



Vincennes YMCA

We build strong kids, strong families, and strong communities.

2010 College Avenue 812-895-9622 www.vincennesymca.org

We Celebrate Our 99th Year in 2010

Autumn at our YMCA has been filled with many activities in addition to our regular programming. We celebrated Healthy Family Home with a week of family activities planned by our dedicated Program Directors. The theme for our annual Prayer Breakfast, "Striving for Global Citizenship for All", reminded us that we are part of a greater, world-wide YMCA movement, providing services in 122 countries. Parent Night-Out plus the 5th Quarter offer alternative "what can I do?" activities for youth of all ages. The Trotting Turkey race and fun run remains a popular family activity. The YMCA McCormick Center continues to provide a wide range of services for older adults as well. Do you know that our mission focuses on the holistic development of children and youth, family strengthening, and health and well-being **for all**? The YMCA is so much more than a "gym and swim". As we look forward to 2010, our 99th year of continuous service to our community, we are blessed to have you as a member! Share our good news with others! Invite friends to join you! And Merry Christmas and Happy New Year!

Brenda Cummings, CEO

Winter/Spring 2010 Calendar

Indoor Triathlon	Feb 20
Tree Planting	March 27
Healthy Kids Day Fun Run:	April 17
Family Camp Out	April 24
Bicycle Workshop	May 1
Christmas Eve, Dec. 24:	6-10AM
Christmas, Dec. 25:	CLOSED
New Year's Eve:	6-10AM
New Year's Day:	CLOSED
Easter, April 4:	CLOSED

Give the Gift of YMCA Membership

Give the gift of health to a friend or family member this holiday season with a YMCA membership. Or give swim lessons or fitness classes. Stop by the front desk or contact Kim Keyes, ext. 13 to learn more.



The Stanley Family at the 2009 YMCA Trotting Turkeys Fun Run

Improvements to the YMCA Facilities & Grounds

Ever wonder who works behind the scenes at the YMCA to keep the pool temperature constant, the grounds mowed? Who oversees the installation of a new roof? That would be Ron Thompson, Facilities & Property Manager, with guidance from our volunteers on the House & Grounds Committee. Improvements at the Y this year include installation of an ADA compliant entry door to the warm water therapy pool, made possible by a grant from Vectren Foundation. We completed an ADA compliant restroom addition to our Arts & Crafts Building with funds from the Knox County Community Foundation and Rotary. We also built a new retaining wall for our Childcare Development Center. Thanks Ron!

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

WINTER/SPRING PROGRAM
BOOKS ARRIVE
IN MID-DECEMBER

Stop by the YMCA.
Or visit our website:

www.vincennesymca.org

"My country is the world and my religion is to do good"

Thomas Paine



Prayer Breakfast Celebrates Global Citizenship

With the theme "Striving for Global Citizenship for All", the YMCA Christian Emphasis Committee celebrated the annual Prayer Breakfast with the community. The Vincennes University Gospel Choir entertained and inspired the audience, while VU international student Cherry Fung spoke on the value of volunteers and student James Cheng spoke of his involvement in the Hong Kong YMCA. Reverend Dr. Kate Lambertson delivered an international message of caring for our neighbors throughout the world. The YMCA asks everyone to reach out to the less fortunate this holiday season.



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Indoor Triathlon for Men & Women

Have you made a New Year's Resolution to complete a triathlon? Start training now for this one-hour event at the YMCA with 15 minutes each swimming, bicycling and running. On Saturday, February 20th, the YMCA will lead its first indoor triathlon for men and women ages 16 and older. Volunteers needed. An information session will be held prior to the event. Contact Bill Davis, ext. 21.

Healthy Kids Day is April 17, 2010

Mark your calendars now for our next 5K Family Fun Run/Walk. Once again, a 1-Mile Fun Run/Walk for all ages and abilities will follow. Enjoy healthy snacks and share time with family and friends. Contact Jen Holscher, ext. 16.

Membership Rates Increase January 1

New YMCA membership rates take effect on January 1, 2010. For those on monthly e-pay, make sure to budget appropriately. Contact the front desk for current rates. Your membership fees ensure that our YMCA continues to offer our programs, outreach, facilities and grounds to all.

**LIVE GREEN.
PLEASE RECYCLE THIS NEWSLETTER.**



Meet Carrie Staggs, Group Exercise Coordinator

This past summer, the YMCA named Carrie Staggs the new Group Exercise Coordinator. She has been busily organizing new classes, including Zumba, Butts 'n' Guts, and Forever Fit.

Carrie earned a Bachelor of Science in Elementary Education, and a Masters in Educational Administration. A school teacher and coach for eight years prior to starting a family and coming to the YMCA, Carrie brings a love of sports and fitness to the Y. She started working at the Y as a babysitter and then helped teach the TRI Challenge fitness class. This past summer, she volunteered her time to help organize our successful and first-ever Kids Triathlon.

"I look forward to making group exercise accessible to more people, meeting new people, and improving the health of our community," said Carrie.

Bicycle Workshop is May 1

Is your helmet fitted properly? What is the best setting for your bicycle seat? Are you using your gears efficiently? Do your children know hand signals and basic bicycle safety? Bicycle experts will be on hand from 10 a.m. to noon to answer questions, adjust bicycles and helmets, inflate tires and provide information. Group rides for various levels will depart from the YMCA at noon. Bring your family and friends to prepare for a summer of bicycle riding! Contact Jen Holscher, ext. 16

YMCA 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.