

FOR YOUTH DEVELOPMENT



Before and After School Programming is more than a place to be after school. A licensed teacher offers homework help and weekly a fitness staff member encourages kids to exercise.

Homeschool 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



Volunteers from the church cook, package and serve a different meal each week. Pulled Pork is a popular meal served.

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. For more information visit promiseindiana.iyi.org/morgancounty/

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.

Ready to join our team?



Don Lipps, Healthy Living Director, is always ready to chip in.

FOR HEALTHY LIVING



Classes to fit your schedule at the Y, at One Place or in your home with YMCA360.

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 AM MOSSA Group Power, 10 AM Strength & Cardio, Yoga Stretch last Friday monthly at 9 AM

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.

Pickleball Combining elements of badminton, tennis and ping-pong. M, T, TH, F 9:30-12

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

Blood Pressure Self Monitoring Program

This 4 month program will include self monitoring, bimonthly personalized consultations, and education seminars. More info coming soon!

Cycling 8 class session starting February 2-28

SPORTS HIGHLIGHTS



YOUTH Sports

Peewee Basketball

Registration through January 8th

Girl's Volleyball

Registration through January 6th

Spring Soccer

Registration February 20th until March 10th

ADULT Sports

Men's Basketball League

Registration through January 22nd

Women's Basketball League

Registration January 2nd through February 13th

More info and registrations for programs at ymcamorgancounty.org