

Winter Issue
January 1, 2010 - April 30, 2010

VINCENNES FAMILY YMCA



2010 College Avenue • Vincennes, IN 47591 • (812) 895-YMCA

www.vincennesymca.org

We build strong kids, strong families, strong communities.

VINCENNES FAMILY YMCA

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

Message from CEO

Welcome to our YMCA! As a health-seeker, you hold in your hands an opportunity for help in continuing (or beginning!) the road to reaching your optimum physical, mental, and spiritual health. We are proud to offer programming possibilities for the entire family, whether they are sports and recreational opportunities for youth, health and wellness classes for older youth and adults, a safe and nurturing climate in the Child Development Center as well as After-school Care, or the many programs at the Bettye J. McCormick Senior Center. Our dedicated staff knows that forming connections within our YMCA family will help you on your journey to wellness and wholeness. Thank you for allowing us to be part of your lives!

Brenda Cummings, CEO



Winter Hours (January 1 - April 30)

Monday - Friday 5:00 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

Jan. 1 New Year's Day Closed
 April 4 Easter Closed

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YMCA Staff

812-895-YMCA

| | | | |
|-----------------------------|---|-------------------|-----------------------------|
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| Jane Thomas | Associate Director | Ext. 10 | jthomas@vincennesymca.org |
| Nola Davis | Senior Center Director | Ext. 11 | nola@bettyejmccormick.org |
| Bill Davis | Teen and Family Director | Ext. 21 | bdavis@vincennesymca.org |
| Jennifer Holscher | Membership Director | Ext. 16 | jholscher@vincennesymca.org |
| Steve Madden | Wellness/Fitness Director | Ext. 23 | smadden@vincennesymca.org |
| | Sports & Recreation Coordinator | Ext. 24 | smadden@vincennesymca.org |
| Tiffany Petts | Aquatic Director | Ext. 37 | tpetts@vincennesymca.org |
| Ron Thompson | Maintenance Director | Ext. 33 | rthompson@vincennesymca.org |
| Terrie Zalesak | Child Care Director | Ext. 26 | tzalesak@vincennesymca.org |
| Elizabeth Hardin | Gymnastics Coordinator | Ext. 34 | ehardin@vincennesymca.org |
| Carrie Staggs | Group Exercise Coordinator | Ext. 22 | cstaggs@vincennesymca.org |
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| Kim Keyes | Member Service Coordinator | Ext. 13 | kkeyes@vincennesymca.org |





AQUATICS

TIFFANY PETTS
Aquatic Director
ext. 37

Swim Lesson Session Dates

4 Week Sessions - 8 Classes per Session

Your choice of Monday & Wednesday
Tuesday & Thursday or Saturday classes

Monday & Wednesday

1st Jan. 11 - Feb. 3
2nd Feb. 8 - March 3
3rd March 8 - 31
4th April 5 - 28

Tuesday & Thursday

1st Jan. 12 - Feb. 4
2nd Feb. 9 - March 4
3rd March 9 - Apr. 1
4th April 6 - 29

Saturday

Jan. 16 - March 6
March 13 - May 1

Preschool Swim Lessons

This program teaches water adjustments and basic swimming skills for children 3-5 years of age. The preschool program is a progression of skills according to the child's developmental abilities and/or aquatic skills.

Days Mon. & Wed., Tues. & Thurs., or Sat.
Time . (Mon. & Wed.) (Tues. & Thurs.) 6:00 - 6:30 p.m.
(Sat.) 10:00-10:30 a.m.

Cost Y member \$45.00
Non-member \$60.00

Youth Swim Lessons

This program is for children ages 6 years and older. The classes are a progression of different aquatic skills learned throughout the seven different levels. The levels start at a beginner's stage and go through to the swim team levels.

Days Mon. & Wed., Tues. & Thurs., or Sat.
Time Mon. & Wed, 6:00 - 6:30 p.m.
Tues. & Thurs., 6:00 - 6:30 p.m.
Sat., 10:00 - 10:30 a.m.

Cost Y member \$45.00
Non-member \$60.00

Adult/Family Swim Workout

Looking for motivation for the whole family? Here it is. A class for members and non-members who want to improve their swimming skills, get back in the water after a long absence or just want to start fitness swimming for the fun of it. An adult instructor will provide guidance and workouts for beginner, intermediate and advanced swimmers, so all levels are welcome. Participants must be able to swim 25 yards without a flotation device.

Dates Jan. 4 - March 11
Days/Time Mon. & Wed., 5:15 - 6:00 p.m.
or Tues. & Thurs., 6:45 - 7:30 p.m.

Fee. Purchase a Water Fitness Card

Check with the front desk for Adult/Family Swim workout schedule after March 11.

Parent/Child Class

This class promotes water enrichment and aquatic readiness activities. This class is for children ages 6 months up to 3 years and their parents/guardians.

Days Tues. & Thurs.
Time 6:00 - 6:30 p.m.

Cost Y member \$40.00
Non-member \$55.00

Private Swim Lessons

For the youth or adult who would like a one-on-one lesson to perfect a certain skill or for the beginner who would feel more comfortable in a private lesson. Private swim lessons are made by contacting Tiffany Petts at ext. 37. Five sessions must be paid for when registering.

Fee \$13.00 per 1/2 hour for Y member
\$19.00 for 2 members
\$19.00 per 1/2 hour for non-members
\$25.00 for 2 non-members

Birthday Pool Party

Let the YMCA Aquatic staff host a birthday party for your child and 11 friends! Package includes: 1-1/2 hour party, cupcakes, ice cream, drinks, paper goods, set-up/clean-up, games & swimming time with lifeguard on duty. A \$10 non-refundable deposit must be paid within 48 hours of booking party. Reservations can be made through the Aquatic Director, Tiffany Petts at ext. 37.

Ages Preschool & up
Fee \$90.00 Private party
\$70.00 Semi-private party
\$4.00 for each additional child

For Adult Swim Lessons, please contact Tiffany Petts at ext. 37

AQUATICS

Water Fitness Cards

Water Fitness Cards may be purchased at the front desk. You may purchase as many classes as you would like to use each month.

Y Member Fees

| | | |
|-------------------------|------|---------|
| 1 class. | each | \$3.00 |
| 2-15 classes. | each | \$2.50 |
| 16 class card | | \$35.00 |

Non-Member Fees

| | | |
|-------------------------|------|---------|
| 1 class. | each | \$5.00 |
| 2-15 classes. | each | \$4.50 |
| 16 class card | | \$63.00 |

Water Fitness Classes

Our shallow water aerobic fitness classes are designed to promote cardiovascular fitness, muscle tone, endurance and flexibility without the stress on the joints! Swimming skills are not necessary. We reserve the right to cancel any class with low enrollment. Bring your friends and join in the fun. Classes run year round.

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. |
|------------------------|--------------------|

Men's Aquacise

| | |
|---------------------|-------------------|
| Mon. & Wed. | 9:30 - 10:00 a.m. |
| Fri. | 9:00 - 9:30 a.m. |

Y Member Fees

| | | |
|-------------------------|------|---------|
| 1 class. | each | \$1.50 |
| 2-15 classes. | each | \$1.25 |
| 16 class card | | \$17.50 |

Non-Member Fees

| | | |
|-------------------------|------|---------|
| 1 class. | each | \$2.50 |
| 2-15 classes. | each | \$2.25 |
| 16 class card | | \$31.00 |

American Red Cross Lifeguarding + Professional Rescuer with AED Training

The YMCA is the only facility in Knox County that offers all four courses that a person needs to become a lifeguard under one roof. A person that attends and passes the course prerequisites will be ready to lifeguard one day after the completion of the course. You must be able to attend all classes. Prerequisite testing must be done the week before and includes: 1) Perform a long shallow front dive, then swim 300 meters, including 100 yards front crawl, 100 yards breaststroke and 100 yards combination of front crawl and breaststroke without stopping. 2) Surface dive head first and feet first 8 to 10 feet of water. It is not necessary to be a Y member for this course. For more information, contact Tiffany Petts, ext. 37. Must have 5 enrolled to run class and registered prior to prerequisite testing! Class size is limited. Fee includes CPR pocket mask. *You must attend the prerequisite testing to have a place in the class.*

Dates. Training, April 15-18

Prerequisite Testing, Thurs., April 8, 6:30 - 7:30 p.m.

Training, April 29 - May 2

Prerequisite Testing, Thurs., April 22, 6:30 - 7:30 p.m.

Times. 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.

Fee. \$145.00

Professional Rescuer CPR/AED (American Red Cross Certification)

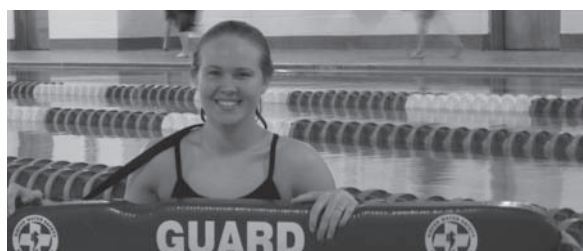
The intent of this course is to help people feel more confident of their ability to act appropriately in the event of an emergency. Great opportunity for home child care providers or daycare centers to keep their certifications up-to-date. Nursing students welcome too. Adult, child, infant CPR, rescue breathing and more! Minimum of 5 people to have program. Must register by the Thursday prior to class on Saturday.

Date April 17

Time. 10:00 a.m. - 3:00 p.m.

Fee \$60.00

(Fee includes pocket mask.)



BIERHAUS FAMILY NATATORIUM

POOL SCHEDULE

Children under the age of 10 must be accompanied by a 16 year old or older!

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|------------------------|------------------------|----------------------------|------------------------|------------------------|------------------------------|------------------------------|
| 6:00-7:00 a.m. | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed |
| 7:00-8:00 a.m. | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed |
| 8:00-9:00 a.m. | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | TRI Challenge | Closed |
| 9:00-10:00 a.m. | Closed | Closed | Closed | Closed | Closed | TRI Challenge | Closed |
| 10:00-11:00 a.m. | Closed | Closed | Closed | Closed | Closed | Lap Swim | Closed |
| 11:00-12:00 p.m. | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed |
| 12:00-1:00 p.m. | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed |
| 1:00-4:00 p.m. | Closed | Closed | Closed | Closed | Closed | Open Swim Until 3:45 p.m. | Open Swim Until 3:45 p.m. |
| 4:00-5:00 p.m. | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Closed | Closed |
| 5:00 - 7:00 p.m. | Lap Swim/ AFW | Lap Swim | TRI Challenge/ AFW | Lap Swim | 2 Ln Lap/ Open Swim | Closed | Closed |
| 7:00 - 8:00 p.m. | Open Swim/ 2 Ln Lap | Open Swim/ AFW | TRI Challenge/ 1 Ln Lap | Open Swim/ AFW | Open Swim/ 2 Ln Lap | Closed | Closed |
| 8:00-8:45 p.m. | Open Swim/ 2 Ln Lap | Open Swim/ 2 Ln Lap | Open Swim/ 2 Ln Lap | Open Swim/ 2 Ln Lap | Open Swim/ 2 Ln Lap | Closed | Closed |

Lap swim – Lap swim is for members wanting to swim laps for exercise. No diving board.

Open swim – Open to all members. After 8 p.m. a parent must be in the building if the child is under the age of 10.

AFW – Adult/Family Workout

WARM WATER THERAPY

POOL SCHEDULE

Children under the age of 10 must be accompanied by a 16 year old or older!

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---------------------------|-----------------------|---------------------------|-----------------------|---------------------|-------------------------|-------------------------|
| 8:00-9:00 a.m. | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Closed |
| 9:00-10:00 a.m. | Ducks Men's Aqua | Ducks | Ducks Men's Aqua | Ducks | Men's Aqua Ducks | Family Swim | Closed |
| 10:00-11:00 a.m. | Cardio Aquacise | Arthritis Aquacise | Cardio Aquacise | Arthritis Aquacise | Cardio Aquacise | Lessons | Closed |
| 11:00-12:00 p.m. | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Open Swim | Closed |
| 12:00-1:00 p.m. | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Adult Swim | Open Swim | Closed |
| 1:00-2:00 p.m. | Silver Sneakers Splash | Rental | Silver Sneakers Splash | Rental | Rental | Open Swim | Open Swim |
| 2:00-3:00 p.m. | Rental | Rental | Rental | Rental | Rental | Open Swim | Open Swim |
| 3:00-4:00 p.m. | Closed | Closed | Closed | Closed | Closed | Open Swim until 3:45 | Open Swim until 3:45 |
| 4:00 -5:00 p.m. | Family Swim | Family Swim | Family Swim | Family Swim | Family Swim | Closed | Closed |
| 5:00-6:00 p.m. | Cardio Aquacise | Cardio Aquacise | Family Swim | Cardio Aquacise | Family Swim | Closed | Closed |
| 6:00-7:00 p.m. | Lessons | Lessons | Lessons | Lessons | Family Swim | Closed | Closed |
| 7:00-8:45 p.m. | Open Swim | Open Swim | Open Swim | Open Swim | Family Swim | Closed | Closed |

Adult Swim –Must be 18 or older.

Open swim – Open to all members. After 8 p.m. a parent must be in the building if the child is under the age of 10.

Family swim – Open to children with a parent or guardian.

AQUATICS

12 Week TRYathlon Training Program

The fourth annual SIS Women's TRYathlon will be held on Sunday, June 13, 2010. Again this year, the YMCA will offer a training program for the TRY. Get everything you need to complete the TRYathlon! Group training will include everything from swimming, biking and running to core and strength training. This class is designed for all fitness levels, and starts March 22 and ends the day before the TRY, June 12. For additional information, contact Tiffany Petts.

Dates March 22 - June 12
Days Mon. and Wed., 5:30 - 7:00 p.m.
Sat., 8:00 - 10:00 a.m.
Fee Y members \$95.00
Non-members \$125.00

YMCA TRYathlon Swimming Class

If you are a runner or cyclist, but struggle with the swimming part of a triathlon then this class is for you. Learn how to swim better and faster while saving energy for the rest of the race.

Dates April 6 - May 1
Days Tuesday and Thursday, 6:30 - 7:15 p.m.
Saturday, 7:15 - 8:00 a.m.
Fee 2x weekly Y members \$40.00
2x weekly Non-members \$55.00
3x weekly Y members \$50.00
3x weekly Non-members \$65.00

HEALTH & FITNESS

Active Hearts Cardio-Exercise Program

The Dayson Heart Center and the Vincennes YMCA have teamed up for a joint venture – the Active Hearts Cardio-Exercise Program. This post-hospital cardiac rehabilitation program is specifically for those who have had a heart attack or coronary intervention, undergone open heart surgery, or who are at risk of developing coronary artery disease. We offer Phase III and Phase IV rehabilitation. Each class is closely monitored and taught by a Dayson Heart Center Cardiac Rehabilitation Nurse and an exercise physiologist. The class meets in the YMCA cardio room. To register for this program call Jo Singleton at the Dayson Heart Center's Cardiac Rehabilitation Department.

Days Monday, Wednesday, Friday
Time 7:00 - 8:00 a.m.
Fee (monthly) Y-member \$25.00
Non-member \$35.00

The Coach Approach

The Coach Approach is a series of one-on-one sessions with you and your YMCA Wellness Coach. Your Coach will create an active lifestyle plan that best fits your current level of fitness, motivation and work/life balance and guide you through that play for a six-month period. Also included is a complete orientation of the Fitness Center equipment.

Fee FREE to members



STEVE MADDEN
Wellness & Fitness Director, ext. 23

Healthy Back

This is a progressive exercise program, specifically designed to increase the strength, flexibility and stability of the lower back. Work one-on-one with our certified instructor who will teach you how to have a "healthy back". Sign-up anytime by calling Steve Madden, ext. 23.

Fee Y-member \$40.00 for (8) 1/2 hour sessions
Non-member \$60.00 for (8) 1/2 hour sessions

Body Fat Analysis

Our fitness trainers use either Bioelectrical Impedance or Skinfold measurements to analyze an individual's percentage of body fat. Everyone who wishes to lose weight needs to start out with this test. Test takes 10-15 minutes to perform. Contact Steve Madden at ext. 23 for an appointment.

Fee Y-member \$10.00
Non-member \$15.00

HEALTH & FITNESS

12 Week Starter Fitness

The program for anyone who is just starting down the road to better health and fitness. Meet with a fitness trainer and assess your current fitness level. The trainer will then design a 12-week nutrition and exercise program. Included is 3 hours of personal training.

Course length 12 weeks
 Fee Y Members only \$60.00

Personal Training

Maximize your workout with one of our highly qualified personal trainers. One-on-one training offers customized routines to help you reach your full fitness potential. For convenience and flexibility, payment for personal training is now available on a punch card system. Purchase two or more classes at the front desk at a discount. Cards are non-transferable. No refund or credit on lost cards.

Course length 1/2 hour or 1 hour
 Days/Times As set between you and the trainer
 Registration: YMCA front desk

| Fees - 1/2 Hour Card | Member | Non-Member |
|----------------------|--------|------------|
| 1 session | \$20 | \$35 |
| 2-8 sessions | \$15 | \$30 |
| 9+ sessions | \$10 | \$20 |
| Fees - 1 Hour Card | Member | Non-Member |
| 1 session | \$30 | \$55 |
| 2-8 sessions | \$25 | \$45 |
| 9+ sessions | \$20 | \$35 |

Sport Specific Training

Our major goal with SST is developing quick, powerful, explosive athletes! We believe that athleticism is best achieved by training in ways that mimic sport. We avoid a body-builder's mindset which focuses on training specific muscle groups and, therefore, put our emphasis on training athletic movements. Priority is given to movements that most efficiently produce the following essential athletic components: strength, speed, power, flexibility, agility, sport-specific endurance. Regardless of your sport of choice, SST will have you training like a champion. Train like an Athlete - Physically, Mentally & Competitively!

Days/Times by appointment
 Session Length 1 hour
 Fee \$20.00 per session
 *Recommended 4-12 weeks of SST prior to onset of season.

Youth Fitness Center

Our Youth Fitness Center is designed specifically for strength and cardio training for youth aged 8-15. The Center features cardio machines, strength machines and a multi-gym station. Youth must register to use the area and are required to complete an orientation program.

Day/Time . . Monday through Thursday, 4:00 - 7:00 p.m.
 Friday, Closed, Saturday, 10:00 a.m. - 1:00 p.m.

SilverSneakers®

The Vincennes YMCA is a participating location for SilverSneakers®, a nationally known program provided by Humana, Anthem and AARP Medicare Supplements provided by United Health Care for members of their Medicare supplements. Classes are for older adults, or those who are Medicare eligible, who are fit and active, as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and all who enjoy a positive upbeat social environment. Classes are free to SilverSneakers® members and are open to others by purchasing a fitness card. SilverSneakers® members may take other YMCA fitness classes at the member fee by purchasing a fitness card.

SilverSneakers® I

Muscular Strength and Range of Movement

Have fun and move to the music through a variety of exercises designed to 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.

Days Tuesday and Thursday
 Time 10:00 - 11:00 a.m.

SilverSneakers® SilverSplash®

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kick-board is used to develop strength, balance and coordination.

Days Monday and Wednesday
 Times 1:00 - 2:00 p.m.

SilverSneakers® YogaStretch

YogaStretch will 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 a final relaxation will promote stress reduction and mental clarity.

Days Tuesday and Thursday
 Times 11:00 a.m. - Noon

Nutrition Consultation

Fuel your workouts with the best food choices. Receive a personalized nutritional analysis. Meet with a trainer to develop an individual dietary plan and set your "Fuel for Fitness" goals. Includes 1 hour of consultation plus three 1/2 hour follow-up sessions.

Fee Y-member \$20.00
 Non-member \$35.00



HEALTH & FITNESS

CARRIE STAGGS
Group Exercise Coordinator
ext. 22

Fitness Class Prices

You may purchase one class at a time at a drop-in fee, or purchase 2 or more on a card for a discount. Cards are non-transferable and are valid for a period of six months. Classes can be purchased at the front desk. No refunds or credits on cards if lost.

| Y Member Fees | Non-Member Fees |
|-------------------------------|-------------------------------|
| 1 class.....\$3.00 each | 1 class.....\$5.00 each |
| 2-15 classes\$2.50 each | 2-15 classes\$4.50 each |
| 16 class card.....\$35.00 | 16 class card.....\$63.00 |

Monthly class schedule available at front desk.

Fitness Class Descriptions

TRI Challenge: For women who want to mix things up a little, this class combines swimming, cycling, running, flexibility, and strength training. Class meets on Wednesdays and Saturdays and is the perfect class for those training for the 2010 SIS Women's TRYathlon. Class runs from January 6 - March 6. All fitness levels welcome. Wednesday 5:30-6:45 p.m., and Saturday 8:00-9:30 a.m.

Basic Training: This class combines step, kickboxing, slide, floor aerobics, resistance training, and stretching for a well rounded workout. Enjoy an easy to follow class format, but an intensity that will keep you coming back for more. Class will consist of any combination.

Cycling: Enjoy a great non-impact cardiovascular workout that strengthens and tones the lower body. Participants take a journey across fast flat roads, rolling hills and slow climbs. Beginners and advanced participants can benefit in the same class. New students should arrive early for proper bike set-up and instruction.

Hatha Yoga: A classic style of yoga that utilizes postures that work to release tension and stress, promote flexibility and strength, and restore health and peace of mind.

Power Yoga: Dynamic form of yoga which will give you balance, strength and incredible flexibility. This class is suitable for a beginner or an accomplished athlete.

Body Sculpt: This is a strength and toning workout for the entire body, using dumbbells, stability balls, and resistance tubing. All fitness levels are welcome.

Boot Camp: It's the ultimate circuit workout combining intervals of cardio drills and muscle conditioning drills. Enjoy this high-intensity class that will add variety to your workout.

Zumba: If you are ready to ditch the workout and join the party, this class is for you. This class is one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate. This workout features interval training, resistance training, toning, sculpting, and fat burning. All fitness levels are encouraged to participate.

Butts-n-Gutts: For this class, the name says it all. Come to a class that will focus on two very prominent areas of the body...the gut and the butt. A variety of activities will be utilized to tone and sculpt. All fitness levels welcome.

Forever Fit Senior Cardio: An advanced class for adults 55 years of age or older designed to increase cardiovascular and muscular endurance capacity as well as agility, balance and coordination. This one-hour class consists of low impact aerobics, strength training and stretching exercises using hand-held weights, elastic tubing and balls.



GYMNASTICS

Two 8-week Sessions

January 4 to February 22

March 1 - April 19

ELIZABETH HARDIN
Gymnastics Program
Coordinator - ext. 34

Family Open Gym

This is a chance for families to hang out together in the gymnastics area. Gymnastics staff is present and all equipment is available. Adult family members must remain in the gymnastics center with their children. **YMCA member families only.**

Day/Time Friday 5:30 - 6:30 p.m.
Ages Any accompanied by parent/guardian
Fee No Charge

Preschool Open Gymnastics Gym

Here's a chance to bring your child into the gymnastics center for a supervised, but not structured, open gym. All gymnastics equipment is set up. Adults or older siblings must actively assist gymnasts. Fun for all kids – whether they have gymnastics skills or not.

Day/Time Tues. or Wed. 10:00 - 11:15 a.m.
Ages Walking to 5 years old
Fee Members \$5.00 per visit/per family
Non-members \$7.50 per visit/per family

Preschool Gymnastics

This class introduces basic gymnastics skills in a fun atmosphere. Children work on motor skills, tumbling, basic skills on bars, beams, trampoline and more. Minimum enrollment of 4.

Preschool I

Day/Time Tues., 5:30 - 6:15 p.m.
Ages 3-6 years old
Fee Members \$52.00 per session
Non-members \$101.00 per session

Parent 'N' Tot Gymnastics

Here's a class for your preschool gymnast to introduce basic skills on the floor, bars, beam and trampoline with Mom, Dad or Grandparent's help and YMCA Gymnastics Staff. Minimum enrollment of 4.

Day/Time Tues., 4:45 - 5:30 p.m.
Ages 2-3 years old
Fee Members \$44.00
Non-members \$85.00

Gymnastics Team

Serious gymnastics at a comfortable pace. Participants learn routines and skills developed by USAG. Gymnasts will be given the opportunity to compete in area meets. An evaluation is required before joining the team. **Members only.**

Levels 2 & 3

Day/Time Mon., 5:15 - 7:15 p.m.
Wed., 5:00 - 7:00 p.m.
Total 16 hours/per month
Fee \$44.00 per month

Levels 4 & up

Day/Time Mon., 5:15 - 7:15 p.m.
Wed., 5:00 - 7:00 p.m.
Sat., 9:00 - 11:00 a.m.
Total 24 hours/per month
Fee \$64.00 per month

Recreational Gymnastics

This class is based on the USAG developmental program. Gymnastic skills are taught in progression according to the child's abilities. Participants work on bars, beam, floor and vault. Minimum enrollment of 4.

Gymnastics I

Day/Time Wed., 6:00 - 6:55 p.m.
Ages 4 years old and up
Fee Members \$65.00 per session
Non-members \$127.00 per session

Gymnastics II

Day/Time Tues., 6:00 - 7:00 p.m.
Ages 4 years old and up
Fee Members \$65.00 per session
Non-members \$127.00 per session

Boy's Class

This is a fun, exciting way to introduce your child to gymnastics. This class will focus on building strength and flexibility. Participants will be introduced to basic tumbling skills as well as some men's apparatus.

Day/Time Tues., 6:15 - 7:10 p.m.
Ages 5 years old and up
Fee Members \$65.00 per session
Non-members \$127.00 per session

GYMNASTICS

Two 8-week Sessions

January 4 to February 22

March 1 - April 19

Tumbling and Conditioning

This class focuses on floor skills and includes strength building drills. Drop-ins are welcome provided a current release waiver is signed by a parent/guardian and on file. Drop-in fee is \$9.00 per class. Minimum enrollment of 4.

Tumbling I

Day/Time Wed., 5:00 - 5:55 p.m.
 Ages 5 years old and up
 Fee Members \$65.00 per session
 Non-members \$127.00 per session

Tumbling II

Day/Time Tues., 5:00 - 5:55 p.m.
 Ages 5 years old and up
 Fee Members \$65.00 per session
 Non-members \$127.00 per session

Tumbling III

Day/Time Mon. 7:00 - 7:55 p.m.
 or Tues., 7:15 - 8:10 p.m.
 Ages Admittance by Coach
 Fee Members \$65.00 per session
 Non-members \$127.00 per session

Dynamites!

This class is the precursor to competitive gymnastics. Focus is on strength and flexibility while introducing more difficult gymnastics skills. Participants must be evaluated before enrolling for the first time. Minimum enrollment of 4.

Day/Time Mon., 5:15 - 6:10 p.m.
 Ages 5-10 years old
 Fee Members \$65.00 per session
 Non-members \$127.00 per session

Dynamites II

This class is also a precursor to competitive gymnastics. Focus is on strength, flexibility and mastering skills to prepare your child for the competitive Gymnastics Team. Admittance by instructor only.

Day/Time Wed., 7:00 - 7:55 p.m.
 Ages 5 years old and up
 Fee Members \$65.00 per session
 Non-members \$127.00 per session

Cheerleading

Eagles Elite Performance Team

Participants will perform at basketball games, parades, local events and YMCA recitals. Participants must be 5 years of age. Admittance by coach only.

Day/Time Mon., 4:00 - 5:15 p.m.
 Ages 5-11 years
 Fees \$25.00 per month
 Uniform purchase

Senior Competitive Cheer Team

This is a traveling competitive cheerleading squad. The squad will compete in cheerleading competitions including JAMfest and AAU competitions. Admittance to this squad must be made by the coach. Inquire about openings.

Practices. Thursday, Squad Practice, 5:00 - 7:00 p.m.
 Ages 1st - 9th grade
 Fees \$39.00 per month plus
 Uniform and competition costs

Private and Semi-Private Gymnastics/Tumbling

Private and semi-private lessons can be a valuable resource for many reasons such as convenient scheduling, perfection of a specific skill, accelerated learning of skills and building a beginner's confidence. Contact Elizabeth Hardin at ext. 34 to set up lessons.

1/1 Instruction (private)

Y Member

Fee 1/2 hour - \$15.00
 1 hour - \$23.00

Non-Member

Fee 1/2 hour - \$19.00
 1 hour - \$29.00

2/1 Instruction (semi-private)

Y Member

Fee 1/2 hour - \$21.00
 1 hour - \$33.00

Non-Member

Fee 1/2 hour - \$27.00
 1 hour - \$42.00

Gymnastics Birthday Parties

Celebrate at the Y Gymnastics Center! Your 1-1/2 hour party for 12 children includes: cupcakes, ice cream, drinks, paper goods, set-up and clean-up, and a staff person on hand. Contact Elizabeth Hardin, ext. 34 to schedule your party. A \$10 non-refundable deposit is required.

Ages 6 years and up
 Fee: for up to 12 kids \$90.00
 Fee: each additional child \$4.00 each

TAEKWONDO



MAX STRATE
Instructor
Fifth Degree Black Belt

Taekwondo

Students may register for class at any time during the month. A punch card system is now used for class attendance. Purchase 2 or more classes on a punch card. Cards are non-transferable and there are no refunds or credits on cards if lost.

Day Wednesday
Time: . . . Beginner 12 and under-5:00 p.m. - 5:30 p.m.
Beginner/Advanced 13 and up-5:30 p.m. - 6:30 p.m.-7:30p.m.
Place YMCA Taekwondo Center
Fee Y members \$5.00 per class
Non-members \$8.75 per class

Beginner Class - Ages 12 and under

This class focuses on younger children starting out in martial arts and offers more one-on-one time.

Beginner and Advanced

A class for youth and adults. Beginners will learn stretches, kicks, punches, work on belt forms and learn self defense. This class is for the student who has been in the program for a while and is ready to concentrate on working to further develop their self defense skills, their kicks, punches and additional work on belt forms. Weapons training is also available after the appropriate rank is achieved.



TEENS



BILL DAVIS
Teen & Family Director, ext. 21

Spring Drama Workshop

The workshop is for students in the 5th - 12th grades. The students will learn about auditioning, developing characters and technical aspects of theatre as they prepare for the workshop performance at the end of the eight weeks. The instructor is Robin Overbey. The classes will be held every Wednesday evening.

Date To be announced
Place Old Town Players' Community Theatre
Day Wednesdays
Time 5:30 - 6:45 p.m.
Fee Y members \$30.00
Non-members \$50.00

Y Leaders Club at Lincoln High School

Together we will get involved in the life of the YMCA and the community around us. Come find out what we're all about. Meets on the following Fridays during the second semester: Jan. 15, Feb. 5, Feb. 26, Mar. 19, Apr. 9, Apr. 30.

FREE Y Tutor Program

This program, for members and non-members, is designed to help Knox County students improve in academics and get assistance with homework or areas of concern. We will find the student a tutor and provide a study area. The time will be coordinated between the student and the tutor. Limited spaces available.

Fee FREE
Age 2nd - 8th Grade

Afternoons R.O.C.K.

The R.O.C.K. program is a free after-school program for 4th to 8th graders who would like to be involved in activities after school. Studies have shown that kids who are not involved in after-school activities are more likely to experiment with drugs, alcohol and tobacco. R.O.C.K. meets after school until 6:00 p.m. Starting date and meeting dates will be announced later.

SPECIAL PROGRAMS

Healthy Kids Day 5K Family Fun Run/Walk

Save the date - April 17 - for Healthy Kids Day. Join our YMCA for the third annual 5K race or our 1-mile family fun run/walk. Prizes will be awarded at this family event. Fees include a t-shirt. Contact Jen Holscher, ext. 16.

Day/Time Saturday, April 17
5K at 9:00 a.m.; 1-mile at 10:00 a.m.
Ages 5K for ages 10+; 1-mile for all ages
Fees. 5K fee \$20; 1-mile fee \$10
T-shirt only \$10; Late Registration \$5 (day of event)

Indoor Triathlon

Have you made a New Year's Resolution to complete a triathlon? Start early with this one-hour event at the YMCA with 15 minutes each swimming, bicycling and running. Fee includes a t-shirt, and prizes will be awarded. Watch for information at the front desk or contact Bill Davis, ext. 21. Volunteers needed!

Date. Saturday, February 20
Time. Starts at 8:00 a.m.
Ages 16 and older
Fee. Members \$30.00; Non-members \$35.00
Late Registration \$5 (Beginning February 13)

Bicycle Workshop

Is your helmet fitted properly? Are your bicycle seat and handlebars at the right setting for you? Do your children know road signals? Bicycle experts will be on hand to adjust bicycles and helmets, inflate tires, check bicycles for safety and offer information on road safety. For all ages, so bring your family and prepare for a summer of riding. Group bicycle rides for various levels will depart from the YMCA at noon.

Date Saturday, May 1
Time 10:00 a.m. - Noon
Ages all
Fee. Complimentary
(Donations accepted for the 2010 Kids Triathlon)

Camp Green Tree Planting

Learn how to plant trees in this volunteer service project to beautify the YMCA school-age childcare grounds. The YMCA, in partnership with the Knox County Soil & Water Conservation District, will plant over 200 native trees to encourage wildlife habitat, decrease erosion and create an Outdoor Learning Lab for the community. Funded by the Knox County Community Foundation and the Home Depot Foundation. Contact Jen Holscher, ext. 16.

Date. Saturday, March 27 (TBD)

Girls Learning Their Own Worth Project GLOW

This program is designed for young girls between the ages of 9 and 13. This spring GLOW will include lots of fun activities. The girls will learn about manners and hygiene, get makeovers, and learn how to do different hairstyles with the help of high school girls from all around Knox County. They will also be encouraged to live a healthy lifestyle by participating in different physical activities. These activities will teach the girls the importance of self-esteem, self-respect and self-confidence. Contact Tiffany Petts at ext. 37 for more information.

Days. Every Tuesday, from Jan. 19 - Feb. 23
Time. 6:30 - 8:00 p.m.
Cost Y members \$30.00; Non-members \$40.00

Family Camping Night

Grab the tent, the sleeping bags and get ready for s'mores at YMCA Family Camping Night. There will be fishing, cooking out and campfires for parents and children to enjoy.

Date. April 23-24
Place Camp Arthur
Time. 6:00 p.m. (Fri.) - Noon (Sat.)
Cost \$15 per person (Y members and non-members)

Parents Night Out

Parents need time, too. The Y offers Parents Night Out so parents have an opportunity to spend quality time together eating out, enjoying a movie or just enjoying some alone time. Kids will be highly supervised and enjoy movies, swimming, gymnastics, games, crafts, hayrides and cookouts.

Dates. Jan. 23, Feb. 13, March 13, April 17
Cost \$8 first child, \$5 additional siblings

LHS Basketball 5th Quarter

The Y is the place to be for middle and high school students after Lincoln High School basketball games. Students from all area schools are invited to drop in to shoot some hoops, play some table tennis or to just hang out.

Dates. Jan. 16, Jan. 29, Feb. 5, Feb. 19
Cost. \$2

Fun Day for Schools and Groups

Let the YMCA provide a day of fun filled activities for your school or groups. The Fun Day will allow children to participate in each area including gymnastics, fitness sport games and aquatics. Contact Bill Davis, ext. 21, for more information.

OLDER ADULTS



NOLA DAVIS

YMCA Bettye J. McCormick Center
Director
882-2285

For more than 30 years, clients have described our atmosphere as “Just like family ... only better.” A caring Senior Center, we offer a full agenda of social, cultural, recreational, nutritional and educational programs. Caring for our clients is our number one priority with:

- Friendly, caring, professional trained staff
- Scheduled van transportation
- Gracious dining - new hosted Tuscany dining area; 50's cafe for ADS clients
- Sunroom, gardens and walking track
- Fitness Center and recreation room
- Specialized care in our Adult Daycare Service wing
- A host of special services and amenities

Pay us a visit – there are six ways to get involved:

1. By phone - call 882-2285 (Senior Center)
2. Van-Go - call 886-3381 (transportation)
3. By fax - 882-2186
4. Website - www.vincennesymca.org
5. Stop by! 2009 Prospect Ave. (behind the YMCA)



Vincennes VAN-GO

Transportation Open to the Public

Vincennes Van-Go is a shuttle bus service that is safe, reliable, and convenient - also wheelchair accessible. Transportation services are available to assist persons with basic transportation needs, i.e. doctor appointments, shopping, beauty shops, etc. County route available.

Days Available Monday - Friday
Call 886-3381 for dispatcher

Enhanced Adult Day Service

There is a place just like home. Day Services can provide all of your daily needs as well as giving you the peace of mind of knowing you are in capable hands.

- RN on staff
- Individual care plans
- Escort Service to Doctor
- Private sitting and dining available
- Two meals and snack daily
(1/3 of USDA nutrition requirements)
- Assistance with Shopping, Bills and Forms
- Transportation
- Respite Care Available

Benefits

- Comprehensive on-site medical assistance
- Certified aides and Therapeutic Programmer
- Full calendar of events and activities
- Homelike atmosphere
- Bathing & hygiene care available
- Medication Administration
- Weekly Health Review
- Outings
- Exercise

OLDER ADULTS

Health Screenings

Blood Pressure Mon.-Fri. 9:00 - noon ... FREE
Glucose Screening . . Mon.-Fri., 8:00 a.m. - 10:00 a.m. ... \$2.00
Eye Glass Clinic, Hearing Aide Clinic Monthly
Annual Flu & Pneumonia Clinic
Annual Oral Cancer Screening
Cholesterol & Senior Smart Series

Support Groups

Diabetes 1st Tuesday at 1:00 p.m.
Cardiac Last Tuesday at 1:00 p.m.
Better Breathers
Alzheimer's
Bereavement
Legal Aide 3rd Wednesday by Appt.
Counselor Kathrine Rybak

Woodworking Opportunities

- Full service shop - open to public to meet all your wood-working needs and repairs. Chair loose? Bring it in for a low cost estimate. Custom built pieces available. You envision it, we can build it.
- Open Monday-Friday, 7:00 a.m. - 3:00 p.m.
- Fast, reliable service
- Shop is also open for seniors (60 plus) wanting to do a project or pursue individual hobbies.

Nutrition

Home of the \$1.00 plate lunch.
(Must be 60 years old or over)

Travel Group

- Frequent day trips - Call for schedule
- Looking ahead:
Next Fall - Washington, D.C.

Health & Fitness

Keep flexible and toned in our exercise room equipped with:

- Circuit equipment
- Passive toning tables
- Outdoor walking track
- 2-seat bicycles
- Elliptical and treadmill
- Stationary bike
- Massage table
- Bowflex
- Classes
 - Seniorcise with Steve Madden
 - Aquacise



For Your Pleasure

Our Bettye J. McCormick Senior Center offers a variety of activities for every interest. Stop by the Center to get involved in our many activities, find a new hobby or just socialize. You will have a great time!

- Computer Lab
- Craft classes
- Old Time Musicians
- Movie theater
- Big Bingo
- Dance Group
- Ceramics
- Sewing/monogramming
- Latch hook
- Commodity Distribution Site - Call for Information
- Open Studio
- Private massage chairs
- Grandmother's Club
- Woodworking opportunities
- Acting Troupe
- Karaoke
- Euchre Club
- Reading/performance group
- Birthday parties
- Bikes
- Outdoor walking track
- Theme days
- Red Hat Society
- Hand Bell Choir - Senior Center Singers and Ringers
- Toning tables - elliptical treadmills
- Curves circuit equipment
- Coming this Fall - Aquacise, Tai Chi

Be a volunteer! Use your time to make our center the very best!

PROGRAM ENROLLMENT

All class fees must be paid in full at the time of enrollment. A \$5.00 late fee will be added after the deadline.

Enrollment is on a first-come first-served basis according to member and open enrollment dates. When enrolling for classes, members must show their membership cards in order to receive the member rate. Children of adult members are not eligible for member rates unless they are part of a family membership.

Program Cancellations: The YMCA reserves the right to cancel any class based on low enrollment.

Program Credit: Cancellation of your participation during the first week of a program will require a 20% service fee from your refund or program credit. No refunds or credits are issued after the first week of a program. Programs canceled due to low enrollment will be refunded or credited in full.

RENTALS

Multiple Area Rental

Choose 3 of the following areas: gym 1 (includes sportswall), gym 2 (includes soccer goals), pool, gymnastics, racquetball courts to create a fun night to fit your groups. 3 hours of fun for up to 50.

Cost \$135.00
Each additional person \$1.00

Includes a \$20.00 non-refundable damage deposit paid within 48 hours of reservation

Lock-In

Overnight use of racquetball courts, gym 1 (includes sportswall), 1 hour pool rental w/lifeguard, 1 building supervisor on patrol during the rental evening for 50 persons and 6 supervisors. Lock-in times are normally 9 p.m. - 6 a.m.

Cost \$250.00
Each additional person \$1.00 each

Includes a \$20.00 non-refundable damage deposit paid within 48 hours of reservation

Arts and Crafts Building

Have your family reunions, parties and meetings in our new Arts and Crafts Building. Full use of kitchen, restroom, tables and chairs.

Cost \$45.00 per hour

Includes a \$10.00 non-refundable damage deposit paid within 48 hours of reservation

Gymnastics Rental

Rent the YMCA Gymnastics area for a unique party or event. Rent by the hour and enjoy gymnastics equipment while receiving instruction from our gymnastics staff.

Cost \$45.00 per hour

Youth Fitness Center

The Y offers a unique and fun opportunity for your next youth get together. Rent our Youth Fitness Center and enjoy working out with our trained staff on all fitness equipment and interactive games, designed specifically for youth 8 to 15 years of age. The Youth Fitness Center can accommodate up to 30 kids.

Cost \$40.00 per hour

Racquetball Court Rental

Cost \$25.00 per hour

Gym Rental

Gym 1 (includes sportswall)

Cost \$40.00 per hour

Gym 2 (includes soccer goals)

Cost \$40.00 per hour

Cost for 1/2 of the gym \$25.00 per hour

Pool Rental

Have your next family get-together, church or staff party in the Bierhaus Family Natatorium. Lifeguards will be on duty during your rental.

Cost Up to 25 people \$60.00 per hour

26-40 people \$65.00 per hour

41-75 people \$70.00 per hour

Contact Tiffany Petts, ext. 37 for more information about Rentals.

ANNUAL CAMPAIGN



Vincennes YMCA Annual Campaign

At the Vincennes YMCA, one of our most important goals has always been to enrich the lives of those in the community.

Giving kids a safe and nurturing place to go benefits everyone. By introducing them to experiences that will help them grow into responsible, successful adults. One family at a time.

YMCA programs teach young people important values such as caring, honesty, responsibility and respect. Through a variety of fun and rewarding activities, they also develop valuable skills while they gain confidence and self-esteem.

The Bettye J. McCormick Senior Center operates with the same philosophy with their work aimed at assisting the seniors in our community – those who came before us to help make our community what it is today.

Through your support of the YMCA Annual Campaign, your contribution will help us, providing program support and financial assistance to those who need it in our community. Please give generously so that kids, families and seniors in our community can share the YMCA experience.

GIVING CATEGORIES

Friend \$100 and under
 Partner \$101 - \$500
 Sponsor \$501 - \$1000

Patron \$1001 - \$2500
 Associate \$2501 - \$5000
 Benefactor \$5001 and above

- PLEDGE CARD -

Name _____ Company Name _____

Home Street Address _____ City _____ Zip _____

Signature _____ Date _____

Please allocate my contribution accordingly:

\$ _____ to the Sustaining Fund
 \$ _____ to the Youth Sponsorship Fund
 \$ _____ to YMCA Day Camp
 \$ _____ to the Senior Center
 My check is enclosed _____
 Please bill me _____

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



We build strong kids, strong families, strong communities.

www.vincennesymca.org