

FOR YOUTH DEVELOPMENT



Y's Owl Preschool

The Y offers whole child development within a safe and nurturing environment for ages 3-5. Full and half day rates available.
Open House March 15th 5-6 PM

Swim Lessons new sessions week of 3/27
Summer Camp-registration is now open!
Parents' Night Out-March 3rd & April 14th
Holiday Camp-Spring Break March 20-24

Gym and Swim

Physical education opportunities specifically for those families who choose to educate their children at home. **New session begins 4/5 Before & After School Programs**
 Programs to meet the needs of children and parents to supplement education, and physical,

FOR SOCIAL RESPONSIBILITY



Free Tax Preparation

for individuals and families with a combined 2022 household income of \$66,000 or less
 Schedule an appointment at:
uwci.org/indy-free-tax-prep

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

Lady Artie's Spring League grades 1-8

Registration open Feb 27 - Mar 26

ADULT Sports

Pickleball M,T, TH, F, Sa 9:30-12p/W 11:30-1

Adult Volleyball Tuesdays 7pm

FOR HEALTHY LIVING



Join us the last Wednesday of each month for a fee community 5k walk/run at the parks and scenic locations in Morgan County.

April 26 Highland Lakes

June 28 Burkhart Creek

August 30 Pioneer Park

May 31 Jimmy Nash Park

July 26 Waverly Park

September 27 TBA

October 25 Bradford Woods

MOSSA Group Power Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, & curls with functional integrated exercises

Mooreville Fitness Classes @ One Place at Life Pointe Church in 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.

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

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

Cycling 8 class session March 7th through 30th. 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.



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