



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE MEMBERSHIP MEANS MORE



PROGRAM GUIDE 2024 DECATUR COUNTY FAMILY YMCA

YMCA Mission:

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



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

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THANK YOU TO OUR GOLD SPONSORS!

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Honda
Rick and Mary Johnson *

GENERAL INFORMATION

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	\$62	\$744	\$75
Adult	\$38.50	\$462	\$75
Senior Citizen	\$33	\$396	\$75
Student	\$14.25	\$171	\$50

*Joiners Fee applies to all new memberships.

YMCA NATIONWIDE RECIPROcity 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!

Guest passes: Valid for one full day, from open to close! The following prices are per visit effective 1-1-24:

Student (under 18 or high school student) \$5.00 Adult (18 and up) \$10.00 Family \$15.00

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

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

Mon, Wed, Fr: 6am—2pm and 4pm-7:30 pm

Tues/Thurs: 8am-2pm and 4pm-7:30pm

Saturday 9:00 am - 4:30 pm

Sunday 1:00 pm - 4:30 pm

CLOSED 2pm-4pm: M-F

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

The Y will be closed in 2024 on:

January 1	New Year's Day
March 31	Easter
May 26, 27	Memorial Day
July 4	Independence Day
September 1, 2	Labor Day
November 28	Thanksgiving
December 24, 25	Christmas Eve/ Day
December 31	New Year's Eve

GENERAL INFORMATION

Class Policies

The YMCA reserves the right to cancel published classes (Youth Classes, Youth Leagues and Swim Lessons) for lack of enrollment. In these cases, participants registered get a full refund in the form of a system credit. Program Staff will contact participants to notify them of the cancellation.

In the event the YMCA cancels a class (Youth Classes, Youth Leagues and Swim Lessons) 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 system credit be available (extenuating circumstances will be taken into consideration on a case-by-case basis).

Participants that miss scheduled classes (Youth Classes, Youth Leagues and Swim Lessons) due to vacation, illness or conflicting obligations will **NOT** be eligible for system credits. Cases of extreme illness or injury will be decided on a case-by-case basis.

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. There is 1 Lifeguard on Duty for every 25 swimmers. Lifeguard will prioritize bathers if more than 25 are present.

Sauna: 18 years of age and older.

Whirlpool: 16 years of age and older.

Lap Lane: 16 years of age and older. The pool is 25 yards long. Down is a length, down and back is a lap. 36 laps is 1 mile and 18 laps is 1/2 mile. One lap lane is always available during open pool hours, some exceptions may apply.

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. 17 laps is equal to 1 mile.

Outdoor Track: Open to Everyone in the community. Distance is just short of 3/4 of a mile. No smoking or pets are allowed on the track.

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 unless signed up for Child Watch or Kid Zone. Youth 10-12 can be unsupervised, a parent must be on the premises.

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

Child Watch

These areas are available to children ages 6 months to 9 years old, of members and nonmembers who use the facility. Parents must remain on YMCA premises. All attendants are certified in CPR, AED and First Aid. They also have attended Child Abuse Prevention training. We require a 24 hour reservation for each area as limited spaces are available. Daytime Hours: Mon-Fri. 8:30 am-2:30 pm: Daytime Child Watch is located in the room to the right of the front desk and takes a limited amount of children ages 6 months - 9 years. Evening Hours: Mon-Fri. 3:30 pm-7:30 pm Evening has separate programs for children 3 and up and those 6 months to 3 years.

Tot Spot: is located in the room to the right of the desk and is for children 6 months to 3 years of age and can only take 4 children at one time.

Kids Zone: is located in the Indoor Playground and is for children 3 to 9 years of age and can take up to 7 children at one time. WEEKEND OFFERINGS: Saturday 9:00 am - 4:30 pm and Sunday 1:00 pm - 4:30 pm.

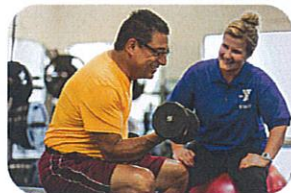
Daily Fees: \$1/child YM \$2/child PM
20 visit card: \$10/child YM \$20/child PM



HEALTHY LIVING

Personal Training and Fitness Evaluations

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 hour-long 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.

Meets: Tuesdays and Thursdays 9:15 am - 10:45 am in the Wellness Center
Fees: \$35.00 YM \$55.00 PM

30 minute sessions	YM	PM
1 session	\$25	\$45
3 sessions	\$65	\$120
6 sessions	\$123	\$235
9 sessions	\$175	\$335
15 sessions	\$280	
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

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

By Appointment Only

FITNESS TESTING: Consists of: Blood Pressure, Cardiovascular, Strength, and Flexibility
Fees: FREE YM \$20 PM

By Appointment Only

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!

Fees: FREE YM \$30 PM

By Appointment Only

QUARTERLY FITNESS EVALUATION: Track your 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. Testing every quarter is a great tool for setting and reaching your personal fitness goals. Make your appointment today at the wellness desk.

Fees: FREE YM \$30 PM

By Appointment Only

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: 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 SOCCER:

Ages 12+ This program is for members and non-members to be able to play pick up style soccer games. It is a great time to meet other people and increase your soccer skills. Shin guards and gym appropriate shoes are required to participate.

Meets: Sundays 1:00 pm - 3:00 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 people and increase your volleyball skills.

Meets: Thursdays 7:00 pm - 9:00 pm

Fees: Free YM \$3 PM

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.



Classes are FREE and meet Tuesdays 8:30 am—9:00 am in the Lobby

Nutritional seminars: January 25, February 22, March 21, April 25, May 30, June 27, July 25, August 22, September 26, October 24, November 21 and December 19.

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%.

Support Group and Virtual Options Available

Next In-Person Class: Saturdays, Jan 27– May 25 from 9:30 am – 10:30 am. Deadline to register Jan 22.

Mondays: May 13– Aug 30 from 5:45 pm—6:45 pm. Deadline to register May 8.

Tuesdays: Aug 13– Dec 3 from 5:30 pm - 6:30 pm. Deadline to register Aug 8.

Fees: \$180 for YM and \$250 for PM



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 2– March 22: Break Week: March 25–29

April 4– June 21

June 25– September 13

September 17– December 20: Break Week October 14–18 and December 23–31

Wellness Coordinator: Dawn Ernstes, 663-9622, Ext. 19 dawnb@dcfymca.org

SWIM LESSONS

Registration begins on the 1st of each month for the following month.
Registration ends when Program is FULL.

Swim Lessons:

All swim lessons are 30 minutes in length and include 4 lessons per session. Swimmers may register in multiple sessions for the same level to customize lessons for 1x, 2x or 3x per week.

Fee per session (4 lessons): \$35 YM \$55 PM
Mondays in May (pro-rated due to Memorial day) \$27 YM \$41 PM



Water Discovery/ Exploration (Swimmers ages: 6 mo. - 2 yrs):(10:1 ratio)

Introduces infants & toddlers to the aquatic environment and focuses on exploring body positions, blowing bubbles and fundamental safety and aquatic skills. ****Disposable diapers are not permitted in pools. Swim diapers are required to be worn by children not yet potty-trained.****

Level 1,2 (Swimmers ages: 3-5 years old): (5:1 ratio)

Level 1: Water Acclimation: Increases comfort with underwater exploration and introduces basic self-rescue skills with performed assistance..

Level 2: Water Movement: Encourages forward movement in water and basic self-rescue skills performed independently

Level 3 Younger Swimmers ages 5-7 years old (5:1 ratio)

Water Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Level 3 Older Swimmers ages 7-8 years old(6:1 ratio)

Water Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages for older beginners.

Level 4 (Swimmers ages: 5-12 years-old): (6:1 ratio)

Level 4: Stroke Introduction: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke

Adaptive Lessons: (Max enrollment is 4)

Adaptive swim lessons are designed for participants who have special needs, including physical, mental, and educational challenges. The class focuses on basic water skills and water adjustment to help gain confidence in the water and improve kicking and stroking ability. Participants learn to feel more positive about themselves in a safe and relaxed environment that promotes success mixed with fun and play. Caregivers/parents are allowed in the water with the participant.

Time	Monday	Tuesday	Wednesday
4:30p-5:00p	Level 1, 2	Level: 4	Level: 1,2
5:00p-5:30p	Level: 3 (under 7)	Adaptive	Level: 3 (under 7)
5:30p-6:00p	Level: 3 (7 & older)		

Time	Saturday
9:15a-9:45a	Water Discovery
9:45a-10:15a	Level: 1,2
10:15a-10:45a	Level: 3,4

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 teens, adults and seniors to focus on stroke development and aquatic fitness. Individuals can use these lessons to learn the basics of swimming to the more complex stroke techniques.

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. Fees cover up to 2 children.

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

Aquatics Director: Sabrina Schorm, 663-9622, Ext. 21 sabrinas@dcfymca.org

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.

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					(starting) 11/11/23	
8am-12pm	8am-12pm	8am-12pm	8am-12pm	8am-12pm	9-11:30am	
COMPETITIVE	RECREATIONA	COMPETITIVE	RECREATIONA	OPEN PLAY	OPEN PLAY	CALL FOR INFO
AFTERNOON OPEN PLAY						
Monday	Tuesday	Wednesday	Thursday			
2-4:30pm	2-4:30pm	2-4:30pm	2-4:30pm			
OPEN PLAY	OPEN PLAY	OPEN PLAY	OPEN PLAY			

SPRING PROGRAMS

Summer Camps and Afterschool

SUMMER DAY CAMP/ SPECIALTY CAMP: REGISTRATION BEGINS ON APRIL 1, 2024

May 28–July 31 Ages 5–12

Monday – Friday 7:00 am – 6:00 pm

Camp gives children the opportunity to learn, grow and have fun in a safe, caring environment surrounded by a committed staff. We look forward to a summer of exciting opportunities for children to have fun and learn in new ways! Children will participate in a variety of activities including: crafts, sports, team building games, songs, special speakers, swimming and field trips. Great Summers start at the Y! Come visit us at the Y for your child's summer camp experience. We offer scholarships to families who qualify, we accept CCDF Vouchers and are a vendor for DCS. All of our staff are CPR, AED, & First Aid certified and have attended a Child Abuse Prevention and Camp Counselor Training.

AN ANNUAL SUMMER CAMP REGISTRATION FEE IS DUE UPON REGISTRATION.

YM \$25 PER CHILD OR \$40 PER HOUSEHOLD

PM \$30 PER CHILD OR \$50 PER HOUSEHOLD

FEES: YM \$100/week PM \$120/week

Additional Child Rate: YM \$60/week PM \$80/week

3-Day Rates \$70 YM \$84 PM

Every child that registers will receive a free camp t-shirt. Additional t-shirts will be available for \$10. Immunization forms and other paperwork will need to be filled out before your child attends camp

FEES MUST BE PAID IN ADVANCE FOR YOUR CHILD TO ATTEND



Specialty Day Camps

Camp	Ages and Times	Description
Cheer Camp	June 17–21st Ages: 5–12 : 9–noon	At cheer camp, camper will experience a fun filled week of cheer, dance, and simple stunts/jumps. On Friday, the kids will spend the day at Gymnastics and More, parents will be allowed in for the last hour and the kids will perform what they have learned for their families.
Ninja Camp	June 24–28th Ages: 5–12 : 9–noon	Join Matt Boersma from Tree City Martial Arts to learn all about Tae-Kwon-Do! Parents will be invited in on Friday to see what their child has learned this week!
Board Game Brigade	July 15–19th Ages: 8–12 : 9–noon	Enjoy board games but don't have enough people to play? This is the camp for you! A whole week of different board games with kids your age! On Friday we will have a day of giant board games!
Space Jam	June 3–7 Ages: 9–12: 9–noon	Have a child interested in all things space or rockets? This is the camp for them! A NASA curriculum and multiple different rockets to build and launch will keep kids on their toes this camp!
Let's Grow at the Y	June 10–14th Ages: 5–12 : 9–noon	How does your garden grow? Find out at the Y this summer! Planting, watering, weeding, we've got it all this week! Children can expect to take home their very own plant in a personalized pot!
Come Paint with Angi	TBD Ages: 5–8 9–noon Ages: 9–12 1–4pm	Description coming soon!
Playmakers Sports Camp	July 8–12th Ages: 5–8 9–noon Ages: 9–12 1–4pm	Basketball, football, pickleball, we've got it all! Children will play a different sport each day against children in their own age group. On Wednesday both groups will combine from 9–4 to go on a field trip to an Indiana Fever game! This game is a Kid's Day so the children will enjoy multiple activities as well as watch a game!
Wonderful World of Water	July 15–18, 22–26th Ages: 5–8 :-3pm	Two weeks of water fun! Children will learn water safety and survival skills, receive swim lessons, and play fun water games! They'll be able to show off their new skills at a pool party on Friday the 26th!

AFTERSCHOOL: Registration Begins May 1, 2024

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 School Corporation, Good Shepherd, St. Mary's, and North Decatur. The YMCA offers help with homework, games, crafts and snacks. We follow the Greensburg School calendar and offer Day Camps when school is out of session. Our After school program accepts CCDF vouchers, vouchers through DCS and provides a snack daily. All children attending afterschool must have a completed and signed immunization form on file at the YMCA before they can come to the program.

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

4–5 days/week YM \$42/week PM \$52/week
1–3 day rates: YM \$38/week PM \$47/week

Sibling discounts available.

First day of Afterschool will be Monday, August 5, 2024.

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

SPRING PROGRAMS

Afterschool and Youth Classes – June

Registration period May 1st– Jun 1st. Registration ends when Program is FULL or unless stated.

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, starting June 3rd 3:30 pm – 4:00 pm Fees: \$20 YM \$40PM

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, starting June 3rd 4:30 pm – 5:25 pm Fees: \$35 YM \$50 PM

Teen Programs– June

ADVANCED/ADULT TAE KWON DO: Ages 16 and older

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.
Meets: Wednesdays 5:30 pm – 7:00 pm Fees : \$35 YM \$50 PM

ADVANCED TEEN COMPETITIVE EDGE TRAINING: Ages 12–19

Are you looking for a competitive edge? This program will work on agility, quickness, flexibility and more!!! We will work on getting you to be the best you can be.
Meets: Wednesdays, June 4–25 6:00 pm – 7:30 pm Fees: \$30 YM \$50 PM

TEEN LEADERSHIP ADVISORY BOARD (T-LAB)

Join the Teen Leadership Advisory board (T-LAB) to help create the YMCA IMPACT program. Help build this program and make an IMPACT on your community.
Meets: Thursday, June 20th 6:00 pm – 7:00 pm Grades 7–12

3 ON 3 TEEN BASKETBALL

Teens join us for a variation of the traditional 5-on-5 basketball game, where two teams of three players each compete on a half court.
Meets: Tuesdays June 5, 12, 19, 26 6:00 pm – 7:00 pm Fees: \$30 YM \$50 PM

TEEN BICYCLE CLUB

This club will provide a safe and enjoyable environment for members to cycle, learn bicycle safety tips and maintenance and foster a sense of community among members.
Meets: Saturdays 9:00 am – 11:00 am Fees: \$10 YM or PM

SPRING PROGRAMS

Fitness Challenges– May

INDY 500 MILE CHALLENGE

May 1 – May 31

It's time to celebrate the month of May and all the traditions that the Indianapolis Motor Speedway has to offer by getting our bodies revved up, striving to get as many miles of exercise as we can achieve. Challenge yourself with a personal fitness goal!

The goal: rack up as many miles as possible between May 1 – May 31!

How you'll do it: by working out at the Y as much as possible to accumulate miles with a variety of exercises! Strive to reach as close to 500 miles of exercise as you can within the month. You can accumulate miles by: using cardio equipment in the wellness center, attending group classes, water walking, swimming laps, playing racquetball, basketball, pickleball, walking and/or running, cycling, and weight lifting. Your exercise **DOES NOT HAVE TO BE DONE ON THE YMCA'S PROPERTY.** Each challenger will add their own miles and post their miles on a master log that will be located in the Wellness Center. The top three with the most mileage will receive a free car wash from Kennelly Brothers. **This challenge is for YMCA members only, and it's FREE!**

Fitness Challenges– June

IRONMAN CHALLENGE

June 1 – June 30

Take the IRONMAN Challenge

You have 30 days to complete a full IRONMAN

0.6 miles of swimming per week. (21 laps)

28 miles biking per week

6.5 miles running or walking per week

You may accumulate these miles inside or outside of the Y. You will have to log your miles at the Wellness Desk. Complete the full IRONMAN in 30 days and receive a T-shirt. Sign up – take the challenge – the IRONMAN Challenge in 30 days! Condition your body using this cross training method to help you lose weight and feel great! It's great training for a Sprint Triathlon.

Fees: \$30 YM \$60 PM (no early registration discount)

(PM receive a full membership for 30 days and discounted fees on programs)

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

Spring Specials



CELEBRATING WOMEN
May 12–18

We are opening our doors to all women in celebration of Mother's Day and National Women's Health Week. Please use our facility May 12–18; focus on you, and your health!

- Classes for all women will be **FREE** during this week!
- Bring a friend!

the Y
DECATUR COUNTY FAMILY YMCA



SHORT – TERM MEMBERSHIPS

Memorial Day* Thru Labor Day

100 days for \$100*

*Members May 12, 2014
*Open to individuals
*Not for Seniors

Membership valid 100 days from date of purchase!

the Y
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



CELEBRATING MEN
JUNE 10–16

We are opening our doors to all men in celebration of Men's Health Week and Father's Day. Please use our facility June 10–16; focus on you, and your health!

- Classes for all men will be **FREE** during this week!
- Bring a friend!

the Y
DECATUR COUNTY FAMILY YMCA

SPECIAL EVENTS

Registration period begins March 1st.

TREE CITY ROLLING TOUR & CENTURY June 29, 2024

There are 5 routes to choose from:

1. 16 mile,
2. 34 mile,
3. 67 mile– Hilly
4. 67 mile– not as hilly,
5. Whopping 100 mile route.

Those who plan to ride the 100 mile route should be on the road by 7am, the 67 mile riders between 7-8:00 am, the 34 by 9:30 am and the 16 milers by 10:00 am. SAG stops (refreshments) are provided along each route with restrooms on all routes except the 16 mile route. A *GREAT* lunch will be provided on the riders return. This is a family event, so bring the kiddo's. Kids 12 and under riding with their parent or guardian are free!

Fees: 18+: April 1-30, \$45 May 1-June 27, \$50 Day of Event

13-17: \$30 April 1-30, \$35 May 1-June 27, \$40 Day of Event

Drifit Shirts: Add \$15 to price of registration. Please add an additional \$4 if 2x or larger shirt is requested.

Cut off to order a shirt is June 23rd

Register at YMCA or online at www.treecityrollingtour.org



Registration period begins April 1st. Registration ends when Program is FULL or unless stated.

YMCA GOLF CLASSIC Thursday, June 6th Greensburg Country Club

All proceeds from the YMCA Golf Classic benefit the Annual Campaign. This campaign raises funds to provide financial assistance for families and youth. Check in 10:00 am - 10:45 am

Shotgun Start 11:00 am

Registration ends May 26th.

Fees: Team \$300 (in one payment)

Individual \$80

Fees include: Green Fees
Cart
Refreshments/Snacks
Dinner

Prizes:

Hole in One Prize
Longest Drive
Closest to the Pin
Longest Putt



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!



SUMMER PROGRAMS

Youth Classes– July

Registration period June 1st– July 1st. Registration ends when Program is FULL or unless stated.

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, starting July 1st 3:30 pm – 4:00 pm Fees: \$20 YM \$40PM

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, starting July 1st 4:30 pm – 5:25 pm Fees: \$35 YM \$50 PM

21ST CENTURY PROGRAM

Join us for the 21st CCLC Program at Greensburg Elementary School. This program supports the creation of community learning centers that provide academic enrichment opportunities during non-school hours for students. The program helps students meet state and local standards in core academic subjects, such as reading and math; offers students a broad array of enrichment activities that can complement their regular academic programs; and offers literacy and other educational services to the families of participating children.

Hours: 2:40 pm – 6:00 pm at the Greensburg Elementary School

Fee \$0

For more information or to enroll, please contact NaKecia Shafer, Program Director at nakecias@dcfymca.org or 812-593-9819



Teen Programs– July

TEEN CHESS CLUB:

All skill levels welcome. Chess boards provided.

Meets: Fridays: July 5, 12, 19, 26 4:30 pm – 6:00 pm Fees: \$15 for 4 weeks

TEEN BOARDGAME CLUB:

Are you a teen looking for something fun in to do on a Wednesday evening? Come join us here at the YMCA for a night of board games. Come and play Ticket to Ride, Clank, Fort, The Isle of Cats and more. Join us for some fun here at the Teen YMCA board game club!!!

Meets: Wednesdays: July 3, 10, 17, 24 7:00 pm – 9:00 pm Fees: \$15 for 4 weeks

TEEN PICKLEBALL: Ages 12–18

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

Meets: Sundays: July 7, 14, 21, 28 3:30 pm – 5:00 pm Fees: \$15 YM or PM

ADVANCED/ADULT TAE KWON DO: Ages 16 and older

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.

Meets: Wednesdays 5:30 pm – 7:00 pm Fees : \$35 YM \$50 PM

Youth Development Director, Joe Poteet: 663-9622, Ext. 26 joep@dcfymca.org

Special Event– July

SAVE THE DATE!

36th ANNUAL CORPORATE CHALLENGE

July 15th, 6:00pm: Informational Meeting

August 12th, 6:00pm: 1st Captain's Meeting

August 19th, 6:00 pm: Team Registrations are due!

September 16th, 6:00pm: 2nd Captain's Meeting

September 23rd, 24th, 26th, 28th: Corporate Challenge Events

Fees: \$200 for YMCA Corporate Partners \$250 for other businesses
OPEN to both large and small businesses and organizations!