

FEBRUARY NEWS



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BARBARA B. JORDAN YMCA

2039 E. Morgan St., Martinsville, IN

February 2021

bbjymca.org

STRENGTHENING COMMUNITY IS OUR CAUSE



**GETTING
STRONGER
EVERY DAY**

Join the free reset challenge to re-energize spirit, mind, and body

Sick and tired of feeling sick and tired in these COVID-19 times? The Barbara B. Jordan YMCA invites all in the community to participate in a free six-week Reset challenge designed to help transform spirit, mind and body. "Now, more than ever before we need to recharge and refocus," said Barbara B. Jordan YMCA Director and CEO Dave Nash. "The COVID-19 pandemic has worn us down. It's isolated us in so many ways. This challenge provides an opportunity to get active and healthier by yourself or as a strong family."

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CONTACT US:

Barbara B. Jordan YMCA
2039 E. Morgan St., Martinsville, IN
Hours Mon-Thu 6am-9pm;
Fri 6am-6pm; Sat 8am-6pm;
Sun Noon-4pm
Child Watch Hours Mon-Fri
9am-Noon; Mon-Thurs 5pm-8pm
Phone 765-342-6688
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Email info@bbjymca.org
Website bbjymca.org
Facebook @bbjymca.org
Twitter @bbjymca
Instagram @bbjymca
You Tube @BarbaraBJordanYMCA



**Two ways to
register for the
RESET Challenge**

1. Go to bbjymca.org/program/the-reset-challenge
2. Scan the QR code to the right



FOR YOUTH DEVELOPMENT

Strong Athletes for Life-Off Season Conditioning

Through BBJ YMCA Strong Athletes for Life, students will learn the basics of building a solid foundation of strength in the off-season.

- All ability levels are welcome to participate
- Group begins meeting in February, limit to 20 participants
- Call 765-342-6688 to register

Swimming Lessons

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

- Next session begins February 9th (Tue-Thu) or Feb 13 (Sat)
- Members save \$\$ on Swimming Lessons
- Call 765-342-6688 or go online bbjymca.org/programs to register



Gym and Swim

Physical and education opportunities specifically for those families who choose to educate their children at home.

- Next session begins March 31st
- Program runs in eight-week sessions, Wednesdays 1:00PM-3:00PM
- Call 765-342-6688 or go online bbjymca.org/programs to register

Before & After School Programs; Preschool; E-Learning Camp; Days Out Camp; Summer Camp

Programs to meet the needs of children and parents to supplement education, and physical, emotional, and spiritual growth.

- Before & After School Programs at all MSD of Martinsville Elementary Locations; Afterschool programming for Intermediate & Middle School aged youth.
- Preschool Programs for ages 3-5, with extended child care options available.
- E-Learning Camp available to assist families with the extra help needed on any e-learning days.
- Days Out and Summer Camp are a time for fun! Kids can have a great time crafting, sporting, playing, swimming. Parents can be assured kids are in a safe environment during school breaks.

FOR SOCIAL RESPONSIBILITY

Free Grab and Go Meals Simplify your evenings with family-style meals Mon-Fri 4pm-6pm. Thank you to our community partners: Churches in Mission, First Christian Church of Morgantown, Martinsville Kiwanis and St. Vincent DePaul Society of St. Martin of Tours Catholic Church.

High School Equivalency Classes through Central Nine Career Center. Are you in need of your High School Diploma? For more info go to centralnineadulted.org or call 317-888-4401 x222

Job Opportunities at BBJ YMCA Now hiring for Membership Services Team Members and Site Supervisor at Centerton Elementary Before and After School Program. Go to bbjymca.org/jobs to submit your resume.

Volunteer Opportunities Looking to give back in your community? Volunteer to serve Grab and Go Meals at BBJ YMCA. Volunteer opportunities are available Mon-Fri 4pm-6pm. Call 765-342-6688 to volunteer.



Financial & Career Coaching

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

SPORTS HIGHLIGHTS

YOUTH

Pee Wee Basketball League

Mon & Tue @ M1 Nazarene Church
begins Feb 15th

Y-Ball *Watch Live on YOUTUBE!

Sat @ BBJ YMCA

(Practice Wed & Thurs 6-9 PM @ BBJY)

Youth Girls' Volleyball

Sun @ Wooden Middle School

Lady Artesian Youth Basketball

Sat @ Various MSD of Martinsville
Schools

SPRING SOCCER

Registration begins Feb 15th

ADULT

Men's Winter Basketball League

Sun @ BBJ YMCA (Starts 2-21)

Adult Open Volleyball Court

Tue 7-9 PM @ BBJ YMCA

WOMEN'S BASKETBALL LEAGUE

Registration Coming Soon!

For Healthy Living

MOSSA Group Power Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Class times Mon/Wed 5 PM, Tue/Thu 9:30 AM, Sat Feb 13 9 AM.

Virtual Classes Looking for at-home workout variety?

Strong & Lean Mon/Wed/Fri 8:30AM
[fb@STRONGANDLEAN](https://www.facebook.com/STRONGANDLEAN)

Zoom Zumba* Mon-Thu 6:00PM

Senior Fitness* Mon-Fri 11:00AM

(*Call for links 765-342-6688)

YMCA360.ORG

MYY.ORG/LIVE-Y-VIDEOS

SILVERANDFIT.COM/WORKOUTS

MOSSAONDEMAND.NET

SILVERSNEAKERS.COM

Pickleball Combining elements of badminton, tennis and ping-pong. Mon, Tue, Thu and Fri 9:30 AM-NOON

Volleyball Exercise and have fun at volleyball open gym Tue 7 PM-9 PM

Bottoms Up Scuba Diving Did you know you can take scuba diving classes right here at BBJ YMCA? Wed 6 PM-7:45 PM, Sat NOON-2 PM To register call 317-417-7323.

Corporate Memberships Health and fitness benefit the employer with reduced health care costs, increased productivity & decreased absenteeism. To learn more about corporate memberships call 765-342-6688.