# November News

YMCA of Morgan County



2023 Pumpkin Plunge

# 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. Sign up today!

## **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 School Only)

# 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.

Operations Director

Maintenance

Membership Representative

Lifequard

APPLY TODAY

After-school Program Aide (multiple sites)
Before & After School Site Coordinator (multiple sites)



# Contact Us

## **YMCA of Morgan County**

2039 E Morgan Street Martinsville, IN 46151

Phone 765-342-6688 Fax 765-342-9670 Email info@bbjymca.org

Website ymcamorgancounty.org

Facebook
@ymcamorgancounty.org

Instagram @ymcamorgancounty

## **Hours of Operation**

Mon - Thurs:

6:00am - 9:00pm

Friday:

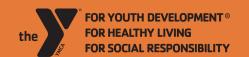
6:00am - 6:00pm

Saturday:

8:00am - 6:00pm

**Sunday:** 

12:00pm - 4:00pm





Fall Foliage Community Night

# 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.

Our November Parent Café is November 16 at 5:30pm at the YMCA. RSVP on Facebook or by calling 765-342-6688

## **Invest in Youth Annual Campaign**

Helps youth in need pay for preschool, camp, out of school care, and sports. Can you help?

# 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

# 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?

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.

#### **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.



Fall Foliage Parade Float Winners

# **Important Reminders**

Save the Date: YMCA Good Friday Breakfast, Friday, March 29, 7:15 am at the YMCA.

We are closed on Thanksgiving Day, November 23.

Before and After School Care - Out of School Camp available on Wednesday, 11/22 and Friday, 11/24.