

## 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: Dec 9th & Jan 20th**

### 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.

### 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.

#### Winter Break Camp

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

Camp is available from 6:30am-6:00pm at the YMCA while school is not in session. Children will need a packed lunch, water bottle, and swim gear.

## 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 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

## FOR HEALTHY LIVING

### Coming in January

#### **Blood Pressure Self Monitoring Program**

This 4 month program will include self monitoring, bimonthly personalized consultations, and education seminars.

#### **Cycling Classes**

Join us Tuesday and Thursday evenings at 6pm from January 5th-31st! Registration opens December 5th.

### **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.

### **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
- Promise Indiana Coordinator



**Scan here to join our team!**

## SPORTS HIGHLIGHTS

### **YOUTH Sports**

#### **Girls Youth Volleyball**

Registration open Nov 28th- Jan 6th



#### **PeeWee Basketball** ages 4-7

Registration open Dec 5th-Jan 3rd



#### **Futsal** 5v5 indoor soccer in Mooresville

Registration Dec 12th-Jan 3rd

### **ADULT Sports**

#### **Pickleball** M, T, R, F 9:30-Noon

#### **Adult Volleyball** Tuesdays 7pm

#### **Men's Basketball** Reg Dec 12-Jan 22

#### **Women's Basketball** Reg open Jan 2



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