

YMCA S. Indiana: June Events

Written by George Browning
Wednesday, 28 May 2014 00:00 -

The YMCA of Southern Indiana offers a variety of events and programs in June for members and participants of all ages. Every day, we work side-by-side with our neighbors to make sure that everyone has the opportunity to learn, grow and thrive. For more information, call the Clark County Branch or Floyd County Branch at 812.283.9622 or visit our website at ymcasi.org.

CLARK COUNTY BRANCH

Mondays (12-3 p.m.) Mexican Train Dominoes. Member: FREE. Participant: \$3.

Wednesdays (9 a.m. - 12 p.m.) Oil Painting classes for ages 18 and up and all skill-levels. Member: \$80. Participant: \$90.

Thursdays (7:45-8:45 a.m.) Bible Study for all denominations. Member and Participant: FREE.

Monday, June 2 - Sunday, July 27 The June Member Challenge is the Summer Trimmings Club to help you get serious with your weight loss goals. Choose from several different mini challenges to jump start your success. See a Wellness Coach to participate in the challenge. FREE to members.

Monday, June 2 (8-11 a.m.) FREE blood sugar screenings for YMCA members, staff and guests by Clark Memorial Hospital.

Mondays, June 2, 9, 23 and 30 (10:45 a.m. optional weigh-in; 11 a.m. – 12 p.m.) Healthy Living Support Group will meet to provide the tools you need to maximize your health and well-being. Visit ymcasi.org for schedule of topics. Member and Participant: FREE.

Tuesdays and Thursdays, June 3-19 (6-7 a.m.) Boot camp (ages 14 and up) is for those ready for a high intensity workout that mixes traditional calisthenics and body weight exercises with

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interval and strength training. Member: \$40. Participant: \$55.

Saturday, June 7 (9:30-11 a.m.), Wednesday, June 11 (6-7:30 p.m.) and Thursday, June 26 (6-7:30 p.m.) Youth certification classes for ages 10-13 on Wellness Center equipment. Members only: \$10.

Saturday, June 14 (6-10 p.m.) Parents Night Out for ages 3-10. Member: \$15. Participant: \$20.

Monday-Friday, June 16-20 (9 a.m. – 1 p.m.) Junior Lifeguard Camp for ages 6-13. Member: \$40. Participant: \$50.

Tuesday, June 24 (11:30 a.m. – 12:30 p.m.) Book Club. FREE to members.

Thursday, June 26 (11 a.m. - 4:30 p.m.) AOA trip to Millionaires Row at Churchill Downs. Registration is full. If interested, you can be added to the waiting list.

Saturday, July 12 (9 a.m. - 3:30 p.m.) Safe Sitter® Babysitting certification class for ages 11-15. Class is limited to 12 students so pre-register online at ymcasi.org or at the front desk. Member and Participant: \$40.

FLOYD COUNTY BRANCH

Saturdays (10-11 a.m.) Overeaters Anonymous meet in the Multipurpose Room. Member and Participant: FREE.

--- Monday, June 16 (9-11 a.m.) FREE foot screenings, pDXA screenings for osteoporosis and physical therapy, spine center and sleep center information will be given by Floyd Memorial Hospital. Open to YMCA members, staff and guests.

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Wednesday, June 18 (12:30-2 p.m.) AOA XRKade® Birthday Bash to celebrate the June birthdays of AOA members. This event is sponsored by The Bennett Place and Rookie's Cookies and Cakes. Member: FREE. Participant: \$5.

Tuesday, June 24 (11:30 a.m. - 12:30 p.m.) Book Club: "The Dark Road to Mercy" by Wiley Cash. FREE to members.

Thursday, June 26 (11 a.m. - 4:30 p.m.) AOA trip to Millionaires Row at Churchill Downs. Registration is full. If interested, you can be added to the waiting list.

Mondays, July 7 and Aug. 4 (5:45-6:45 p.m.) Stroke and Turn Clinic for swimmers ages 5 and up. Member: \$10. Participant: \$15.

Sunday, July 13 Registration deadline for Men's Adult Basketball League for ages 18 and up (out of high school) that will be held on Sundays, July 20-27, Aug. 3-24 and Sept. 7-14. Fees: \$400/team.

---BOTH BRANCHES

Ongoing 100 mile swim club, birthday parties, child care enrichment program, personal training, sport enhancement training, swim lessons and taekwondo.

Ongoing For every supporter who signs up and completes a Home Energy Assessment, Energizing Indiana will give the Y \$25!

Ongoing Summer day camp registration for ages 3-13 with diverse camps to choose from. Visit ymcasi.org for more information.

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Sunday, June 1 - Monday, July 28 The Summer Family Challenge is a great opportunity for families to spend some quality time together, while being healthy and active at the same time. Member: \$15/family. Participant: \$20/family.

Tuesdays and Thursdays, June 10-July 24 (7-11 p.m.) Midnight Basketball for male and female, middle and high school students ages 12-18. Member and Participant: \$10.

Thursday, June 26 (6-8:30 p.m.) Taste of Southern Indiana at River Valley Middle School. There will be food from various restaurants, live music and a silent auction. All proceeds benefit the Retired Senior Volunteer Program. For tickets, contact Crystal Hardin at 812.206.7892 or email at chardin@ymcasi.org. You can also purchase tickets at the door. Cost: \$20.