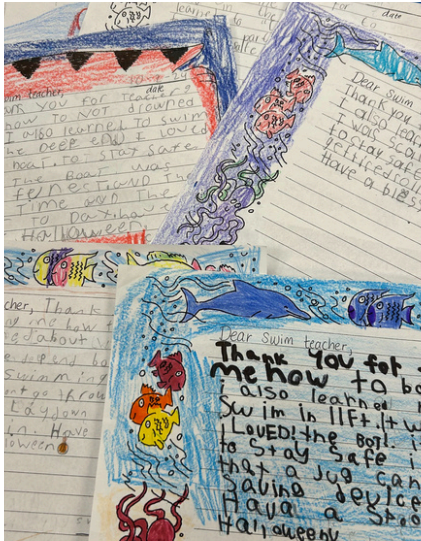




OF HARRISON COUNTY

Newsletter

JANUARY 2025



Makin' a Splash!

Annual Youth Water Safety Program

Each year, the YMCA's Youth Water Safety Program ensures all 3rd graders in Harrison and Crawford Counties learn vital swimming and water safety skills. Designed to prevent drowning, the program builds confidence and life-saving abilities through expert instruction. By offering free access to water safety education, the YMCA equips children with essential skills, promoting safety, fun, and confidence in and around water.



Lighting the Way.



Our partnership with Southern Indiana FC has elevated our soccer program by providing high-level coaching and competitive opportunities for youth, helping players develop their skills. Together, we've also added new field lighting, increasing program time and creating more opportunities for practices and games, ensuring a better experience for our community's young athletes.



New Programs in the New Year!

1 ROCK STEADY BOXING

Starting in January, our new Rock Steady Boxing program offers an evidence-based exercise curriculum designed to combat Parkinson's disease. This impactful program targets symptoms and helps slow the disease's progression, empowering participants to improve strength, balance, and overall quality of life.



2 SPRINT 8

Sprint 8® is an efficient, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 20 minutes.

3 CATCH

In 2025, The Y will be offering the youth opportunities for physical, nutrition-based, and social-emotional learning programs! Thank you, funding supporters:



4 SPLASH & BURN

March 2025: A deep-water free-weight/aerobic fitness program incorporating water confidence, breath control and mental conditioning to deliver a unique, full body functional fitness alternative not available in any other facility in the area.

Splash & Burn would benefit anyone interested in a new way to get and stay fit while increasing their overall confidence and self-control. The program would use underwater exercise, underwater free-weights, and dry land exercise sets to achieve these goals.



The YMCA of Harrison County is a 2024-2025 Crusade for Children Grant Recipient! These funds will go directly to updating our Kids Zone space this spring.



A Few Words from our CEO

Dear Community,

As we close out 2024, I want to personally thank you for being an essential part of the YMCA of Harrison County's continued success! Nestled in the heart of Corydon, our Y remains a vital source of strength, inclusivity, and connection for the community.

This year, your generosity has made an incredible impact:

- Over \$60,000 in Open Door scholarships provided to children, families, and individuals access for transformative programs regardless of financial barriers.

- We proudly sponsored free summer family movies at the Corydon Cinemas, creating meaningful moments for families across our community.
- We distributed YBucks at the Farmers Market, empowering kids to explore nutrition and enjoy fresh fruits and vegetables.
- Facility Enhancements: cardio & wellness, soccer field lighting
- Expanded Reach: delivered soccer and pickleball programs to youth throughout two counties

Please join us in creating a brighter future for our community. Together, we can make 2025 our most impactful year yet.

Andrew Settle, CEO
YMCA of Harrison County

Find Your Passion. Find Your Y.

Email hr@ymcaharrison.org to volunteer

- Volunteer in Youth Water Safety Programs
- Volunteer for Special Projects (recycling, landscaping, etc.)
- Youth Sports Coach
- Greeter for Special Events
- Community Partnership
- Fundraising Events
- Community Advocate
- Donor or Sponsor a Program
- Business Sponsorship
- Sponsor Staff/Volunteer Lunch

SPONSOR SPOTLIGHT

Room Sponsorships



Leadership TEAM

Chief Executive Officer
Andrew Settle

Chief Operating Officer
Emily Siler

Aquatics Director
Timothy Moodie

Facilities Director
Mark Frye

Membership Director
Brittany Fried

People & Finance Director
April Harmon

Sports Director
Kathryn von Heimburg

Wellness Director
Sarah Vincent Grimes



DADDY DAUGHTER DANCE February 15, 2025



Newsletter

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