



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT'S HAPPENING
AT THE DOWNTOWN Ys



THE DOWNTOWN WAY

FIND YOUR PLACE AT THE Y



FOR ALL

The Downtown Ys have everything [▶ PAGE 3](#)

FOR THE KIDS

Healthy, fun, winter-spring activities [▶ PAGE 7](#)

SO MUCH MORE

Membership has its benefits [▶ PAGE 4](#)

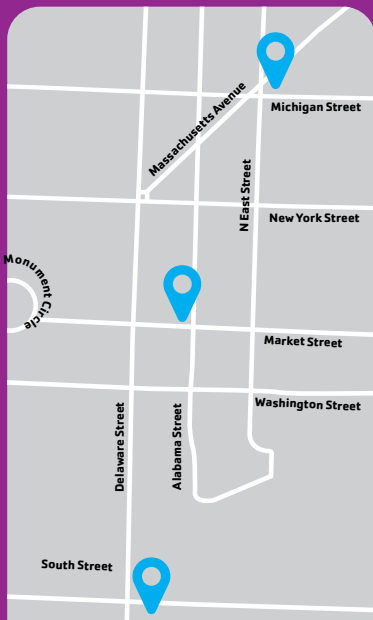
The Downtown Ys offer aquatics, fitness, sports, youth programs and more

BE A PART OF SOMETHING MORE - SIGN UP TODAY! [see how PAGE 4▶](#)

BE CENTRAL



Join our Downtown Community of Ys.



YMCA AT THE ATHENAEUM

401 E. Michigan Street
Indianapolis, IN 46204
317.685.9705

HOURS

Mon–Thu: 5am–8pm
Fri: 5am–8pm
Sat: 7am–7pm
Sun: 8am–5pm

IRSAY FAMILY YMCA AT CITYWAY

430 S. Alabama Street
Indianapolis, IN 46225
317.955.9622

HOURS

Mon–Fri: 5am–9pm
Sat: 7am–7pm
Sun: 11am–6pm

YMCA AT THE CITY MARKET

242 E. Market Street, Ste 100
Indianapolis, IN 46204
317.612.3083

The YMCA at the City Market will remain closed at this time. Please follow us on social media or check our website for updates.

Facility hours may be adjusted. Please check INDYMCA.org/athenaeum, INDYMCA.org/cityway, or INDYMCA.org/city-market for the latest facility information.

HOLIDAY HOURS

Christmas Eve: Thu, Dec 24, CLOSED
Christmas Day: Fri, Dec 25, CLOSED
New Year's Eve: Thu, Dec 31, 5am–3pm
New Year's Day: Fri, Jan 1, 7am–5pm
Easter: Sun, April 4, CLOSED

The YMCA has the potential to improve the nation's health and well-being both physically and mentally. We set values for children that can last a lifetime, and we assist adults who need our guidance. We help the physically challenged, and we open our doors to those in need.

Sign up for a program. Become a member. Volunteer. Donate.

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

THE DOWNTOWN WAY

TABLE OF CONTENTS

Location Amenities	3
Membership Benefits	4
Youth & Family Programs	7
Aquatics / Swim Lessons	9



WHAT'S HAPPENING AT THE DOWNTOWN Ys

Youth Sports	10
Healthy Living	12
Adult Sports	17
Community	19

JOIN OUR DOWNTOWN COMMUNITY

Our downtown Indianapolis Ys are all full-service facilities, each with their own unique personality and within walking distance of each other. Members and program participants can use one, two or all three facilities, depending on what they want. Combined, all three facilities offer services and resources that are without equal within the downtown area.

The YMCA at the City Market, historic YMCA at the Athenaeum, and state-of-the-art Irsay Family YMCA at CityWay offer nearly endless program options for you and your family.

Look for these icons throughout the guide indicating program locations.



YMCA AT THE ATHENAEUM

The YMCA at the Athenaeum is a historical, architectural and cultural landmark. It provides quality family programming and top-notch exercise facilities and fitness options.

Amenity Highlights:

- Conveniently located just off Mass Ave
- Over 1,000 sq. ft. free weight area
- Preschool
- Sauna
- Free parking for members
- Over 40 live and virtual group exercise classes weekly
- Located on IndyGo Bus route #3
- Y+Studio membership upgrade



IRSAF FAMILY YMCA AT CITYWAY

The Irsay Family YMCA at CityWay, located on the southeast corner of Delaware and South streets, is as awesome on the inside as it is impressive on the outside.

Amenity Highlights:

- Two indoor swimming pools
- Free valet parking for members
- Y+Studio membership upgrade
- Yoga studio
- Outdoor terrace
- Small group/personal training studio
- Hot tub and sauna
- Three full-sized basketball courts
- Over 100 pieces of cardio equipment
- Elevated indoor running track
- Instructional kitchen/culinary studio
- Hot Yoga



YMCA AT THE CITY MARKET

The YMCA at the City Market caters to downtown dwellers and those working near the Circle, providing lots of fitness options. It also features a full-service bike shop and indoor bike parking.

Amenity Highlights:

- Free 2-hour parking at 101 N. New Jersey St.
- Bike parking garage
- Y+Studio membership upgrade
- Located adjacent to the historic City Market
- Olympic lifting pit
- Wahoo Kickr Studio presented by KeyBank
- Wide range of cardio pieces
- Two multi-purpose rooms featuring weekly high-energy group exercise classes and Les Mills Virtual classes
- TireFlip 180XL
- Located just off the new IndyGo Red Line

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

WHY JOIN THE Y?

Most of our paid program opportunities are available to everyone, but there are additional benefits to becoming a Y Member – join us today!



YMCA MEMBER

As a YMCA Member, you can expect:

- No Contracts
- YMCA Refer-A-Friend Incentive
- FREE Wellness Appointments with a YMCA Wellness Advisor
- FREE or reduced class/activity fees
- FREE access to all 12 facilities*
- FREE Child Care in our Play & Learn Centers for up to two hours while you're working out (with Household Membership)
- Use of locker rooms and shower facilities
- 30-Day Money Back Guarantee

*Single-location membership is available at the following Centers: Avondale Meadows Y, Ransburg Y, and Witham Family Y.

ALL OTHERS

Not a Y Member? You can register for a variety of classes and activities without being a YMCA Member. You also receive:

- Discounted upgrade to become a YMCA Member
- Use of locker rooms and shower facilities*
- Opportunity to register for classes/activities within any center in the YMCA of Greater Indianapolis

*During registered program hours.

AMENITIES

All of our downtown locations are equipped with high-end cardio and strength training equipment, free weights, lockers and showers, a state-of-the-art wellness center, and friendly, knowledgeable staff, Wellness Advisors, and Certified Personal Trainers.



We believe that everybody in our community deserves access to the services we provide. That's why we base membership rates and program fees on total household income. This sliding fee scale, which is possible thanks to donor contributions, allows us to live our mission of being open and accessible to all.



FACILITY RENTALS

Looking for a vibrant and exciting downtown venue to host your next birthday party, meeting, team builder or conference? Look no further than the downtown Indy YMCAs! We have rental options for every occasion: professional lunch and learns, private parties, family gatherings, Girl Scout and Boy Scout troops and non-profits. Our convenient downtown Indy location puts you close to nearby hotels and restaurants, so planning your corporate meeting has never been easier!

IRSA Y FAMILY YMCA AT CITYWAY

We offer both a small conference room and a large community room option for rent. Would you like to treat friends and family to something unique for your next gathering or night out? Host your next event at the Irsay Family YMCA's fully functional teaching kitchen. Features of our teaching kitchen space include:

- Seating for up to 20 participants, additional space available for add-on cost
- Home-style seating for dining
- Option to bring your own chef/dietitian or use the YMCA's chef
- We'll even take care of clean up

Bachelorette parties, team builders and meetings are more fun at the Y. Treat your group to a private cycling, fit float or yoga class, or cooking instruction for fun ways to set your next event apart.

For teaching kitchen rentals or private class reservations, call 317.955.9622. For more information on conference room rentals, please contact Michelle Preston at mpreston@indymca.org or 317.715.2115.

YMCA AT THE ATHENAEUM

We have a small conference room available for meetings or small presentations (15 seated or 25-30 standing.) A/V capabilities (renter provides equipment) and tables and chairs available. We also host birthday parties in our conference room and our group exercise room that includes usage of play mats for the kids.

For more information on rentals and parties, please contact us at 317.685.9705.





VOLUNTEER OPPORTUNITIES

What makes the YMCA such a special place? Ask around, and you'll likely hear lots of different answers. But you'll also notice one common thread in all of them: our people. By volunteering at the Y, you have the opportunity to join this amazing family of passionate, engaged citizens. Combined with making a real difference in your city, the value of this experience just can't be measured. We're always looking for motivated people seeking to improve the lives of those around them. Help us ensure that all men, women and children, regardless of age and walk of life, have the resources and support they need to be healthy, confident, connected and secure.

- Youth Sports – Coaches, assistant coaches and scorekeepers.
- Program and Membership Committees – Great for members who are interested in gaining more involvement in their YMCA.
- And so much more!

Contact us by calling 317.955.9622.



YOUTH & FAMILY PROGRAMS

At the YMCA, we believe that the values and skills kids learn at an early age are carried on with them for life. With kids and youth spending more time inside and stationary, we want to give them the opportunity to spend more time outside and participating in fun activities and competing in sports. By guiding children to a physically healthy life, we are giving them the opportunity to contribute and become engaging adults.

We want to help families remain physically active and emotionally strong. In the pages that follow, you will see many programs, sports and activities that are youth-oriented and offered at one or more of our three Downtown Ys.

Welcome to the Downtown Indy Ys.

With access to all Ys in the Greater Indianapolis area - we offer dozens of youth-oriented programs. To name a few:

- Child Care and preschool programs that teach children social skills and values, giving them the foundations they'll need to flourish.
- Youth swim lessons that build confidence and save lives.
- Youth sports that teach fundamentals and instill in children the importance of a healthy, active lifestyle.

PLAY AND LEARN **A I**

"Play is the work of young children and is the foundation of learning." In Play and Learn, your child will experience all kinds of fun and engaging activities while you work out! Children will play in a center-based environment with age-appropriate materials. They can engage in crafts, sensory activities, themed activities, create friendships, and much more all while learning and having fun!

Irsay Family Y at CityWay: Mon-Sat 8am-12pm; Mon-Thu 4-8pm

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

FAMILY GYM **A**

“Open gym” time for families to come in, play, and hang out. We will have the gymnastics mats available, and other fun things. This is a family driven activity.

Mon-Sat, 2-4pm in the Loft

| Y Member: FREE



YMCA PRESCHOOL PROGRAM **A**

The YMCA at the Athenaeum offers one of the most dynamic preschool programs downtown. Our program consists of one multi-age classroom in the historic Athenaeum right in the heart of the Mass Ave. Cultural District. We work hard to build community, both with the children in the program as well as their families. Programs are designed to offer developmentally appropriate learning experiences for children ages 3-5. Children will experience the excitement of exploration and the joy of discovery of their world as they move from one interest center to another. Activities will focus on a variety of skills, including early reading, early writing, early math concepts, art projects, science experiments, music, and much more. A positive self-concept is promoted as children learn to share, participate in group games and projects, take care of belongings, and put things away after use.

Online enrollment for 2020-2021 is now open.



KID'S NIGHT OUT **A I**

Enjoy an evening out - just you adults - while the kids have fun at the Play and Learn Center. The evening includes crafts, games, dinner, physical activities and lots of fun!

Irsay Family YMCA:

| \$40; \$20 each additional child /

Y Member: \$32; \$16 each additional child

IRSA Y FAMILY YMCA 5-10PM

Jan 23, Feb 27, March 2, April 24

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

Y AQUATICS / SWIM LESSONS

SWIM LESSONS 1

Exceptional quality and great program updates, including flexible scheduling and new swimmer incentives! Our trained program staff tailor lessons to meet the current skills of each student, allowing your child to continually progress through swim levels as soon as they are ready. Year-round lessons allow participants to learn at their own pace, moving from stage to stage as they develop new skills.

Registration is on-going; new students will begin attending class the first week of the month. Class payments are drafted on the 1st of the month and may be cancelled at any time prior to the 25th for the next month.

Upon registration, each Swim School participant will receive either a YMCA rubber duck (ideal for those under 3), or a new Y Swim T (while supplies last). After two completed sessions, each swimmer earns a YMCA Swim School medal. As participants progress through each level, they will receive a sticker to add to their medal. When your exceptional swimmer completes all six levels of progression, they will receive a YMCA trophy!

| \$68 / Y Member: \$45


MON	TUE	WED	THU	SAT	SAT
5-5:30pm Preschool 1-4	5-5:40pm Teen/Adult 4-6	5-5:40pm Youth 3/4	5:35-6:15pm Youth 1/2	9-9:30am Starters A/B	8:55-9:35am Teen/Adult 1-3
5:35-6:15pm Youth 5/6	5:45-6:15pm Preschool 1-4	5:45-6:15pm Starters A/B	6:20-6:50pm Preschool 1-4	9:40-10:10am Preschool 1-4	
	6:20-7pm Youth 1/2	6:20-6:50pm Preschool 1-4		10:15-10:55am Youth 1-4	

SWIM STARTERS
Parent & child lessons

SWIM BASICS (Safety Around Water)
Recommended skills for all to have around water


SWIM STROKES
Skills to support a healthy lifestyle

A
Water
Discovery




Infant

B
Water
Exploration




Toddler


1
Water
Acclimation




2
Water
Movement




3
Water
Stamina




4
Stroke
Introduction



5
Stroke
Development



6
Stroke
Mechanics



Preschool

Teen Adult School-Age
Private Lessons

SEMI-PRIVATE AND PRIVATE SWIM LESSONS 1

For those looking for individual attention, wanting to improve specific techniques, fearful of the water, or wanting to focus on advancement. (Semi-Private class shared with 2-3 others.) Please contact Aquatics Director, Kim D'Angelo at kdangelo@indymca.org to schedule your lessons.

Private Swim 4 30-minute lessons/month
| \$166 / Y Member: \$82

Semi-Private Swim 4 30-minute lessons/month
| \$138 / Y Member: \$69



REGISTER ONLINE OR FOR MORE INFORMATION >> indymca.org

SWIM TEAM ⓘ

Join the Irsay Family YMCA Otters! The swim team at the Irsay Family YMCA at CityWay is a mixture of fun and competitive swimming and stroke development. Join the Irsay Family YMCA Otters where coaches foster healthy sportsmanship, and stroke development to succeed. Swimmers will compete throughout the year in swim meets with other YMCA swim teams. Join us for one free practice! Contact Aquatics Director, Kim D'Angelo, to schedule.

Ongoing at a monthly rate. Practice twice per week for 1.5 hour each.

| \$98 / Y Member: \$49

Y YOUTH SPORTS**YOUTH BASKETBALL** (Ages 3-10) ⓘ

This is a progressive basketball skill development league. This league focuses on teaching the fundamentals of basketball. Every session will include a practice and end with a game. This is a 7 week program starting January 16.

Start time: See times below

| \$96 / Y Member: \$67

Evaluations: January 16

Ages 4-5 9am; **Ages 6-7** 10am;

Ages 8-9 11am; **Ages 10-12** 12pm

YOUTH REC FUTSAL (Ages 3-7) ⓘ

The unique rules of this indoor soccer game creates an emphasis on technique, creativity and improvisation. Participants learn ball control and passing maneuvers in tight spaces. This is a 7 week program starting January 16.

Start time (Ages 3-4): 10:35-11:20am

| \$80 / Y Member: \$50

Start time (Ages 5-7): 11:25am-12:25pm

| \$86 / Y Member: \$57

Start time (Ages 8-10): 9:30-10:30am

| \$86 / Y Member: \$57

**YOUTH TRAVEL FUTSAL LEAGUE IFL** ⓘ

(U12-18) (US Soccer Age Groups) Competitive Youth Travel Futsal League. 7 games + tournament. Very Competitive. Starting January 16. Rosters must be emailed to Eric Nolan enolan@indymca.org You must have a full team to join this league. Travel teams/players are encouraged to participate. Any overflow games would be played on Thursday or Friday evenings. Starting January 16.

Start time: 1-7PM U13-U18

| \$400/team

YOUTH TRAVEL FUTSAL ACADEMY LEAGUE IFL — (U9-U11) ⓘ

(US Soccer Age Groups) Competitive Youth Travel Futsal League. 7 games + tournament. Very Competitive. Starting January 15. Rosters must be emailed to Eric Nolan enolan@indymca.org You must have a full team to join this league. Travel teams/players are encouraged to participate.

Start time: 6-8pm

| \$360/team

ALL CITY BASKETBALL LEAGUE ⓘ

(Ages 5-16) Weekly training sessions and meets leading up to the All City Meet. Parent meeting and schedule on the 1st night. Saturday Mini-Meets will lead up to the all city event. Starting January 9.

Evaluation Date: January 9 at 10am

Start date: January 9

All City Tournament: March 13

| \$80 / Y Member: \$57

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

GYMNASTICS **I**

- **Beginner Tumbling** (Ages 2-4) Bring your toddler to learn the basics of gymnastics. They will learn forward rolls, backward rolls and jumps. The focus of this class is motor skills with fun! This is a parent involved program. Participants will receive progress sheets at the end of the session. Register 3 days prior to session start date. Children are separated by age and divided by skill level. Thursday start date: Jan 14.

Start time: Thu - 4:50-5:35pm

| \$68 / Y Member: \$45

- **Beginner & Intermediate Gymnastics** (Ages 4-18) Geared to school age children. This is an advanced progression of the tot classes. Students will be evaluated by the instructor to make sure they are in the correct class.

Beginner (Ages 4-10)

Start time: Thu - 5:40-6:25pm

| \$68 / Y Member: \$45

Intermediate (Ages 4-18)

Start time: Thu - 5:40-6:25pm

| \$68 / Y Member: \$45

- **NINJAnastics** (Ages 4-12) Learning basic tumbling floor skills with a touch of parkour to bring out your inner ninja!

| \$68 / Y Member: \$45

Y TEENS

SAFE SITTER **A I**

(Ages 11-16) Let your teen learn how to be the sitter everyone wants! This class will educate your young outstanding citizen on how to interact with young children, accident prevention, emergency response, child development, behavior management, budgeting, basic First Aid, and many other important areas of a proper babysitter. Participants will need to bring a lunch to class. Safe sitter manual and kit are included. Pre-registration is required.

Irsay Family YMCA at CityWay: call 317.955.9622

YMCA at the Athenaeum: call 317.685.9705

| \$77 / Y Member: \$54

INDY LIGHTSABER ACADEMY **I**

(Ages 13+) Indy's only lightsaber combat class. We provide high-quality, practical instruction in a safe environment. Bring your own lightsaber or use our practice materials to learn the basics of stage combat, real life sword techniques, and most importantly, have fun. It's impossible not to smile the first time you hold a lightsaber or work on blocking and striking drills.

Sundays, 1-2pm, First time is \$5

| 5 punch card: \$78 / Y Member: \$63

| 8 punch card: \$116 / Y Member: \$92

TEEN FITNESS ORIENTATION **A I M**

(Ages 8-16) The benefits of strength and cardio are incredible for teens. Complete an equipment certification with a Wellness Advisor to learn safe and proper use of equipment.

FREE WEIGHT CERTIFIED TEENS **A I M**

(Ages 14-15) Teens may use the free weight area, but they must be accompanied by a parent or guardian and have successfully completed a teen fitness orientation.

REGISTER ONLINE OR FOR MORE INFORMATION >> indymca.org



HEALTHY LIVING

The Y aims to improve the well-being of the nation, but also knows that it can be a challenge to choose a healthy lifestyle. With access to affordable and convenient meal options, the distraction of technology at every turn, and putting in long hours, it's easy to get lost in the hustle and bustle of today's to-do list.

At the Y, we want everyone to get back to the core of healthy living and feel empowered to make better, healthier choices every day. Whether it is choosing to exercise a few times per week, giving up fast food meals, or educating themselves on nutrition, fitness, or diseases like diabetes. The YMCA encourages individuals to choose a healthy lifestyle for themselves and their family.

A sample of what we offer:

- Learn how to combat Type II (adult onset) Diabetes in the YMCA's Diabetes Prevention Program.
- Burn calories in fun classes like Zumba, Pilates and many more – all led by experienced instructors.

HEATED CLASSES HOT & WARM YOGA, HOT & WARM PILATES

EXPECT TO SWEAT IN HOT YOGA

Get ready for a hot new take on some of your favorite classes! Hot mind/body classes are now available at the Irsay Family YMCA. Our newly renovated, temperature controlled Yoga studio will give you a new experience in the classes you already love.

The room is heated and sweating is an intentional component of our hot classes. The heat will help to warm your muscles, prevent injuries and allow for a deeper workout. Sweating also helps flush toxins from the body.

Hot Yoga, Pilates and Barre are on a new unlimited monthly package. Join us now and take your workout to the next level.


Check out our full schedule of classes on the free MINDBODY app available in both Apple and Android.

Mind & Body Package part of the Y+Studio Membership (includes Small Group Training and eGym Premium) | Y Members: \$45

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

WELLNESS

MOBILE FIT

 Use our Mobile Fit App to access your Wellness Appointments, view your exercise routine, track your goals, and overcome your barriers.

KEEP ON TRACK WITH MYZONE **A I M**

MyZone is an innovative wearable heart rate system that will individualize and gamify your workout. MyZone is now available in our wellness centers and Small Group Training (SGT) at the Downtown Ys.

Instructors in SGT will use heart rate training to create fun, individualized and interactive workouts allowing you to maximize your time and improve your results. Members not currently participating in SGT can utilize the system in our wellness centers.

Belts can be purchased or borrowed allowing every member to experience the benefits of individualized heart rate training. Ask us about a demo and the ability to borrow a belt to try it out yourself!

Belt Price: MZ1: \$35 / MZ3: \$80

eGYM **I**

Take the guesswork out of strength training with connected electronic equipment that adjusts to you! eGym, a state-of-the-art technology that adjusts to you is now available at the Irsay Family YMCA. This new fitness tool helps you to keep a routine and makes workouts fun.

A trained YMCA wellness advisor will guide you through finding your perfect settings on the eGym circuit. Your settings will be saved onto a complementary electronic bracelet so you'll never have to remember your settings. Workout the full strength circuit in less that 20 minutes each time you're in for your workout.

Call 317.955.9622 to book your free setup appointment.

eGYM PREMIUM **I**

A virtual training experience as exceptional as you are! eGym Premium provides select individual training goals to create your personal training program. Using all functionalities of the eGym machines we provide individual training goals to create your personalized program! These professional training methods and improved training programs make your workout more successful. Only included with Y+Studio.

BABY & ME **I**

This class is not only a great way to bond with your baby, but a way for you to get in a workout with other parents. This class is designed to help parents gain strength and vitality, while incorporating their baby. Introduce your child to routines, expose them to new activities and people, and learn fitness and bonding ideas for home. Classes will be led by a Certified Personal Trainer who is also a parent.



REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

NEXT LEVEL MEMBERSHIP

Y+STUDIO

YMCA OF GREATER INDIANAPOLIS

Available Only to Y Members

Provides unlimited access to these programs at all 12 YMCA of Greater Indianapolis locations, as well as to all classes at the YMCA Studio at Westfield.



Small Group Training

- Small group format of 6-12 supports TEAM Training: Train with Effort, Attitude and Mission
- Progressive training system with certified coaches helps to achieve a higher level of fitness
- Build strength, endurance, power, and cardio
- Stay encouraged and motivated with a focus on goals and results



Mind Body Studio

- Specialized instructors
- Regular and Hot Yoga, Pilates, and Barre classes, plus Tai Chi classes
- Integrate movement with harmony of breath
- Increase flexibility and mindfulness



eGym Premium

- Equipment-based, individually-customized exercises on specialty equipment
- Adds "Adaptive" and "Explosive" training to the base-level "Regular" and "Negative" eGym workouts
- Currently offered at the Baxter Y, Fishers Y, Irsay Family Y at CityWay, and Ransburg Y

Y+STUDIO includes all of the above and can be added to your Y Membership for only \$45/month (per person); no contracts. Sign up at the Member Services desk.

REGISTER ONLINE OR FOR MORE INFORMATION >> indymca.org

WELLNESS A I M

Take advantage of your 4 FREE wellness appointments! Our Wellness Advisors will teach or review with you how to correctly and safely use the equipment in the wellness center, as well as get you connected to the right YMCA programs in order to meet your health and fitness goals. To schedule your free wellness appointment, please see any wellness or membership staff.

30 MINUTES	1 HOUR	1 HOUR
INDIVIDUAL TRAINING	INDIVIDUAL TRAINING	SEMI-PRIVATE TRAINING
Month-to-Month \$42 / Y Member: \$37	Month-to-Month \$69 / Y Member: \$59	Month-to-Month \$58 / Y Member: \$47 per person
3 Months \$37 / Y Member: \$32	3 Months \$64 / Y Member: \$54	3 Months \$52 / Y Member: \$42 per person
6 Months \$32 / Y Member: \$27	6 Months \$59 / Y Member: \$49	6 Months \$49 / Y Member: \$39 per person

PERSONAL TRAINING A I M

Whether you're a new exerciser or wanting to take your fitness to the next level, our YMCA Personal Training Program will get you results. Work with a nationally certified trainer, review goals, and develop a customized exercise program to meet your needs. Your trainer will guide you through each exercise offering feedback, motivation, and accountability. Contact changemylife@indymca.org for more information.

TRX A

Born in the Navy SEALs, suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and your body weight to complete hundreds of exercises. Participants have the flexibility to pick their class day before signup.

Unlimited classes at a monthly rate Tue, Wed and Thu | \$75 / Y Member: \$35

BARRE I

Barre combines attributes of Pilates, dance and functional fitness training. This class will incorporate small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.



REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org



GROUP EXERCISE **A I M**

You can take control of your health and the YMCA will be with you every step of the way. From great cardio workouts like cycling, to the calming stretches of yoga, the Y is committed to helping our community live healthy lifestyles. With our wide variety of Group Exercise classes such as Zumba, and Les Mills BodyPump – all led by experienced, friendly instructors – you're sure to find something that's right for you. Drop in to check out different classes to find what you like.

Below is just a small sample of the large variety of classes that the Downtown Indy YMCAs have waiting for you and most of our classes are free with your YMCA membership. Visit our website or download the free MINDBODY app for the full Les Mills virtual schedule.

- CYCLE
- LES MILLS BODYPUMP™
- LES MILLS BODYATTACK™
- PARENT/CHILD/PRENATAL YOGA
- LES MILLS BODYFLOW™
- STRENGTH & ENDURANCE
- HIIT
- CHAIR YOGA
- ZUMBA®

Now available at all three of your Downtown Indy YMCAs!

LES MILLS VIRTUAL **A I M**

The future is virtual! Les Mills Virtual is the Y's newest workout option! You can now do a great Les Mills workout anytime. Available at all centers.

How does it work?

Les Mills Virtual routines play on video screens in Y Group Exercise Studios, making these phenomenal workouts available outside of scheduled live classes. The program puts dozens of 30–55-minute workouts, for beginners and advanced exercisers, at your fingertips with everything from strength, cardio, HIIT, core, flexibility, indoor cycling, and dance fitness.

Visit our MindBody App for the full Les Mills virtual schedule.

BORN TO MOVE **I**

(Ages 5/6–8 & 8–12) What is Born to Move? Les Mills' BORN TO MOVE™ virtual classes take the effort out of activity by making it fun. Each class teaches age-appropriate motor skills that improve agility, balance, coordination, endurance, flexibility and speed. Combining a motivating and scientifically proven mix of age-appropriate movement with music, these classes captivate toddlers through to teens – and fuel a life-long love of physical activity along the way.

Mon–Fri: 3:30–4pm

Sun: 2:30pm (Ages 5–8) & Sun: 3pm (Ages 8–12)

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

CHRONIC DISEASE PREVENTION / CANCER SUPPORT

YMCA'S DIABETES PREVENTION PROGRAM ⓘ

A trained Lifestyle Coach will facilitate a 16-week course on healthier eating, physical activity, and other behavior changes to help prevent diabetes.

To register, contact us at changemylife@indymca.org or 317.269.6004

LIVESTRONG AT THE YMCA ⓘ

LIVESTRONG at the YMCA focuses on you – the whole person – not the disease. During the 12-week session, we will use traditional exercise methods to ease you back into fitness. We will provide you with group support and an approach to recovery that targets the areas you need to rebuild.

To register, contact us at changemylife@indymca.org or 317.269.6004

| FREE to the community who are cancer survivors, 2 times a week for 12 weeks

Parkmobile ENHANCE FITNESS SUPPORTED BY PARKMOBILE ⓘ

Do you or someone you know suffer from arthritis? Low-intensity physical activity has been proven to reduce pain, help with weight control, improve function, and elevate mood. Enhance Fitness, a low-intensity physical activity routine, meets 3 times per week for 60 minutes.

No registration is required. Optional fitness testing can be scheduled after the first class.

Monday, Wednesday, Friday, 10am | \$45 / Y Member: FREE

AQUATICS

SCUBA ⓘ

Here's your chance to learn diving techniques and equipment usage, as well as explore life underwater. During this course, you will receive your PADI Scuba Certification. The PADI Open Water Diver course is the world's most popular scuba course and has introduced millions of people to the adventurous diving lifestyle. Class provided by Divers' Supply Indy.

For more details on specific prices and dates, please contact Aquatics Director, Kim D'Angelo at kdangelo@indymca.org.

ADULT SPORTS

QUADS VOLLEYBALL CLASSIC – OH MY QUAD (Ages 18+)

Join us for a Co-Ed Volleyball tournament at the Irsay Family YMCA at CityWay! Registration and captain's meeting will take place at 5:30pm and the first games will follow at 6pm. Teams are guaranteed 4 matches. Please email your roster to Eric Nolan at enolan@indymca.org.

Friday, April 9, 5:30 | \$100 / Team

BADMINTON DROP IN ⓘ

Badminton is a sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and "doubles" (with two players per side). Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court.

Court 1: Wednesdays, 8-10pm

| FREE to Y Member

Court 2: Saturdays, 2-5pm

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

ADULT FUTSAL ⓘ

Coed & Open Division (Ages 18+) Different divisions will be offered in these officiated leagues. Scores and standings will be kept. This is a 7-game regular season followed by a single elimination tournament. Only register for this course if you are currently on a team roster. If you would like further information on joining the league please contact Eric Nolan at enolan@indymca.org.

Starting January 14

Thursday, 6pm | \$70 / Y Member: \$55

ADULT COED VOLLEYBALL LEAGUES ⓘ

We're serving up some fun this fall in our Adult Volleyball Leagues! With multiple levels to choose from, you're sure to find a fun and competitive atmosphere for your team. Space in each level is limited so sign up now! Please email enolan@indymca.org to register your team.

15 games + tournament

| \$120 / Y Member: \$105 Team rates also available

Starting Monday, Jan 11:

Intermediate and Intermediate PLUS

Starting Wednesday, Jan 13:

Intermediate and Competitive

INDY LIGHTSABER ACADEMY ⓘ

Indy's only lightsaber combat class. We provide high-quality, practical instruction in a safe environment. Bring your own lightsaber or use our practice materials to learn the basics of stage combat, real life sword techniques, and most importantly, have fun. It's impossible not to smile the first time you hold a lightsaber or work on blocking and striking drills.

Tuesdays, 6pm

| Drop-In Visit: \$20 / First Visit: \$5

| 5 punch card: \$78 / Y Member: \$63 | 8 punch card: \$116 / Y Member: \$92

ACTIVE OLDER ADULTS (AOA)**CHAIR YOGA** ⓘ ⓘ

A gentle form of yoga practiced sitting on a chair or standing using the chair for support. Will deepen flexibility and strengthen body awareness. Breath awareness and moving meditation flow included.

Irsay Family YMCA; Mondays, 11am

YMCA at the Athenaeum; Wednesdays, 12pm

AOA CIRCUIT ⓘ

Join us for a circuit alternating strength and endurance exercises. Our instructor will take you through an easy-to-follow workout. This free class is ideal for Active Older Adults looking to make the most of their time working out.

Irsay Family YMCA; refer to group exercise schedule for dates/times.

LUNCH SOCIAL ⓘ

Join us for lunch and learn more about classes and program offerings while meeting & socializing with other YMCA members.

One a month | FREE to Y Members

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

DROP-IN PICKLEBALL ⓘ

The fastest growing sport in the US! Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Irsay Family YMCA; Fridays, please call for times. | FREE to Y Member

SILVERSNEAKERS® CLASSIC ⓘ

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

Irsay Family YMCA; refer to group exercise schedule for dates/times.

SILVERSNEAKERS® STABILITY ⓘ

The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. This class is designed for fall prevention and is suitable for nearly every fitness level. It can be adapted depending on the skill of individual participants. A chair may be used for balance and support.

Irsay Family YMCA; Wednesdays, refer to group exercise schedule for dates/times.

WATER FITNESS ⓘ

This is a refreshing and cool way to get fit and add a little more to your weekly workout. It's an ideal form of exercise to increase physical strength and endurance without putting stress and strain on joints. For more details on specific dates, please see our pool schedule or contact Aquatics Director, Kim D'Angelo, at kdangelo@indymca.org.

**RAPID RE-EMPLOYMENT RESPONSE:
JUMPSTART YOUR JOB SEARCH**

Rapid Re-employment Response is a free and easy-to-use online tool for all Indianapolis residents that connects you to local job opportunities and a recruiter who supports you along the way.

You must have a high school diploma (or equivalency) and an updated resume. With hundreds of positions paying at least \$13/hour, we can help you find the job that is right for you.

[Get started today in just three easy steps!](#)


 The logo for EmployIndy features the word "Employ" in a white, sans-serif font, followed by a red star with a white outline, and the word "Indy" in a larger, white, sans-serif font.
THE TRIANGLE SOCIETY MEMBER

The YMCA offers special recognition to supporters who demonstrate exemplary philanthropic commitment to the YMCA's Annual Campaign. Membership is comprised of individuals and organizations who have made a multi-year commitment to the YMCA of Greater Indianapolis Annual Campaign with a minimum donation of \$5,000 over three consecutive years.

Interested in joining the Triangle Society? Contact Mitchell Gauger at mgauger@indymca.org or 317.713.8540.

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

STAY WITH US

**SIGN UP
TODAY!**

PLEASE CONTINUE
TO INVEST IN YOUR
MEMBERSHIP

Our YMCA is committed to supporting your well-being and responding to the challenges facing our community during this difficult time. Our dedicated staff are fully committed to providing you opportunities to stay connected, active and healthy.

AVONDALE MEADOWS Y
317.549.9622

BAXTER Y
317.881.9347

BENJAMIN HARRISON Y
317.547.9622

FISHERS Y
317.595.9622

HENDRICKS REGIONAL HEALTH Y
317.273.9622

YMCA AT THE CITY MARKET
317.612.3083

JORDAN Y
317.253.3206

ORTHOINDY FOUNDATION Y
317.297.9622

RANSBURG Y
317.357.8441

WITHAM FAMILY Y
765.483.9622

Y AT THE ATHENAEUM
317.685.9705

IRSAV FAMILY Y AT CITYWAY
317.955.9622

FLAT ROCK RIVER YMCA



Where campers are Included and Engaged,
becoming Confident and Inspired

Register today for summer 2021!

FlatRockYMCA.org – 765.585.6730

Located in St. Paul, Indiana just 40 minutes southeast of Indianapolis