

## 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: Oct 21, Nov 11, Dec 9**

### Before & After School Programs

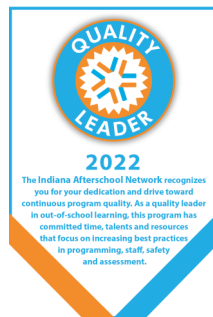
Programs to meet the needs of children and parents to supplement education, and physical, emotional, & spiritual growth.

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

### Eminence Consolidated Schools

elementary & middle school

**Monroe-Gregg Schools** elementary & middle school six week sessions after school.



### Fall Break Camp

Monday-Friday  
October 11th-15th

### Halloweenfest

October 29th 7-9pm  
Jimmy Nash Park  
Shelter #3

*\*seeking candy donations*

### Thanksgiving Break

Wednesday and Friday  
November 24th & 26th

### Y's Owl Preschool

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

### Homeschool Gym and Swim

Physical education opportunities specifically for those families who choose to educate their children at home. **Session 2 starts Nov 9th**

**Swim Lessons** All ages-from infants to seniors-can learn to swim.

**Saturday sessions start Oct 22nd**

## FOR HEALTHY LIVING

### Morgan In Motion

Join us for the last free, family 5K run/walk. October 26th at 6 PM at Mt Gilead Church. The path is paved.

### Mooreville Fitness Classes

At One Place at Life Pointe Church 825 N. Indiana St., Mooreville Mondays & Fridays 9 AM MOSSA Group Power, 10 AM Strength & Cardio. Yoga Stretch the last Friday of the month at 9 AM.

### 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](mailto:emily@bbjymca.org) for more info.**

### Virtual Classes

Looking for at-home workout variety? Y Classes while you're traveling? YMCA360 is free with your membership and available on your phone, computer, or TV. Visit [ymca360.org](http://ymca360.org) to sign-up today.

## 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 leadership and talent vital to empowering people and communities to learn, grow and thrive.

### Massage Therapy with Samantha

- Assisted Stretching
  - Deep Tissue
  - Myofascial Release
  - Prenatal
  - Sports
  - Trigger Point Therapy
  - Swedish
- Mondays 5-8pm**  
30, 60, or 90 minute appointments  
Register at the membership desk



**Anywhere, Anytime.** DISCOVER THE ADDED BENEFITS OF YMCA360

## SPORTS HIGHLIGHTS

### YOUTH Sports

#### Lady Artesian Youth Basketball

Registration deadline Oct 15th  
Camp & Draft Oct 22nd @ MHS



#### Y Ball Middle & High School

Registration Oct 10th- Nov 18th



#### Girls Youth Volleyball

Reg open Nov

### ADULT Sports

#### Pickleball

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



#### Volleyball

Tuesdays 7-9pm open gym  
Adult co-ed league registration Nov 1st - 15th

More info and registrations for programs [ymcamorgancounty.org](http://ymcamorgancounty.org)