

JUNE NEWS



BARBARA B. JORDAN YMCA

2039 E. MORGAN STREET

June 2020

www.bbajymca.org

STRENGTHENING COMMUNITY IS OUR CAUSE

YOUR Y IS OPEN!

HOURS
Monday-Thursday 6:00 AM - 8:00 PM
Friday 6:00 AM - 6:00 PM
Saturday 8:00 AM - 4:00 PM

Welcome back! We reopened the doors May 26th with some restrictions in place following Phase 3 of the Governor's Reopening Plan. Some of the changes we've made to maintain safety include: modified hours, a main entry only check-in procedure, capacity limitations, child watch and group exercise suspensions, as well as a rigorous cleaning schedule. We are looking forward to Phase 4, potentially beginning on the 15th, and expanding program and facility options. **Watch for updates at bbajymca.org.**

FITNESS CLASSES*

Monday
9:30 AM Body Sculpting
5:00 PM Strength & Stretch

Tuesday
9:30 AM Strength & Stretch
5:00 PM Y Strong

Wednesday
9:30 AM Strength & Stretch
5:00 PM Step & Core

Thursday
9:30 AM Strength & Stretch
6:00 PM Y Strong

Friday
9:30 AM Bike, Core & More
11:00 AM Y at the Park w/Anita

Y at the Park

Monthly activities and events at Jimmy Nash City Park

FRIDAYS @ 11 AM
Workout w/Anita
June 5th, 12th, 19th, 26th
Meet at the walking track

June 19th 6 - 7 PM
Family Plant a Seed Event
Under the Park Pool Pavilion

Brought to you by:
BBJ YMCA and The City of Martinsville



2020 5K Run/Walk Series

Last Wednesday Monthly
Mark your calendars with these dates:
June 24 - 6-7 PM

@ BROOKLYN KIDS PARK

- July 29 - Waverly Park
- August 26 - Burkhart Creek Park
- September 30 - TBA
- October 28 - TBA
- November 21 - BBJ YMCA Annual 5K

Thank you to



Morgan



HEALTHIER MORGAN COUNTY INITIATIVE



our



DRIVE THRU DINNERS

Monday-Friday
4:00 PM - 5:00 PM

Family dinners delivered to your car window.

Each dinner typically serves 2-3 individuals.

Thank you **Second Helpings** for providing the dinners.



An additional partnership with **Churches in Mission** will allow us to distribute boxes of food on Friday's starting in June. (limited quantities available)

Thank you to **McFarling Foods** and the **USDA Farmers to Families Food Box** distribution program.



2020 Barbara B. Jordan YMCA Gala

DATE TO BE ANNOUNCED

YOUR SUPPORT MAKES A DIFFERENCE
Your investment impact...

- 200 youth engaged in summer camp
- Over \$80,000 in financial assistance to 2727 adults and children
- More than 800 youth involved in sports leagues each year
- An average of 2800 guests welcomed through our doors



Give*Join Volunteer

Thank you to our sponsors



Morgan



ComputerAged

How can you show your support:

- ◊ Donate to the Annual Campaign
- ◊ Sponsor Y Events
- ◊ Attend Y Events
- ◊ Share your Y story
- ◊ Volunteer at the BBJ YMCA

POOL SCHEDULE*

Monday-Thursday

6:15 AM - 9:00 AM Lap Swim ONLY
9:00 AM - NOON Lap and Open Swim
12:12 PM - 3:15 PM Camp ONLY
4:00 PM - 7:00 PM Open Swim ONLY
7:00 PM - 7:45 PM Lap & Open Swim

Friday

6:15 AM - 9:00 AM Lap Swim ONLY
9:00 AM - NOON Lap and Open Swim
12:12 PM - 3:15 PM Camp ONLY
4:00 PM - 5:45 PM Open Swim ONLY

Saturday

8:15 AM - 10:00 AM Lap Swim ONLY
10:00 AM - NOON Lap & Open Swim
NOON - 3:45 PM Open Swim ONLY

*Watch bbajymca.org and [FB@bbajymca.org](https://www.facebook.com/bbjymca) for expanded hours and classes as they become available.

Working out at home?

We've got options

Elizabeth Bodi [FB@StrongandLean](https://www.facebook.com/StrongandLean)

Melissa Roeder [FB@RollandRelaxattheY](https://www.facebook.com/RollandRelaxattheY)

Silver and Fit [FB@SilverandFit](https://www.facebook.com/SilverandFit)
Or [youtube.com/user/silverandfit](https://www.youtube.com/user/silverandfit)

SilverSneakers [silversneakers.com](https://www.silversneakers.com)
Or [youtube.com/user/thesilversneakers](https://www.youtube.com/user/thesilversneakers)

Y360 ymca360.org



GROWING GREAT LEADERS

Summer Camp

Martinsville: offering Camp BBJ @ BBJYMCA, Adventure Camp @ Jimmy Nash City Park and the Summer Learning Loss Prevention Program

Mooreville: offering Camp BBJ at Life Pointe Church of the Nazarene.
Camp options available for ages 3-13, 6a-6p.

Spring Soccer Season has been cancelled details on options can be found at:

<https://www.bbajymca.org/programs/spring-soccer-league/>

Swim Lessons and Lifeguard Training will be scheduled as soon as possible.