



**FOR A BETTER US.**



**YMCA OF VINCENNES  
Program Guide  
March 1 – May 31, 2021**

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

Welcome back to the YMCA of Vincennes!

These past few months have been indescribably difficult on all of us. It never occurred to me that there would come a time in my life when the YMCA would be forced to close its doors to the people we are honored to serve, our members. We exist as a charitable organization whose mission is to help improve the lives of people of all ages in our community. When that purpose is taken away, we suffer tremendously right along with you. This has been tough to say the least.

Through your loyal, generous and amazing support, we have made the most of the down time by providing crisis childcare to our front-line health care workers from Good Samaritan Hospital, hosting several successful blood drives with the Red Cross, and delivering desperately needed food and medicines to the most vulnerable in our surrounding community. These are the things that distinguish the YMCA from any other membership gym, and we could not have performed them without the continued support from you all. We owe you all a huge debt of gratitude for sticking with us throughout this time of trial.

Now, at last, we are so happy to be able to re-open our doors and welcome you back once again. Things may be a little different for the time being, but we will do our best to safely return to the YMCA that we all know and love. We ask for your continued patience, prayers, and support as we all adjust to a new way of providing the same great programs and services upon which the Y has built its long-standing reputation.

Thank you again for your incredible kindness and support. It is truly an honor and privilege to serve this great community as your local YMCA.



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	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 p.m.–6:00 p.m.

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



Download our  
free mobile app!



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## STAFF

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Patrick Herman, Chief Operating Officer  
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Bill Davis, Membership & Program Director  
Nola Davis, Senior Center Director  
Jordan Mills, Sports Coordinator  
Susie Land, Director of Business Operations  
Tiffany Petts, Aquatics Director  
Devin Lett Member Services Coordinator  
Tammy Sanders, Adult Day Service Coordinator  
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[jsievers@vincennesymca.org](mailto: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 2020 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+) <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

# FACILITY GUIDELINES FOR COVID-19

The YMCA of Vincennes is currently operating at normal facility hours. Masks are required to be worn in the facility, but not during exercise. We are currently open for Day Passes based on capacity levels.

## HOURS OF OPERATION

Monday - Friday	5:30 am to 9:00 pm
Saturday	6:00 am to 6:00 pm
Sunday	1:00 pm to 6:00 pm

- The YMCA of Vincennes will be operating at local mandated-capacity levels with 6-foot social distancing enforced throughout the entire building.
- Vulnerable members over the age of 65 and those with identified high-risk medical conditions are encouraged to stay at home at this time.
- Child Watch will be available Monday - Thursdays 8am to Noon, and 4:30pm to 7:30 pm. Saturdays from 8:00 am to Noon. Max of 10 children allowed.
- Health assessments and temperature screenings will be used upon entrance into the YMCA facilities. Must have temperature under 99.9 degrees.
- All water fountains are currently closed. Guests are encouraged to bring their own drinks and towels.
- Sanitize Stations will be set up around the Y. Members are encouraged to wipe down all equipment before and after each use.
- Members are encouraged to bring their own equipment (i.e. basketballs, rackets, sweat towels, etc.) Equipment will be available. Members are encouraged to sanitize basketballs, etc. before and after each use.
- Our staff will be wearing face coverings to better protect them and our members.
- Visual signs and markings will be located around the Y indicating safe practices, waiting areas, sanitizing stations and other information to help promote a healthy environment.
- Gymnastics Center is closed.

# AREAS CURRENTLY OPEN TO MEMBERS

The following areas and capacities of each are available to members:

- **Gyms:** Both gyms will be open with a limit of 25 people per gym.
- **Lap Pool:** 32 members allowed in the lap pool at a time. (Might have to share lanes.)
- **Warm Therapy Pool:** 12 members allowed in the warm therapy pool at a time. Maintain social distancing. **All Aquacise classes are to be scheduled through the YMCA member app. Please email: [tpetts@vincennesymca.org](mailto:tpetts@vincennesymca.org) or call: 812-895-9622 if you need help.**
- **Cardio Room:** The cardio room has a max capacity of 12 people, practicing social distancing, by using every other machine. Machines will be marked off for members. Members are encouraged to wipe down machines before and after use.
- **Weight Room:** The weight room has a max capacity of 13 people. Spotting will not be allowed. Social distancing will be enforced. Members are encouraged to wipe down equipment before and after each use.
- **Walking Track:** The walking track will have a max capacity of 12 members. Walking only, no running. Please social distance.
- **Pickleball:** Pickleball will be Open Play, Monday through Friday, 9:00 am to 11:30 am and 6:00 pm to 8:30 pm.
- **Group Exercise Classes:** Classes will be held at limited capacity to comply with social distancing. **Please book class reservations through the YMCA Member App. Contact our Wellness department with any questions at: [wellness@vincennesymca.org](mailto:wellness@vincennesymca.org)**
- **Family Swim:** Family swim times are available. Please contact Tiffany Petts at: [tpetts@vincennesymca.org](mailto:tpetts@vincennesymca.org) if you have any questions.
- **Private Swim Lessons:** Please contact Tiffany Petts to schedule private swim lessons. [tpetts@vincennesymca.org](mailto:tpetts@vincennesymca.org)

# 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

At this time all large events have been cancelled. Please keep updated through our website and social media pages for updates. Thank You.

## Red Cross Blood Drive

April 14, 2021

11:00 am to 4:00 pm

Gym #2



## St. Patrick's Day Celebration Fish Fry Fundraiser

Friday, March 19, 2021

4:00 pm to 7:00 pm Drive-Thru

Pick up across the street at the After School Care Building

Tickets: \$10 per adult \$5 per children 12 and under

## St. Patrick's Day 5K

Saturday, March 20, 2021

8:00 am at the YMCA of Vincennes

Kicks off the last day of the Winter Warrior Virtual Run

from 8:00 am to 10:00 am. Fee: Members \$100 Non-Members \$175



## 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

## Group Exercise Classes



### 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

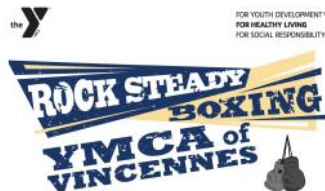
Non-contact boxing inspired classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. Evaluation must be completed prior to attending class.

**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!**

## 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.***



Download the NEW YMCA Member App by EGYM For All to schedule your group fitness classes at the touch of a button. Download from the Android Store or Apple store and use Brand Code: vincennesymca



### 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.

### FAITHIIT

Working out the body while working in the Word of God! This class is a fusion of aerobic cardio, interval-based exercises, and strength conditioning, providing a TOTAL BODY Workout.

### HiiT

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

### Revbell

A new, fun unique fitness class for all fitness levels that takes the best kettlebell moves and choreographs them to music.

### 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 At the Y

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.

**SEE AQUATICS FOR WATER CLASS DESCRIPTIONS.**

## 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 2021

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 15 - March 10	Feb 16 - March 11	Feb 20 - April 3
March 22 - April 14	March 23 - April 15	April 10 - May 29
April 26 - May 19	April 27 - May 20	
8 Children in each session with 4 to a group, with 1 Swim instructors per group.		

<b>Day/Time</b>	Mon. & Wed., 6-6:30 p.m., Tues. & Thurs., 6-6:30 p.m., Sat., 10-10:30 a.m.
<b>Ages</b>	3 years and older
<b>Fee</b>	Member, \$55; Non-Member, \$75

### 12-Week Triathlon Training

Train at the y for the Annual TRY Knox County triathlon on June 13, 2021. Swimming biking, running, core and strength training for all fitness levels. Open to both men and women.

Day/Time **Starts March 22, 2021**

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

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

For more information contact Tiffany Petts 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.

## LIFEGUARD CERTIFICATION CLASSES

**Fee: \$180 For Certification and \$105 for Re-Certification**

**Class Dates:** February 25 - 28, 2021  
March 11 - 14, 2021  
March 18 - 21, 2021  
April 15 - 17, 2021  
May 13 - 16, 2021  
May 27 - 30, 2021  
June 3 - 6, 2021

**\$50 Non Refundable  
deposit for  
cancellations within  
one week of class.**

### 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:** April 2nd & 3rd, 2021  
May 7th & 8th, 2021

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., 4:30–7:00 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.



## 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.

<b>Day/Time</b>	Mon.-Fri. 9:00 am-11:30 am, 6:00 pm - 8:30 pm
<b>Ages</b>	All Ages are Welcome
<b>Fee</b>	FREE for Members; Non-Members Purchase a Day Pass \$7



# SPORTS AND PLAY

## PRESCHOOL OPEN GYMNASTICS (Currently Closed)

Play time for kids and parents! An adult must accompany children.

<b>Day/Time</b>	Mon., Wed. & Fri., 10:00-11:00 a.m.
<b>Ages</b>	Walking to 5 years old
<b>Fee</b>	Member, Complimentary; Non-Member, \$10 per Family

## OPEN GYMNASTICS (Currently Closed)

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

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

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## TAEKWONDO

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

<b>Fee</b>	Member, \$7.00 per class Non-Member, \$12.00 per class
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For ages 5 years old and up.

### Beginner Taekwondo

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

<b>Day/Time</b>	Saturdays, 12:00 pm - 12:30 pm
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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.

<b>Day/Time</b>	Saturdays, 12:30 pm - 1:00 pm
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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?



2018 Volunteer & Donor Breakfast

Fill out the volunteer application at [www.vincennesymca.org](http://www.vincennesymca.org).



# YMCA Betty 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



**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



**The Bettye J. McCormick Senior Center is currently closed.**

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 (Not available at this time)

## 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**



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**Outside of City**

**CALL:**

**1-812-886-3381**

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



# **WELCOME BACK**

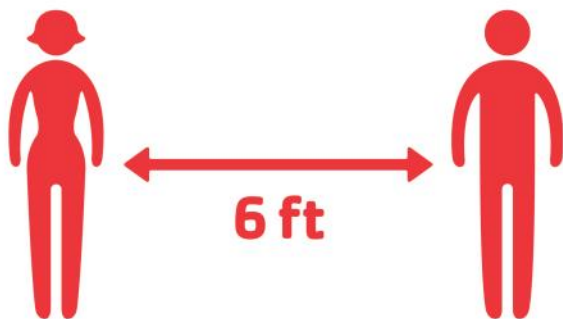




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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAINTAIN A HEALTHY ENVIRONMENT

Please use social distancing  
guidelines throughout the  
facility. **THANK YOU**



The YMCA of Vincennes  
2010 College Ave.  
Vincennes, IN 47591

P: 812-895-9622  
W: [www.vincennesymca.org](http://www.vincennesymca.org)  
E: [info@vincennesymca.org](mailto:info@vincennesymca.org)

