

Y Column for February 2, 2021

Facility Hours:

Monday – Friday: 5:30 am to 9:00 pm

Saturdays: 6:00 am to 6:00 pm

Sundays: 1:00 pm to 6:00 pm

Apple Dumpling Sale!

Enjoy a homemade old fashioned apple dumpling with caramel sauce.

Pre-order yours today from the Bettye J. McCormick Senior Center.

Call 812-882-2285 to order!

Cost: \$5.00 Per Order

When: Deadline to order is February 8, 2021. Pick up is on February 12, 2021 after 1:00 PM at the Bettye J. McCormick Senior Center.

Be a Senior Center Angel!

The Bettye J. McCormick Senior Center needs your support! For only \$20 you can become a Senior Center Angel. You will be helping improve the quality of life for our aging community and special needs population. With your donation know that you are helping sponsor over 15 activities a week, helping provide hot meals for breakfast and lunch, helping support over hundreds of outings each year and providing exercise classes for all ages and mobilities. Each donor will receive an Angel Pin for their support. Donors can mail donations to: The YMCA Bettye J. McCormick Senior Center, 2009 Prospect Ave. Vincennes, IN 47591

[Donate ONLINE HERE](#)

Under the drop-down box "Campaign" Choose BJM Senior Center - Be An Angel. Thank you for your support!



Saint Patrick's Day Celebration Fish Fry Fundraiser

When: Friday, March 19, 2021

Time: 4:00 pm to 7:00 pm

Cost: \$10 Adult Plates \$5 for Children 12 and under

Where: Across the street from the YMCA at the Child Care Building. Drive-thru pick up.

Contents: Each adult plate will contain 2 large fish fillets, 2 sides and a dessert cookie. Children's plates will have 1 piece of fish, 1 side and a cookie.

Purchase your fish fry tickets at the front desk of the YMCA of Vincennes.

Saint Pat's Celebration 5K

When: Saturday, March 20th, 2021

Time: 9:00 am start

Cost: \$30 Registration Fee for Members, \$35 for Non-Members

Where: Start is out front of the Main Building of the YMCA of Vincennes.

Lifeguard Certification Classes now available for Registration

Registration Dates:

February 25 – 28, 2021

March 11 – 14, 2021

March 18 – 21, 2021

April 15 – 17, 2021

April 29 – May 2, 2021

May 13 – 16, 2021

May 27 – 30, 2021

June 3 – 6, 2021

Class Times:

Thursday from 6:00 pm to 10:00 pm

Friday from 5:00 pm to 10:00 pm

Saturday from 9:00 am to 5:00 pm

Sunday as needed.

Registration Fee is \$180 and includes a \$50 Non-refundable deposit if participant cancels or drops out within a week of class.

Lifeguard Recertification Classes

Registration Dates:

April 2nd and 3rd, 2021

May 7th and 8th, 2021

Class Times:

Friday from 5:00 pm to 10:00 pm

Saturday from 9:00 am to 4:00 pm

Registration fee is \$105 and includes a \$50 Non-Refundable deposit if participant cancels or drops out within a week of class.

For more information please contact Aquatics Director, Tiffany Petts at:
tpetts@vincennesymca.org or call 812-895-9622

New RevBell Fitness Class

The YMCA of Vincennes introduces RevBell, a kettlebell, strength and cardio based class that is fun, unique and great for ALL levels of fitness. This class takes the best kettlebell moves and choreographs them to music. Each song is a full body workout that focuses on arms, legs, core and cardio.

Join us for RevBell every Tuesday and Thursdays from 5:00 pm to 6:00 pm

February Red Cross Blood Drive

The YMCA of Vincennes will be hosting a beginning of the year Red Cross Blood Drive on February 10, 2021. The Blood Drive will be held in Gym#2, from 11:00 am to 4:00 pm at the YMCA of Vincennes by appointments only. Please log into the donor portal to schedule your donation today!

The Winter Warrior Virtual Run Has Started!

This year our goal is 180 Miles! This is an average of 15 miles per week.

You can log your miles through the YMCA member App or on the YMCA of Vincennes Website at: www.vincennesymca.org

The Winter Warrior Virtual Run will start on December 21, 2020 (the first day of Winter) and run all the way through to March 20, 2021 (the first day of Spring)!
This year our goal is 180 Miles! This is an average of 15 miles per week.

What counts as miles? Running, Jogging, Walking, Indoor Tracks, Treadmills and Elliptical Machines will count towards your miles. Daily step counts will not be counted. We want you to challenge yourself and your fitness to achieve more!
Participants will receive a participation T-Shirt and Customized Race Bib
Finishers receive race medals!

Group Exercise Classes

Group Exercise Classes are available by booking through the YMCA Member App. Spots are limited for social distancing. Classes available are:

HIIT

Enhance Fitness

FAITHIIT

RevBell

Yoga Stretch

Silver Strength
Strength Train Together
Crunch and Punch
Cycle 45
Cardio Aquacise
Arthritis Aquacise