

HEALTHY LIVING FITNESS CHALLENGES

“NEW YEAR, NEW YOU TRANSFORMATION”

January 2 – February 27

Let's start out fresh and make this year a great one! Let's have some fun and get our body back in shape by getting stronger, leaner, and toned in 2023 with this 8-week weight loss program. The program includes:

- Group Circuit classes 2 days/week (Tues. & Thur. 5:30 pm – 6:00 pm)
- Personally designed workout
- Nutrition classes with local dietitian, Melissa Yates.
- Weekly weigh-ins (prizes for the most steps accumulated each week)
- Free Water Bottle



First Place Prize – 6 Month Membership

Second Place Prize – 3 Month Membership

Weigh-in Dates: January 3rd and 4th

Times: 5:30 am – 6:00 am, 8:00 am – 10:00 am, 11:15 am – 11:45 am, 5:30 pm – 7:30pm

Fees: \$40 YM \$120 PM (Program members receive a full membership for the 8 weeks)

WINTER DRY TRIATHLON

February 25, 10:00 am

A non-traditional spin on a traditional triathlon workout. Try something new and get a great cardio workout at the same time.



The race consists of:

- 2.5 K Row on a Rowing Machine = 1.5 miles/ 2400 meters
- 17 Laps around the Indoor Track = 1 mile
- 2.5 K Row on a Rowing Machine = 1.5 miles/ 2400 meters

The race is open to everyone 10 and up

All participants will receive a Finishing Medal and 2 Guest Passes

Fees: \$15 for YM and PM

EXPRESSO CHALLENGE

February 1-28

The Espresso Challenge is designed to help you get fit and help the Y at the same time. For every mile you ride on our Espresso Bikes, Espresso will donate \$0.10 back to the Decatur County Family YMCA Annual Campaign. It's a win, win! We have two Espresso bikes in our Wellness Center, one recumbent and one upright. Sign in online at Espresso.com and get signed up with a username and password. Then every time you are on the bike, log in and it will record your miles for you. Race against your friends, challenge a co-worker, and in the meantime, give back to the Y through your fitness gain. Need help getting registered? No problem - we can help you with that! This is one challenge where everyone wins, no matter how big or small you make it.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET THE JOURNEY BEGIN



PROGRAM GUIDE 2023 DECATUR COUNTY FAMILY YMCA

Session 1: Jan 2 – Feb 18

Session 2: Feb 19 – April 15

Break Week: March 20-24



(812) 663-9622
1 YMCA Way
Greensburg, IN 47240
www.decatourcountyfamilyymca.org

TABLE OF CONTENTS

GENERAL

- 3: Membership, Financial Assistance, Hours of Operation
- 4: Class Policies, Facility Guidelines

YOUTH DEVELOPMENT

- 5: Afterschool, BLOC, Child Watch, Preschool
- 6: Spring Break Camp, FDA
- 7: Youth Classes, Leagues

HEALTHY LIVING

- 8: Youth AND Adult Swim Lessons
- 9: Aqua Classes and Certifications
- 10: Chronic Disease Prevention
- 11: Open Sports
- 12: Fitness Evaluations, Personal Training
- 13: Pickleball at the Y
- 14: Special Events
- 16: Healthy Living Fitness Challenges

SOCIAL RESPONSIBILITY

- 15: Blood Pressure Checks, American Red Cross Blood Drive, Financial Development,

Important Notes about Programs & Group Exercise:

YM: YMCA Member
PM: Program Member
(Non-Member)

Registration begins for Session 1:
December 18th for YM and
December 26th for PM
Session 1 Begins on Jan 2, 2023

Registration begins for Session 2:
February 5th for YM and
February 12th for PM
Session 2 Begins on Feb 19, 2023

YMCA Mission:

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

Check out our GOLD SPONSORS!

John and Adele Corya
(including Hygrade Excavating)
First Financial Bank
Honda Manufacturing of Indiana
Rick & Mary Johnson

SOCIAL RESPONSIBILITY

Blood Pressure Checks

FREE BLOOD PRESSURE CHECKS:

Join us on Wednesdays starting January 4– April 26 in the lobby from 10:30 am – 11:30 am

Nutritional Seminars will take place on Monday, January 25, February 22, March 29 and April 26 at the same time and location. No meeting scheduled on March 22nd.

“I pray that you may enjoy good health.”
~ 3 John 1:2

American Red Cross Blood Drive

The American Red Cross will be hosting a Blood Drive at the YMCA on Thursday, March 2, 2023 from 9:00 am – 2:00 pm in the Blue Gym.



To schedule an appointment to donate blood, please call 1-800-RED-CROSS or go online to redcrossblood.org

Financial Development

There is no greater gift than that of one to our Endowment Fund. Making a donation to the YMCA's Endowment Fund carries on your legacy for a lifetime, offering stability to your YMCA for hundreds of years to come and ensuring opportunities and growth for thousands of participants in the future. While a gift of any amount is helpful, a donation of \$1000 to the YMCA Endowment Fund will also make you an important part of our Heritage Club. Consider a gift to the Endowment Fund today and watch your donation take root and flourish in the Decatur County Family YMCA!



SOCIAL RESPONSIBILITY

Special Events

Parent/ Child(ren) Night Out

February 25th from 5:00 pm - 7:30 pm

Parent(s) bring you little one(s) to the YMCA for a special evening! You will enjoy a catered meal, crafts, swimming, games and have your picture taken.

REGISTRATION DEADLINE: February 17th

YM \$30 per couple PM \$40 per couple

Each additional child: \$8 (members or program members)

Healthy Kids Day - April 1st 11:00 am - 1:00 pm FREE!

Summer starts here! As the school year winds down, it's time to relax, decompress, and get excited about summer programs at the Y! At Healthy Kids Day, children and families will have the opportunity to learn about the importance of healthy eating, nutrition and physical activity, mental and emotional well-being, and developing healthy habits. Fun events, games, activities, open swim, group exercise and youth class demonstrations, healthy snacks, contests and prizes, local vendors and community partner booths, and so much more and all free and open to the community!

Community Easter Egg Hunt - April 1st, Noon FREE!

Sponsored by DECATUR COUNTY FAMILY YMCA

Age groups: 2-3; 4-6; 7-9



Conquer the Egg Fitness Challenge - April 8 at 11:00 am

Kids move as fast as they can to pick up colored Easter Eggs and bring them back to their coach/volunteer. Kids ages 5-8 will have to bring back 8 colored eggs to their coach, and ages 9-12 will bring back 15 colored eggs to their coach. They will perform an exercise for a specific amount of reps, distance or time, before moving on to the next exercise as quickly as possible until all exercises for each egg have been completed. Their coach will know what exercise they need to perform based on the color of each egg. Examples of some of the exercises are, jumping jacks, pushups, burpees, sit-ups, superman, bear crawl, jump rope, box jumps, etc. Medals will be awarded for 1st, 2nd, and 3rd place winners in each age division. All participants will receive an Easter-themed prize and a chance for a Golden Egg Grand Prize.

Fees: \$15 YM \$20 PM

Registration Deadline: April 5th



Launching in 2023



We have a Universal App and Virtual Group Exercise Class Options launching in January of 2023. Stay tuned for more details!

GENERAL

Memberships

Types of Membership

HOUSEHOLD:

1 or 2 adults with up to 5 dependent children through the age of 23, and enrolled in school full time.

ADULT:

18 years of age or older

SENIOR CITIZEN:

Over the age of 62

YOUTH:

Under 18 or high school student

Membership Rates

	Monthly	Annual	Joiner's Fee*
Household	\$61.00	\$732.00	\$75.00
Adult	\$38.00	\$456.00	\$75.00
Senior Citizen	\$32.50	\$390.00	\$75.00
Student	\$14.00	\$168.00	\$50.00

*Joiners Fee applies to all new memberships.

Guest passes: Valid for one full day, from open to close! The following prices are per visit:

Student (14 - 18 years of age) \$4.00

Adult (18 and up) \$7.00

Family \$12.00

Guest passes will NOT be sold after 8:30 pm Mon - Fri and 4:30 pm Sat - Sun

YMCA NATIONWIDE RECIPROCALITY PROGRAM:
Now, full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the nation, at no extra charge. To be eligible Member must have 50% scans at your home YMCA.

HOW IT WORKS:
Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access!

**** Not eligible for YM prices on classes or programs****

Membership Information

All annual memberships are valid one full year from the date of purchase, are non-refundable and are not transferable. The annual rate is payable by cash, check, Visa, MasterCard, or American Express. A membership paid by bank draft is considered continuous. No renewal notices will be sent, and drafts will continue until the member requests and signs a termination of membership. **Cancellation of memberships must occur in writing at least 7 days prior to draft date.** No refunds will be made. The member will be informed in writing 30 days prior to any changes in monthly draft rates, indicating the new monthly draft amount. A one-time assessment fee, called the Joiner's Fee, goes toward the Capital Improvement Fund and must be paid upon joining the YMCA. A Y Member who terminates their membership will have a one-year grace period during which they can rejoin without paying the Joiner's Fee. After one-year, the former member has four years to rejoin and pay only 1/2 of the Joiner's Fee. If the membership lapses for more than five years, the full Joiner's Fee will be assessed when it is renewed.

Financial Assistance

The YMCA has a scholarship program (financial assistance) to assist members of our community to take advantage of all the YMCA has to offer. The program is based on the income level of the applicant and the availability of funds raised through our Annual Campaign. For information on our scholarship program or on how you can assist by contributing to our Campaign, please stop by the Front Desk or call 812-663-9622.

Hours of Operation

During severe weather, check our social media channels, website and listen to WTRE and WRBI for updates and cancellations.

BUILDING HOURS

Monday - Friday 6:00 am - 9:00 pm

Saturday 9:00 am - 5:00 pm

Sunday 1:00 pm - 5:00 pm

WELLNESS CENTER

Monday-Friday 6:00 am - 9:00 pm

Saturday 9:00 am - 5:00 pm

Sunday 1:00 pm - 5:00 pm

Wellness Center available 24/7 to members with purchase of key fob

AQUATIC CENTER

Monday-Friday 6:00 am - 8:30 pm

Saturday 9:00 am - 4:30 pm

Sunday 1:00 pm - 4:30 pm

**** Hours may vary, please call ahead or visit our website for updates ****

CLOSED: December 24, 25, 31 and January 1 and April 9

GENERAL

Class Policies

The YMCA reserves the right to cancel published classes for lack of enrollment. In these cases, participants registered get a full refund. Program Staff will contact the participant to notify them of the cancellation and ask which option (credit or refund) they would like. Refunds take up to two weeks to process.

In the event the YMCA cancels a class due to a special event or inclement weather, a make-up will be scheduled. Only in the event that a make-up cannot be scheduled will a credit or refund be available (extenuating circumstances will be taken into consideration on a case-by-case basis).

Participants that miss scheduled classes due to vacation, illness or conflicting obligations will not be eligible for refunds/credits. Cases of extreme illness or injury will be decided on a case-by-case basis.

Inclement weather policy: In the event of a Greensburg Community School System 2hr delay, we will not hold morning youth classes (excludes preschool). In the event of a Greensburg Community School System cancellation, we will not hold any youth classes (includes preschool).

Facility Guidelines

FACILITY USE GUIDELINES

1. Parents are responsible for the actions of their children. Appropriate supervision is required.
2. Proper attire must be worn at all times in all YMCA program areas.
3. Food and drink (except water) are not permitted in YMCA program areas at any time.
4. The Decatur County Family YMCA is a smoke-free campus (this includes electronic cigarettes)

AGE REQUIREMENTS

General: Youth under the age of 10 must be accompanied at all times by a parent, guardian, or responsible adult 18 years of age or older, unless involved in a YMCA class or supervised activity. Youth age 10-13 are permitted in designated areas of the YMCA as long as a parent, guardian, or responsible adult remains on the YMCA premises. Children age 5 and above must use the locker room of their own sex. A unisex dressing area is available. **YOU MUST BE 14 YEARS OLD OR OLDER TO BE AT THE YMCA WITHOUT A PARENT OR GUARDIAN.**

24/7 Key Fob: 18 years of age and older, must be a member in good standing, signed contract required

Gyms: 10 years of age and older. For youth ages 10-13, a parent must be on the premises. Parent must accompany children younger than 10 years old.

Y-Zone: For youth ages 10-13, a parent must be on the premises

Swimming Pool: For youth ages 10-13, a parent must be on the premises. For youth ages 7-9, a parent must be in the viewing area or on the pool deck. Parent must be in the water with children under the age of 7.

Sauna: 18 years of age and older.

Whirlpool: 16 years of age and older.

Lap Lane: 16 years of age and older

Indoor Walking/Running Track: 8 years of age and older. Youth 8-13 years of age are permitted on the track when accompanied by the parent. Children under 8 years of age are not permitted on the track at any time.

Wellness Center: 10 years of age and older. For their safety, youth 10-17 years old must receive prior orientation from staff and youth 10-13 years old must be accompanied at all times with parent or guardian.

Free Weight Area: 15 years of age and older. Youth 15-17 years old must have an orientation and signed parent/teen waiver.

Racquetball Court: 15 years of age and older. Youth under the age of 15 are permitted on the racquetball court when accompanied by a parent.

Indoor Playground: For youth ages 2-12. Children under age of 10 **must be supervised at all times** by a parent/caregiver. Youth 10-12 can be unsupervised, a parent must be on the premises.

4 **Membership Services Director: Bridget Eastwood, 663-9622, Ext. 14 bridgete@dcfymca.org**

HEALTHY LIVING

PICKLEBALL AT THE Y



OPEN PICKLEBALL: Ages 15+

Pickleball borrows aspects from badminton, tennis and other paddle sports. Its composite paddles and whiffle ball gives it a unique dynamic that requires its own strategy.

OPEN BEGINNER PLAY: (1 COURT) **TUES:** 9:00 am - 12:00 pm, **WED:** 9:00 am - 12:00 pm

THURS: 9:00 am - 12:00 pm, **FRI:** 9:00 am - 12:00 pm, **SAT:** 12:30 pm - 2:30 pm,

SUN: 1:00 pm - 2:45 pm

OPEN COMPETITIVE PLAY: (2 COURTS) **MON:** 9:00 am - 12:00 pm, 2:00 pm - 4:00 pm, **TUES:** 2:00 pm - 4:00 pm,

WED: 9:00 am - 12:00 pm, 3:00 pm - 5:00 pm, **THURS:** 1:00 pm - 3:00 pm, **FRI:** 9:00 am - 12:00 pm, **SAT:** 11:00 am - 3:00 pm (during Youth Basketball Season) **9:00 am - 12:00 pm (when Youth Basketball not in session)**

SUN: 1:00 pm - 2:45 pm

Fees: Free YM \$4 PM per day (10 punch card for \$25, 15 punch card for \$30)

COMPETITIVE PICKLEBALL ROUND ROBIN SCRAMBLE

February 12, March 5, April 2nd. Runs from 1:00 pm - 4:00 pm

Each of the 12 players in this round robin scramble will be assigned a number and will play 11 rounds. Scores will be added and the winners will be determined by the person with the highest total score. 1st, 2nd, and 3rd place winners will receive a prize for their accomplishments. Games (rounds) will be played to 11 and win by 1.

12 players max. First come first serve.

Fees: \$10 YM \$15 PM



WINTER PICKLEBALL TOURNAMENT

January 28th and 29th

This 2-day tournament will be for Men's, Women's or Mixed Doubles.

You must sign up with a partner to compete.

Tournament will be divided 3.5 and higher and 3.0 and lower. Mixed Doubles Tournament will be on Sunday, January 29th.

Registration Opens on December 18th and ends on January 25th

Fees: \$20 per person/ per event

\$35 if T-shirt is wanted, add \$4 for 2XL and above

Deadline for shirt orders is January 23rd.



Pickleball Director, Deena Hamer: 663-9622, Ext. 28 deenah@dcfymca.org

HEALTHY LIVING

Fitness Evaluations

SKIN FOLD ANALYSIS: Skin fold test will determine body fat percentage. Choose from either a 4 or 7 site test. If you are working to build body mass or are very athletic, this test is for you. Great for tracking strength training progress.

Fees: \$10 YM \$20 PM

FITNESS TESTING: Separate testing protocol for ages 15-60 and 60+ consisting of: Blood Pressure, Cardiovascular, Strength, and Flexibility

Fees: FREE YM \$20 PM

FITNESS EVALUATION: A trainer will help determine your cardiovascular endurance, muscular endurance, flexibility, and body fat percentage. This is a great way to measure your current strengths and weaknesses. After 4-8 weeks, retest to see what progress you've made! Everyone is encouraged to take advantage of this test. Make your appointment at the front desk today!

Testing every quarter is a great tool for setting and reaching your personal fitness goals and track progress! See what your score (fitness level) is for cardiovascular, muscular and core strength, along with how flexible you are. Your scores will show you where your strengths and weaknesses are so you will know areas that may require more focus.

Fees: FREE YM \$30 PM

By Appointment Only

By Appointment Only

By Appointment Only

Personal Training



Why work with a trainer? Personal Trainers will help motivate you, give you consistency in your workouts, clarify all of the information that you hear, help you build confidence, avoid injury, will give you one-on-one attention, will help you navigate any medical conditions you may have, or to help you age gracefully, but most of all

they can help you have FUN when you exercise. Yes, exercise can be FUN! Your trainer will use a variety of methods to create a program that focuses on meeting your individual goals, whether you are new to exercise or an athlete, our trainers will customize your fitness program to fit you! Your trainer will assess your previous and present fitness level, review your goals, and develop customized workouts for you. Stop by or call to schedule your FREE consultation today! **All sessions expire 6 months from date of purchase.**

DUO OR TRIO SESSIONS: Y MEMBERS ONLY

Have a custom routine designed for you and a friend or two. Your 1- hour routine will be designed so you can get the most out of your workout together. Must be done at the same time.

Small Group Personal Training:

Workout with a Certified Personal Trainer and a group of individuals (between 4-8 people) with similar fitness goals to burn the most calories possible during the workout while toning, tightening the core, and building overall muscular strength and endurance. Weather permitting, workouts may be outside on fitness trail.

Meets: Tuesdays and Thursdays 9:15 am - 10:45 am in the Wellness Center **Fees: \$55.00 YM \$120.00 PM**

SENIOR STATION 2 STATION STRENGTH

This is a circuit class in the Wellness Center. Participants will rotate through 10 of more stations which include both cardio and strength. The workout will consist of timed intervals of work and rest. A fitness orientation before starting the class is recommended. Class instructor is a certified Personal Trainer.

Class meets: Tue. & Thurs. 2:00 pm-2:45pm

Fee: \$30 YM \$60 PM

30 minute sessions **YM** **PM**

1 session \$25 \$45

3 sessions \$65 \$120

9 sessions \$175 \$335

15 sessions \$280 \$395

60 minute sessions **YM** **PM**

1 session \$35 \$55

3 sessions \$95 \$150

6 sessions \$180 \$295

9 sessions \$252 \$425

15 sessions \$395

DUO Sessions **TRIO SESSIONS**

1 session \$45 \$60

3 sessions \$130 \$170

6 sessions \$240 \$320

9 sessions \$330 \$435

YOUTH DEVELOPMENT

Afterschool, BLOC, Child Watch, Preschool

AFTERSCHOOL

After School is a safe place for children ages 5-12 years old to go after school while parents are still at work. Children are transported to the YMCA from Greensburg, Good Shepherd, St. Mary's, and North Decatur Elementary Schools. The YMCA offers games, crafts, swimming and time to work on homework. The children also receive a nutritious meal. We follow the Greensburg School calendar and offer Day Camps when school is out of session, including professional days, two-week breaks and holidays when the YMCA is open. Our after school program accepts CCDF vouchers and provides meals through the CACFP. All children attending after school must have a completed and signed immunization form on file at the YMCA before they can attend programming.

Meets: Monday - Friday 3:30 pm - 6:00pm

YM \$38/week PM \$48/week YM \$12/day PM \$15/day

*** During inclement weather, our child care follows GCS policy ***

BRINGING LEARNING AND OUTREACH TO CHILDREN (BLOC)



Children are transported from the YMCA to Greensburg, Good Shepherd, St. Mary's and North Decatur Elementary Schools. Parents/ Caregivers can drop off 7:00 am

Full Snow Day Fees: \$27 YM \$37 PM

(Breakfast and lunch will be provided)

Must be pre-registered in order to attend. No day of drop offs will be accepted.

CHILD WATCH

This area is available for children ages 3-8 years old, of members and program members who use the facility. Parents must remain on YMCA premises. All attendants in the child watch area are CPR, AED, and First Aid Certified. They have also attended Child Abuse Prevention training. We are still asking that you call 24 hours in advance and we are allowing 6 children at a time in the area.

Daytime Hours: Mon-Fri. 8:30 am - 11:30 am and 12:00 pm - 2:30 pm

Evening Hours: Mon-Thurs 5:00 pm - 8:00 pm

Daily Fees: \$1/child YM \$2/child PM

20 visit card: \$10/child YM \$20/child PM



PRESCHOOL

Our half day preschool is licensed and we are currently at a Level 3 in Paths to Quality. Our program offers child centered learning in a Christian atmosphere. It includes creative learning, music & movement, pre-writing & writing, arts and crafts, centers, devotions, and much more. All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention training. They have years of experience working with children and know how to teach children through play. The Y preschool sets individual goals and objectives for each child, in a fun and safe environment. We also offer swim time for all age groups. We maintain a 1:7 (or better) staff-to-child ratio.

For the 2023-2024 school year, registration begins January 3rd for YMCA members and February 1st for Program members.

*Children must be age 5 on or before Sept. 1 to enter Kindergarten. Please keep this in mind when registering your child in preschool. Please remember we offer scholarships, are CCDF voucher certified, and offer vouchers through DCS.

Non-Refundable Registration Fees: \$50 YM \$65PM

5-day all day weekly fees: \$115 YM \$140 PM

5-day half day monthly fees: \$140 YM \$175 PM (am only)

4-day half day monthly fees: \$120 YM \$145 PM (pm only)

3-Day- half day monthly Fees: \$92 YM \$108 PM

***A \$12 late fee will be applied if payment is made after the fifth of the month**

CLASS OFFERINGS:

M-F	7:00 am - 6:00 pm	4 & 5 yrs
M-F AM	8:30 am - 11:00 am	4 & 5 yrs
T-F PM	12:15 pm - 2:45 pm	4 & 5 yrs
M/W/F AM	8:45 am - 11:15 am	3 & 4 yrs
M/W/F PM	12:00 pm - 2:30 pm	3 & 4 yrs

YOUTH DEVELOPMENT

Spring Break Camp

SCHOOL'S OUT FUN IS IN AT OUR SPRING BREAK CAMPS



When: 7:00 am - 6:00 pm, March 13-24,
Ages 5-12

Camp gives children a safe environment to learn and have fun surrounded by a caring staff. We will provide a variety of activities including: sports, crafts, games, swimming, field trips, and much more. Breakfast and lunch will be provided, but children need to bring a snack each day. *A paid registration fee will hold your child's place for a field trip as we can only have 50 campers attend. Remember, if you have paid a registration fee for fall or winter break; spring break is included.*

\$95/week YM \$105/week PM
\$70/3-Day Rates YM \$85/3-Day Rate PM

There is a discounted rate for those who have multiple children in the same family who participate in camps. In order to avoid a \$10 late fee; fees MUST BE PAID by the Monday following Camp week.

Spring Break Camp	Theme
Week 1: March 13-17	TBD
Week 2: March 20-24	TBD

- **Spring Break Camp Registration Opens: January 30th**
- **Registration Deadline: February 25th or when Camp is full**
- **April 3— Registration Opens for Summer Day Camp**

Childcare Director: Emma Trolinder, 663-9622, ext. 16 emmat@dcfymca.org

HEALTHY LIVING

Open Sports



OPEN BASKETBALL:

Ages 16+ Want to play hoops but don't want the hassle of getting a team together? This is your chance to **BALL!** **NOTE: 16 and 17 year olds MUST be accompanied by parent/guardian before playing to sign waiver at the YMCA front desk in person with YMCA staff**

Lunch time: Tuesdays and Fridays 12:00 pm – 3:00 pm Fees: Free YM \$3 PM
Evening time: Wednesdays 7:00 pm – 9:00 pm Fees: Free YM \$3 PM

OPEN VOLLEYBALL:

Ages 16+ This program is for members and non-members to be able to play pick up style volleyball games. It is a great time to meet other members and increase your volleyball skills.

Meets: Thursdays 7:00 pm – 9:00 pm Fees: Free YM \$3 PM

Adult Leagues

5 ON 5 BASKETBALL LEAGUE: COMING EARLY 2023

Ages 18+ Form a team and compete in this fun and competitive league. Open Divisions assigned by Program Director. Roster size: 5-12 players. 8 games guaranteed. There will be a mandatory team captain meeting before the League begins and each team MUST be represented at this meeting or will not be allowed to participate.

Meets: TBD Fees: \$400 per team

Questions: Please contact Kole Aping, kole@dcfymca.org or 812-663-9622 x 33



Jujitsu Tactical Self-Defense

Ages 14+ A form of Martial Art that teaches self-defense, using principles of leverage, off-balancing, and redirection. Students also learn discipline and how to become more confident in one's self.

Meets: Mondays and Thursdays, beginning January 3rd
7:15 pm – 8:45 pm, Downstairs Group Exercise Room
Fees: \$100 YM and PM, \$80 for Police and Fire



FREE DEMONSTRATION SCHEDULED FOR SATURDAY, DECEMBER 17TH

12:30 pm - 2:30 pm
Downstairs Group Exercise Room

Ages 14+
Questions: Contact Deena Hamer, deenah@dcfymca.org or 812-663-9622 x 28

HEALTHY LIVING

Chronic Disease Prevention

TAKE ACTION TO IMPROVE HEART HEALTH

Our Blood Pressure Self-Monitoring Program helps adults with hypertension lower and better manage their blood pressure. The simple process of checking and recording one's blood pressure at least twice a month has been shown to lower blood pressure in some people with hypertension. This program focuses on regular monitoring of one's blood pressure at home using proper measuring techniques, individualized support and nutrition education in an effort to reduce blood pressure and improve their quality of life. Reducing your sodium intake is an effective tool in preventing heart disease, whether you have high blood pressure, are at risk for heart disease or just want to keep your heart healthy.

Class are FREE and meet Wednesdays

January 4- April 26 10:30 am – 11:30 am in the Lobby.

Nutritional seminars: January 25, February 22, March 29, April 26

NO CLASS SCHEDULED FOR MARCH 22



REDEFINE YOUR HEALTH, TRANSFORM YOUR LIFE

Did you know?

- About 79 million American adults have prediabetes, a condition where blood glucose levels are higher than normal.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take action to prevent or delay the disease
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease

The Good News...

With the YMCA's Diabetes Prevention Program, you can work with others in a small group setting to learn how to adopt habits that will improve your overall health and well-being and reduce your risk. Programs like the Diabetes Prevention Program have been shown to prevent or delay type 2 diabetes in individuals over age 60 by 70%. **We are now a CDC recognized program!**



Support Group and Virtual Options Available

Next In-Person Class will meet: Saturdays starting January 21– May 13 from 9:30 am – 10:30 am

PARKINSON'S EXERCISE PROGRAM

This is a 12-week evidenced-based fitness program for people living with Parkinson's Disease. The program is designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of their symptoms. Research shows that exercise benefits people with PD. Participating in regular exercise can help your body cope with the disease and results in stabilization or improvement of symptoms.

CHANGES PARTICIPANTS HAVE NOTICED:

- Improved posture & strength
- Improved balance & walking ability
- Help preventing falls & restore general functional ability
- Improved cardiovascular health
- May also see improvement in memory, sleep, mental health and overall quality of life

Meets: Tuesdays and Fridays from 1:00 pm – 2:00 pm. Fees: \$70 YM and \$140 PM

January 3– March 31: Break Week: March 20–24

April 4– June 23

YOUTH DEVELOPMENT

Youth Classes and Leagues

CLASSES

LITTLE DRIBBLERS: Ages: 3-5

Boys and girls will learn the basics of basketball in this great introductory class. Participants will learn how to pass, dribble, and shoot in a fun, safe, non-competitive atmosphere. The focus of this class is to play basketball, meet new friends and HAVE FUN!! This is a parent/child class. Parents will be asked to participate with their children.

Class runs Jan 9th– Feb 13th

Meets: Mondays, starting January 9th

6:00 pm – 6:30 pm

Fees: \$30 YM \$50 PM

LITTLE ALL-STARS: Ages 3-6: Registration begins: Jan. 23rd and ends Feb. 23rd

Through a range of developmentally appropriate activities children are introduced to some of the fundamentals of basketball, t-ball and indoor soccer. This is a parent/child class. Parents will be asked to participate with their children.

Class runs Feb 27th– April 10th. There will be NO CLASS on March 20th.

Meets: Mondays, starting February 27th

6:00 pm – 6:30 pm

Fees: \$30 YM \$50 PM

TAE-KWON-DO: LITTLE DRAGONS: Ages 3-6 yrs.

An introduction to Tae-Kwon-Do. Students will learn important life skills, while developing confidence, discipline and self-control. Beginning drills and forms will be taught to prepare students for the next level in Martial Arts

Meets: Mondays & Wednesdays

3:45 pm – 4:15 pm

Fees: \$25 YM \$45 PM

TREE CITY MARTIAL ARTS TAE-KWON-DO: Ages: 7 years and up.

Come learn Tae-Kwon-Do with Matt Boersma! Tae-Kwon-Do is a Korean martial art which focuses on kicks and power. Students will learn Tae-Kwon-Do drills and forms to improve their balance, strength, and speed, while also learning discipline, focus and self-control. Students can work toward their black belt through the Chung-Do-Kwon Tae-Kwon-Do Alliance.

Meets: Mondays & Wednesdays

4:30 pm – 5:25 pm

Fees: \$45 YM \$60 PM

LEAGUES

YOUTH BASKETBALL LEAGUE: Age Divisions (4-6), (7-8), and (9-11)

YMCA basketball is a fun place to learn about the sport or to fine-tune your skills. Teams will have 1 hour of practice during the week and 1 game on Saturday. Coaches will call players with team's regular practice time. **Registration Opens on November 28th and Ends on January 5th.**

A \$10 late fee will be applied for anyone registering after January 5th.

Meets: Saturdays: January 28– March 4

Fees: \$40 YM \$60 PM

Schedule of Events:

January 7 – Assessment Day 9:15 am– 10:00 am: 4-6 yrs;
10:15 am–11:00 am: 7-8 yrs; 11:15 am–Noon: 9-11 yrs.
January 17 – Coaches Meeting via Zoom
January 18 – Parent's Meeting via Zoom
January 21– 1st Practice for all teams
January 28 – First Game



T-BALL LEAGUE: Ages 3-7

The YMCA is a great place to start learning about America's game. Games and practices emphasize teamwork and fair play.

Registration Opens on March 20th and Ends on April 20th.

A \$10 late fee will be applied for anyone registering after April 20th

Meets: Saturdays: May 6 – June 17 (No games Memorial Weekend)

Fees: \$45 YM \$65 PM

Schedule of Events:

April 24 – 1st Practice
May 6 – First Game



**YOUTH FLAG FOOTBALL LEAGUES COMING IN SPRING 2023!
More details coming soon.**

HEALTHY LIVING

Youth AND Adult Swim Lessons



6-WEEK SWIM LESSON SCHEDULE:

Jan 2nd - Feb. 11th
Feb. 20th - April 8th*

No lessons March 20- March 25 for Spring Break

Water Discovery/ Exploration (Swimmers ages: 6 mo. - 2 years):

This class requires one parent to be in the water. This allows for parents to bond with their child while teaching them a new skill, to witness their growth firsthand, and to learn ways to help infants acclimate to the water. ****Disposable diapers are not permitted in pools. Swim diapers are required to be worn by children not yet potty-trained.**** (30 min 10:1 ratio)

Meets: Saturdays 9:30 am - 10:00 am Fees: \$50 YM \$82 PM

SWIM BASICS 1,2,3 (Swimmers ages: 3-5 years old):

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills. **Level 1: Water Acclimation:** This class allows for children to acclimate to the water. It is the perfect starting point for any child with fear or hesitation near water. This class is meant for beginners and will help them feel more comfortable in the water and teach them the basics of learning how to swim. We recommend this to anyone new to swim lessons. **Level 2: Water Movement-** This class teaches children how to start moving throughout the water and become more comfortable with it. This class is for kids who already know some basic swimming skills but need practice perfecting them. This class is also for children who are gaining the self confidence needed to swim without assistance. **Level 3:Water Stamina-** This class is for kids that can swim on their own some but need practice to build up their endurance for swimming longer distances. In this class, kids already are comfortable putting their face in the water and swimming some distance without assistance. (30 min 5:1 ratio)

Meets: Mondays 4:30 pm - 5:00 pm Fees: \$50 YM \$82 PM
Tuesdays 4:30 pm - 5:00 pm Fees: \$50 YM \$82 PM
Saturdays 10:00 am - 10:30 am Fees: \$50 YM \$82 PM

SWIM STROKES 4,5,6 (Swimmers ages: 5-12 years-old):

Level 4: Stroke Introduction- This class is for kids who can swim at least 25yds (the length of the pool) without assistance. The child should be able to swim confidently on their own with some rotary breathing and be able to demonstrate front and back stroke. In this class, children will learn the basics of all six strokes. **Level 5: Stroke Development-** This class is for kids who can swim at least 50yds and has knowledge of all six strokes. In this class kids will work on developing the strokes they have a basic idea on. It will focus on giving a more in-depth training on each stroke and developing endurance to increase distance for each one. **Level 6: Stroke Mechanics-** This class is for kids who are ready for swim team level and want extra practice. We will focus on specific techniques and drills to improve their strokes. (30 min 5:1 ratio)

Meets: Mondays 5:00 pm - 5:30 pm Fees: \$50 YM \$82 PM
Tuesdays 5:00 pm - 5:30 pm Fees: \$50 YM \$82 PM
Saturdays 10:30 am - 11:00 am Fees: \$50 YM \$82 PM

PRIVATE SWIM LESSONS: 30 MINUTES

These lessons will provide students with the individual attention to enhance their stroke ability, endurance and form. These lessons can also be customized for Adults to include lessons, stroke development and aquatic fitness.

Meets: Individualized schedules are set up based on availability of instructor and student.

Fees: Individual Lesson: \$20 YM \$35 PM
6 Lesson Package: \$90 YM \$158 PM
12 Lesson Package: \$180 YM \$308 PM (Buy 12 get one 1 FREE)

SEMI-PRIVATE LESSONS: 30 MINUTES

These lessons are designed to give families the opportunity to enhance their swimming and stroke skills together. Students need to be close to the same swim level.

Meets: Individualized schedules are set up based on availability of instructor and students.

Fees: 6 Lesson Package: \$135 YM \$237 PM
12 Lesson Package: \$263 YM \$463 PM (Buy 12 get one 1 FREE)

Additional child for max 3: \$92.50 YM \$185.25 PM

HEALTHY LIVING

Aqua Classes and Certifications

All Aqua Fitness Classes are for ages 18 and older.
Program Members can arrive 15 minutes prior to class time.
One time class fees: \$5 YM \$15 PM
Monthly Unlimited Class Passes: \$10 YM \$60 PM



AQUA FITNESS CLASSES:

REQUIRE CLASS PASS:

AQUA ARTHRITIS:

This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries.

Meets: Tuesdays & Thursdays 9:00 am - 9:45 am

AQUAFIT/WATERWORKS:

Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping.

Meets: Mon, Wed, Fri 9:00 am - 9:45 am

FREE CLASSES:

AQUA CRICKET CLASS:

This is a low to medium intensity class takes place in the deep end of the pool. Class is designed to improve mobility through a series of stretching and strengthening exercises, utilizing noodles and barbells. All levels welcome.

Meets: Mon, Wed, Fri 4:00 pm - 5:00 pm

AQUADANCE:

A medium to high-intensity class designed to get your heart rate up and your body moving. Combines dance moves to a mixture of fun, up-beat music. Class utilizes noodles, barbells, and both shallow and deep ends of the pool.

Meets: Mondays 6:00 pm - 7:00 pm

AQUA TOTAL BODY BLAST:

An exhilarating hour of over-the-top fitness exercises in the water. We will use continuous multiple movements to increase your heart rate and keep you moving.

Meets: Tuesdays & Thursdays 6:00 pm - 7:00 pm

CERTIFICATIONS

American Red Cross Lifeguard Certification Class

ARC Lifeguarding course is designed to provide entry-level lifeguard participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies; to provide care for breathing and cardiac emergencies, injuries and sudden illnesses. Must be 15yrs old and pass prerequisite skills test: 300 yard continuous swim of front crawl (freestyle) and breaststroke; tread water 2min using only legs also swim 20yrs to retrieve 10lbs object from deep water, re-surface and swim 20 yards on back to starting point while holding object with hands at the surface of the water, exit pool at edge in <1:40s. Certification is valid for 2yrs, LG and CPR for the Professional Rescuer. **Please bring suit, goggles, towels and calendars.**

Class Dates: will be set at that time with instructor for those that pass the pre-course testing

Fees: \$225 YM \$275 PM; fees to be collected post pre-course session



American Red Cross Lifeguard Re-Certification Class

Lifeguard and CPR for the Professional Rescuer CPR recertification course. Will perform prerequisites (as listed above). Presented in shorter format. Intended for guards who are close to expiring.

Call for an appointment Fees: \$75 YM \$90 PM

LAP SWIMMING

One lap lane is always available during pool operating hours, some exceptions may apply for special events.

Fees: FREE YM \$7 PM