

# September News

SEPTEMBER 2023

YMCA of Morgan County



## 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

### Homeschool Gym and Swim

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

## 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.

Preschool Director (Full Time)

Membership Representative

Lifeguard

After-school Program Aide (multiple sites)

Before & After School Site Coordinator (multiple sites)

APPLY TODAY



## Contact Us

### YMCA of Morgan County

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## FOR HEALTHY LIVING

### Morgan in Motion

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

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

### Mooreville Fitness Classes @ One Place at Life Pointe Church in Mooreville

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?

YMCA360 is free with your membership and available on your phone, computer, or TV. Visits [YMCA360.org](https://www.ymca360.org) to start!

### Pickleball

Combining elements of badminton, tennis and ping-pong.

### Corporate Memberships

Health and fitness benefit the employer with reduced health care costs, increased productivity & decreased absenteeism.

### Beginner Yoga

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.

## FOR SOCIAL RESPONSIBILITY

### Financial & Career Coaching

Work with our Community Needs Coordinator to build a resume, 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

### Parent Café

Connect with parents of all types by sharing stories, experiences, worries, fears, wisdom, and find community & strength together.

September 28 from 5:30-7pm at One Place.



## A Message from the CEO

We want to hear your YMCA stories. What has the Y done for you, your children and your family? What would you like to share with others? Please let us share those stories! Visit the membership desk or send a message to our Facebook page to tell us your story.

Thanks, Dave Nash