



**Register now for the 22-23 school year!**

## FOR YOUTH DEVELOPMENT

### Before & After School Programs

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

**MSD of Martinsville** elementary, Bell, & Wooden  
WELL Wednesday care available

**Eminence Schools** elementary & middle school

**Monroe-Gregg Schools** elementary & middle school (after school only)

### Y's Owl Preschool

Whole child development within a safe and nurturing environment. Extended care available.

**First day of Preschool August 15th**

**Open House August 12th 5:30-6:30pm**

### Gym and Swim

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

**Session 1 of 22-23 starts September 7th**

### Swimming Lessons

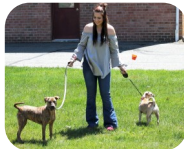
All ages-from infants to seniors-can learn to swim.

**Fall sessions starting August 20th**

## FREE Workforce Development for Teens

Learn how to start, promote and run your business in 3 sessions  
**August 14th, 21st and 28th 5-8pm**

at One Place  
Life Pointe Community Church  
825 N. Indiana Street, Mooresville  
*Dinner provided, Middle and High School students*



## 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.

### Volunteer Opportunities

When you volunteer at the Y, you provide leadership and talent vital to empowering people and communities to learn, grow and thrive.

## FOR HEALTHY LIVING

### Morgan In Motion

Join us the last Wednesday of each month for a free, family 5K run/walk. August 31st at 6 PM at Pioneer Park.

### Mooresville Fitness Classes

@ One Place at Life Pointe Church 825 N. Indiana St., Mooresville Mondays & Fridays 9:00 AM  
MOSSA Group Power, 10:00 Strength & Cardio

### MADE-Morgan Adult Diet and Exercise

A free 8-week program presented by YMCA of Morgan County and IU Health Morgan, focusing on a healthy spirit, mind and body. Register now for **Thursdays Aug 11-Sept 30 9:30-11am.**



### MOSSA Group Power

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

### Virtual Classes

Looking for at-home workout variety? Y Classes while you're traveling? YMCA360 is free with your membership.

### Corporate Memberships

Health and fitness benefit the employer with reduced health care costs, increased productivity and decreased absenteeism. **Contact Emily at [emily@bbjymca.org](mailto: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.

- After-school Program Aide
- Membership Representative
- Child Watch Team Member
- Lifeguard

*Scan here to join our team!*



## SPORTS HIGHLIGHTS



### YOUTH Sports

#### FALL SOCCER

Games begin August 13th

### ADULT Sports

#### Adult Basketball

Registration August 8th-29th

**Men's** games begin Sept 11

**Women's** games begin Sept 10



### ESPORTS

**Registration deadline August 15th**

Adults 18+ Mondays 6pm

Youth 8-17 Wednesdays 6pm

**Super Smash Bros/Rocket League**



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