

# OCTOBER NEWS



## OCTOBER HOURS: (beginning Oct 5th)

Monday-Thursday 6:00 AM - 9:00 PM  
 Friday 6:00 AM - 6:00 PM  
 Saturday 8:00 AM - 6:00 PM  
 Sunday Noon - 4:00 PM

**BARBARA B. JORDAN YMCA**

**2039 E. MORGAN STREET**

October 2020

[www.bbzymca.org](http://www.bbzymca.org)

## STRENGTHENING COMMUNITY IS OUR CAUSE

### 2020-2021 ANNUAL CAMPAIGN - Making Connections



Ryan started playing basketball at BBJ YMCA in Kindergarten. His passion for the sport and his community has continued through the years. His daughter is in her second year of BBJ YMCA soccer.

*Read more about Ryan and additional individuals and families and how your donations help neighbors make connections with lasting impact at [bbzymca.org](http://bbzymca.org).*

### Events and Activities

#### Grab & Go Dinners from Second Helpings

Monday-Friday 4:00 PM - 6:00 PM

#### IUHM Flu Shot Clinic

October 14 3:30-6:30 @BBJ YMCA

#### Volleyball Open Gym

Starting-Oct 13-Tuesdays 7-9 pm

#### Swimming Lessons

\*Ask about upcoming Sessions

#### Bottoms Up Scuba Diving

Wed 6-7:45 PM; Sat Noon-2 PM

#### Pickleball

Mon, Tue, Thu, Fri & Sa 9:30 AM-Noon

\*Fall Break Oct 12-16 11 AM - 2 PM

#### 5K Monthly Run/Walk Series

October 28th 6 PM @ Highland Lakes

#### Gym and Swim

2020-2021 School Year Session 1

Sep 9-Nov 4

#### MOSSA Group Power Classes

Mon/Wed 5PM, Tue/Thu 9:30AM, Sat 9AM

#### Central Nine Adult Basic Education Classes

[centralnineadulted.org](http://centralnineadulted.org) for more info

#### Cycling

October 5,7,13,15,19,21,26&28 6-7pm

#### Preschool Pictures

October 29th

#### NEED CHILD CARE OPTIONS?

**We can help...** Fall Break Camp (Oct 12-16)

E-Learning (Wednesdays) and

Before & After School Care (M-F)

#### 2020-2021 Y BALL

**Registration:** October 12-November 13

**Assessment:** Saturday, November 14

**First Game:** Saturday, December 5

**For more info [bbzymca.org](http://bbzymca.org) or 765-342-6688**

#### 20-21 Lady Artesian Youth Basketball

In partnership with the MSD of Martinsville, the BBJ YMCA will offer a girls basketball program for grades 1 through 6.

**Registration:** September 8 - October 9

**Eval & Draft:** October 24

**First Game:** Saturday, November 14

**Cost:** \$70 (\$55 each addtl child)

Head Girls Basketball Coach:

[dave.dorsett@msdmartinsville.org](mailto:dave.dorsett@msdmartinsville.org)

YMCA Program Director:

[donlipps@bbzymca.org](mailto:donlipps@bbzymca.org)

#### NEW!! YOUTH VOLLEYBALL LEAGUE

Watch for more information coming soon!



#### MORE CLASS TIMES!

#### 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 & Wednesdays @ 5:00 PM**

**Tuesdays & Thursdays @ 9:30 AM**

**Saturdays @9:00 AM** (Starting 10-10)

Ten tracks with specific workout objectives:

- Warm-up
- Back & Legs
- Triceps
- Biceps
- Legs
- Shoulders
- Core
- Chest
- More Legs
- Stretch

#### 2020 5K Run/Walk Series

Last Wednesday Monthly

Mark your calendars with these dates:

**OCTOBER 28 - 6-7 PM**

**@ HIGHLAND LAKES**

• **November 21- BBJ YMCA Annual 5K \*Watch for more information coming soon!**

Thank you to our sponsors:



Morgan



HEALTHIER MORGAN COUNTY INITIATIVE

