

# DECEMBER NEWS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Merry  
Christmas

**BARBARA B. JORDAN YMCA**

**2039 E. MORGAN STREET**

December 2020

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

## STRENGTHENING COMMUNITY IS OUR CAUSE

### Give to The Y



Donate vital financial resources for nurturing the potential of kids, improving Morgan County's health and well-being, and giving back and supporting our neighbors.

[www.bbjymca.org/get-involved/give-now/](http://www.bbjymca.org/get-involved/give-now/)

### BE A PART OF SOMETHING BIGGER Corporate Memberships



To learn more about the benefits of Corporate Memberships call Emily West or Dave Nash at 765-342-6688

Health and Fitness benefit the employer with **reduced health care costs, increased productivity, and decreased absenteeism.**

### GET HEALTHY!

#### MADE (Morgan Adult Diet & Exercise)

**LOCATION:** Virtual \*NEW\*

**DATES:** Tuesdays 10-11:30 am  
December 8th - January 26th

**COST:** FREE

**TARGET AUDIENCE:** Adults 18 & older

**REGISTRATION:** Required.

Call 765-349-6736 (Option 6) or 765-342-6688

A collaborative program presented by the Barbara B. Jordan YMCA and IU Health Morgan, funded and supported by the Kendrick Foundation.



Morgan



Leading health initiatives for Morgan County



BARBARA B. JORDAN YMCA

### NEED CHILD CARE OPTIONS?

We can help...

Holiday Camp (Dec 21, 22, 23, Dec 28, 29, 30)  
E-Learning and Before & After School Care available following the MSD of Martinsville spotlight plan. (RED/YELLOW/GREEN)

### Volunteer Opportunities

#### -Salvation Army Bell Ringers

volunteer at [registertoring.com](http://registertoring.com)

#### -Grab-and-go meal volunteers

4-6pm at BBJMCA Mon-Fri

inquire at the membership services desk.

### Events and Activities

#### Grab & Go Dinners from Second Helpings

Monday-Friday 4-6 PM

#### Volleyball Open Gym

Tuesdays 7-9 PM

#### Swimming Lessons

Saturday Sessions beginning Dec 5th

#### Bottoms Up Scuba Diving

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

#### Pickleball

Mon, Tue, Thu, Fri & Sa 9:30 AM-Noon  
(Schedule adjusted for Holiday Camp Dec 21 - 30)

#### 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, Saturday (Dec 5th & 19th) 9AM

#### Central Nine Adult Basic Education Classes

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

#### Cycling

Mon & Thurs 6pm (Dec 14th moved to 15th)

#### Lady Artesian Youth Basketball

Saturdays (at MSD Schools)

#### Adult Volleyball League

Sundays at BBJ Y

#### Coming Soon

Men's and Women's Winter Basketball Leagues

### Memberships make great gifts!



**Side Effects of Purchasing Y Gift Cards** Through December 24th:  
12 months for the price of 10

⇒ SMILES BEYOND THE HOLIDAYS

⇒ INCREASED CONFIDENCE

⇒ IMPROVED HEALTH

\*purchase at the membership services desk

VARIOUS CLASS TIMES  
TO FIT YOUR SCHEDULE!

#### 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.

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

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

**Saturday Dec 5th & 19th @9:00 AM**

**Ten tracks with specific workout objectives:**

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

### Bring back family dinners

Family-style meals such as: Taco Beef and Rice, Beef Stew, Spaghetti with Meat Sauce, Creamy Ranch Penne and BBQ Pork Mac

### FREE GRAB & GO MEALS



Fast, easy meals for your busy evenings.

**Monday thru Friday 4 - 6 PM**

Thank you to our Community Partners who volunteer to serve the meals: St. Martin of Tours Catholic Church, Martinsville Kiwanis, Martinsville Rotary Club, Churches in Mission,

### YOUTH SPORTS REGISTRATIONS MAKE GREAT GIFTS!

#### 2020-2021 Y BALL \*EXTENDED

Registration: through December 11

#### 2021 PeeWee Basketball

Registration opens December 7th

#### 2021 Girls' Youth Volleyball

Registration: through December 30

### 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

### Holiday Hours:

Thursday December 24th 6 AM - Noon  
No Child Watch

Christmas Day December 25th CLOSED

Thursday December 31st 6 AM - 3 PM

No Child Watch

New Year's Day January 1st CLOSED

For more info or to register for any of these programs reach out at 765-342-6688 or [bbjymca.org](http://bbjymca.org)

[f @bbjymca.org](https://www.facebook.com/bbjymca.org)

[@BBJYMCA](https://www.instagram.com/BBJYMCA)