

# OCTOBER NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

BARBARA B JORDAN YMCA

2039 E. MORGAN STREET

October 2017

www.bbymca.org

## STRENGTHENING COMMUNITY IS OUR CAUSE

### WELCOME

#### KEITH BUETOW ADVANCED SWIM INSTRUCTOR



Retired MSD swim coach Keith Buetow has joined the staff of the YMCA. Mr. Buetow has over 30 years of coaching experience with MSD. The Y is very excited about the expertise and knowledge that Mr. Buetow will use to enhance our swim programs. Mr. Buetow will help students improve swim strokes with efficiency and proper technique while building speed and endurance. Welcome Mr. Buetow!

**Next youth swim session begins:  
Tues, October 17**

## ENJOY THE BENEFITS OF A FITNESS COACH



**James Gonzales**

James specializes in one on one fitness training and group classes. James is NASM certified. His area of expertise is weight loss, weight management, long term healthy lifestyle behavior training and sports training. James is looking forward to helping our members succeed with their fitness goals. Book your appointment today and be on your way to healthier, better you.



LIGHTS, CAMERA, CURE  
Relay for Life Friday, June 8, 2018  
6PM FRIDAY - 6PM SATURDAY  
MORGAN COUNTY FAIR GROUNDS

## WINTER BASKETBALL

### MIDDLE SCHOOL AND HIGH SCHOOL LEAGUES:

Grades: 5th - 12th  
Registration Deadline: Thursday, November 2  
Games Begin: December 2

### ADULT BASKETBALL LEAGUE

18 years and older  
Registration Deadline: October 16th  
Games Begin: October 29th



**FUN FACT:** Basketball was invented by Dr James Naismith in December 1891. Mr. Naismith was teaching physical education at a YMCA in Springfield, MA and was asked to come up with a game that could keep young men active during the winter months. The first basketball was a soccer ball and the first baskets were peach baskets mounted high on poles.

## NEW GROUP EXERCISE CLASS

### BOOM MOVE & MUSCLE

Wednesday - 10:30 am

### BOOM MOVE & MIND

Friday - 10:30 am

