

FOR YOUTH DEVELOPMENT



Swimming Lessons-register for February sessions
Summer Camp-registration is now open!
Parents' Night Out-February 10th from 6-10pm
Holiday Camp-Presidents' Day February 20th

Gym and Swim

Physical education opportunities specifically for those families who choose to educate their children at home. **Delayed new session 2/1 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.

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.

Cycling 8 class session starting February 2-28. Call to get on the waitlist for drop in classes.

New Classes

Blood Pressure Self Monitoring Program

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

Walk with Ease This 6 week program developed by the Arthritis Foundation meets three times a week for an educational session followed by a short walk.

FOR SOCIAL RESPONSIBILITY



Scan to learn more here!

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.

SPORTS HIGHLIGHTS

YOUTH Sports

Spring Soccer Coed ages 3-18
 Registration open Feb 20 - Mar 10

HS Girls' Basketball

Registration by February 25

Lady Artie's Spring League

Registration opens February 27th

ADULT Sports

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

Adult Volleyball Tuesdays 7pm

Women's Basketball Reg by Feb 13



Anywhere, Anytime. DISCOVER THE ADDED BENEFITS OF YMCA360

Massage Therapy with Samantha

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

More info and registrations for programs ymcamorgancounty.org