

FEBRUARY NEWS



BARBARA B. JORDAN YMCA

2039 E. MORGAN STREET

February 2019

www.bbajymca.org

STRENGTHENING COMMUNITY IS OUR CAUSE

SPRING SOCCER

REGISTER NOW



ages 3 through 18

Through YMCA soccer, participants will learn the basics of soccer, plus the important life skills of **team-work, fair play, and good sportsmanship**. All ability levels are welcome to participate.

LEAGUE PLAY BEGINS SATURDAY, APRIL 6th

Register online at bbajymca.org/programs/spring-soccer-league

Registration Deadline: **March 11th**
(if applying for financial aid deadline is February 27th)

Bringing Fitness to YOU! Y FITNESS at the Park

A partnership with The City of Martinsville, free community fitness classes are being offered at The Family Pavilion at Jimmy Nash City Park. Join us at one of the February classes!

- ◆ Feb 6th 9:30 Y Lean & Strong
- ◆ Feb 14th 8:30 Relax & Roll
- ◆ Feb 19th 9:30 Y Lean & Strong

FUNCTIONAL FITNESS with the Y
A partnership with Grand Valley Senior Living Community, senior fitness classes are being offered Wednesdays at 1:00 pm at their location at 1151 Herbert Dr., Martinsville.

Call us at 765-342-6688 for more info about either of these.

SPRING BREAK CAMP

When school is out, the Y provides a supervised, safe place for your school aged child grades K-6th to come and have fun.



Call to reserve your child's spot 765-342-6688.

Hours:
6:30am-6:00pm

Rates:
Daily & Weekly
Activities:
Swimming
Games
Crafts
Friends

Looking for before or after school care?

Kids need activities to enhance learning?

We have programs to fit the needs of youth & families.

Before & After School Care @ Bell/Smith, Brooklyn, Centerton, Green, Poston & South. **Building character and confidence through reinforcing caring, honesty, respect and responsibility. Enrichment activities help students meet performance standards.**

What Nutrition, Fitness and Strength Goals Do You Have?

Personal Training Sessions can provide:
-an assessment based on your needs and current abilities
-personalized routines to reach your goals
Inquire at the front desk about an appointment with James Gonzales, Personal Trainer. Get a great start towards reaching your goals in 2019!

Do you have an updated resume?

Free resume resources and career exploration help are now available. Call Karen Dewitt @ 765-342-6688 to make an appointment.

FREE FINANCIAL AND CAREER COACHING

CHILD WATCH HOURS

Convenient childcare while you workout or take a class.
Monday-Saturday 9 am - Noon
Monday-Thurs 5 pm -8 pm

UPCOMING EVENTS

Cycling Sessions

Mondays-Wednesdays 6:15PM
Next Class Begins **March 4th**

Morgan Adult Diet & Exercise

Healthy lifestyles for adults through nutrition, diet and exercise.

Next Session begins April 23rd

Call 765-349-6736 #6 or 765-342-6688 for more info.

Youth Fitness Outreach

Healthy lifestyles for children 8-16 through nutrition, behavior and physical activity. **Next session**

Thursday, March 28 at Mooresville HS.

Call 765-349-6736 #6 or 765-342-6688 for more info.

Homeschool Gym & Swim

Guided Physical Activity and Swim Time for Homeschool students

'19 Winter Session Jan 9-March 6
Wed 1-3 pm

No School? No Problem!

When school is out, the Y provides a supervised, safe place for your school aged child grades K-6th to come and have fun. 6:30am-6:00pm

Adult Men's Ball Games

Sundays starting **Feb 10th** at the Y
Follow Twitter @ BBJYMCA for updates and schedules.

Y Ball Games

Saturdays at the Y

Follow Twitter @ BBJYMCA for updates and schedules.

Pee Wee Basketball

Play **Mondays and Tuesdays** at First Church of the Nazarene

Lifeguard Certification

Classes run Monday Feb 25th - Thursday March 14th @ BBJYMCA

Swimming Lessons

Parent and Child, Preschool and Youth swim sessions.

Tues/Thurs sessions March 5-April 4
Sat sessions March 16-May 11

Gala

Thursday April 11th
at the Sycamore at Mallow Run.
Event Sponsor: Morgan Insurance.

For more info or to register for any of these programs give us a call at 765-342-6688 or visit us online at bbajymca.org.