

## 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: Nov 11th & Dec 9th**

### Before & After School Programs

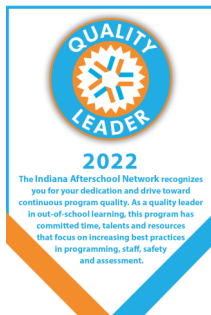
Programs to meet the needs of children and parents to supplement education, and physical, emotional, & spiritual growth.

**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.



### Thanksgiving Camp

Wednesday and Friday  
November 24th & 26th

### Winter Break Camp

December 21-23  
December 26-30  
January 2-3

### 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. **Next sessions start December 6th**

## FOR HEALTHY LIVING

### Mooresville Fitness Classes

At One Place at Life Pointe Church 825 N. Indiana St., Mooresville 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.

### 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.

- After-school Program Aide
- Membership Representative
- Child Watch Team Member
- Housekeeping
- Lifeguard



**Scan here to join our team!**

## FOR SOCIAL RESPONSIBILITY

### Community Table

Free Homemade Dinners Thursdays 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.

### 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

## SPORTS HIGHLIGHTS

### YOUTH Sports

#### Y Ball Middle & High School

Registration Oct 10th- Nov 18th



#### Girls Youth Volleyball

Registration open Nov 28th- Jan 6th



**PeeWee Basketball** Reg open Dec 5th

### ADULT Sports

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

**Volleyball** Tuesdays 7-9pm open gym

**Adult Volleyball** Reg Nov 1st - 15th

**Men's Basketball** Reg opens Dec 12th



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