



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT'S HAPPENING
AT THE DOWNTOWN Ys



THE DOWNTOWN WAY

*Certified
Personal
Trainer*

FOR ALL

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

FOR THE KIDS

Healthy, fun, fall activities [▶ PAGE 7](#)

SO MUCH MORE

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

HERE FOR ALL

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-9pm
 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-Thu: 5am-10pm
 Fri: 5am-9pm
 Sat: 7am-7pm
 Sun: 11am-6pm

HOLIDAY HOURS

Labor Day: Mon, Sep 6, 7am-5pm*
Thanksgiving: Thu, Nov 25, CLOSED
Christmas Eve: Fri, Dec 24, 5am-3pm
Christmas Day: Sat, Dec 25, CLOSED
New Year's Eve: Fri, Dec 31, 5am-3pm
New Year's Day: Sat, Jan 1, 2022, 7am-5pm*

YMCA at the Athenaeum closes at 3pm these days.

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

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JOIN OUR DOWNTOWN COMMUNITY

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

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
- Cycle Studio
- Free parking for members
- Free child care in Play and Learn
- Live and virtual group exercise classes
- Located on IndyGo Bus route #3
- Y+Studio membership upgrade



IRSAY 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:

- Free 3 hour parking
- Free child care in Play and Learn
- Two indoor swimming pools
- Y+Studio membership upgrade
- Cycle Studio
- Yoga studio featuring Hot Yoga
- Virtual Y
- eGym
- Group Exercise classes
- LesMills Virtual Classes
- Outdoor terrace
- Small group/personal training studio
- Hot tub and sauna
- Three full-sized basketball courts
- Over 100 pieces of exercise equipment
- Elevated indoor running track
- Instructional kitchen/culinary studio

REGISTER ONLINE OR FOR MORE INFORMATION » [indymca.org](https://www.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.



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.

HEATED CLASSES HOT & WARM YOGA, HOT & WARM PILATES

EXPECT TO SWEAT IN HOT YOGA ①

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.

See our full schedule on the YMCA of Greater Indianapolis 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**

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 than 22 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.

WELLNESS ADVISING **A** **I**

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.

REGISTER ONLINE OR FOR MORE INFORMATION **>>** indymca.org

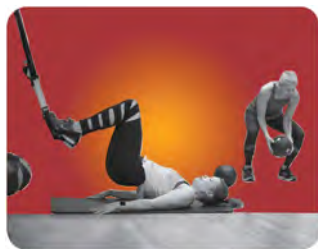
NEXT LEVEL MEMBERSHIP

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 4–8 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 “Explonic” 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

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

PERSONAL TRAINING ^A ^I

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.

YMCA PERSONAL TRAINING

30 MINUTES INDIVIDUAL TRAINING	1 HOUR INDIVIDUAL TRAINING	1 HOUR SEMI-PRIVATE TRAINING
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

GROUP EXERCISE ^A ^I

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 YMCA of Greater Indianapolis app for the full Les Mills virtual schedule.

- CYCLE**
- CHAIR YOGA**
- STRENGTH & ENDURANCE**
- HIIT**
- LES MILLS**
- ZUMBA[®]**
- LES MILLS BODYPUMP[™]**
- BODYATTACK[™]**
- LES MILLS BODYFLOW[™]**

Now available at all three of your Downtown Indy YMCAs!

LES MILLS VIRTUAL ^A ^I

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 YMCA of Greater Indianapolis 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.

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, for 60 minutes.

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

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

ACTIVE OLDER ADULTS (AOA)

AOA DANCE ⓘ

Designed for the active older adult, the true beginner and/or people who are not used to exercising. This class is done at a lower intensity to improve cardiovascular endurance, strength, and flexibility

AOA STEP ⓘ

This class is easy on the joints class uses a combination of low- & moderate-intensity moves.

ENHANCEFITNESS ⓘ

EnhanceFitness is a proven senior fitness and arthritis management program that improves your endurance, strength, balance, and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles. EnhanceFitness has been recognized by the CDC and other national organizations committed to improving the health of older adults.

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.

Refer to group exercise schedule for dates/times.

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.

ACTIVE OLDER ADULTS (AOA) >

REGISTER ONLINE OR FOR MORE INFORMATION >> indymca.org

DROP-IN PICKLEBALL ①

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, 5-7pm | FREE to Y Member

SILVERSNEAKERS® CLASSIC ①

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 ①

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 ①

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.

SOCIAL RESPONSIBILITY & COMMUNITY IMPACT

YOUTH EMPOWERMENT PROGRAMS

The YMCA offers a variety of specialty classes, programs and services for teens to help them give back, read ahead, work out, learn a new skill and meet friends.

ADULT EDUCATION & TRAINING PROGRAMS

The YMCA's Project Connect program is an integrated education and training model designed to prepare adult learners for rewarding entry-level careers.

By addressing and removing the most common barriers for potential participants, the Y provides the opportunity for individuals to create a career pathway for themselves that can lead to a brighter future. For more information please contact the Project Connect team at YMCA_WD@indymca.org.

START OR GROW YOUR WELLNESS CAREER

Our Downtowns YMCA's are currently hiring in our aquatics, member services, and wellness departments! Job openings include lifeguards, swim instructors, member service representatives, yoga instructors, and group exercise instructors.

If you are interested in applying for any of these positions, please apply online at INDYMCA.org/jobs.

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org



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 two 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 **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

YMCA at the Athenaeum: Play and Learn returns September 7!

Mon-Fri 8am-12pm; Mon-Thu 4-8pm; Sat 9am-1pm

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

FAMILY GAME NIGHTS ①

Join us for night of games and laughs. Each month we will explore new games at different centers from traditional board games to life-size adventures.

Date: September 24

Time: 6-7:30pm

Location: Community Room

FAMILY DANCE ①

If you are looking for something fun and healthy to do with your family, this is it! Family Dance gives you and your family a chance to be active together while improving coordination, endurance and strength. A fusion of international and top 40 music with easy to follow routines, makes it a perfect fitness class for beginner adults and children. Get fit while having fun!

Dates: Oct 6-27 (4-week session)

Time: 5-5:30pm

Location: Group Exercise Room 2

Cost: | Free to members

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 2021-2022 is now open.

KID'S NIGHT OUT A ①

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:

| 4 hours: \$20 for Members; \$30 All Others

IRSAY FAMILY YMCA 5-9PM

Aug 20, Sep 17, Oct 15, Nov 19, Dec 17

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

Y AQUATICS / SWIM LESSONS

SWIM LESSONS

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.

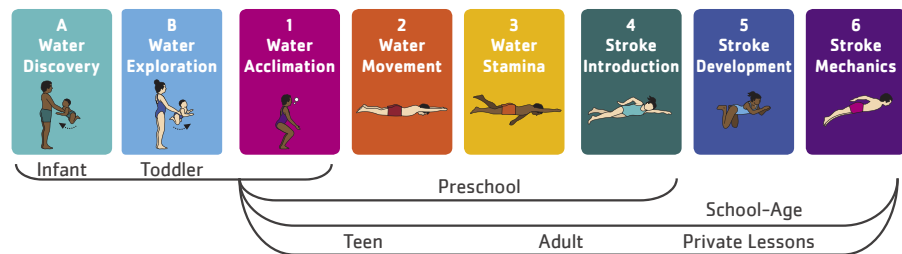
Registration is on-going; new students will begin attending class the first week of the month. Class payments are drafted on the 1st of the month and may be cancelled at any time prior to the 25th for the next month.

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	5-5:30pm Preschool 1-4	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	5:35-6:15pm Youth 1/2	9:40-10:10am Preschool 1-4	
6:20-6:50pm Preschool 1-4	6:20-7pm Youth 1/2	6:20-6:50pm Preschool 1-4	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
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SEMI-PRIVATE AND PRIVATE SWIM LESSONS

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

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

Y AQUATICS / SWIM LESSONS 

REGISTER ONLINE OR FOR MORE INFORMATION  indymca.org

SWIM TEAM ⓘ

Join the YMCA Sharks! 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 Sharks 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 Coach Sydney at sheitmann@indymca.org.

Ongoing at a monthly rate. Practices are Monday and Wednesday evenings, and Saturdays seasonally.

| \$147 / Y Member: \$73

YOUTH SPORTS

ALL-CITY CROSS COUNTRY LEAGUE (Ages 5-15) ⓘ

Start date: Tuesdays Aug 31-Oct 9

Time: 6-7pm

Day: Saturday Meets

All-City Meet: October 9

REC FALL BASKETBALL (Ages 4-11) ⓘ

Dates: Saturdays October 23 - December 11

Cost: | Y Member: \$57 / All Others: \$86

REC SOCCER LEAGUE (Ages 4-9) ⓘ

U5 -U7-U9 Teams

Dates: Mondays Aug 23 - October 9
(No Memorial Day Games)

Cost: | Y Member: \$57 / All Others: \$86

Team will play in the NESA league downtown on Saturdays

TUMBLING ⓘ

- **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

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

ADULT SPORTS

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 Court 2: Saturdays, 2-5pm | FREE to Y Member

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 the membership desk at 317.955.9622.

Day: Thursday

Time: 6pm

Start date: October 21

Cost: | \$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 contact the membership desk at 317.955.9622 to register.

10 games + tournament

| \$85 / Y Member: \$70 Team rates also available

Starting Monday, September 13:

Intermediate and Intermediate PLUS Leagues

Starting Wednesday, September 15:

Intermediate and Competitive Leagues

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

QUADS VOLLEYBALL CLASSIC – UGLY SWEATER (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

Day: Friday, December 10

Start time: 5:30pm

| FM/PM \$100/team

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

Y TEENS

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**

(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**

(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.

YOUTH EMPOWERMENT **I**

The YMCA offers a variety of FREE specialty Youth Empowerment programs for young people in grades 6-12 monthly.

Our goal is to engage young people as "change-makers" within their communities through high-quality, outcome-based positive youth development programs.

We do this through entrepreneurship, college and career readiness, civic engagement, service learning, and leadership development

- Leaders Club
- Y-Achievers Empowerment Workshops
- Young Leaders Council

YOUTH AND GOVERNMENT (7th-12 Grade Students) **I**

Program meets September-March

Young people gain confidence; leadership skills, develop the art of public speaking and the ability to accept defeat without discouragement. They learn

to organize ideas clearly, concisely and persuasively.

Participants have a better understanding of the workings of the government; foster an understanding of other's problems and understand the concept of unity as it applies to the political process.

Fundraising opportunities are available to help cover the conference.

For details contact Monica Richardson at 317.558.9401 or send an email to mrichardson@indymca.org.



REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

WEEKLY CHURCH SERVICE



HORIZON CENTRAL CITYWAY CHURCH

Service Times: Sundays at 10 a.m.

Bible Study: Fridays at 7am starting September 10

Horizon Central is now holding church services at Irsay Family YMCA every Sunday at 10am in the Community Room. Services are led by Lead Pastor David Kosobucki, DMin, and babysitting services are available.

Our downtown community and Y members are welcome to attend. For more information, call 317.917.0450.

ABOUT HORIZON CENTRAL CITYWAY CHURCH

Horizon Christian Fellowship Central was founded in 1998 and held services at old School 18 near Fountain Square and Bates-Hendricks before finding a home at Irsay Family YMCA. Services go through a book of the Bible chapter by chapter and verse by verse. They participate in local and international outreach efforts and are led by lead pastor David Kosobucki, (a longtime YMCA member and a Y chaplain).

FRIDAY MORNING BIBLE STUDY

Horizon Central Cityway Church will host a bible study every Friday at 7 a.m. at Irsay Family YMCA starting September 10 at 7 a.m. It will be a reading and discussion format, going through one of the Gospels chapter by chapter and verse by verse. Breakfast foods will be provided and you are welcome to also bring your favorite item to start the day. The study will be led by David Kosobucki, lead pastor of Horizon Central CityWay Church. He has been with the church for over 20 years and served in various ministry roles in Europe. He has a Doctor of Ministry degree from Trinity Evangelical Divinity School in Deerfield, IL.

REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

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.

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 Triangle Society? Contact Jim Wood at jwood@indymca.org.

EVENT PLANNER

October 2021

FALL FESTIVAL

Fri, Oct 22 • 6-8pm

Gather your family for an evening of costumes, candy, and lots of memories! From a 'trunk or treat' to crafts and dinner, every member of your family will enjoy themselves. Our Halloween event is open to both members and non-members alike. Bring the whole family and enjoy a variety of Halloween-themed activities. It's guaranteed to be a "spooktacular" time!

Cost: Members: Family-\$18/Individual \$5
Non-Members: \$7 per person
Registration is required

December 2021

WINTER FESTIVAL

Fri, Dec 3 • 6-8pm

Bring the whole family for a meal and visit/photo with Santa! Activities include making reindeer food, an ornament, Christmas cards and letters to Santa.

Cost: Members: Family \$18/Individual \$5
Non-Members: \$7 per person
Registration is required



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!

IRSAI 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 Natasha Bellak at nbellak@indymca.org or 317.715.2102.

FLAT ROCK RIVER YMCA CAMP

Fall Weekend Camps
and Summer 2022
Register Online Today!

FlatRockYMCA.org
765.525.6730



EARLY REGISTRATION for 2022 SUMMER OVERNIGHT CAMP at FLAT ROCK

- Give your camper a camp experience where all kids are included and engaged, becoming confident and inspired!
- Avoid the waitlist many experienced in 2021
- Take advantage of payment plans processed on the 15th of each month through May 15, 2022

September 15, 2021:
Registration open for ALL

FAMILY and WOMEN'S FALL WEEKEND CAMPS!

Women's Get Away Weekend
August 20-22

Mother Daughter Weekend
August 27-29

Labor Day Family Camp
September 4-6

Father Son Weekend
September 10-12

Fall Family Camp
October 8-10



REGISTER ONLINE OR FOR MORE INFORMATION » indymca.org

BUILD LEARN GROW

Before & After School

The school year is here! Make sure you're ready to go by enrolling in **YMCA Before & After School** care at your child's school. Located in over 100 schools in the Greater Indianapolis area, the YMCA is the largest provider of school age child care in the state. Kids enjoy a daily snack, homework support, outdoor play, center activities, and a chance to play and build relationships with friends. Check to see a full list of locations, and enroll today! Many locations accept **Build, Learn, Grow** scholarships.



Early Learning & Preschool



The school year is here! Child Development experts agree: attending a high-quality preschool program helps to better prepare children for kindergarten and beyond. At the YMCA **Early Learning** programs, children will experience curriculum where they learn valuable social skills in a safe and welcoming environment. Learn more about our 9 early learning programs across the Greater Indianapolis area

for children as young as 2! Many locations accept **Build, Learn, Grow** scholarships.