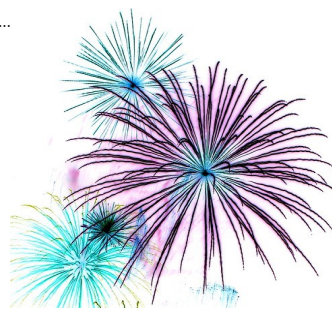


JULY NEWS



SUMMER HOURS

CLOSED SATURDAY JULY 4TH
 Monday-Thursday 6:00 AM - 8:00 PM
 Friday 6:00 AM - 6:00 PM
 Saturday 8:00 AM - 4:00 PM



BARBARA B. JORDAN YMCA

2039 E. MORGAN STREET

July 2020

www.bbzymca.org

STRENGTHENING COMMUNITY IS OUR CAUSE

Monday FITNESS CLASSES

8:30 AM Y Strong & Lean
 9:30 AM Total Body Training
 10:30 AM BOOM Move, Muscle, Mind
 11:00 AM Silver Sneakers Ener Chi
 5:00 PM MOSSA Group Power
 6:00 PM Zumba

Tuesday
 9:30 AM MOSSA Group Power
 10:30 AM Silver Sneakers Stability
 5:00 PM Strength & Stretch
 6:00 PM Zumba

Wednesday
 8:30 AM Y Strong & Lean
 9:30 AM Strength & Stretch
 10:30 AM BOOM Move, Muscle, Mind
 5:00 PM Step & Core
 6:00 PM Zumba

Thursday
 8:30 AM Relax & Roll
 9:30 AM MOSSA Group Power
 10:30 AM Silver Sneakers Stability
 5:00 PM Strength & Stretch
 6:00 PM Zumba

Friday
 8:30 AM Y Strong & Lean
 9:30 AM Bike, Core & More
 10:30 AM BOOM Move, Muscle, Mind
 NOON Y at the Park w/Anita

Monday POOL SCHEDULE

6:15 AM - 9:00 AM Lap Swim
 9:00 AM - 9:45 AM Aqua Fit
 10:15 AM - 11:00 AM Arthritis
 11:00 AM - NOON Just for You
 12:15 PM - 3:15 PM Camp
 4:00 PM - 7:45 PM Open Swim

Tuesday
 6:15 AM - 9:00 AM Lap Swim
 9:00 AM - 9:45 AM Water Fit
 10:00 AM - 11:00 AM Swim Lessons
 11:00 AM - NOON Lap/Open Swim
 12:15 PM - 3:15 PM Camp
 4:00 PM - 5:00 PM Open Swim
 5:00 PM - 6:15 PM Swim Lessons
 6:30 PM - 7:30 PM Water Workout

Wednesday
 6:15 AM - 9:00 AM Lap Swim
 9:00 AM - 9:45 AM Aqua Fit
 10:15 AM - 11:00 AM Arthritis
 11:00 AM - NOON Just for You
 12:15 PM - 3:15 PM Camp
 4:00 PM - 7:45 PM Open Swim

Thursday
 6:15 AM - 9:00 AM Lap Swim
 9:00 AM - 9:45 AM Water Fit
 10:00 AM - 11:00 AM Swim Lessons
 11:00 AM - NOON Lap/Open Swim
 12:15 PM - 3:15 PM Camp
 4:00 PM - 5:00 PM Open Swim
 5:00 PM - 6:15 PM Swim Lessons
 6:30 PM - 7:30 PM Water Workout

Friday
 6:15 AM - 9:00 AM Lap Swim
 9:00 AM - 9:45 AM Aqua Fit
 10:15 AM - 11:00 AM Arthritis
 11:00 AM - NOON Just for You
 4:00 PM - 5:45 PM Open Swim

Saturday
 8:15 AM - 9:00 AM Lap Swim
 9:00 AM - 10:00 AM Water Workout
 10:00 AM - 11:45 AM Swim Lessons
 NOON - 3:45 PM Open Swim

NEW CLASS!

MOSSA Group Power
Group Power will blast all your muscles with a high-rep weight training workout.
 Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. **POWER UP!**
 Mondays @ 5PM, Tuesdays & Thursdays @ 9:30AM

Working out at home?
We've got options

Silver and Fit FB@SilverandFit
 Or youtube.com/user/silverandfit
SilverSneakers silversneakers.com
 Or youtube.com/user/thesilversneakers
Y360 ymca360.org

2020 5K Run/Walk Series

Last Wednesday Monthly
 Mark your calendars with these dates:

- July 29 - 6-7 PM**
@ WAVERLY PARK
- August 26 - Burkhardt Creek Park
 - September 30 - TBA October 28 - TBA
 - November 21 - BBJ YMCA Annual 5K

Thank you to our sponsors:



Morgan



HEALTHIER MORGAN COUNTY INITIATIVE



BBJ YMCA PRESCHOOL

2020-2021 School Year begins August 17th

- *Options available for full day & extended day
- *curriculum based on Indiana Early Learning Foundation to Standards
- *Swimming Lessons & Water Safety
- *a part of the Family Connect Program
- *Ages 3, 4 or 5 by September 1st.

GROWING GREAT LEADERS

Registration available online at bbzymca.org



Events and Activities

Drive Thru Dinners from Second Helpings
 Monday-Friday 4:00 PM - 5:00 PM

Lifeguard Certification Class
 July 13th through July 28th

Swimming Lessons
 July 21st through August 13th

Bottoms Up Scuba Diving
 Wednesdays 6-7:45 PM; Saturdays Noon-2 PM

Pickleball
 Monday through Saturday 9:30 AM-Noon

5K Monthly Run/Walk Series
 July 29th 6 PM @ Waverly Park

Men's & Women's Summer BBall League
 Games Wed & Sat, starting July 15th

Y at the Park
 Fridays July 10th, 17th, 24th, 31st @Noon workout with Anita

July 25th Family I SPY Game watch FB or bbzymca.org for more info

NEW!!! MOSSA Group Power Classes
 Mondays 5:00 PM, Tuesdays and Thursdays 9:30 AM

Central Nine Adult Basic Education Classes
 Resume July 13th (virtual)

Fall Soccer and Flag Football
 Registration info coming soon

2020-2021 BBJ YMCA Preschool
 Registration open - School starts August 17th

2020 BBJ YMCA Golf Outing
 August 28th Noon @ Martinsville Country Club

2020 BBJ YMCA Gala TBA

Y at the Park

Monthly activities and events at Jimmy Nash City Park

FRIDAYS @ Noon

Workout w/Anita
 July 10th, 17th, 24th, 31st
 Meet at the walking track

July 25th Family I SPY Game
 Watch FB or bbzymca.org for more info
 Brought to you by:
BBJ YMCA and The City of Martinsville



2020 Barbara B. Jordan YMCA Golf Outing at Martinsville Country Club

Friday, August 28th Noon

YOUR SUPPORT MAKES A DIFFERENCE
 Proceeds go towards the annual campaign which help fund scholarships for youth sports & programming and memberships for all ages.
Register at bbzymca.org or 765-342-6688