

# JANUARY NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

STRENGTHENING COMMUNITY IS OUR CAUSE

January 2023

## WELCOME to the YMCA OF MORGAN COUNTY Find your passion in 2023

### Adult Sports

Men's & Women's Basketball leagues, Volleyball open gym & late fall league, Pickleball drop-in games

### Fitness Classes

Attend one of the 25+ **group fitness** classes offered each week at the Y, or try a class at One Place in Mooresville on Mondays or Fridays. Take the Y with you on your phone, TV or computer with **YMCA360.org**.

### Aquatics

Do your own thing alone or with your family during **open or lap swim**.

**Aerobics** classes six days a week with morning and evening options. **Arthritis Stretch** to stretch head to toe to increase flexibility and gain strength.

### Financial or Career Coaching

Help creating and managing budgets, making a debt reduction plan or increasing your income through exploring skills advancement training.

### Volunteering or Working at the Y

Like working with youth? Would you like to help feed neighbors? Interested in part-time work? Ask how your skills or passions can help the Y.



Find time together



Find time to yourself



Find your Y

Become a member today!



Enjoy the night out while the kids have fun at the Y! Activities include games, swimming, dinner and more.

### Upcoming Dates:

**January 20th**

**February 10th**

**March 3rd**

**April 14th**

### CONTACT US

#### YMCA OF MORGAN COUNTY

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

**Fax** 765-342-9670

#### Email

info@bbjymca.org

#### Website

ymcamorgancounty.org

#### Facebook

@ymcamorgancounty.org

#### Instagram

@ymcamorgancounty

## SAVE THE DATE!

Friday, April 7, 2023

YMCA of Morgan County  
Good Friday Breakfast

More info to come!

