

FOR YOUTH DEVELOPMENT

Parent's Night Out

Enjoy the night out while the kids have fun at the Y.

Activities include games, swimming, dinner and more.

Register now to save your spot! **Upcoming: Sept 9, Oct 21, Nov 11, Dec 9**



Before & After School Programs

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

MSD of Martinsville elementary, Bell, & Wooden
WELL Wednesday care available

Eminence Schools elementary & middle school

Y's Owl Preschool

Whole child development within a safe and nurturing environment. Extended care available.

Gym and Swim

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

Session 1 of 22-23 starts September 7th

FOR HEALTHY LIVING

Morgan In Motion

Join us the last Wednesday of each month for a free, family 5K run/walk. September 28th at 6 PM at Morgan-Monroe State Forest at the Bryant Creek Shelter. The path is paved.

Mooreville Fitness Classes

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



Anywhere, Anytime. DISCOVER THE ADDED BENEFITS OF YMCA360

MOSSA Group Power, 10:00 Strength & Cardio

MOSSA Group Power

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

Corporate Memberships

Health and fitness benefit the employer with reduced health care costs, increased productivity and decreased absenteeism. **Contact Emily at emily@bbjymca.org for more info.**

MADE-Morgan Adult Diet and Exercise

FOR SOCIAL RESPONSIBILITY

Financial & Career Coaching

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

Community Table

Free Homemade Dinners

Thursdays 6-7 pm; Drive thru distribution at First Christian Church of Morgantown

Promise Indiana Morgan County

helps build hope and a 529 plan for youth.

Volunteer Opportunities

When you volunteer at the Y, you provide leader-

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](#)



Massage Therapy at the Y

with **Samantha**

**Mondays starting
September 12th**

- Assisted Stretching
- Deep Tissue
- Myofascial Release

Appointment times
between 5-8pm

**Register at the
membership desk**

SPORTS HIGHLIGHTS

YOUTH Sports

Lady Artesian Youth Basketball

Registration Sept 6th - Oct 15th

Camp & Draft Oct 22nd @ MHS

Games begin November 12th



ADULT Sports

Pickleball M,T, R, F, Sat 9:30-12

Volleyball



More info and registrations for programs ymcamorgancounty.org