



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHECK ONLINE FOR OUR LATEST NEWS
AND EVENTS AT indymca.org

HENDRICKS REGIONAL HEALTH YMCA

FIND YOUR PLACE AT THE Y



FOR THE FAMILY

The Hendricks Regional Health
Y has everything ➔ [PAGE 3](#)

FOR THE KIDDOS

Healthy, fun, winter-spring
activities ➔ [PAGE 5](#)

SO MUCH MORE

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

The Hendricks Regional Health YMCA offers
family activities, youth programs, fitness and more

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE YMCA OF GREATER INDIANAPOLIS

HENDRICKS REGIONAL HEALTH YMCA

301 Satori Parkway
Avon, IN 46123
317.273.9622

CENTER HOURS

Mon-Fri: 5am-9pm
Sat: 7am-7pm
Sun: 11am-6pm
*effective Jan 4

MEMBER SERVICES HOURS

Mon-Fri: 8am-8pm
Sat: 9am-4pm
Sun: 12-4pm

PLAY & LEARN HOURS

Mon-Fri: 8am-12pm & 4-8pm
Sat: 8am-12pm
Sun: Closed

HOLIDAY HOURS

New Year's Eve: Wed, Dec 31, 5am-3pm
New Year's Day: Thu, Jan 1, 7am-5pm
Easter: Sun, April 4, 2021, CLOSED
Memorial Day: Mon, May 31, 7am-5pm



Facility hours may be adjusted. Please check for the latest facility information.

Many people think of the YMCA as a gym, child care center, camp or place to watch their kids play sports. The Y is all of these and a lot more.

We strive to empower people and communities; we all have the potential to improve the nation's health and well-being; we set values for children that can last a lifetime, and we open our doors to everyone.

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

REGISTER ONLINE OR FOR MORE INFORMATION» indymca.org

HENDRICKS REGIONAL HEALTH YMCA

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GREETINGS FRIENDS & NEIGHBORS

Welcome to the Hendricks Regional Health YMCA! I hope you enjoy the many programs and activities we have planned for you and your family to enjoy! We hope you join our Hendricks Regional Health YMCA community as a first step to reaching your individual or family goals.

If I, or any of my staff, can help answer any questions for you or your family, please feel free to call or email the center. We are delighted to serve you on your journey toward a healthier lifestyle.

Our YMCA community is part of a worldwide movement committed to putting Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Mary Beth Carmichael, District Vice President - Southwest

WELCOME TO THE HENDRICKS REGIONAL HEALTH YMCA

AMENITIES

- Indoor four-lane, 25-yard swimming pool
- Indoor warm-water recreation pool with zero-depth entry
- 78-foot long water slide; interactive water features
- Whirlpool
- Dry Sauna
- Indoor Climbing Wall
- Outdoor Athletic Fields
- Outdoor Walking Trail
- State-of-the-Art Wellness Center
- 2 Court Gymnasium
- 2 Group Exercise/Multi-Purpose Rooms
- Play & Learn Center
- Multi-purpose room for kids, teens, and active older adults

DID YOU KNOW?

At the YMCA, all of our employees go through extensive background checks, drug screens, and comprehensive training including Child Abuse Prevention, New Employee Orientation, and Safety and Risk Management.

ACCOMMODATIONS

The YMCA makes every effort to accommodate those with special needs by offering a variety of services, including customized equipment and/or classes, audio tele-text machines for the deaf community, signage in Braille and some adaptive classes. Service pets are also allowed in the buildings. If you need any type of assistance, please make a request at the Member Services Desk.



WHY JOIN THE Y?

Be a part of something more at the YMCA!
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 and 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.



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.

REGISTER ONLINE » [indymca.org](https://www.indymca.org) OR FOR MORE INFORMATION » [317.273.9622](tel:317.273.9622)



YOUTH & FAMILY PROGRAMS

At the YMCA, we believe that the values and skills learned 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 offered at the Hendricks Regional Health YMCA. As a member, you will also have access to Nationwide Membership which provides even more sports and activity opportunities.

We offer dozens of youth-oriented programs, a few of which include:

- Child care programs that teach children social skills and values, while 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/ KIDS ZONE CLUB

We offer developmentally-appropriate child care services, for ages 6 weeks-12 years old, to members while they are participating in a YMCA program or activity onsite.

BEFORE & AFTER SCHOOL

The after school programs at the YMCA serve kindergarten through middle-schoolers in a secure and safe environment. The curriculum appeals to kids, while we teach confidence, encourage self-expression, and enrich areas of social development. Call 317.484.9622 for more information.

DROP-OFF CHILD CARE

Go shopping, have coffee with friends, or get a haircut. Members can purchase punch cards.

KID'S NIGHT OUT

Kids play in Play and Learn and Kids Zone Club while adults can enjoy an evening out. The evening includes crafts, games, dinner, physical activities and lots of fun! Registration required.

Dates: Jan 9, Feb 13, March 13, April 10, May 8

REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » **317.273.9622**

PARENTS' DAY OUT

Bring your kids in on any Friday from 10am–2pm, for our Parents' Day Out. Take advantage of the kid-free time for a little you time. This opportunity will allow YMCA Members to leave their child in Play & Learn for up to 4 hours on any Friday.

PRESCHOOL 2020–2021 (Ages 3–5)

Our experienced staff will provide a nurturing atmosphere and knowledgeable guidance for your child. Full and half day programs available. Please see Member Services for more details.

TODDLER ENRICHMENT (Ages 2–3)

Join us for an enrichment class just for toddlers! This class will focus on art, music and STEM to engage and teach your child, all while having fun!

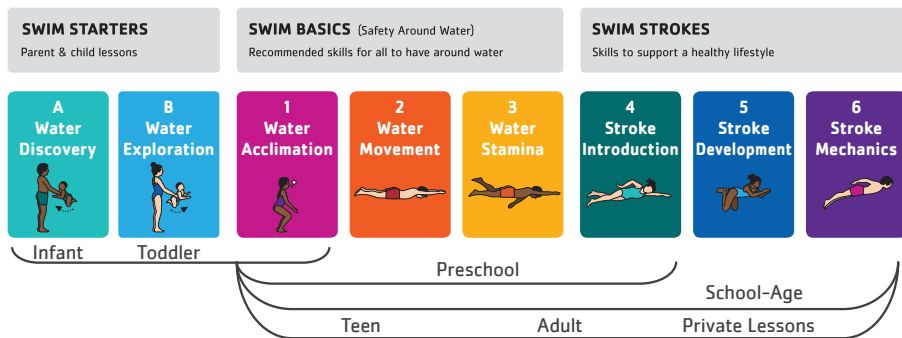
Y AQUATICS / SWIM LESSONS

YMCA SWIM SCHOOL

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 anytime 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 sizes 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!



SWIM LESSON SELECTOR

What age group does the student fall into?

6 months–3 years

PARENT & CHILD: STAGES A & B

3–5 years

PRESCHOOL: STAGES 1–4

All age groups are taught the same skills, but are divided according to their developmental milestones.

5–12 years

SCHOOL AGE: STAGES 1–6

13+ years

TEEN & ADULT: STAGES 1–6

REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » [317.273.9622](tel:317.273.9622)

PRIVATE/SEMI-PRIVATE LESSONS

For those looking for individual attention, wanting to improve specific techniques, those fearful of the water, or wanting to focus on advancement. (Semi-Private class shared with 2-3 others.)

STROKING ONWARD (4 CORE)

For children who love to swim but aren't quite ready for the commitment of a swim team. Stroking Onward focuses on the continued development of the Y's progressive swim skills as well as the responsibility of water safety.

Y YOUTH SPORTS

**A PLACE FOR EVERYONE
SPORTS OFFERINGS AT THE YMCA**

The YMCA of Greater Indianapolis is dedicated to providing quality youth sports programming throughout the Indianapolis-area. Each season holds a new opportunity for our children at a variety of skill levels.

SPORTS LEAGUES

Register your child to be a part of a competitive team in the supportive environment of the YMCA. Leagues are offered in three different divisions to fit a variety of skill levels.

Recreational (Rec): Regular in-house league

Rec +: Recreational model with emphasis on skill development and travel games to other centers in the district

All City: Competitive option. Travel to other centers with the end of the season tournament



ALL-CITY WINTER BASKETBALL LEAGUE (Ages 6-16)

Dates: Jan 9-March 20

Early Bird | Y Member: \$85 / All Others: \$110

After Jan 21 | Y Member: \$105 / All Others: \$130

Extra Uniform Fee: \$20

REC WINTER BASKETBALL LEAGUE (Ages 3-16)

Dates: Jan 16-Feb. 27

Early Bird | Y Member: \$57 / All Others: \$86

After Jan 2 | Y Member: \$77 / All Others: \$106

REC + SOCCER LEAGUE (Ages 3-12)

Dates: April 17-June 5

(No Memorial Day Games)

Early Bird | Y Member: \$57 / All Others: \$86

After Apr 3 | Y Member: \$77 / All Others: \$106

Extra Uniform Fee: \$20

ALL-CITY TRACK & FIELD LEAGUE (Ages 4-16)

Dates: Contact Member Services for details

Early Bird | Y Member: \$85 / All Others: \$110

After Apr 19 | Y Member: \$105 / All Others: \$130

Extra Uniform Fee: \$20

REC SPRING SOCCER (Ages 3-12)

Dates: April 17-June 5

Early Bird | Y Member: \$57 / All Others: \$86

After Apr 3 | Y Member: \$77 / All Others: \$106

REC SPRING BASEBALL LEAGUE (Ages 3-7)

Dates: April 17-June 5

Early Bird | Y Member: \$57 / All Others: \$86

After Apr 3 | Y Member: \$77 / All Others: \$106

REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » 317.273.9622

SPORTS CLINICS - MONTHLY

Sport clinics offer instruction and skill development throughout the four week session

BASKETBALL CLINIC (Ages 2-12)

Dates: (4 weeks, new session every month)

Day: Tuesdays

Times: Ages 2-5 6:30-7:15pm

Ages 6-12 7:15-8pm

| Y Member: \$32 / All Others: \$47



BASEBALL CLINIC (Ages 2-12)

Dates: (4 weeks, new session every month)

Day: Wednesdays

Times: Ages 2-5 6:30-7:15pm

Ages 6-12 7:15-8pm

| Y Member: \$32 / All Others: \$47

SOCCER CLINIC (Ages 2-12)

Dates: (4 weeks, new session every month)

Day: Thursdays

Times: Ages 2-5 6:30-7:15pm

Ages 6-12 7:15-8pm

| Y Member: \$32 / All Others: \$47

CLASSES - YEAR-ROUND PROGRAMS

Classes provide an on-going, progressive format

TUMBLING

Cheer (Ages 3-12) Monday 5:45-6:30pm

Beginner Tumbling (Ages 3-12) Monday 6:30-7:15pm or
Wednesday 5:15-6pm

| Y Member: \$46 / All Others: \$68

DANCE

Beginner Ballet (Ages 3-12) Monday 5-5:45pm or
Wednesday 6-6:45pm

Dance Team (Ages 5-12) Monday 7:15-8pm

Hip Hop (Ages 5-12) Wednesday 6:45-7:30pm

Ballroom Dance (Ages 16+) Thursday 12-1pm (Smooth),
Thursday 1-2pm (Rhythm)

| Y Member: \$38 / All Others: \$48

MARTIAL ARTS: TAEKWONDO (Ages 3+)

Levels: Beginner, Intermediate & Advanced/Adult

Belt Progression: White, Yellow, Green, Blue, Red, and then Black.

Dates: Monthly draft, ongoing. New students
MUST be registered and present for first class of the month.
Meets every Tuesday and Thursday.

Times:

Tot (Ages 3-6) 4:30-5pm

Beginner (White, Yellow, and Green belts) 5-6pm

Intermediate (Green, Blue, and Red Belts) 6-7pm

Advanced (Red and Black Belts) and **Adults** 7-8pm

| Y Member: \$26/All Others: \$41 for Tot

| Y Member: \$50/All Others: \$80



REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » 317.273.9622



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 implement lifestyle changes to decrease your risk for developing Type II Diabetes.
- Discover the fun of exercise through our fitness facilities, including gymnasiums, an outdoor trail, swimming and more.
- Burn calories in fun classes like Zumba, Yoga and many more – all led by certified instructors.

WELLNESS CENTER

Our state-of-the-art fitness center allows you to work out individually on the very best fitness equipment. The following programs are free for Facility Members:

NUTRITION CONSULTATION

Receive four (4) complimentary appointments with a Hendricks Regional Health Registered Dietitian* for tips and strategies on eating right to suit your fitness goals.

*Additional dietetic services provided at Hendricks Regional Health - hendricks.org.

WELLNESS

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

**YOUTH/TEEN WELLNESS ORIENTATION**

Required for ages 8-15, youth learn proper use of cardiovascular equipment and ages 11-15 have the option of learning strength equipment. Certified teens, ages 14-15, may use the free weight area with parent/guardian (age 19+) and ages 8-10 can only use cardio equipment and must be accompanied by an adult (age 19+) at all times.

GROUP EXERCISE**LES MILLS BODYFLOW™**

Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life.

During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

LES MILLS BODYATTACK™

BODYATTACK™ is a high-energy fitness class with moves that cater to both beginners and total enthusiasts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS BODYPUMP™

BODYPUMP™ is the original barbell class for absolutely everyone. Instructors will show you all the moves and techniques to make your first class safe and fun, as well as give you strength for everyday life. You'll get a total body workout that burns calories, shapes, and tones, without building bulky muscles. The encouragement, motivation, and great music in every BODYPUMP class will achieve the results you want and deserve!

REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » [317.273.9622](tel:317.273.9622)

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 "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 » indymca.org OR FOR MORE INFORMATION » 317.273.9622

PERSONAL TRAINING

Personal Training comes in many different forms. Looking for more accountability and motivation to help you reach your goals? Sign up for a complimentary demonstration at the wellness desk, or contact Maggie McCoy at mmccoy@indymca.org.

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

CHRONIC DISEASE PREVENTION

BLOOD PRESSURE SELF-MONITORING

In support of the Million Hearts® effort, the Y is offering this program, aimed at helping adults with hypertension lower and control their blood pressure through regulated blood pressure self-monitoring. Please contact changemylife@indymca.org for more information.

YMCA'S DIABETES PREVENTION PROGRAM

This program has been shown to reduce the number of new cases of type 2 diabetes by up to 71%, and be more effective than the drug therapy alone. In a group setting, learn the tools needed to develop and sustain a healthy lifestyle. Please contact changemylife@indymca.org for more information.

MOVING FOR BETTER BALANCE

Moving For Better Balance works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. Meets twice a week with a home practice guide. Pre and Post assessments are given.

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

SPECIAL INTEREST

INDY MINI MARATHON TRAINING PROGRAM

This 16-week training program meets three times a week starting in January and will get you ready to run the Indy Mini in May. Contact Maggie McCoy at mmccoy@indymca.org for more information.

TRX®

Get the most out of your TRX® workout by incorporating an understanding of flexibility and mobility, and how it relates to building your total body fitness. Shape up fast with Cardio Circuit, a supercharged combo of strength and cardio training. Our unique interval program joins TRX suspension training with the anaerobic, fat-burning benefits of mini interval sessions.

REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » 317.273.9622

Y ADULT SPORTS

ADULT TAE KWON DO (Ages 13+)

Designed to develop speed and power, Tae Kwon Do builds self-esteem and improves confidence.

PICK-UP VOLLEYBALL AND BASKETBALL

Looking for a sports program that is less formal? Try Y Volleyball pick-up games.

The Y usually has a game on Wednesday and Friday evenings, so join us between 7-10pm.

Try Y Basketball pick-up games. Teams meet Thursday 8-10pm; and Sunday from 12:30-3pm.

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.



VOLUNTEERS

Essential to our YMCA movement, volunteers give meaningful service to multiply our effectiveness and allow more people to access what we offer. Areas we need volunteer help with include: Play & Learn, events, hospitality, and youth sports coaching. Please contact Stacy Witham at switham@indymca.org if you are interested in volunteering.

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!](#)

REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » **317.273.9622**

Monet Bowling, MD
Breast Surgical Oncologist

Anne Mattingly, MD
Breast Surgical Oncologist

Jennifer Pierle, MSN, FNP-C
Oncology Genetics & Survivorship Specialist



Strong women standing up to breast cancer – *together.*

A breast cancer diagnosis can be life changing. And it typically comes with a lot of questions: What's my prognosis? Will I need surgery? How will this affect my family?

At Hendricks Regional Health Breast Center, we give you answers — not in a few weeks or days — but right away. Our promise is that if you're diagnosed with breast cancer, you'll be seen within 24 hours by a breast surgical oncologist. We'll talk you through your diagnosis, your options and connect you with all the resources you need to help you get well again.

We're standing up to cancer — together. Appointments are available today; schedule your mammogram at [Hendricks.org/Mammogram](https://www.hendricks.org/Mammogram) or call **(317) 745-3404**.

Deb, Greencastle



The team counts on her.

She counts on us.

Hearing a click in your hip can be worrisome for anyone. But for Deb, who's active all day as head coach of the DePauw University women's volleyball team, it was especially concerning.

That's why she turned to the sports medicine and orthopedic experts at Hendricks Regional Health. After learning that anterior hip replacement was her best option, Deb had surgery — and was back on her feet in just days.

Deb's also back on the court, setting the Tigers up for even more success. And she knows with the support of Hendricks, she can keep leading her team as they dig, spike, block and enjoy the game they love.

Don't let an injury keep you down. Schedule an appointment with a sports medicine physician at [Hendricks.org/PainFree](https://www.hendricks.org/PainFree).

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

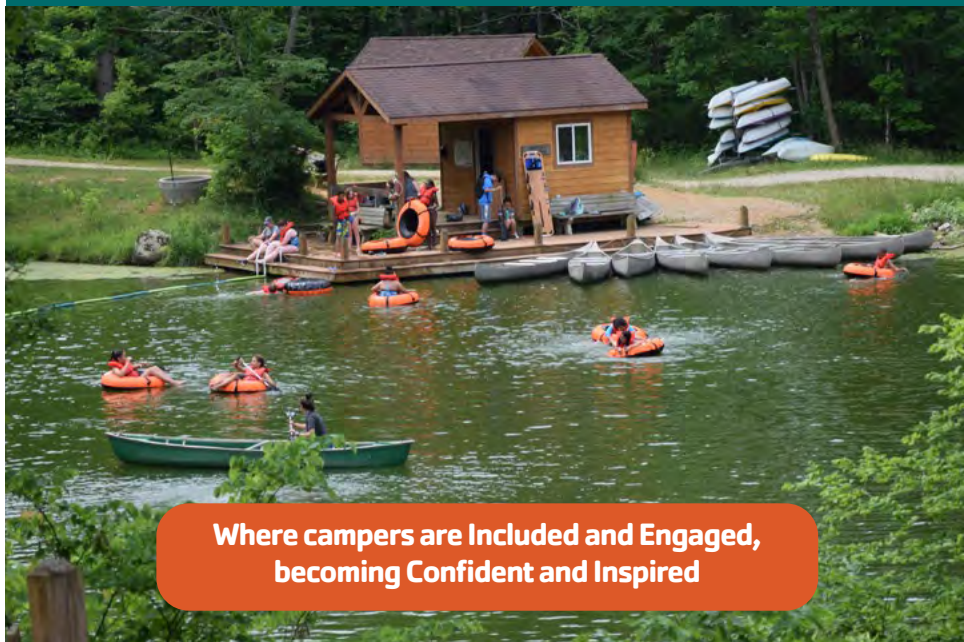
RANSBURG Y
317.357.8441

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