



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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AND EVENTS AT indymca.org

HENDRICKS REGIONAL HEALTH YMCA



FOR THE FAMILY

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

FOR THE KIDDOS

Safe, fun winter & spring
activities ➡ [PAGE 5](#)

SO MUCH MORE

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

THE SEASON FOR SUCCESS

The Hendricks Regional Health YMCA offers
family activities, youth program 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-10pm
Sat: 7am-7pm
Sun: 11am-6pm

MEMBER SERVICES HOURS

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

PLAY & LEARN HOURS

Mon-Fri: 8am-2pm & 4-8:30pm
Sat: 8am-2pm
Sun: Closed

PLAY & LEARN HOLIDAY HOURS

New Year's Eve: Tue, Dec 31, 8am-1:30pm
New Year's Day: Wed, Jan 1, 8am - 1:30pm
Easter: Sun, Apr 12, CLOSED
Memorial Day: Mon, May 25, 8am-1:30pm

HOLIDAY HOURS

New Years Eve: Tue, Dec 31, 5am-3pm
New Years Day: Wed, Jan 1, 7am-5pm
Easter: Sun, Apr 12, CLOSED
Memorial Day: Mon, May 25, 7am-5pm

MEMBER SERVICES HOLIDAY HOURS

New Years Eve: Tue, Dec 31, 8am-2pm
New Years Day: Wed, Jan 1, 8am-5pm
Easter: Sun, Apr 12, CLOSED
Memorial Day: Mon, May 25, 8am-4pm

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 to learn about healthy living, to grow and thrive, and embrace social responsibility. We all have 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 and open our doors to those in need.

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

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HENDRICKS REGIONAL HEALTH YMCA

TABLE OF CONTENTS

Location Amenities	3
Membership Benefits	4
Youth & Family Programs	5
Aquatics / Swim Lessons	7

Youth Sports	8
Healthy Living	9
Event Planner	12
Member Transformation	13

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, Community Vice President

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
- Nationwide Membership

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)
- Any member may bring an unlimited number of guests one time annually at no charge
- Use of locker rooms and shower facilities
- 30-Day Money Back Guarantee
- Nationwide Membership (access to any participating Y in the United States)

*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 OR FOR MORE INFORMATION » **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.

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.

PRESCHOOL 2019-2020 (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.

COOKIES & CANVAS

Don't miss this painting fun for the whole family led by an instructor on the second Friday of each month. Preregistration required. Cost is \$8/canvas

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!

KIDS COOKING (Ages 4-6 & 7-9)

Let your child develop their cooking skills with us! We will cover multiple skill areas, which will be determined by each session's theme. All food allergies must be disclosed prior to the first day of class. Registration required.

CREATION STATION (Ages 4-7 & 8-12)

Allows your child the opportunity to express their creativity while also receiving age-appropriate lessons in a variety of media. Our instructors will be using paint, 3-D materials, coloring, mixed media and more to create a fun and interactive environment.

KID & TWEEN CLIMBERS (Ages 6-8 & 9-11)

This 6-week session will introduce children to the world of climbing!

S.T.E.M. (Ages 4-7 & 8-12)

Explore STEM through appropriate activities to engage their minds and further develop their interests in science, technology, engineering, & math. Registration required.

TEENS

SAFE SITTER

Designed to prepare youth ages 11-15 to be safe when they're home alone, watching younger siblings, or babysitting, including skill practices such as choking rescue and CPR.

TEEN NIGHT

These nights include swimming, working out, rock wall climbing, open gym, games and more. Event is free for all teens who present a Middle or High School student ID.

TEEN LEADERS

This program is for 7th grade through High School students who want to learn leadership skills and give back to their community.

YOUTH & GOVERNMENT

Learn about the legal process and create your own bills!

Y BALLET

BALLET (Ages 3-7)

This introductory class focuses on basic technique, vocabulary, strengthening, and stretching.

Y GYMNASTICS

TUMBLING TOTS (Ages 3-5)

Learn creative movements while building self-confidence, coordination, discipline and positive self-esteem. This is an introduction to basic gymnastics skills.

INTRODUCTION TO GYMNASTICS (Ages 5-10)

Learn progressive tumbling skills and introductory gymnastics skills. We will continue to develop skills and improve on the execution of learned skills. This class is for fun and fitness!

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

Y AQUATICS / SWIM LESSONS

SWIM LESSONS

The Y is America's Swim Instructor!

As such, we consider it a priority and a responsibility to prevent drowning and improve health outcomes. The pool can be a place where communities come together and bridges are built. Our new YMCA curriculum takes a skill-based approach that is designed to:

- Emphasize safety
- Provide faster progression through swim skills
- Provide clearly defined stages of progression
- Foster a sense of fun & achievement from lesson 1
- Improve lesson quality
- Foster a life-long love of the water

YMCA SWIM SCHOOL

Experience our progressive level-based format, designed to help children gain confidence and ability in a safe, effective manner. Please call 317.273.9622 or visit us online to register today!

Sessions	Days	Dates	Fees Others / Y Member
1x/wk	Sa	Jan 11-Feb 15	\$89/\$46
		Feb 22-Mar 14	\$58/\$31
		Apr 18-May 16	\$89/\$46
1x/wk	Su	Jan 12-Feb 16	\$89/\$46
		Feb 23-Mar 14	\$58/\$31
		Apr 19-May 17	\$73/\$39
2x/wk	M & W	Jan 6-Jan 29	\$115/\$61
		Feb 3-Feb 26	\$115/\$61
		Mar 2-Mar 18	\$89/\$46
		April 6-Apr 29	\$115/\$61
2x/wk	Tu & Th	Mar 3-Mar 19	\$89/\$46
1x/wk	Tu	Jan 7-Feb 25	\$115/\$61
		Apr 7-May 26	\$115/\$61
1x/wk	Th	Jan 9-Feb 27	\$115/\$61
		Apr 9-May 21	\$109/\$57
4x/wk	M-Th	Mar 23-Mar 26	\$58/\$31
		Mar 30-Apr 2	\$58/\$31



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

5-12 years

SCHOOL AGE:

STAGES 1-6

13+ years

TEEN & ADULT:

STAGES 1-6

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

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.)

Y YOUTH SPORTS

It's not whether you win or lose, it's how you learn the game. At the YMCA, kids develop all kinds of skills, from catching and dribbling to teamwork and sportsmanship. Just as important, they learn firsthand the benefits of being healthy and active—because virtual games just can't compare to the real thing.

TRAVEL BASKETBALL (ages 6-13)

Participants will rotate games at other YMCA locations throughout the Indianapolis area. Teams meet for weekday practices and games on Saturdays. This is a competitive atmosphere while still based on the YMCA core values. Game locations vary weekly.

SPRING TRACK AND FIELD (Ages 4-13)

Running drills and an emphasis on flexibility will help all the young runners improve their running technique and coordination for all sports!

Y BASKETBALL LEAGUES (Ages 3-12)

Designed to give participants the chance to develop their knowledge and skills in a positive and highly instructional environment, this league will focus on skill development and learning the fundamentals of basketball.

SPRING SOCCER (Ages 3-12)

This is a progressive soccer skill development league and focuses on teaching the fundamentals of soccer.

SPRING FLAG FOOTBALL (Ages 4-5)

Youth learn the fundamentals of positions, ball handling skills, route skills, defensive positions, fair play and good sportsmanship.

Y T-BALL/BASEBALL LEAGUES (Ages 3-12)

Our baseball and t-ball programs give kids the skills and passion to enjoy the "national pastime." Players are led by volunteer coaches in drills and games that teach skills like throwing, catching, fielding, hitting, and the positions of baseball.

Y CHEERLEADING (Ages 4-8)

Designed to give participants the chance to develop their knowledge and skills in a positive and highly instructional environment. This league will focus on the basics of cheer and give them the opportunity to perform at Basketball games during the fall season.

TOT KWON DO (Ages 3-5)

This is an introductory class for tots to learn the basics of Tae Kwon Do in a rich learning environment.

YOUTH TAE KWON DO (Ages 6-12)

This program is designed to develop speed and power in Tae Kwon Do, build self-esteem and improve confidence.

SPORTS CLINICS

BASKETBALL CLINIC (Ages 6-12)

Your child will run through various skill and agility drills to improve footwork and sharpen practice skills during the off-season.

SOCCER CLINIC (Ages 6-12)

Learn the basic fundamentals of soccer.

VOLLEYBALL CLINIC (Ages 6-12)

Learn basic fundamentals of volleyball.

TENNIS CLINIC (Ages 5-10)

Learn tennis in a game format; court size, ball type and net height are adjusted to aid in the learning process.

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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) free 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 FREE 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.

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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 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! Check out our group exercise class schedule – these classes are FREE with your Y membership.

LES MILLS BODYATTACK™

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

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.

MOVE FOR BETTER BALANCE

This 12-week program is led by a qualified instructor and teaches an 8 form routine to tai chi based movements.

YOGA

MONTHLY YOGA WORKSHOPS

Immerse yourself in a deeper understanding about the physical, mental and emotional aspects of a yoga practice. All levels welcome, contact Rachel Raymond for more information at rreymond@indymca.org or register at Member Services.

HEALING HEROES YOGA

Comprehensive trauma-sensitive program designed to guide military first responders and their families toward healing using traditional yoga poses and breathing techniques. Meets the first Saturday of every month from 12-1pm, for more information contact Rachel Raymond at rreymond@indymca.org.

REGISTER ONLINE » indymca.org OR FOR MORE INFORMATION » [317.273.9622](tel: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 free demonstration at the wellness desk, or contact Kyle Iacona at kiacona@indymca.org.

UNLIMITED SMALL GROUP PERSONAL TRAINING

Dynamic programming offered on land and in the water. Groups consist of 5-12 people that meet on specific days/times with a certified Personal Trainer. Please see a small group training schedule for class training options. Contact Kyle Iacona at kiacona@indymca.org for more information.

PRIVATE YOGA SESSIONS

Work with a certified yoga instructor to design a yoga practice suitable for your fitness needs. All instructors are 200-hour certified and will work with you privately or semi-privately to refine your yoga skills. For more information on pricing and scheduling, contact Rachel Raymond at rreymond@indymca.org.

30 MINUTES	1 HOUR	1 HOUR
INDIVIDUAL TRAINING	INDIVIDUAL TRAINING	SEMI-PRIVATE TRAINING
Month-to-Month \$37 / Y Member only	Month-to-Month \$69 / Y Member: \$59	Month-to-Month \$57 / Y Member: \$47 per person
3 Months \$32 / Y Member only	3 Months \$64 / Y Member: \$54	3 Months \$52 / Y Member: \$42 per person
6 Months \$27 / Y Member only	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 YMCA is offering this program, aimed at helping adults with hypertension lower and control their blood pressure through regulated blood pressure self-monitoring. Please contact Kayla Northcutt at knorthcutt@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 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.

SPECIAL INTEREST

MONUMENTAL MINI AND MARATHON TRAINING PROGRAM

This 18-week training program is to get you ready for either the mini or full Monumental Marathon held in November. Contact Kayla Northcutt at knorthcutt@indymca.org for more information.

BOOT CAMP

This 8-week program is designed for military veterans, active duty, and first responders who need to stay physically fit; and anyone wanting to enhance their fitness level. Must be at least 18 years of age to participate. Class will be led by military veterans and will be in the elements (outside no matter the weather). For more information on days, times and pricing, please contact Rachel Raymond at rreymond@indymca.org.

ACTIVE OLDER ADULT PROGRAM

We offer several low-intensity physical activity programs that will increase strength and improve range of motion. Join us for Social Luncheons on the second Thursday of each month.

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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.

EVENT PLANNER

January 2020

Sunday, January 19

FAMILY MOVIE

Join us in MP3 for a family friendly movie.

February 2020

Friday, February 7

VALENTINES DANCE

Join us for a one of a kind date night with those who really have your heart, your kids! Activities include music, games, snacks, a themed photo space with a photographer, and more!

Saturday, February 29

TEEN LOCK-IN

Join us for a free overnight lock-in filled with recreation, socialization, and special activities.

April 2020

Sunday, April 5

EASTER EGG HUNT

Join us for an Easter egg hunt! Hunts will occur in waves based on age groups and additional activities will be available.

Friday, April 10

GOOD FRIDAY BREAKFAST

A beautiful morning that brings the community together in prayer, encouragement and reflection.

Saturday, April 18

NERF BATTLE

Free for all ages, just bring your own Nerf gun and Nerf bullets.

2020 5K SERIES RACES

Check out the Inspire 5K Series
indymca.org/ymca-inspire-indy-5k-series

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DAVID SWAM, BIKED AND RAN HIS WAY ACROSS THE TRIATHLON FINISH LINE

David came to the Hendricks Regional Health YMCA in November of 2018 out of desperation to lose 10–15 pounds before an event at the end of the year. As a former Marine, David volunteers each year for the Marine Corps Toys for Tots program. As the event approached, he realized his Dress Blues no longer fit so he decided to start an exercise routine. Due to previous knee and back injuries, David started off slowly. Between his work at the Y and watching what he ate, he was able to lose the pounds needed to fit back into his Dress Blues for the big event.

David was enjoying the physical activity and added more strength and endurance training and with encouragement from Y instructors, he completed his first Indoor Triathlon in January of 2019. His first triathlon experience was so inspiring and successful that he signed up for the official YMCA Triathlon Training program to compete in the Indianapolis Sprint Triathlon at Eagle Creek in August.

With coaching from trainers, Kettie and Andi, and help from others in the group, David crossed the finish line of his first full Triathlon, something he never thought possible. What started as a mission to shed a few pounds turned into a life-changing experience for David. He credits the Y for helping him with his knee and back injuries and for becoming stronger both physically and mentally.



“Kettie was standing at the finish line and although I was sweaty, I hugged her. How do you repay a coach that has helped you achieve a seemingly impossible goal? I don’t know what the answer to that question is, but Kettie will have a loyal follower for years to come is one thing that I can guarantee.” – David

Start your transformation at the Y today!

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)**.

SIGN UP TODAY!

The YMCA offers family activities, youth programs, fitness and more. Visit us online to view a complete list of all our programs. We offer multiple centers to serve you!

AVONDALE MEADOWS Y	BENJAMIN HARRISON Y	HENDRICKS REGIONAL HEALTH Y	JORDAN Y	RANSBURG Y	Y AT THE ATHENAEUM
317.549.9622	317.547.9622	317.273.9622	317.253.3206	317.357.8441	317.685.9705
BAXTER Y	FISHERS Y	YMCA AT THE CITY MARKET	ORTHOINDY FOUNDATION Y	WITHAM FAMILY Y	IRISAY FAMILY Y AT CITYWAY
317.881.9347	317.595.9622	317.612.3083	317.297.9622	765.483.9622	317.955.9622

2020 Summer Day Camp

GROWING GREAT LEADERS

Make your summer meaningful at camp! Explore your surroundings, meet new friends, and try new experiences. With over 30 locations to choose from, a great summer is right around the corner.

Enrollment opens January 16, 2020.
Visit indymca.org/youthdevelopment to learn more!

THE YMCA OF GREATER INDIANAPOLIS HENDRICKS REGIONAL HEALTH YMCA

301 Satori Parkway
Avon, IN 46123
indymca.org



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ORGANIZATION
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PERMIT # 1816

February 29, 2020

4th ANNUAL YMCA CYCLE-A-THON

Session times at all locations:

7:15am 8:30am 9:45am 11am

\$25 + **\$15** + **\$30**
for an add'l
To Ride
(Includes
T-Shirt)
Upgrade to
a Hoodie
Receive
Both T-Shirt
and Hoodie



indymca.org/event/cycle-a-thon/