

# DECEMBER NEWS



BARBARA B. JORDAN YMCA

2039 E. MORGAN STREET

December 2018

www.bbajymca.org

## STRENGTHENING COMMUNITY IS OUR CAUSE

### ANNUAL FUNDRAISING CAMPAIGN

#### Where would we be without Philanthropy?

The Barbara B Jordan YMCA provides over \$70,000 each year in financial aid to neighbors so that everyone has the opportunity to participate in programs that build a healthy spirit, mind and body.

To make a donation today towards the annual campaign visit:

[bbajymca.org/get-involved/annual-campaign](http://bbajymca.org/get-involved/annual-campaign)

We appreciate your support!

### What Financial and Career Goals Do You Have?

Free coaching is now available. Call Karen Dewitt @ 765-342-6688 to make an appointment.

Develop a budget, review your credit report, learn savings strategies, explore career options.

### FALL INTO #HEALTHY HABITS

December promotes being HAPPY. Pick up your tip card at the front desk.

#DrinkWater

#HealthyHabits

#Fruits#Veggies

#Cardio

#Strength

#Sleep

#BeHappy



#BeHappy

Rate change for current members begins January 1st.

Most categories of membership increase \$1.00 per month.

Yearly payments decrease by roughly 2% for those who pay a year upfront.

### PEE WEE BASKETBALL Registration

Dec 1st- Jan 7th

Leagues for ages 4-5 and 6-7

First Game January 21st

Ages 4 & 5 play on Mondays

Ages 6 & 7 play on Tuesdays

Location: M1 Martinsville First Church of the Nazarene (John R Wooden Dr)

For more info see [bbajymca.org](http://bbajymca.org)



Watch Twitter for pics & updates.



### What Nutrition, Fitness and Strength Goals Do You Have?

Personal Training Sessions can provide:

- an assessment based on your needs and current abilities
- personalized routines to reach your goals

Inquire at the front desk about an appointment with James. Get a great start towards reaching your goals in 2019!

### Looking for before or after school care? Kids need activities to enhance learning?

We have programs to fit the needs of youth & families.

Before and After School Care at Bell/Smith, Brooklyn, Centerton, Green, Poston and South Elementary/Middle Schools

21st Century Community Learning Center Grant after school at Bell/Smith, Brooklyn, Paragon, Poston & South Elementary/Middle Schools

**Building character and confidence through reinforcing caring, honesty, respect and responsibility.**

**Enrichment activities help students meet performance standards.**

### Holiday Hours:

Christmas Eve Open 5:30 am-noon

Christmas Day Closed

New Year's Eve Open 5:30 am-3:00 pm

New Year's Day Closed

## UPCOMING EVENTS

### Cycling Sessions

Mondays-Wednesdays 6PM

Next Class Begins **Dec 3rd**

Call 765-342-6688 to register or online [bbajymca.org](http://bbajymca.org)

### Morgan Adult Diet & Exercise

Healthy lifestyles for adults through nutrition, diet and exercise.

**Next Session begins in February**

Call 765-349-6736 #6 or

765-342-6688 for more info.

### Youth Fitness Outreach

Healthy lifestyles for children 8-16 through nutrition, behavior and physical activity. **Dec 20th**

**9am-4pm at Monrovia High School.**

Call 765-349-6736 #6

or 765-342-6688 to register

### Homeschool Gym & Swim

Guided Physical Activity and Swim

Time for Homeschool students

Wednesdays 1:00 - 3:00 pm

Call 765-342-6688 for more info.

### No School? No Problem!

We understand that school may close, but your place of business often does not. When school is out, the Y provides a supervised, safe place for your school aged child grades K-6th to come and have fun. **Dec 26-28 & Jan 2-4**

6:30 am - 6:00 pm care, group activities planned 9am - 4pm.

**\$30/day or \$80/week**

More dates follow the MSD of Martinsville days out schedule.

Call for registration information or more details.

### Y Ball Games

Starting December 1st

Saturdays 8 am - 5 pm at the Y

Follow Twitter @ BBAJYMCA

for updates and schedules.