and Hygiene Care
Medication Administration
Outings and Exercise
Respite Care
Two Meals and Daily Snack
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



**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.**

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



**FOR YOUTH DEVELOPMENT®
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:

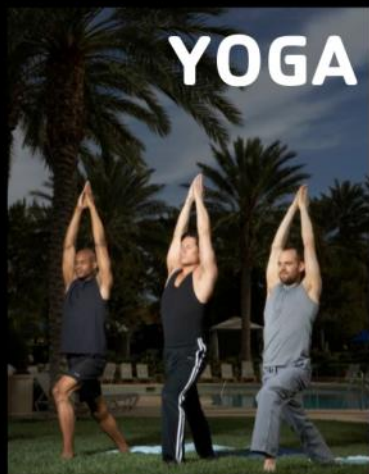
1-812-886-3381

www.vincennesymca.org



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

YOGA FOR MEN



**SATURDAYS
8:30 am to 9:00 am**

- Increased flexibility and mobility
- Improved concentration and sleep
- Injury prevention
- Reduced anxiety/stress
- Builds strength
- Improved immune function and breathing
- Improved balance
- Increased energy

**Dates: October 5th and 19th
November 2nd and 16th
December 7th & January 18th**

www.vincennesymca.org



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

WHERE THERE'S A Y THERE'S A WAY THE YMCA OF VINCENNES

YMCA of Vincennes

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P: 812-895-9622**

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