



Healthy Communities
of Jefferson County

Healthy Lifestyles

RESOURCE GUIDE

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Health Clubs & Fitness Centers



Madison Fitness

1321 Clifty Drive
Madison, Indiana 47250

(812) 571-2049



Lide White Boys & Girls Club

1551 MSH Northgate Road
Madison, Indiana 47250

(812)265-5811

www.lidewhite.com

Fit For The King Fitness Center

2617 North Wilson Avenue
Madison, Indiana 47250

(812)273-1543



www.fitfortheking.com

*** *Aerobics/Group Classes, 25 weekly classes*

Hanover College Horner Center

Hanover College
517 Ball Drive
Hanover, Indiana 47243

(812)866-7370

<https://www.hanover.edu/about/offices/hornercenter>

*** *Aerobics/Group Classes Offered Seasonally, 2-4 weekly classes*

Mad City Cross Fit

975 Industrial Drive
Madison, Indiana 47250

(82)701-2715



www.madcitycrossfit.com

Planet Fitness

431 East Clifty Drive
Madison, Indiana 47250

(812)801-4444



www.planetfitness.com/gyms/madison-1482*-4

Rivertown Chiropractic

401 East 2nd Street
Madison, Indiana 47250

(812)273-4325



www.rivertownchiro.com

Local Clubs



MABC Bike Club

Madison Area Bicycling Club

www.madisonbicycleclub.org

Current President: Stacey Crawley, (812)701-4423

P.O. Box 951, Madison, Indiana 47250

info@madisonbicycleclub.org

Madison Area Run Club

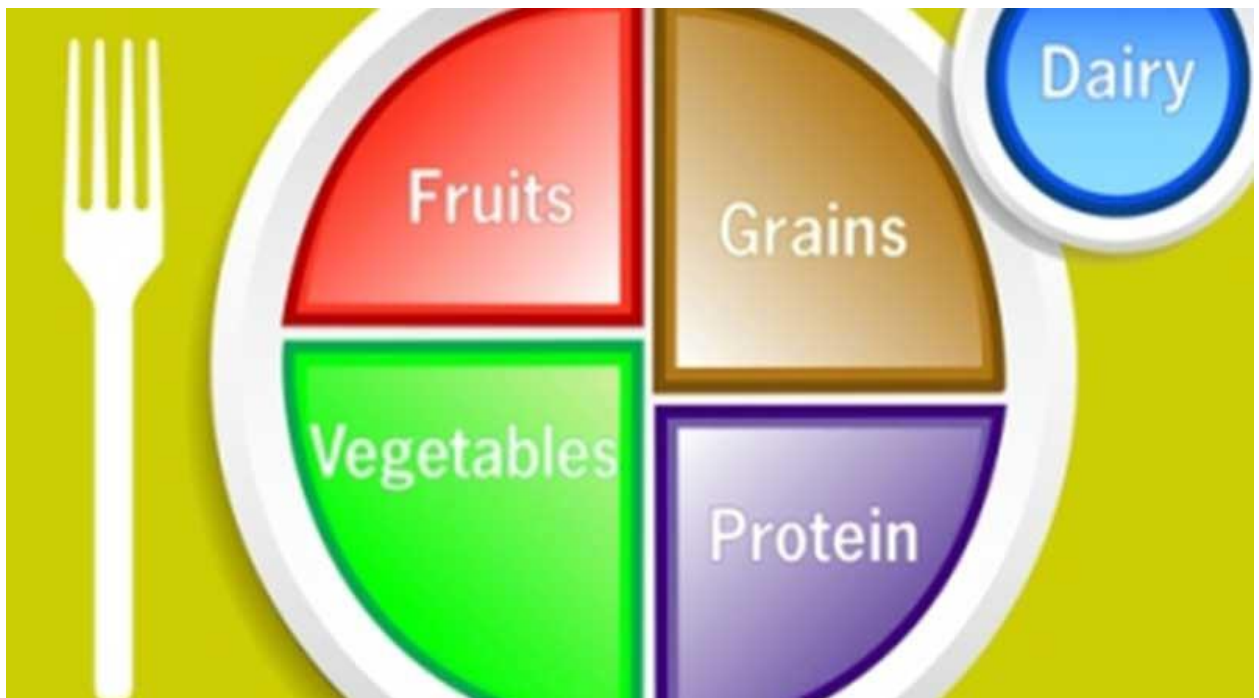
Milers of Ohio Valley Running Club

Current President: Nicholas Schafer – ngschafer@gmail.com

P.O. Box 994, Madison, Indiana 47250



Nutritional Resources



King's Daughters' Health Diabetes Education

1371 East State Road 62 (812)801-0611

Madison, Indiana 47250

www.kdhmadison.org

King's Daughters' Health Nutrition Services

1371 East State Road 62 (812)801-0562

Madison, Indiana 47250

Outpatient nutrition counseling by appointment with a physician referral.

www.kdhmadison.org

KDH Strive for 5 Weight Loss Education Class

1373 East State Road 62 (812)801-0175

Madison, Indiana 47250

Five-week weight loss class; weight loss goal of 5 pounds by the end of program

Fee: \$5 (participants get their \$5 back if they successfully lose 5 lbs)

www.kdhmadison.org

Madison Community Garden

Garden plot (25'x50') tilled, water, electric fence

Fee: \$100

<https://www.facebook.com/MadisonCommunityGarden/>

Madison Farmers' Market

Winter (through March 31) Trinity United Methodist Church Broadway Street,
Madison, Indiana

Hours: Winter hours Saturday (10:00 am-12 noon)

Daniel Terrell, Market Manager (812)599-7085 terrelldaniel14@gmail.com

www.farmersmarketmadison.com



Purdue Extension: Be Heart Smart

3767 West State Road 256 (812)265-8919

Madison, Indiana 47250

Program covering heart disease risk factors; cholesterol and blood pressure guidelines; stress reduction techniques; and a heart healthy eating plan.

Fee: \$10 for two sessions

<https://extension.purdue.edu/Jefferson>

Purdue Extension: Dining with Diabetes

3767 West State Road 256 (812)265-8919

Madison, Indiana 47250

Program covers food choices, diet planning, healthy cooking, portion control, medical indicator awareness, and healthy activity levels for those with diabetes.

Fee: \$25 per person, \$40 per couple

<https://extension.purdue.edu/Jefferson>

Purdue Extension: Nutrition Education Program

3767 West State Road 256 (812)265-8919

Madison, Indiana 47250

Offers classes on the importance of healthy dieting, cooking demonstrations, healthy food substitutes, and food budgeting.

Fee: Free

<https://extension.purdue.edu/Jefferson>

TOPS Club Inc.

Church of Nazarene

2000 Cragmont Street (765)385-0106

Madison, Indiana 47250

Hours: Thursday, 4:30 pm weigh-in; 5:00 pm meeting

www.tops.org

Weight Watchers

975 Industrial Drive

Madison, Indiana 47250

Hours: Tuesdays, 12:00 pm and 5:30 pm

www.weightwatchers.com

Women/Infants/Children (WIC)

200 Spruce Lane (812)812-273-3942

Hanover, Indiana 47243

Hours: Monday (11 am-7 pm), Tuesday, Thursday, Friday (9 am-5 pm);

Food pantry listing available at:

<http://www.rivervalleyresources.com/TheClearinghouse.aspx>



Parks



Chelsea Park – 10570 E. New London Road, Lexington
Basketball Court, Playground

Clifty Falls State Park – Madison
Hiking, Playgrounds, Picnic Areas, Pool, Tennis

Fireman's Park – Vaughn Drive, Madison
Shelter, Picnic Tables

Gaines Park – 628 Broadway, Madison
Basketball Court, Picnic Tables, Shelter

Hanover Park – 200 Spruce Lane, Hanover
Ball fields, Basketball Court, Horseshoe Pits, Playground, Shelter, Tennis, Trail

Hargan Matthews – 101 E. Vaughn Drive, Madison
Playground

Jaycee's Park – 619 Vaughn Drive, Madison
Basketball Court, Horseshoe Pits, Playground, Sand Volleyball

John Paul Park – 500 W. Third Street, Madison
Baseball field

Kiwanis Park – Broadway Street and Vaughn Drive, Madison
Ball Field

Krueger Lake – 101 W. JPG Ordinance Drive, Madison
Hiking Trail, Fishing

Lorenz Park – 933 East Street, Madison
Ball Field, Basketball Court, Playground

Oak Hill Park – 2700 Basswood Drive, Madison
Ball Field, Basketball Court, Playground

Playground for All Children / Skate Park – 801 Green Road, Madison
Playground

Rainbow Park – 200 Sharp Street, Hanover
Basketball Court

Ruckers Sports Complex – Green Road, Madison
Baseball, Softball, Football, and, Soccer Fields

Webster Woods Nature Preserve – 10661 W. Ford Road, Lexington
Hiking Trail, Forest Exploration



Swimming Pools/ Water Exercise



Clifty Falls State Park

2221 Clifty Drive (812)273-8885

Madison, Indiana 47250

Open Saturday, Memorial Day weekend until weekend before school starts

Hours: 11:00 am-6:00 pm (may vary due to weather and lifeguard availability)

Admission: Park Admission - Indiana resident = \$7; Out-of-State resident = \$9

Pool Admission - \$3, age 2+

Crystal Beach

400 West Vaughn Drive (812)273-6268

Madison, Indiana 47250

Open Saturday, Memorial Day weekend until mid-August

Hours: 12:00 pm-8:00 pm daily

Admission: \$4.00, family and season passes offered

King's Daughters' Health Rehab Center

Making Waves Warm Water Exercise Class

2670 Michigan Road (812)801-0545

Madison, Indiana 47250

Dates/Times Vary. Call for registration.

Admission: \$50 for 4-week session (8 classes/session)

Madison Junior High School

701 8th Street (812)274-8003

Madison, Indiana 47250

Lap Swim Hours: Sundays and Tuesdays - 6:30-8:30 pm

Admission: Students = \$1; Adults = \$2

Southwestern High School

167 South Main Cross (812)866-6220

Hanover, Indiana 47243

Open September thru March

Lap Swim Hours: Tuesday, Wednesday, Thursday - 7:00 pm-9:00 pm

**** Water aerobics - Wednesday (7:00 pm-8:00 pm)*

Admission: \$1, punch passes available for \$25 for 30 punches

Lab swimming and water aerobics are FREE for FFTK members.

Local Races



Madison-Jefferson County Animal Shelter 5k

Held yearly in April.

(812)273-1788

Molly Dattilo 5k Run/Walk

Held yearly in May, Mother's Day weekend.

www.mollydattilorunwalk.com

The Madison Courier Firecracker 10k

Held yearly in July, Regatta weekend.

www.madisoncourier.com

Ribberfest 5k

Held yearly in August, Ribberfest weekend.

www.madisonribberfest.com

Centennial Clifty Falls State Park 5k

Special Centennial event, August 29, 2020.

<https://www.in.gov/dnr/parklake/2985.htm>

King's Daughters' Health Run the Falls 5K

Held yearly in September, Chautauqua weekend.

www.kdhmadison.org

King's Daughters' Health Girls on the Run 5K Fun Run

Held yearly in November.

www.kdhmadison.org

Recreational Opportunities/ Miscellaneous



Dance

Fit For The King Flyers

2617 North Wilson Avenue, Madison
(812)701-2579 fftkflyers@yahoo.com



Mires School of Dance

416 West Street, Madison
(812)599-2220



Puttin on the Ritz

232 East Main Street, Madison
(812)525-8572 www.danceputtinontheritz.com



Golf:

Butler Falls Golf Course

4766 West Butler Falls Drive, Hanover
(812)806-1833



Clifty Golf Range

3323 West State Road 56, Hanover
(812)273-9339

*** *mini golf, driving range*



Cozy Acres Golf Complex

4040 North Old State Road 62, Madison
www.cozyacresgolf.com

(812)273-3137

*** *9-hole, mini golf, driving range*



River Chase Golf Course

1253 West Main Street, Madison
(812)265-2139

*** *9-hole*



Sunrise Golf Course

2136 Michigan Road, Madison
<http://www.madison-in-gov/>

(812)265-8334

*** *18-hole*



Gymnastics

Madison Gymnastics World

775 Scott Court, Madison
(812)273-6733



Martial Arts

Bujinkin Martial Arts Classes
Fit For The King Fitness Center
2617 N. Wilson Avenue
Madison, Indiana 47250
(812)273-1543



Taylor's Tae Kwon Do Academy
700 Cragmont Street, Madison
(812)265-2200



Pickleball

City of Madison Parks Department Available M-F
Brown Gym, Broadway Street Madison

(812)265-8308

Racquetball

Hanover College Horner Center – 517 Ball Drive, Hanover
Lide White Memorial Boys & Girls Club - 1551 MSH Northgate Road, Madison

Tennis

City of Madison Tennis Courts – Michigan Road, Madison
Hanover Park Tennis Courts – Spruce Lane, Hanover

Youth Sports/Recreation

City of Madison Parks Department

(812)265-8308

**** offers youth flag football (K-2nd grade), tackle football (3rd-6th grade), baseball (1st-10th grade), softball (1st-6th grade), volleyball (3rd-6th grade), and basketball (3rd-6th grade), cheerleading (K-6th)*

Girls on the Run of King's Daughters' Health

(812)801-0175

***10-week fall program for girls in grades 3-5*

www.kdhgirlsontherun.org



Jefferson County Soccer Association (JCSA)

***offers soccer for PreK-5th grade*



Lide Wide Memorial Boys & Girls Club

(812)265-5811

1551 MSH Northgate Road, Madison, Indiana 47250

www.lidewhite.com

**** offers basketball (PreK-3rd grade), t-ball (4-6 years old), wrestling (PreK-5th grade), fencing classes*

Southwestern Recreation Association (SWRA)

Hanover Park, Spruce Lane, Hanover, Indiana 47243

**** offers youth soccer and baseball*



Hanover Baptist Athletics (HBA)

(812)866-3073

Pre-K-Middle School season held Dec.-Feb.

Adult Softball, Volleyball, Basketball Rec. & Church Leagues (812)265-8308

Offered seasonally through the City of Madison Parks Department

Seniors Exercise



City of Madison Parks Department

Brown Gym

100 Broadway Street

(812)265-8308

**** 4 weekly classes*

Silver Sneakers Classes

Fit For The King Fitness Center

2617 North Wilson Avenue

(812)273-1543

Madison, Indiana 47250

**** 3 weekly classes*

Seniorcize

King's Daughters' Health Rehab Center

2670 Michigan Road

(812)801-0545

Madison, Indiana 47250

**** 2 weekly classes*



Walking Paths/ Trails



Brown Gym

Indoor walking available Monday-Friday, 8:00am-4:00pm

Clifty Falls State Park

Visit www.in.gov/dnr/parklake/files/clifty_falls_trail.pdf for complete map of all 10 trails ranging from easy to rugged.

Crooked Creek East Trail

Enter at Hanging Rock Motors (no parking) or 800 block of W. 3rd St. beside Madison Railroad (enter at Park gate).

Fit For The King Fitness Center

Indoor walking track. Walking pass available.

Hanover College Horner Center

Indoor walking track.
Horner Center membership required.

Hatcher Hill

Open dawn to dusk.
No public parking at Sunrise entrance.
Parking available downtown near base of U.S. 421 / 1215 Walnut St., Madison

Heritage Trail

Open dawn to dusk.
Parking available at Vaughn Drive and Vernon Street entrance, and under Main Street Bridge, and hilltop entrance on the Madison State Hospital campus.

Johnson Lake

Open dawn to dusk. 634 Seminary Street, Madison
Parking available.
Loop is .40 mile.

Krueger Lake

Open Dawn to dusk. 101 W. JPG Ordinance Drive, Madison
Beside Big Oaks National Wildlife Refuge off Highway 421
Fishing, Hiking Trail, Walking Trails Available.

Madison Riverfront Walkway (brick walkway along Vaughn Drive)

Distance equals 1.9 miles from Vernon Street to Madison-Milton Bridge.

Madison-Milton Bridge

Pedestrian lane available.
Entrance ramps on both Indiana and Kentucky sides.

National Guard Armory

Indoor walking available.

Call (812)273-2300 for available hours.

Webster Woods Nature Preserve

Oak Heritage Conservancy

10661 West Ford Road, Lexington

Forest Exploration, Hiking Trail, Easy 1-Mile Loop



Yoga



ASU Yoga

416 West Street

(812)599-2638

Madison, Indiana 47250

**** 3 weekly classes*

Hanover College

Hanover, Indiana 47243

(317)512-3634

*** 1-2 weekly classes, held seasonally following the HC calendar*

Yoga on Main

601 Main Street

(812)273-2078/(812)701-4446

Madison, Indiana 47250

**** Schedule varies monthly*



Four additional Jefferson County Resource Guides can be found by visiting <http://www.rivervalleyresources.com/TheClearinghouse.aspx>. These include a general resource guide, a landlord list, a Clearinghouse directory, and a list of substance abuse support group meetings.

NOTES

