

FOR YOUTH DEVELOPMENT

Y's Owl Preschool

The Y offers whole child development within a safe & nurturing environment for ages 3-5. Swim lessons included! Half day, full day, or extended day rates available.



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

Homeschool 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 August 14th

Parents' Night Out

A night filled with swimming, dinner, games, & FUN! Available for ages 5-13. Fall dates coming soon!

New Clubs Coming Soon

New programs and clubs coming in the 2023-2024 school year such as Youth in Government and Leadership Club. More info coming soon!

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.

Check out the **Outsmart Your Smartphone** class at **Hope House** in Mooresville on **August 21st** at 11am



Community Table

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

Parent Café

Connect with parents of all types by sharing stories, experiences, worries, fears, wisdom, and find community & strength together. **August 17th 5-7:30pm at the Y.**



SPORTS HIGHLIGHTS

Youth Fall Soccer

Games begin August 12th



Adult Basketball

Women's registration Aug 8th-29th

Men's registration Aug 15th-29th



FOR HEALTHY LIVING



Morgan in Motion

Join us the last Wednesday of each month for a free, family 5K run/walk at 6pm.

August 30th Pioneer Park

September 27 League of Miracles Field

October 25 Bradford Woods

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!



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.

Beginner Yoga (coming in September!)

Beginner yoga is a slow-paced stretching class with some simple breathing exercises. This is a good class to learn relaxation techniques and beginner poses to get comfortable with yoga.

New Session Coming in September

Blood Pressure Self Monitoring Program

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

Walk with Ease

This 6 week program developed by the Arthritis Foundation meets 3x a week short walk & educational discussion.

Stop by the membership desk to add your name to the interest list. Dates and times will be announced soon.

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

Membership Director (Full-Time)

After-school Program Aide (multiple sites)

Before & After School Site Coordinator (multiple sites)

Preschool Teacher's Aide

Lifeguard

Housekeeping

More info and registrations for programs visit ymcamorgancounty.org