



GIVING HOPE FOR THE FUTURE

The YMCA of Vincennes Annual Fundraiser



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

P: 812-895-9622
 W: www.vincennesymca.org
 E: info@vincennesymca.org



FOR A BETTER US.



YMCA OF VINCENNES
Program Guide
August 1 - October 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

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**FOR YOUTH DEVELOPMENT®
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**FOR YOUTH DEVELOPMENT®
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**BECOME A SENIOR
CENTER ANGEL**

The Bettye J.
McCormick Senior
Center needs **YOUR**
support!



A \$20 donation will guarantee that the senior center will be able to continue to provide supportive services in a safe, engaging setting.

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

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



Download our free mobile app!



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STAFF

info@vincennesymca.org

Patrick Herman, Chief Operating Officer
Rebecca Richardville, Marketing Director
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
Wellness Coordinator
Ron Thompson, Maintenance Director
Rebecca Pinnick, VanGo Director

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membership@vincennesymca.org
tsanders@vincennesymca.org
wellness@vincennesymca.org
rthompson@vincennesymca.org
rpinnick@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 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.

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.

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.

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

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.

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



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.

SPORTS AND PLAY

PRESCHOOL OPEN GYMNASTICS (Currently Closed)

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 (Currently Closed)

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, \$7.00 per class
Non-Member, \$12.00 per class

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.

Day/Time Saturdays, 12:00 pm - 12:30 pm

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 Saturdays, 12:30 pm - 1:00 pm

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.



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 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**
- **Family Swim:** Family swim times are available. Please contact Tiffany Petts at: tpetts@vincennesymca.org if you have any questions.
- **Private Swim Lessons:** Please contact Tiffany Petts to schedule private swim lessons. 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

Day of Caring Lunch

September 24, 2021

11:00 am to 1:00 pm

\$7.00 Plates at the Ronald G. Brown Shelter House.



Red Cross Blood Drive

October 13, 2021

11:00 am to 4:00 pm Gym #2



Co-Ed Volleyball

Starts October 21, 2021

\$300 Registration Fee

Grab registration form at the front desk.

Youth Basketball Registration

Starts January 15, 2022

Fee: \$55 For Members, \$85 Non-Members

*Financial Assistance Available

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.

Day/Time

Mon.-Fri. 9:00 am-11:30 am, 6:00 pm - 8:30 pm

Ages

All Ages are Welcome

Fee

FREE for Members; Non-Members Purchase a Day Pass \$7



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

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

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

Group Rate

Fee (1–4 Sessions)

1/2 Hour	\$40 each
1 Hour	\$55 each

Fee (5+ Sessions)

1/2 Hour	\$20 each
1 Hour	\$30 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 Monday - Friday 7:00 am to 8:30 am
Fee \$15



Download our FREE mobile app for schedules at your fingertips!

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: No upcoming classes at this time

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.

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

Recertification Dates:

No Upcoming Classes at this time.

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.

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
Aug 16 - September 13 No Class Labor Day	August 17 - September 9, 2021	August 14 - October 2 2021
Sept 27 - Oct 20th 2021	September 28 - October 21, 2021	October 2 - November 20, 2021
Nov 1st - Nov 29th 2021	November 2 - November 30, 2021	
No Lessons on November 24, 2021	No lessons on November 25, 2021	8 Children in each session with 4 to a group, with 1 Swim instructors per group.

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

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 TBD for 2022

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

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



Core Focus

Focus on your core in this interval class that focuses entirely on your core without all the crunches!

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 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.

SEE AQUATICS FOR WATER CLASS DESCRIPTIONS.