

NOVEMBER NEWS



BARBARA B. JORDAN YMCA

2039 E. MORGAN STREET

November 2020

www.bbzymca.org

STRENGTHENING COMMUNITY IS OUR CAUSE

The Season of Sharing, Giving and Volunteering!

Unprecedented times will have effects on our community. Each year we award over \$80,000 in scholarships so adults, children and families can improve their mind, body and spirit through programming at the Barbara B. Jordan YMCA. Families struggling to find childcare, activities that reinvigorated the whole family and a quick meal on a busy evening turned to the Y this year. Through generous supporters like you, the Y is able to listen to parents and continue or even create new programs and locations that meet their childcare needs. Adults and children are able to participate in sports programming they look forward to annually such as: men's adult basketball league and the summer soccer program. Through a partnership with Second Helpings families can grab a family-style meal on-the-go each weeknight.

How can you keep supporting your community through programs at the YMCA?

Give to the Annual Campaign. **Join** the YMCA. **Volunteer** at the YMCA.

Events and Activities

Grab & Go Dinners from Second Helpings

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

Volleyball Open Gym Tuesdays 7-9 pm

Swimming Lessons

Register Now! Sessions beginning Dec 1st

Bottoms Up Scuba Diving

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

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

Gym and Swim 20-21 School Year Session 2

Nov 11-Jan 20 (off Nov 25, Dec 23 & 30)

MOSSA Group Power Classes Mon/Wed

5PM, Tue/Thu 9:30AM, Wed/Fri 8:30AM, Sat 9AM

Central Nine Adult Basic Education Classes

centralnineadulted.org for more info

Cycling Drop in Thursdays through Nov 5-6pm

Lady Artesian Youth Basketball

First Game Saturday, November 14th

COMING BACK SOON!

MADE Morgan Adult Diet & Exercise

-FREE 8 week program lead by a Registered Dietitian and Licensed Physical Therapist.

-Focused on nutrition, diet and exercise.

Brought to you by:



Morgan



Leading health initiatives for Morgan County



Register at the BBJ YMCA Member Services Desk.

2020 ANNUAL 5K

November 21st 10AM
@ BBJ YMCA

-Registration begins at 9:00

or preregister online

-Winner will receive a holiday turkey!

All proceeds benefit the Annual Campaign



Morgan

you our **BUSINESS LEADER**

Thank to sponsors:



HEALTHIER MORGAN COUNTY INITIATIVE

BIG TIRES

Volunteer Opportunities

-Salvation Army Bell Ringers

volunteer at registertoring.com

-Grab-and-go meal volunteers

4-6pm at BBJYMCA Mon-Fri

inquire at the membership services desk.

Memberships make great gifts!

Side Effects of Purchasing Y Gift Cards



⇒ SMILES BEYOND THE HOLIDAYS

⇒ INCREASED CONFIDENCE

⇒ IMPROVED HEALTH

WATCH FOR BLACK FRIDAY SPECIALS ON NEW MEMBERSHIPS!

bbzymca.org or [facebook@bbzymca.org](https://www.facebook.com/bbzymca.org)

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.

Now, more times to POWER UP!

Mondays & Wednesdays @ 5:00 PM

Wednesdays & Fridays @ 8:30 AM

Tuesdays & Thursdays @ 9:30 AM

Saturdays @9:00 AM

Ten tracks with specific workout objectives:

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



Are you STRONG?

We are challenging members and the community to join the strong challenge!

Revitalize your mind, body and spirit!

Join at:

bbzymca.org/programs/the-strong-challenge/

NEED CHILD CARE OPTIONS?

We can help...

Thanksgiving Break (Nov 25 & 27)

Holiday Camp (Dec 21, 22, 23, Dec 28, 29, 30)

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

***2021 PeeWee Basketball**

Registration opens December 7th.

*NEW ADULT VOLLEYBALL LEAGUE

18+, register now, 1st game Sun, Nov 22

NEW! GIRLS YOUTH VOLLEYBALL LEAGUE

Registration: November 30th - December 30th

HOURS:

Mon-Thurs 6 AM - 9 PM; Fri 6 AM - 6 PM

Sat 8 AM - 6 PM; Sun Noon - 4 PM

Child Watch Mon-Fri 9 AM - Noon, Mon-Thu 5 - 8 PM

For more info or to register for any

of these programs reach out at

765-342-6688 or bbzymca.org



@bbzymca.org



@BBJYMCA