

## FOR YOUTH DEVELOPMENT



**Swimming Lessons**-register for February sessions  
**Summer Camp**-registration is now open!  
**Parents' Night Out**-February 11th from 6-10pm  
**Holiday Camp**-Presidents' Day February 21st

### Gym and Swim

Physical education opportunities specifically for those families who choose to educate their children at home.

### Before & After School Programs

Programs to meet the needs of children and parents to supplement education, and physical, emotional, & spiritual growth.

### Y's Owl Preschool

Whole child development within a safe and nurturing environment.

### Swimming Lessons

All ages-from infants to seniors-can learn to swim.

## FOR SOCIAL RESPONSIBILITY



*How can you help prepare Morgan County youth for future educational opportunities?*

Visit [promiseindiana.iyi.org/morgancounty/](http://promiseindiana.iyi.org/morgancounty/)

### Community Table

Free Homemade Dinners  
 Thursday's 6-7 pm; Drive thru distribution at First Christian Church of Morgantown

### Financial & Career Coaching

Build a resume and practice interview skills, Create a family budget, Set a financial goal and steps to achieve it.

### Promise Indiana Morgan County

helps build hope and a 529 plan for youth.

**Discover the difference you can make with a YMCA Career**

At the Y, not only will you discover the difference you can make in the lives of others, but you'll also discover that working for the Y is more than just a job.



*Scan here to join our team!*

## FOR HEALTHY LIVING



**RESET your spirit, mind and body**  
**FREE 21-day Challenge**  
 Begins February 7th  
 Register by texting  
**RESET to 844-889-6222**



**Healthy Living for all.**  
 From yoga to youth sports, enjoy on-demand and livestream classes. Experience YMCA360 wherever you are and whenever you want.

### MADE-Morgan Adult Diet and Exercise

A free 8-week program presented by BBJYMCA and IU Health Morgan, focusing on a healthy spirit, mind and body.

### MOSSA Group Power

Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises

### Mooreville Fitness Classes

@ One Place at Life Pointe Church 825 N. Indiana St., Mooreville Mondays & Fridays 9:00 AM

MOSSA Group Power, 10:00 Strength & Cardio

**Virtual Classes** Looking for at-home workout variety? Y Classes while you're traveling? YMCA360 is free with your membership.

**Pickleball** Combining elements of badminton, tennis and ping-pong.

**Corporate Memberships** Health and fitness benefit the employer with reduced health care costs, increased productivity & decreased absenteeism.

## SPORTS HIGHLIGHTS



### YOUTH Sports

#### Spring Soccer Coed League

Registration  
 February 21st through  
 March 11th

### ADULT Sports

#### Women's Basketball League

Registration  
 through  
 February 14th