



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



A YEAR FOR NEW ADVENTURES

YMCA OF VINCENNES
Winter/Spring Program Guide
January 1- April 30, 2014

WELCOME

According to the Chinese Zodiac Calendar, 2014 is the Year of the Horse. Although horses are characterized as possessing boundless energy and ambition, they have a hard time belonging. That is not the case if they could join our Y family, as we welcome all zodiac signs! Our Y offers a great opportunity to expand your social network by joining long-time friends and by making new ones. We encourage everyone to make small changes to improve their health. Try a fitness class to expand your workout. Build endurance and a healthy heart by swimming laps. Volunteer to coach a youth sports team or help out at one of our special events.

2014 is the year for new adventures. My personal new adventure begins with my retirement March 1. I hope I am remembered for serving our Y and our community with integrity and a passion for our mission. I am positive our Board of Directors' Transition Team will choose a great successor who models our four character values of Honesty, Respect, Responsibility, and Caring, and I trust the Y's new leader will have the same wonderful support of staff and our community that I have enjoyed. And for that, I remain truly thankful.

-Brenda Cummings,
Chief Executive Officer



YMCA OF VINCENNES

2010 College Avenue, Vincennes IN 47591

P 812.895.9622 W vincennesymca.org

WINTER 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.

HOLIDAY HOURS

January 1	New Year's Day	Closed
April 20	Easter	Closed

REC ROOM HOURS

Monday-Friday	4:00 p.m. – 7:00 p.m.
Saturday	10:00 a.m. – 2:00 p.m.

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OUR MISSION

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

STAFF

Brenda Cummings	CEO	Ext. 19	bcummings@vincennesymca.org
Bridgett Bilskie	Marketing Director	Ext. 15	marketing@vincennesymca.org
Nola Davis	Senior Center Director	882-2285	nola@bettyejmccormick.org
Bill Davis	Youth & Family Director	Ext. 21	bdavis@vincennesymca.org
Jill Harrison	Child Development Center Director	Ext. 26	jharrison@vincennesymca.org
Jennifer Holscher	Membership Director	Ext. 16	jholscher@vincennesymca.org
Susie Land	Director of Business Operations	Ext. 10	sland@vincennesymca.org
Clint Roesler	Health Innovation Director	Ext. 23	fitness@vincennesymca.org
Tiffany Petts	Aquatics Director	Ext. 37	tpetts@vincennesymca.org
Ron Thompson	Facilities & Property Manager	Ext. 33	rthompson@vincennesymca.org
Kimberly Bouillet	Group Exercise Coordinator	Ext. 24	grouplex@vincennesymca.org
Kristin Doyle	Adult Day Service Coordinator	882-2285	kdoyle@vincennesymca.org
Mike Hickman	Youth Sports Coordinator	Ext. 22	youthsports@vincennesymca.org
Leslie Root	Gymnastics Coordinator	Ext. 34	lroot@vincennesymca.org
Michele Shake	VanGo Transportation Coordinator	886-3381	mshake@vincennesymca.org

JOIN OUR CAUSE

Jennifer Holscher
Membership Director
Ext. 16

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 to have fun and spend quality time with each other.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Children and teens play, learn who they are and what they can achieve.
- Communities thrive because neighbors support each other and give back.

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. Contact Ryne Vories about financial assistance. It's easy to apply and, thanks to our generous donors, we do everything we can to create a place for everyone.



LET'S CONNECT

Visit www.vincennesymca.org to enroll in programs, renew your membership, give to the Y and more. Or stay connected on:



Program Fees

All program fees must be paid in full at enrollment. A \$5 late fee will be added after the deadline.

Program Punch-Cards

All punch-cards for programs are non-transferable, non-refundable and valid for a period of six months.

Program Enrollment

Enrollment is on a first-come first-served basis.

Membership Rates	Joiner Fee	Monthly Fee
Youth (0-18)	\$12.00	\$12.00
Young Adult (19-24)	\$12.00	\$23.00
Adult	\$30.00	\$35.00
Family	\$48.00	\$49.00
Senior (60+)	\$30.00	\$33.00
Senior, Family	\$48.00	\$45.00
Walking (19+)	\$12.00	\$12.50
Genesis Center (Additional Fee)		\$15.00

Family: Two adults living in the same household and all IRS allowable tax dependents, up to and including the age of 24.

The Y offers two payment options, annual full pay and monthly e-pay from your debit or credit card or checking or savings account. You may cancel your membership anytime with a 15-day written notice.

BE OUR GUEST

Visit us to begin your journey toward a healthier you. Limited day passes are available for guests.

Fee:

Youth (Ages 0-18):	\$5
Adult (Ages 19+):	\$7
Family:	\$10

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, cheering on runners at a 5K race, helping out in the office, raising funds for those in need or teaching kids to garden. The Y is a nonprofit like no other. To take an active role in strengthening your community as a volunteer, contact Sarah Lowe at slowe@vincennesymca.org or ext. 13.

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.

HEALTHY LIVING AT THE Y

Keep moving, 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. Purchase a fitness card to participate. Your first class is free!

Body Blast

Cardiovascular conditioning with intervals of strength and core work. Format varies on instructor's choice.

Body Sculpt

Strength and toning for the entire body using stability balls, dumbbells and resistance tubing. All fitness levels welcome and especially well-suited for beginners.

Cardio KickStart

Combines step, kickboxing, aerobics, resistance training and stretching for a well-rounded workout with an easy to follow format.

Cycle45

Enjoy an indoor, non-impact cardiovascular workout that strengthens and tones the lower body. Journey across fast flat roads, rolling hills and slow climbs. New students should arrive early for bicycle set-up.

Fit Mommy

For new moms, burn calories while spending time with your child! A cardio and strength workout followed by social time. For those with children ages 6 weeks to 3 years, bring a blanket for your child.

FitStrong

Ready to up your game? High energy cardio interval training combining a variety of strength, power and fun. It will leave you breathless!

TRI Challenge

Train with us to complete a triathlon. Includes swimming, cycling, running, strength training and flexibility.

Yoga

Integrate mind and body through movement to increase flexibility, strength and balance.



SilverSneakers®

The YMCA of Vincennes is a participating location for SilverSneakers, an exercise and wellness program that helps older adults enjoy healthy, active lifestyles. SilverSneakers classes are for the fit and active as well as those who are unfamiliar with group exercise. SilverSneakers classes are free to SilverSneakers members, and are open to others by purchasing a fitness card. SilverSneakers members may take other fitness classes at the Y by purchasing a fitness card. Visit us to find out if you are eligible.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises that will increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

Day/Time Tues. & Thurs., 10:00-11:00 a.m

SilverSneakers® Yoga

A series of seated and standing yoga poses using chair support will help you safely increase flexibility, balance and range of movement. Restorative breathing exercises and relaxation promote stress reduction and mental clarity.

Day/Time Mon. & Wed., 11:00 a.m.-11:45a.m.

FITNESS CARDS

1 Class	Member	\$3.00 each
2-15 Classes	Member	\$2.50 each
16 Classes	Member	\$35.00
1 Class	Non-Member	\$5.50 each
2-15 Classes	Non-Member	\$5.00 each
16 Classes	Non-Member	\$72.00

ACHIEVE A HEALTHY BALANCE

FITNESS

Clint Roesler
Healthy Lifestyles Director
Ext. 23

12-Week Fitness Challenge

Ready to get started? Come to the Y for a wellness evaluation and lifestyle assessment. With the help of a trainer, establish goals and an exercise program. Meet weekly to check your progress and monthly for a wellness evaluation. **Y members only.**

Fee \$30

Personal Training

One-on-one training with an Exercise Physiologist and customized routines to help you reach your full potential.

Fee (1-4 Sessions)

Member	1/2 Hour	\$20 each
Member	1 Hour	\$30 each
Non-Member	1/2 Hour	\$35 each
Non-Member	1 Hour	\$60 each

Fee (5+ Sessions)

Member	1/2 Hour	\$15 each
Member	1 Hour	\$25 each
Non-Member	1/2 Hour	\$35 each
Non-Member	1 Hour	\$60 each

Health Assessment

Take 45 minutes for a series of tests to measure your strength and aerobic fitness. Includes body fat percentage, height, weight and blood pressure. Call Clint Roesler to schedule.

Fee Member, \$15
Non-Member, \$30

Active Hearts

In partnership with the Dayson Heart Center, a post-hospital cardiac rehab program for those who have had heart problems or are at risk. Class monitored by a nurse and exercise physiologist. To register, call the Dayson Heart Center at 885-3125. **Financial assistance available.**

Day/Time Mon., Wed. & Fri., 6:45-8:00 a.m.
Tues., Thurs., 12:45-2:00 p.m.
Fee Member, \$25
Non-Member, \$35

SWIM

Tiffany Petts
Aquatics Director
Ext. 37

For over a century, our Y has been teaching people to swim. Stay healthy and active with our 25-yard lap swim pool and warm-water therapy pool. Schedules are available at the front desk or vincennesymca.org.

SWIM SESSION DATES

Each session runs 4 weeks with 8 classes. Your choice of Mon. & Wed., Tues. & Thurs., or Sat. Minimum enrollment of four required to run classes.

Monday & Wednesday	Tuesday & Thursday
Jan. 6-Jan. 29	Jan. 7-Jan. 30
Feb. 3-Feb. 26	Feb. 4-Feb. 27
Mar. 3-Mar. 26	Mar. 4-Mar. 27
Mar. 31-April 23	April 1-April 24

Saturday

Jan. 11-Mar. 1
Mar. 8-April 26

Youth Swim Lessons

Children become comfortable in the water and progress through swimming movements according to the child's abilities so that they can swim independently. Children learn floating, kicking, water safety, back stroke, breast stroke and rotary breathing while building self-confidence.

Day/Time	Mon. & Wed., 6:00-6:30 p.m. Tues. & Thurs., 6:00-6:30 p.m. Sat., 10:00-10:30 a.m.
Ages	3 years and older
Fee	Member, \$50 Non-Member, \$70

Parent & Child Swim

Helps children become comfortable in the water and teaches swimming readiness activities. Parents bond with their child through songs and fun activities. March and April sessions only.

Day/Time	Tues. & Thurs., 6:00-6:30 p.m.
Ages	6 months to 3 years old
Fee	Member, \$45 Non-Member, \$65

FOR SOCIAL RESPONSIBILITY:

Did you know the Y provides free water safety classes to area 3rd graders? We are committed to keeping our youth safe.

WATER FITNESS CLASSES

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.

Day/Time **Cardio Aquacise**
Mon., Wed., Fri., 10:00-10:50 a.m.
Tues., Thurs., 5:00-5:50 p.m.

Arthritis Aquacise
Tues., Thurs., 10:00-10:50 a.m.

Fee Purchase a Water Fitness Card.

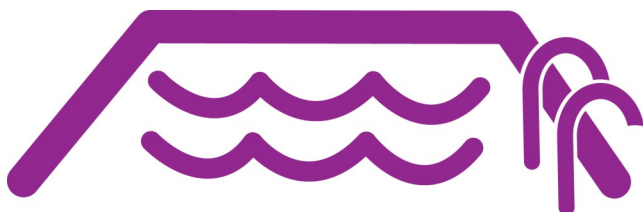
WATER FITNESS CARDS

1 Class	Member	\$3.00 each
2-15 Classes	Member	\$2.50 each
16 Classes	Member	\$35.00
1 Class	Non-Member	\$5.50 each
2-15 Classes	Non-Member	\$5.00 each
16 Classes	Non-Member	\$72.00

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, \$14 per ½ hour
2 Members, \$20 per ½ hour
Non-Member, \$20 per ½ hour
2 Non-Members, \$26 per ½ hour



12-Week TRYathlon Training

Train at the Y for the 8th Annual TRY Knox County triathlon on June 8, 2014. Swimming, biking, running, core and strength training for all fitness levels. **Open to men and women.**

Session Dates **March 19-June 7**
Day/Time Wed., 5:30-7:30 p.m.
 Sat., 8:00-10:00 a.m.
Fee Member, \$80
 Non-Member, \$150

TRYathlon Swimming Class

Learn to swim more efficiently while improving endurance for the remainder of a triathlon. **Open to men and women.**

Session Dates April 15-May 8
Day/Time Tues. & Thurs., 6:30-7:15 p.m.
Fee Member, 2x weekly, \$50
 Non-Member, 2x weekly, \$85

Lifeguarding + Professional Rescuer with AED Training

The Y offers all courses necessary to become a lifeguard certified by the American Red Cross. Must be able to swim 300 yards without stopping.

Day March 6-9, April 3-6, May 15-18
Time Thurs. 6:00-10:00 p.m., Fri. 5:00-10:00 p.m.,
 Sat. 9:00 a.m.-4:30 p.m.,
 Sun. 8:00 a.m.-3:00 p.m.

Ages 15 and older
Fee \$175

Professional Rescuer CPR/AED

Prepare yourself to respond to an emergency. Includes adult, child, and infant CPR and rescue breathing. Must register by the Thursday prior to class on Saturday.

Day March 8, April 5, May 17
Time 10:00 a.m.-3:00 p.m.
Fee \$65 (includes pocket mask)
 \$50 (without pocket mask)

With a focus on fun, gymnastics at the Y inspires confidence and a love for physical activity.

GYMNASTICS SESSION DATES

Classes run on monthly sessions. Minimum enrollment of five to hold class. No credit issued for missed classes. Make up days available.

Preschool Gymnastics

Little ones develop coordination, balance, strength and body awareness. Includes circle time, songs and stretches. An adult must accompany children.

Day/Time	Mon./Wed., 5:30-6:00 p.m. Tues./Thurs., 3:30-4:00 p.m.
Ages	Walking to 5 years old
Fee	Member, \$20 per month Non-Member, \$40 per month

Gymnastics Team

Gymnasts learn routines and skills developed by USAG, compete in area meets and perform at local events. Evaluation required. **Y MEMBERS ONLY.**

All Levels

Fee	\$35 per month
Day/Time	Tues./Thurs., 4:30-6:30 p.m.

Recreational Gymnastics

Fun and fitness is the emphasis, as kids learn proper positions and techniques for the floor, bars, beam and vault. Skills include backbends, handstands and cartwheels.

Day/Time	Mon., 4:30-5:30 p.m. Wed., 5:30-6:30 p.m.
Ages	6 years and older
Fee	Member, \$30 per month Non-Member, \$60 per month



Recreational Tumbling

Teaches floor skills and strength training drills including handstands, cartwheels, round-offs and backhandsprings.

Day/Time	Mon., 6:30-7:30 p.m.
Ages	6 years and older
Fee	Member, \$30 per month Non-Member, \$60 per month

Open Gym

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

Day/Time	Fri., 6:00-7:00 p.m.
Ages	10 years and younger (with parent)
Fee	Y MEMBERS ONLY , complimentary

Preschool Open Gym

Play time for kids and parents! Y staff are on hand for instruction. An adult must accompany children.

Day/Time	Wed., 9:00-10:00 a.m.
Ages	Walking to 5 years old
Fee	Member, complimentary Non-Member, \$5 per family visit

Private and Semi-Private Lessons

For convenience, to focus on specific gymnastics and tumbling skills, to accelerate learning or to build confidence. Contact Leslie Root to schedule.

1/1 Private Lessons

Member	1/2 hour	\$15
Member	1 Hour	\$23
Non-Member	1/2 Hour	\$19
Non-Member	1 Hour	\$29

2/1 Semi-Private Lessons

2 Members	1/2 Hour	\$21
2 Members	1 Hour	\$33
2 Non-Members	1/2 Hour	\$27
2 Non-Members	1 Hour	\$42



INVEST IN THEIR FUTURE

Sponsor a Y Youth Sports team. The Y teaches kids of all abilities and backgrounds fundamentals, sportsmanship and teamwork. Become a sponsor and help kids realize their potential on and off the field. Sponsorships lower the cost of our programs so we can ensure the lowest possible fees for participants. In exchange for your \$100 tax deductible donation, your company logo or business name will be displayed on team t-shirts.

Youth Indoor Soccer

Draft/Practice Week of March 3
Day/Season Sat., March 22– April 26
Fee Member, \$35
Non-Member, \$60
Late Fee, \$5 (starts Feb. 4)

Pee-Wee Indoor Soccer (Ages 3-5)

Children learn foot-eye coordination, basic soccer skills, fair play and teamwork in a non-competitive and fun atmosphere. This league practices for 20-30 minutes and plays 20-30 minutes of scrimmage on a half court with regulation goals.

Youth Indoor Soccer (Grades K-8)

Children learn basic soccer skills, fair play and teamwork playing 6 v. 6. Kids practice weekly for eight weeks with games on Saturdays. Youth soccer teams play full court with regulation goals.

Pee-Wee Baseball

An introduction to the game of baseball, this six week session teaches sportsmanship and focuses on fundamentals and rules of baseball: how to hit, catch and throw. Fee includes a team t-shirt, hat and trophy.

Draft/Practice Week of April 28
Day/Season Sat., May 10– June 21
Ages 3-6 years old
Fee Member, \$40
Non-Member, \$75
Late Fee, \$5 (starts April 15)



Taekwondo

Purchase a punch card to register. Contact Max Strate, Fifth Degree Black Belt.

Fee Member, \$6.50 per class
Non-Member, \$11.50 per class

Beginner Taekwondo

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

Day/Time Wed., 5:00-5:30 p.m.

Advanced Taekwondo

For those who want to further develop their skills. Learn stretches, kicks, punches, belt forms and self-defense. Weapons training is also available after appropriate rank is achieved.

Day/Time Wed., 5:30-6:30 p.m.

Fun Days

Have your field trip at the Y. Choose from activities including gymnastics, swimming and fitness sport games. Contact Bill Davis at ext. 21.

Parents Night Out

Parents need time, too. Once a month, younger kids enjoy activities including gymnastics, swimming and more. Contact Bill Davis at ext. 21 for dates.

Day/Time Sat., 6:30-9:00 p.m.
Ages Grades K-5
Fee Member, \$8 per child,
\$5 each additional sibling
Non-Member, \$15 per child,
\$10 each additional sibling

REC ROOM

A space for everyone! With staff supervision at all times, Y Members 7 years and older can play games, do homework, and hang out with family and friends. Enjoy air hockey, arcade basketball, ping-pong, video gaming, board games, computers, and more! Visit us Mon.-Fri., from 4:00 p.m.-7:00 p.m. and Sat. from 10:00 a.m.-2:00 p.m.

CHILD CARE 6 WEEKS-6 YEARS

Jill Harrison
Child Development
Center Director
812-886-9077

YMCA EMMA ALLEN CHILD DEVELOPMENT CENTER

Our Center, licensed to care for children by the State of Indiana, features high quality child care in a safe and loving atmosphere.

- Full Preschool Curriculum
- Level 3 in Paths to QUALITY, a voluntary child care quality rating
- Children two years and older take part in swimming and gymnastics once a week.
- Healthy snacks and meals
- Parent-teacher conferences



Our Center uses the Creative Curriculum model that includes reading, writing, physical education, art, music, dramatic play, math and numbers, music and movement, nature and science and sensory play.

Morning snack, breakfast, lunch and afternoon snack, are included in the daily fee. Families with more than one child in the program receive a 20% discount for each sibling after the youngest child. Minimum attendance of three days for all ages.

Day/Time	Mon.-Fri., 6:00 a.m.-6:00 p.m.
Ages	6 weeks to 6 years
Registration Fee	\$25, non-refundable

Daily Fee

Age	Member	Non-Member
Infants	\$28	\$31
Young Toddlers	\$25	\$28
Toddlers—5 Days	\$24	\$27
Toddlers—4 Days	\$27	\$30
Toddlers—3 Days	\$29	\$32
2 years Old—5 Days	\$24	\$27
2 Years Old—4 Days	\$27	\$30
2 Years Old-3 Days	\$29	\$32
3-5 Years—5 Days	\$22	\$25
3-5 Years—4 Days	\$25	\$28
3-5 Years—3 Days	\$27	\$30

CHILD CARE GRADES K-6

Bill Davis
Youth & Family Director
Ext. 21

Before & After School 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. **Before School Care is offered at the Y for South Knox Elementary students only.**

Registration Fee	Individual,\$30;Family,\$50	
Day	Mon.-Fri.	
Time		
Before School	6:00-7:00 a.m.	
After School	2:30-6:00 p.m.	
Daily Fee	Member	Non-Member
Before School	\$8/day	\$11/day
After School	\$8/day	\$11/day
Both Sessions	\$15/day	\$20/day

Snow Day/Holiday Child 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. Closed on Good Friday.

Registration 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)	



Child Watch

Babysitting for ages 6 weeks to 5 years old while you work out at the Y or run local errands. Purchase a Child Watch card at the front desk.

Hours	Mon.-Fri., 8:15 a.m.-Noon	
	Mon.-Thurs., 5:00-7:30 p.m.	
	Sat., 8:00-11:30 a.m.	
Fees	Member	\$2 per hour, in building
	Non-Member	\$3 per hour, in building
	Member	\$3 per hour, out of building
	Non-Member	\$5 per hour, out of building

SPECIAL EVENTS

Healthy Kids Day 5K

Commit to being healthy every day. Join us for our annual 5K and 1-mile fun run. Includes refreshments, prizes and a t-shirt. Contact Bill Davis at ext. 21.

Day/Time Sat., April 26
5K, 9:00 a.m.; 1-mile, 10:00 a.m.
Check-in, 8:00 a.m.
Ages: 5K, ages 10+; 1-mile, all ages
Fee Member, 5K, \$20, 1-mile, \$10
Non-Member, 5K, \$25, 1-mile \$15
Late Fee, \$5 (day of event)

Indoor Triathlon

This one-hour event at the Y will help you prepare for the triathlon season. Spend 15 minutes each swimming, bicycling and running. Fee includes a t-shirt and prizes. Participants race in waves at an assigned start time. Contact Bill Davis at ext. 21.

Day/Time Sat., Feb. 15, 8:00 a.m.
Reg. Deadline Mon., Feb. 10
Ages 16 and older
Fee Member, \$20
Non-Member, \$35



PARTIES

Birthday Pool Party

Let Y staff host a birthday party for your child and 11 friends! Includes 1½ hour party, cupcakes, ice cream, drinks, paper goods, set-up and clean-up, games and swimming time. Contact Tiffany Petts to schedule. **A \$20 non-refundable deposit must be paid within 48 hours of reservation.**

Ages 6+ years (unless accompanied by adult)
Fee Private party: Member \$110
Non-Member \$120
Semi-private party: Member \$80
Non-Member \$100
Each additional child, \$4

Gymnastics Birthday Parties

Your 1½ hour party includes cupcakes, ice cream, drinks, paper goods, set-up and clean-up, and a staff person on hand. Contact Leslie Root to schedule. **A \$20 non-refundable deposit is required within 48 hours of reservation.**

Ages 6+ years (unless accompanied by adult)
Fee Up to 12 children
Member \$100; Non-Member \$120
Each additional child, \$4

RENTALS

The Y is here for you, whether a family gathering, child's party or church or staff event. Contact Tiffany Petts to arrange your rental. **All rentals require a \$20 non-refundable deposit paid within 48 hours of reservation.**

Multiple Area Rental

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

Fee Member \$145; Non-Member \$170
Each Addt'l Person \$1

Lock-In

Overnight use of racquetball courts, gym 1 (includes sports wall), and 1-hour pool rental with lifeguard. The Y provides a building supervisor. Renter must provide six adults supervisors for up to 50 people. Typical time is 9:00 p.m.–6:00 a.m.

Fee Member \$280; Non-Member \$330
Each Addt'l Person \$1

Arts & Crafts Building

Full use of kitchen, restroom, tables and chairs, and outdoor playground and picnic area.

Fee Member \$50; Non-Member \$60 per hr

Rec Room Rental

Includes Y staff member on site.

Fee Member \$50; Non-Member \$60 per hr

Racquetball Court Rental

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

Gymnastics Rental

Includes Y staff member on site.

Fee Up to 20 people
Member \$60; Non-Member \$75 per hr
20 to 40 people
Member \$65; Non-Member \$80 per hr
41 to 75 people
Member \$70; Non-Member \$85 per hour

Gym Rental

Gym 1 includes sports wall. Gym 2 includes soccer goals.

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

Pool Rental

Lifeguards on duty during your rental.

Fee Up to 25 people
Member \$70; Non-Member \$85 per hr
26 to 40 people
Member \$75; Non-Member \$90 per hr
41 to 75 people
Member \$80; Non-Member \$95 per hr

Senior Center Rental

Call 882-2285 for information.

YMCA BETTYE J. MCCORMICK SENIOR CENTER

Nola Davis
Senior Center Director
812.882.2285
2009 Prospect Avenue

The Senior Center offers social, cultural, recreational, nutritional and educational programs for older adults. Visit us to learn how we can help you stay connected and remain independent.

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. 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
Comprehensive on-site medical assistance
Escort service to Doctor's appointments
Medication administration
Outings and exercise
Private sitting and dining
Respite care
Two meals and daily snack
Weekly health review
Assistance with personal goals



Payment options include: VA, BDDS, Choice, Medicare Waiver, private payment, private insurance and more.

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., Noon
Ages	60+
Fee	\$1



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
Glucose Screening
Flu/Pneumonia Clinic
Support Groups

WOODWORKING SHOP

A full-service shop open to the public for your wood-working needs and repairs. Custom-built pieces are available. The shop is open for ages 60+ to work on their projects and hobbies.

Day/Time Mon.-Fri., 9:00a.m.-1:00p.m.

HEALTH & RECREATION

Stay active and connected with Senior Center programs, services and clubs. Call or visit for more information:

Bingo	Birthday Parties
Book Club	Frogger's Crochet Club
Computer Lab	Exercise equipment
Crafts	Euchre Club
Grandmother's Club	Travel Group
Storytime	Thursday's Senior Scrappers
Red Hat Society	Hand Bell Choir – Senior Center Singers & Ringers

VanGo

CALL TO SCHEDULE
812.886.3381

Safe, reliable, convenient and handicapped accessible bus service for everyone. 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	Mon.-Fri.
Time	7:00 a.m. – 5:00 p.m.
Phone	812.895.9622

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.

Our drivers are ready to help! Please let our dispatchers know if you need assistance getting to and from the van or if you require an aide to assist you during the ride.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**WE CAN DO
SO MUCH MORE
BECAUSE OF**



The Y. So Much More

Annual Campaign

To find out how to support our cause, contact Brenda Cummings at 812.895.9622.