

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

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: First Church of the Nazarene (Columbus St)

For more info see bbajymca.org



Watch Twitter for pics and 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

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.