



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAUSE DRIVEN AND COMMITTED

PROGRAM GUIDE
Decatur County Family
YMCA



(812) 663-9622
1301 Kathy's Way
Greensburg, IN 47240

2012

Session 1: January 2 - February 12
Session 2: February 20 - April 8

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Check out our website:
www.decalurcountyfamilymca.org

Sign up for classes or just browse through what we have to offer.

Registration for all programs begin 2 weeks prior to session for Y Members (YM) and 1 week prior to session for Program Members/Non Members (PM)

GENERAL

Membership

Types of Membership

FAMILY: Husband and Wife and all members of immediate family included as dependent children. Dependent children are those children through the age of 23 and enrolled in school full time.

ADULT: Any person 18 years of age or older.

SENIOR CITIZEN: Any person 62 years of age or older.

STUDENT: Children in grades Preschool-12

Dual Membership for Southeastern Indiana YMCA and the Decatur County Family YMCA!!

	Monthly	Annual
Family	\$72.20	\$866.40
Adult	\$51.50	\$618.00

Listen up Batesville members!

Membership Rates

	Monthly	Annual	Joiner's Fee*
Family	\$51.50	\$618.00	\$125.00
Adult	\$31.50	\$378.00	\$125.00
Senior Citizen	\$27.75	\$333.00	\$125.00
Student	\$11.75	\$141.00	\$50.00

*Joiners Fee applies to all new memberships. Joiners Fee can be paid through NLS plan if absolutely necessary.

Guest passes are available to those who wish to use our facility for the day without joining. Price is per visit

Adult \$7.00 Family \$12.00 Youth (Preschool-Grade 12) \$4.00

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 15 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 that terminates their membership will have a 1 year grace period during which they can rejoin without paying the Joiner's Fee. After 1 year, the former member has 4 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.

Scholarships

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 'Invest in Youth' 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 663-9622.

Hours

***During inclement weather, check our website

BUILDING HOURS
 Monday-Friday 6 am-9 pm
 Saturday 8 am-5 pm
 Sunday 1 pm-5 pm

WELLNESS CENTER
 Monday-Friday 5 am-9 pm
 Saturday 8 am-5 pm
 Sunday 1 pm-5 pm

AQUATIC CENTER
 Monday-Friday 6 am-8:30 pm
 Saturday 9 am-4:30 pm
 Sunday 1 pm-4:30 pm

GENERAL

Class Policy

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, either a credit or refund will be available or a make-up will be scheduled. The YMCA will make every effort to make-up cancelled classes in these instances. 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.

General Info

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

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 10-12 are permitted in designated areas of the YMCA as long as a parent, guardian, or responsible adult remains on the YMCA premises.

Gyms: 10 years of age and older. For youth ages 10-12, a parent must be on the premises. Parent must accompany children younger than 10 years old.

Swimming Pool: 10 years of age and older. For youth ages 10-12, a parent must be on the premises. Parent must be in the water with children under the age of 6.

Sauna: 18 years of age and older.

Whirlpool: 16 years of age and older.

Indoor Walking/Running Track: 8 years of age and older. Youth 8-12 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 10-12 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 sign parent/teen waiver.

Y-Zone: 10 years of age and older. During those times when the Y-Zone is staffed, children ages 6-9 may be signed in and out by a parent. Parents must remain on the premises at all times.

Racquetball/Walleyball Court: 13 years of age and older. Youth under the age of 13 are permitted in the racquetball court when accompanied by a parent.

Batting Cages: Youth 15 and under must be accompanied by a responsible adult 18 years of age or older.

YOUTH DEVELOPMENT

Preschool, After school, Child watch

Preschool

We provide a Christian atmosphere with music, cooking, science, painting, swimming, gym, social studies, and more. Registration fees are non-refundable. Fees are due the first day of each month.

A \$12 late fee will be applied if payment is made after the first of the month. For the 2012-2013 school year, registration begins January 9 for YMCA members and February 1 for Program members.

Non-Refundable Registration Fees: \$50 YM \$65 PM
 2-Day/Week Fees: \$65 YM \$75 PM
 3-Day/Week Fees: \$85 YM \$95 PM

***Above prices are for 2011-2012 year, NOT 2012-2013 year**

Class Offerings		
M/W/F	9:00-11:30 am	4&5 yrs
M/W/F	12:00-2:30 pm	4&5 yrs
T/Th A	9:00-11:30 am	4&5 yrs
T/Th B	9:00-11:30 am	3&4 yrs
T/Th A	12:00-2:30 pm	4&5 yrs
T/Th B	12:00-2:30 pm	3&4 yrs
W/F B	9:00-11:30 am	3&4 yrs

After School

This program offers children ages 5-12 years old a fun, safe place to go after school while their parents are still at work. The children are transported to the YMCA from Greensburg Elementary and North Decatur. The YMCA offers homework help, crafts, swimming, and gym activities. We follow the Greensburg Community School calendar and provide care on half-days and full-days when school is not in session.

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

Weekly Fees: \$28 YM \$38 PM
 Holiday Half Day Fees: \$10 YM \$12 PM
 Daily Fees: \$7 YM \$9 PM
 Holiday Full Day Fees: \$18 YM \$28 PM

*Spring break camp-See pg 9



Child Watch

This area is available for children 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 also attend a Child Abuse Prevention seminar.

Daytime Hours: M/W/F 8:30-11:30 T/TH 8:00-11:30 Sat 9:00-11:00
 Evening Hours: Mon-Fri 5:00-8:00

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

YOUTH DEVELOPMENT

Youth Classes

SESSION 1 LITTLE ALL-STARS: *Ages: 3-5 yrs.* Through a range of developmentally appropriate activities children are introduced to some of the fundamentals of basketball, t-ball, and indoor soccer. Parents are encouraged to come along with their children.

Meets: Thursday 5:15-6:00pm

Fees: \$30 YM \$50 PM

SESSION 2 LITTLE ATHLETES: *Ages: 3-5 yrs.* This class will focus on providing opportunities for children to master motor skills and learn about physical movements through tag and kickball games.

Meets: Thursday 5:15-6:00pm

Fees: \$30 YM \$50 PM

SESSION 1 PITCHING FUNDAMENTALS: *Ages 9-13 yrs.* This class will emphasize proper pitching mechanics through instruction and drills. Developing proper mechanics at an early age is crucial to becoming a competitive pitcher at older levels. Taught by former college baseball player and coach. This class will have participants catch each other during drills (4-8 participants per class)

Meets: Monday 7:30-8:15

Fees: \$30 YM \$50 PM

SESSION 2 BASEBALL FUNDAMENTALS: *Ages 6-11 yrs.* Preseason baseball instruction. Taught by a former college baseball player and coach. Class will include instruction and drills for fielding, hitting, base running. (Min. of 4 for each age group)

6-8 yrs old Meets: Friday 5:00-5:45

Fees: \$30 YM \$50 PM

9-11 yrs old Meets: Friday 6:00-6:45

Fees: \$30 YM \$50 PM

SESSION 2 EXPERIENCED LEGO ROBOTICS *Ages 9-13 yrs.* This class introduces intermediate level topics in building and programming robots using LEGO Mindstorms Robotics. In pairs, participants will use a computer to program their robots to move, turn, and react in order to solve weekly missions from the First Lego League challenge mat. Previous LEGO Mindstorms experience or instructor approval is required for this workshop.

Meets: Monday 6:00-7:30

Fees: \$30 YM \$50 PM

SPORTS CHEERLEADING: (Ages 5-9) Learn cheers, chants, proper arm placements, jumps and a cheer routine. Participants will cheer at 4 YMCA Youth Basketball games on Saturdays. The first game to cheer at is February 11. (Each participant will receive a cheer team shirt.)

Meets: Thursdays 5:15-6:00 pm (practices held in the Jujitsu room)

1st Practice - January 26

1st Game - February 11 (10:30-11:00am)

Fees: \$35 YM \$55 PM

PRE BALLET: Ages 3-6. Using our YMCA core values, children are introduced to the 5 main positions while working on different movements in Ballet in a progressive way.

Meets: Saturdays 12:30-1:15 pm

Fees: \$30 YM \$50 PM

BEGINNER BALLET: Ages 7 & older. Class will focus on the movements and techniques of Ballet. Introduction to bar and center work in a fun, progressive way with an upbeat and enthusiastic instructor

Meets: Saturdays 1:15-2:00 pm

Fees: \$30 YM \$50 PM

YOUTH DEVELOPMENT

Youth Leagues

"YOUTH BASKETBALL LEAGUE" Grades K-6. YMCA basketball is a fun place to learn about the sport or to fine-tune your skills. Teams will have 1 practice and 1 game per week. Please call the YMCA if a coach has not contacted you by January 19th.

Practice: First practice is January 21st

Registration: Mon. Dec 12 – Mon. Jan 9

Game Days: Saturday's starting January 28th

Fees: \$40 YM \$60 PM

Mandatory Coaches Meeting on Tuesday Jan 17th 6:00 pm

"INDOOR SOCCER" Grades K-6. This program will run Feb 4 – March 10. This program will offer a relaxed atmosphere that will help players develop their own skills at their own pace through drills and games. Players are sure to get plenty of playing time and repetition. 3 on 3 games will be emphasized. Age groups will be dependent on registration.

Meets: Saturday afternoons starting Feb 4th

Registration: Jan 3 – Jan 24

Fees: \$30 YM \$50 PM

Youth Aqua

Waterbugs Ages: 6 mo.-3 years Designed to develop water adjustment skills. Great program for parent-child bonding.

Meets: Saturday 10:00-10:30 am
PM

Fees: \$20 YM \$45

Pikes/Eels Ages: 3-5 years Class is structured to teach children lead-up skills, basic swim skills, games, and water safety. Focus is given to social interaction between the child, instructor, and peers.

Meets: Tues & Thurs 4:30-5:00 pm
PM

Fees: \$25 YM \$85

Meets: Saturday 10:30-11:00 am
PM

Fees: \$20 YM \$45

Polliwog/Guppy Ages: 6+ Designed to teach youth and adults basic strokes and improve stroke technique through all progressions. Fundamentals of water safety, first aid, and CPR will be taught as participants progress toward advanced levels.

Polliwog Meets: Tues & Thurs 5:00-5:30 pm
PM

Fees: \$25 YM \$85

Guppy Meets: Tues & Thurs 5:00-5:30 pm

Fees: \$25 YM \$85 PM



YOUTH DEVELOPMENT

Special Youth Events

New Years Eve overnighter: December 31st

Ring in the New Year right here at the Y with all your friends!

8pm Dec 31st – 8am Jan 1st

Ages: 7-12

Fees: \$25 YMCA Member

\$35 Program Member

Registration Deadline: Dec. 28th



Daddy Daughter Night: February 11th

Girls: bring your Father, Grandfather, or male relative to the Y for a special evening for just the two of you! You will enjoy a catered meal, crafts, swimming, games, and have your picture taken.

5:00pm-7:30pm

Fees: \$20 per couple YMCA Members

\$25 per couple Program Members

\$5 each additional child

Registration Deadline: Feb. 7th



Healthy Kids Day: March 31st

The YMCA is helping kids learn how to live a healthy lifestyle. Have fun while learning to make healthy choices that will last a lifetime! We will have a health fair, games, prizes, bounce house, balloon animals, and more! We will have the Community Easter Egg Hunt again this year! (Easter Egg Hunt sponsored by Greensburg Daily News.)

All Ages

10:00am-1:00pm

FREE!!

YOUTH DEVELOPMENT

Special Youth Events

Spring Break Camp :

Come enjoy crafts, swimming, sports, games, and much more! You will need to bring a swimsuit, towel, lunch, snack and drinks.

March 19 - 23, 2012

Monday - Friday 7:00 am - 6:00 pm

Ages 6-12 Sibling discount available.

Fees: \$80 per week YM \$100 per week PM
\$22 per day YM \$32 per day PM

Y Splash:

Thanks to KB Specialty Foods, we will be hosting Y-Splash during Spring Break this year! This is a celebrated event which offers families and kids, ages 6-12, to be safer in and around water. Everyone will be taught safety, rescue, and stroke development. This program is a great opportunity to develop aquatic knowledge and self-esteem. FREE!

Monday March 19 - Thursday March 22

Age: 6-7 yrs old 10:0 - 10:45 am

Age: 8-9 yrs old 11:00 - 11:45 am

Age 10-12 yrs old 12:00 - 2:45 pm



Roller Skating Party:

All ages are invited to come to the Y and skate to the music! Bring your own skates if you have them (in-line, quad or heellies). We will also have some skates available at the Y to use for the evening. Early registration is preferred, walk-in registration is accepted. Pizza and soda available to purchase (\$1 per slice of pizza, 50 cents for soda)

March 23rd 6:00pm-8:00pm

All ages

Fees: \$3 YM \$5 PM

Safe Sitter Class:

The Safe Sitter course is designed for 11-13 year olds (we cannot make any exceptions to the age requirement). Students will learn essential babysitting skills for both themselves and the child, and how to care for a choking child. Students must attend both days and will receive a certificate upon completion of the course.

March 29th and 20th (Monday and Tuesday)

9:00 am - 12:00 noon

Ages: 11-13

Fees: \$30 YM \$40 PM

Registration Deadline: March 13

HEALTHY LIVING

Day	Class Times	\$ YM	\$ PM
Monday	9:00-10:00 am Indoor Cycling	\$12.00	\$32.00
	10:15-11:00 am Pilate Ball	\$15.00	\$45.00
	11:00-11:30 am 30-Minute Cafe	FREE	\$45.00
	12:15-1:00 pm Pilates w/ Props (2 day/week class)	\$25.00	\$55.00
	5:30-6:30 pm Aqua Zumba *NEW*	\$25.00	\$45.00
	5:30-6:30 pm Yoga	\$15.00	\$45.00
	5:30-6:30 pm Sculpt & Spin *NEW*	\$25.00	\$55.00
	5:30-6:30 pm Boot Camp Mania (2 day/week class)	\$45.00	\$80.00
	6:30-7:30 pm Power Hour	FREE	\$45.00
	7:00-8:00 pm Jujitsu (adult)	\$55.00	\$80.00
Tuesday	8:15-9:15 Power Hour	FREE	\$45.00
	9:30-10:30 am Silver Sneakers MSROM/Cardio Combo Class	FREE	\$45.00
	9:15-10:45 am Small Group PT (2 day/week) *Wellness Ctr	\$48.00	\$99.00
	11:00-11:30 am Mix Up	FREE	\$45.00
	4:15-5:15 pm Pilate Fusion (2 day/week class)(single class is available)	\$25.00	\$55.00
	5:30-6:15 pm Spinning	\$12.00	\$32.00
	5:30-6:30 pm Yoga	\$15.00	\$45.00
	6:30-7:30 pm Cardio Blast	FREE	\$45.00
Wednesday	9:00-10:00 am Indoor Cycling	\$12.00	\$32.00
	9:00-10:00 am Yoga	\$15.00	\$45.00
	10:15-10:55 am Silver Sneakers Yoga Stretch	FREE	\$45.00
	11:00-11:30 am Core Pole	FREE	\$45.00
	12:15-1:00 pm Pilates w/ Props (2 day/week class)	\$25.00	\$55.00
	4:15-5:15 pm Buff/Bike/Balance	\$25.00	\$55.00
	5:30-6:30 pm Spinning	\$12.00	\$32.00
	5:20-6:20 pm Zumba	\$25.00	\$45.00
	6:30-7:30 pm Yoga	\$15.00	\$45.00
	7:00-8:00 pm Jujitsu (adult)	\$55.00	\$80.00

HEALTHY LIVING

Thursday	8:15-9:15 am Power Hour	FREE	\$45.00
	9:15-10:45 am Small Group PT (2 day/week) * Wellness Ctr	\$48.00	\$99.00
	11:00-11:30 am Step-N-Toning	FREE	\$45.00
	4:15-5:15 pm Pilate Fusion (2 day/week class)(single class is available)	\$25.00	\$55.00
	5:20-6:20 pm Yoga	\$15.00	\$45.00
	5:30-6:15 Indoor Cycling	\$12.00	\$32.00
	5:30-6:30 pm Boot Camp Mania (2 day/week class)	\$45.00	\$80.00
	6:30-6:45 pm Ab Control	FREE	\$45.00
Friday	6:45-7:30 pm Extreme Strength	FREE	\$45.00
	8:30-9:15 am Cardio Kickboxing *NEW*	\$10.00	\$40.00
	9:00-10:00 am Indoor Cycling	\$12.00	\$32.00
	9:30-10:15 am Balance and Flexibility for Seniors	\$25.00	\$45.00
	10:30-11:30 am Silver Sneakers MSROM/Cardio Combo Class	FREE	\$45.00
Saturday	11:00-11:30 am 30-Minute Café	FREE	\$45.00
	9:30-10:20 am Mix Class	FREE	\$45.00



Important Notes about Programs and Group Exercise:

YM: YMCA Member

PM: Program Member (Non-Member)

Registration begins :

2 weeks prior to session for YM and

1 week prior to session for PM

Register early to receive \$5 off classes

Early registration ends

January 30 for Session 1 and

February 17 for Session 2

HEALTHY LIVING

Class Descriptions

30-Minute Café: A little cardio, a pinch of weight training, and a few crunches to tone the core. You will not be disappointed!

Ab Control: A 15-minute class that focuses on nothing but your abs. Work your upper and lower abs, obliques, and back in just 15 minutes!

Balance and Flexibility for Seniors: For overall health and wellness, you need to practice balance and stability with movement. This class will focus on balance, posture, core and overall body strength, with both seated and standing activity. Progressions will be made through the class and by adding different equipment.

Boot Camp Mania: Get lean, lose weight, increase stamina and challenge the mind. Total body and core exercises will be combined with cardio in order to help you achieve a lean, tight physique.

Buff / Bike / Balance: This express workout combines 4+ minute intervals of cycling, strength training, and core balance work, finishing with flexibility training all in an hour. Try this combination aerobic and anaerobic blast!

Cardio Blast: Get your heart pumping with this creative, challenging workout that will improve cardiovascular fitness and muscle tone.

Cardio Kickboxing: This class combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Unlike other types of kickboxing, cardio kickboxing does not involve physical contact between competitors. Yoga infusion may be added for balance and flexibility training.

Core Pole: This class will help to develop core muscles by using resistance bands connected to a pole. Class size is limited due to the quantity of bands available.

Indoor Cycling: Want to burn calories fast? Want to build endurance? Instructors lead you through exciting courses—intensity is up to you as you work toward that target heart rate. Join the ride and stay fit! (fees are for one class a week)

Jujitsu: Jujitsu is a form of martial arts that develops coordination, balance, strength, memory, discipline and confidence, as well as the YMCA's core values.

Mix Class: A high/low class that focuses on strength and toning by putting the core at the center of each workout.

Mix Up: Mix up your lunch routine with us! We'll get a little bit of everything in just one half hour. Cardio, strength training, and core.

HEALTHY LIVING

Class Descriptions

Pilate Ball: An innovative fusion of Pilates and yoga using different size balls to enhance movement to help improve posture, core strength, and add flexibility.

Pilate Fusion: A series of mat exercises that infuse pilates and yoga together to strengthen and tone all of the muscles within our body, while lengthening our spine and concentrating on abdominal, pelvic floor, and low back conditioning. A variety of pilate equipment will be used. Pilates and yoga are great compliments to other forms of exercise and will dramatically enhance sport performance. Can register for one class only.

Pilates with Props: A series of mat exercises using a variety of tools that produce kinesthetic awareness and desirable improvements in alignment and movement quality of the spine, while strengthening and toning the body centering from the pelvic floor (core) muscles. Need to improve abdominal and low back strength, then this class is for you. Can register for one class only.

Power Hour/Extreme Strength: Get a full hour of intense strength and toning using a variety of equipment that will give your metabolism the boost you need.

Sculpt & Spin: Class combines weight training and cycling intervals that build endurance, burn calories and sculpt muscles for a lean trim physique.

Silver Sneakers: For any fitness level, designed to increase muscular strength, endurance and range of movement to improve Activities for daily living (ADL). Use resistance bands, weights, and a chair. Meets the Surgeon General's recommendation for "frequent exercise."

Small Group PT (Personal Training): Need a trainer and a workout designed for your needs? Your personal trainer will work with a group of between 4 to 8 people developing workouts needed 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 partly inside and outside on fitness trail. Trainer is ACE Certified.

Spinning: Get those legs moving and that heart pumping. This class gives you a combination of flats, hills and sprint intervals riding at YOUR fitness level and your target heart rate to maximize your workout. The instructor chooses music that makes each part of the ride interesting.

Step-N-Toning: Step up to fitness with this creative, challenging choreographed workout that will improve cardiovascular fitness and muscle tone.

Yoga: Yoga will help you discover how the mind and body unite in a harmony of movement and coordination. Mental focus, while concentrating on breathing, will improve tension and stress, and strengthen the lungs. Benefits: smooth and efficient muscles, flexibility, joint function, weight loss, improved circulation, relief from insomnia, headaches, backaches, improved balance, posture, asthma, improved concentration, and more. (fees are for one class a week)

Zumba and Aqua Zumba: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. (10% off when registering for two or more classes)

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.

By Appointment Only

Fees: \$10 YM \$20 PM

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

By Appointment Only

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!

Personal Training

**"Change is the essence of life.
Be willing to surrender what you
are for what you could become."
Our trainers can make a difference!**

Deena Hamer/Rachel Allen

Personalized programs include:

- Cardiovascular training / Intervals
- Weight Loss
- Sport Specific Training
- Strength/Toning/Body Building
- Pilates/Yoga
- Functional Bands
- Self Myofascial Release (SMR)



Why work with a trainer? You will be connecting with a professional, who is committed, educated, and caring. Your trainer will use a variety of methods to create a program that focuses on meeting your individual lifestyle goals. Whether you are new to exercise or an athlete, our trainers can make a difference!

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.

30 min Fees:	YM	1-session \$20	3-sessions \$55	6-sessions \$112	9-sessions \$168
	PM	1-session \$40	3-sessions \$111	6-sessions \$225	9-sessions \$325

60 min Fees:	YM	1-session \$30	3-sessions \$85	6-sessions \$168	9-sessions \$240
	PM	1-session \$50	3-sessions \$142	6-sessions \$285	9-sessions \$415

Duo or Trio Program: Y Members Only Have a custom routine designed for you and a friend or two. Your 1 hour routine will be designed for two to three friends so you can get the most out of your workout together at the same time.

1 Duo Session: \$40

1 Trio Session: \$50

Packages also available

9 Pack Duo Sessions: \$315

***Need to start out in the water?** Our trainers can do that! Ask them how you can get a great workout in the pool, incorporating cardio, endurance, and core strength!

HEALTHY LIVING

Special Fitness Events

Indiana Y Tri: Indoor Triathlon

February 25

1st Heat Begins 8:00 a.m.

Ever wanted to compete in a Triathlon? Our Indoor Triathlon is designed to be less intimidating and will help prepare you for a Sprint Distance Outdoor Triathlon this summer or fall. While outdoor tri's are based completely on time, an indoor tri is based on distance. During our indoor tri, you will compete with others from this YMCA and other YMCA's across the state. Last year, 8 other Y's held a tri on the same weekend. We will post how you rank with age groups from other Y's. This event will help you get ready for our 1st outdoor triathlon scheduled for this September 8th, 2012.

Here's how it works:

10 minutes to **swim** as many laps as you can

15 minutes to **bike** as many miles as you can

15 minutes to **run** as many miles as you can

There will be a 10-minute transition between the swim/bike

There will be a 3 minute transition between the bike/run.

The total distance will determine the champions of each age group.

Everyone who enters will receive an Indiana Y Tri T-shirt.

Day of registration & packet pick up begins 7:30 a.m.

Mark your calendar today!



Age Groups:

12-16, 17-21, 22-29, 30-39, 40-49, 50+

Awards:

Overall Male & Female Finishers will receive a trophy

Top 3 Finishers per age group will receive medals

Race Entry Fees:

\$20 by Feb. 24 (includes a T-shirt)

\$25 on race day (shirts not guaranteed for those registering on race day)

Winter Indoor Duathlon

January 28

1st Heat Begins 8:00 a.m.

Start training for those outdoor activities and race events now indoors while there is still a chill in the air. Participating in our Indoor Duathlon will challenge you to a great cross training cardio workout usually performed outdoors on indoors equipment.

Here's how it works:

10 minutes: Run/Walk

20 minutes: Ride

10 minutes: Run/Walk

There will be a 3 minute transition between run/bike and bike/run.

Heats will start every 25 minutes.

Scoring the event: Mileage will be recorded. The most miles in each male/female age group wins.

There will be a 1st Place Winner in each age group. The overall male and female winner is determined by the one that achieves the most miles in the time allowed.

Age Groups:

12-16, 17-21, 22-29, 30-39, 40-49, 50+

Awards:

Overall Male & Female Finishers will receive a trophy

Top Finishers per age group will receive a waterbottle

Race Entry Fees:

\$20 by Jan. 27 (includes a T-shirt)

\$25 on race day (shirts not guaranteed for those registering on race day)

HEALTHY LIVING

Special Wellness/Fitness Events

New Year's Resolution Solution

January 2 - March 12

This 10 week wellness challenge could be your solution to better health!

Compete with others while learning new and fun methods to exercise those pounds away. Challenge a friend or loved one to make this the year for better health.

Start the New Year off right with:

- Weekly group exercise class (Monday night, 6 pm)
- Weekly Wellness & Nutrition Class (Tue or Wed nights, 6 pm)
Meet at local grocery for shopping lesson
- A designed workout by a personal trainer
- Be challenged with something new each week
- Weekly weigh in's with prizes to the best % of weight lost
- T-shirt (must come to 7 out of 10 weight ins)
- Cash or membership prize to 1st, 2nd & 3rd place

The BEST prize of all is getting your life back on track!

Weigh-in Dates:

January 2nd and 3rd

5:00-6:00 am

8:00-10:00 am

11:15-11:45 am

5:00-7:00 pm

Fees: \$30 YM \$110 PM

FREE Massage by Tricia Schlechtweg CMT

Enjoy a short massage to release those tight muscles before or after your workout.

Monday January 9th 12:00-5:00pm

Wednesday February 8th 9:00-2:00 pm

Monday March 12th 12:00-5:00 pm

Wednesday April 11 9:00-2:00 pm

Monday May 14th 12:00-5:00 pm

Indoor Golf Driving Range: *NEW*

Want to continue playing some golf in the winter months, but not have to go out in the cold? Rent our gym to work on your drive and perfect your swing. You can work on long range and short range drives, putting and chipping skills, and direction. Bring your own clubs and we will supply the balls.

Fees: \$5 an hour YM \$20 an hour PM Limit: 3 person hitting at one time

Day time hours available: Monday – Friday 5am – 5 pm Saturday 1 – 5

Evening hours available: Monday: 7:30 – 9 pm Tuesday/Friday 7 – 9 pm

Baskets of 40 balls and greens will be checked out at front desk, (with car key deposit), and returned at desk

Scrapbooking:

Come join in the fun putting your photo albums together with style. Stephanie will help you crop your photos artistically to capture those wonderful memories for a lifetime. Participants can bring their own supplies or purchase supplies needed from Stephanie. For more information, please call Stephanie Meeker / Creative Memories (614-598-6553)

Meet in the Conference room (across from the front desk).

16 January 7th 9:00 am - 4:00 pm
 February 4th 9:00 am - 4:00 pm

HEALTHY LIVING

Adult Leagues

"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!

Lunch time: Mon. Wed. Fri. 11:30 am – 1:30 pm Fees: Free YM \$4 PM
Evening time: Wed. 7:00 – 9:00 pm Fees: \$1 YM \$3 PM

SESSION 1 & 2 "5 on 5 Basketball League": *Ages 18+* Form a team and compete in this fun and competitive league. Open Divisions assigned by Program Director. Roster size: 5-12 players. 9 games guaranteed. Registration ends on January 6th.

Captains Meeting : Wednesday, January 11th 6:00pm

Meets: Sundays starting January 15th Fees: \$300 per team + \$10 per non-member

SESSION 2 "Racquetball League": *Ages 16+.* This 6-week league is fast paced and flexible. Divisions are based upon skill level, so beginners are encouraged to participate. Beginners can schedule a one-on-one clinic with Program Director to review rules, techniques, and strategy. Male and Female divisions. Registration ends on Feb 17th. Scrimmage Games will start the week of Feb 20th.

Meets: Various nights depending on own schedule Fees: \$25 YM \$45 PM

SESSION 1 & 2 "Co-Ed Volleyball League" *Ages 18+.* This league is great for adults that want to play in a relaxed and competitive atmosphere. Rosters can have 6 to 10 players. 6 match guarantee (Each match is 3 games). Registration ends on Feb 2nd

Meets: Thursdays starting Feb 9th Fees: \$120 per team + \$5 per non-member

Player's Meeting: Thursday Feb 9th 6:30

Adult Aqua

Deep Water Aerobics Ages: 18+ Non-impact class for all fitness levels performed in deep water. Floatation belts available. AOA Members receive \$2 discount

Meets: Mon & Thurs 6:15-7:00 am Fees: \$20 YM \$50 PM

Aqua Arthritis Ages: 18+ This shallow water class is for participants with arthritis, fibromyalgia, or physical injuries. AOA Members receive \$2 discount

Meets: Tues & Thurs 9:00-9:45 am Fees: \$20 YM \$50 PM

1/2 and 1/2 Ages: 18+ This class utilizes various equipment to tone upper and lower body as well as abs and lower back. AOA Members receive \$2 discount

Meets: Mon, Wed, Fri 4:00-5:00 pm Fees: \$25 YM \$70 PM

Aquafit/Waterworks Ages: 18+ Shallow water class that utilizes a variety of cardiovascular exercises to get your blood pumping. AOA Members receive \$2 discount

Meets: Mon, Wed, Fri 9:00-9:45 am Fees: \$25 YM \$70 PM

Aquatics Aerobic Class Card This card allows you to attend 10 aqua aerobic classes of your choice during a normal session for only \$55!

SOCIAL RESPONSIBILITY

Invest In Youth

We live in an age where many households are headed by single parents or a home where both parents need to work full time. Many struggle to make a life for their families. It becomes the responsibility of everyone in the community to help our working families instill the values of caring, honesty, respect and responsibility in every youth. Last year the Decatur County Family YMCA provided more than \$59,527 in financial assistance (scholarships) to those families in need as a direct result of many giving hearts throughout our community.

Ask how you can be a part of our Invest In Youth Campaign and lend a hand to the people in need right here in our own community.

Community Events

At the YMCA, we can work together to engage our youth in meaningful programs and create opportunities through meaningful personal relationships that enhance individual development. We can build in youth the strong character needed to make positive decisions about the direction they choose in life. The mission-driven programs of the YMCA do just that.

Healthy Kids Day: Helping kids learn how to make living a healthy lifestyle fun! This free event includes a health fair, bounce house, games, prizes and an Easter Egg Hunt!

Y-Splash: Sponsored by KB Specialty Foods, this free event teaches kids safety and rescue skills in the water.

Habitat for Humanity

Habitat for Humanity of Decatur County works in partnership with God and people from all walks of life, to develop communities with people in need, by building and renovating decent, affordable housing in Decatur County, so that every person can experience God's love and can live and grow into all that God intends.

As a Christian organization, we are proud to partner with Habitat for Humanity! After completing preliminary work with Habitat, eligible families meet at the YMCA for: Financial counseling, home ownership and home maintenance classes.

Contact Habitat for Humanity of Decatur County at:

314 W Washington St #A

dchfhp06@yahoo.com or carole37@hotmail.com

SOCIAL RESPONSIBILITY

Bible Study

Bible Study:

Join us every Tuesday morning for fellowship.

Women of all ages!	9:00-10:00 am
Senior Co-Ed Study	10:30-11:45 am

Church of Greensburg Bible Study:

Thursdays	7:00 pm
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Wesleyan Church Youth Group:

Wednesdays	6:15-7:15 pm
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Ministerial Association:

Third Tuesday of each month	12:00 noon
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Meet in conference room.



Community Donations

Cheer Fund Mitten Tree:

Throughout December 2011, we will be collecting mittens (and other winter gear, ie. scarves, gloves, hats) for our mitten tree. The items collected will be donated to the Cheer Fund!

Gleaner's Food Bank:

For the last several months in 2011, the Decatur County Family YMCA hosted Gleaner's Mobile Food Bank. Together, we were able to provide non-perishables, meats and drinks to hundreds of Decatur County residents! We are so pleased to be partnering with this organization and are excited about providing food for families in 2012!

Tentative dates for Gleaner's Mobile Food Bank are:

Monday, January 02, 2012	11:00-1:00
Monday, February 06, 2012	11:00-1:00
Monday, March 05, 2012	11:00-1:00



Keep your eyes open as more details will be available soon!

YMCA Mission:

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

