

# YMCA OF VINCENNES WINTER NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CELEBRATING 100 YEARS

In 2012, our Y will celebrate 100 years of continuous service to our community. Although the first meeting of the YMCA of Vincennes was February 25, 1867, it was *officially* founded March 8, 1876. The cornerstone for a permanent home was laid July 10, 1912 at the corner of 4<sup>th</sup> and Broadway. The cornerstone now has a special spot at our front entrance. Staff and volunteers are planning a year of special activities and recognition, while celebrating Youth Development, Healthy Living, and Social Responsibility. Do you have a special memory, photo, or bit of history you wish to share? If so, please contact us at 812.895.9622. Let the celebrations begin!

*Brenda Cummings, CEO*

## PLANTING SEEDS FOR FUTURE GENERATIONS

### Camp Green Project Moves Forward

Connecting neighbors to nature and each other, Camp Green will increase the play area for YMCA Summer Camp and promote environmental education. In 2011, Toyota and Vectren Foundation awarded grants of \$5,000 and \$2,500 to the project. Before development began, invasive and non-native species were removed. On the Day of Caring, United Way volunteers planted over 100 trees. For his Eagle Scout project, Ben Young designed a trail system. With help from his fellow Scouts, the trails became reality in November. Watch for a bridge, rain garden and low ropes course in 2012. Special thanks to the Knox County Soil & Water Conservation District for their ongoing support.

**WINTER HOURS**  
**MON-FRI: 5:30AM-9PM**  
**SAT: 6AM-6PM**  
**SUN: 1PM-6PM**

**Winter Program Books**  
**Arrive Mid-December**

**YMCA OF VINCENNES**  
**2010 College Avenue**  
**812.895.9622**  
**[www.vincennesymca.org](http://www.vincennesymca.org)**



*Volunteers Jeff O'Hara, Steve Blinn, Jed Lange and Dan Marczak plant trees at the YMCA Camp Green site on the United Way Day of Caring.*

## WINTER CALENDAR

Indoor Triathlon	Feb. 18
Healthy Kids Day	April 28

## HOLIDAY HOURS

Christmas Eve	CLOSED
Christmas Day	CLOSED
New Year's Eve	6-10AM
New Year's Day	CLOSED
Easter, April 8	CLOSED

## A GIFT THAT KEEPS ON GIVING

### YMCA Membership

Give your friends and family a YMCA gift card this holiday season. Cards may be used for membership, programs or merchandise. To purchase a gift card, stop by our front desk. Happy holidays from our staff!

## SPLASH RIDE AND DASH

### Indoor Triathlon for Men & Women

Have you made a New Year's Resolution to complete a triathlon? Start training now with this one-hour event featuring 15 minutes each of swimming, bicycling and running. Men and women ages 16 and older – join us at the Y on Saturday, February 18. Fee includes a t-shirt and prizes. In partnership with Back2Health. Contact Bill Davis, ext. 21.

### Healthy Kids Day is April 28, 2012

Mark your calendars now for our next 5K Family Fun Run/Walk. A 1-Mile Fun Run/Walk for all ages follows. Enjoy healthy snacks and share time with family and friends. Winners receive a YMCA membership. Fee includes a t-shirt. For information, or to volunteer, contact Jen Holscher, ext. 16. Sign up at the front desk or register online.

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## FOR YOUTH DEVELOPMENT

### Youth Indoor Soccer

Children ages 3-13 learn basic soccer skills, fair play and teamwork while having fun. Season starts Feb. 25. Contact Mike Hickman at ext. 22.

### Cheer for Christmas Camp

Parents, finish your shopping while the kids learn and play at our holiday camp. Choose from a Cheer Clinic, Tumbling Clinic or a Gymnastics Clinic, or attend all three. Camp takes place on Sat., Dec. 10 starting at 10:00 a.m. Each session last two hours. Contact Krisi Mattingly at ext. 34.

## FOR SOCIAL RESPONSIBILITY

### Vincennes Van-Go

Safe, reliable, convenient and wheelchair accessible bus service for everyone. Van-Go will take you wherever you need or desire, no matter your age or abilities. Call 812.886.3381 to schedule your ride.

## A PLACE FOR EVERYONE Financial Assistance

We believe that everyone should have the opportunity to be healthy, connected and secure regardless of his or her income. That's why we make the Y accessible to everyone even if they are unable to pay the full fee. To learn about financial assistance for membership and programs, contact Elizabeth Pendley at ext. 15.

## FOLLOW US

### Be A Fan

Like us on Facebook and stay in the loop. Visit [facebook.com/vincennesymca](http://facebook.com/vincennesymca)



### Connect Online

Renew your YMCA membership, donate, register for classes and more. Contact Jen Holscher at ext. 16.

## HEALTHY STARTS HERE Fitness Classes for All

Our **Rise and Shine Cycling** class now meets twice a week. Join us on Mondays and Wednesdays at 5:30 a.m. Maximize your water workout at **Aqua Boot Camp** on Tuesdays at 5:15 p.m. New for older adults, **Cardio Fit**, meets on Wednesdays at 10:00 a.m. Training for a triathlon? Take the **TRI Challenge** on Wednesdays at 5:30 p.m. and Saturdays at 8:00 a.m. Is dance your thing? Try a **Zumba®** class on Mondays or Thursdays at 5:30 p.m.

A complete schedule of classes may be found on our website [www.vincennesymca.org](http://www.vincennesymca.org) or at the front desk. For your convenience, visit us and purchase a punch card to attend. Remember, your first class is free. Contact Kim Keyes at ext. 24.

*The Y Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

Your YMCA membership is an investment in our community and allows us to continue our inherited legacy. Thank you.

