

## FOR YOUTH DEVELOPMENT

### Y's Owl Preschool

The Y offers whole child development within a safe & nurturing environment for ages 3-5. Full and half day rates available.

**Now in Martinsville & Mooresville!**



**Before & After School Care**  
Programs to meet the needs of children and parents.

**MSD of Martinsville** PreK-8th  
After care only at Bell & Wooden  
**Eminence Schools** K-8th  
**Monroe-Gregg** K-8th  
After care only in 6 week sessions

### Gym and Swim

Physical education opportunities specifically for those families who choose to educate their children at home. **New session starting September 6th**

### Swimming Lessons

All ages-from infants to seniors-can learn to swim.

**New sessions start week of July 11th**

### Summer Camp

Day Camp for preschool and up, at Adventure Camp, YMCA Camp and Preschool Camp.

## FOR SOCIAL RESPONSIBILITY

### Financial & Career Coaching

Build a resume and practice interview skills, Create a family budget, Set a financial goal and steps to achieve it.



### Community Table

Free Homemade Dinners Thursdays 6-7 pm; Drive thru distribution at First Christian Church of Morgantown

### Promise Indiana Morgan County

helps build hope and a 529 plan for youth.

### 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

## SPORTS HIGHLIGHTS



### Fall Soccer & Soccer Camp

**Ages 3-18**

Registration opens July 3rd



### Adult Flag Football

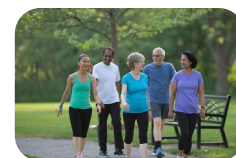
Registration June 19th-July 14th

More info TBA

## FOR HEALTHY LIVING

### Walk with Ease

This 6 week program developed by the Arthritis Foundation meets 3x a week short walk & educational discussion. **New session coming in July. More info coming soon!**



**Morgan in Motion** Join us the last Wednesday of each month for a free, family 5K run/walk. June 28th at 6 PM at Burkhart Creek.

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

**Mooresville Fitness Classes** @ One Place at Life Pointe Church in Mooresville 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. Visits YMCA360.org to start!

### Blood Pressure Self Monitoring Program

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

### Pickleball

Combining elements of badminton, tennis and ping-pong. Summer hours: Mon-Sat 9:30-Noon

### Corporate Memberships

Health and fitness benefit the employer with reduced health care costs, increased productivity & decreased absenteeism. Contact Emily at emily@bbjymca.org for more info.



### 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.

Scan here to learn more!



- Membership Representative
- Child Watch Team Member
- After-school Program Aide
- PreK Lead Teacher & Site Coordinator
- Preschool Teacher's Aide (AM & PM openings)
- Preschool Program Director

Lifeguard  
Camp Counselor  
Housekeeping

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