

# YMCA OF MORGAN COUNTY

## NEWSLETTER

2039 E MORGAN STREET, MARTINSVILLE | 765-342-6688



### YOUTH DEVELOPMENT

The YMCA of Morgan County is dedicated to helping children and teens reach their full potential. Through programs like School Age Child Care, Preschool, Summer Camp, Youth Sports, and Swim Lessons, the YMCA supports the development of important skills, values, and relationships that promote positive behavior, health, and educational success.

### HEALTHY LIVING

The YMCA of Morgan County promotes health and well-being by bringing families together and encouraging fitness, sports, and shared activities. In response to issues like obesity, work/life balance, and personal fulfillment, the YMCA offers programs such as the Diabetes Prevention Program, Blood Pressure Monitoring, fitness sessions, and sports leagues to support the community in achieving better health in mind, body, and spirit.

### SOCIAL RESPONSIBILITY

The YMCA of Morgan County is committed to giving back and addressing the community's critical social needs. Through programs like youth substance abuse initiatives, adult financial planning and workforce development they provide training, resources, and support to help neighbors make positive changes, overcome challenges, and strengthen the community for future generations.

#### Program Sign Ups Available This Month:

- Before and After School for 2025-2026 School Year: School is here, and we have a place to keep your children happy and healthy before and after school each day!
- Preschool for 2025-2026 School Year: Register your 3-5 year olds now! We have locations in Martinsville and Monrovia.
- Swim Lessons: Swim Starters - 6 months to 3 years (Parent in the water with child) - Tuesdays and Thursdays or Saturdays Swim Basics - 3-5 years old - Tuesdays and Thursdays or Saturdays Youth Swim- 6 years old and up - Tuesdays and Thursdays or Saturdays

#### Sports Calendar

DECEMBER	2025	
2-Dec	Tuesday	Y-Ball Draft & Coaches Meeting @ MHS
2-Dec	Tuesday	<b>PeeWee Co-Ed Basketball Registration Opens</b>
6-Dec	Saturday	LAYB Games Week #4 @ MHS
6-Dec	Saturday	Y-Ball Practices @ YMCA - 8:00am-2:00pm
10-Dec	Wednesday	Y-Ball Practices @ YMCA - 6:00-8:50
11-Dec	Thursday	Y-Ball Practices @ YMCA - 6:00-8:50
13-Dec	Saturday	Y-Ball Games Week #1 @ YMCA - 8:00am-3:00pm
13-Dec	Saturday	LAYB Games Week #5 @ MHS Fieldhouse
17-Dec	Wednesday	Y-Ball Practices @ YMCA - 6:00-8:50
18-Dec	Thursday	Y-Ball Practices @ YMCA - 6:00-8:50
20-Dec	Saturday	LAYB Games Week #6 @ MHS Fieldhouse
20-Dec	Saturday	No Y-Ball Games
27-Dec	Saturday	Y-Ball Practices @ YMCA - 8:00am-2:00pm

#### Help Us Unlock a \$25,000 Matching Gift!

The YMCA of Morgan County has been challenged to raise \$25,000 in major gifts — defined as new gifts of \$2,000 or more, or \$1,000 more than your 2024 donation. When we reach this goal, the Lilly Foundation will provide a \$25,000 matching donation, doubling your impact! Consider making your major gift now to help us reach our goal and strengthen our community together. Deadline December 31, 2025.

#### Discover the difference you can make with a career at the YMCA!

At the Y, not only will you discover the difference you can make in the lives of others, but you'll also discover that working for the Y is more than just a job.



#### Meet Our New Personal Trainer!

We're excited to introduce Cale Smith, our new Personal Trainer at the YMCA of Morgan County! Cale holds a degree in Exercise Science from Ball State University and is ready to help you reach your fitness goals. Try a \$10 Fitness Evaluation & Prescription — a one-hour session including movement and balance assessments, goal setting, nutrition guidance, and a personalized plan. Call the Membership Desk to schedule today!

#### Holiday Break Childcare

During holiday break, we will have schools out childcare on Monday, Tuesday, and Friday of both Christmas week and New Years week. Since we close early in Christmas Eve and New Years Eve and are closed on the two holidays, we will not offer childcare on those days.

Visit our website at [www.ycamorgancounty.org](http://www.ycamorgancounty.org) for our daily gym, pool and fitness schedules.

#### Business Hours

Mon - Thurs: 6:00am - 9:00pm  
 Friday: 6:00am - 6:00pm  
 Saturday: 8:00am - 6:00pm  
 Sunday: 1:00pm - 5:00pm

## Upcoming Events

#### December Facility Changes

- Closed Christmas Day and New Years Day
- Closing at noon on Christmas Eve
- Closing at 3pm on New Year's Eve

#### Together at the Y - Candy Cane Hunt

Saturday, December 20 at 10am at the YMCA

Families will work together to complete FUN activities.

#### Y Read Book Club

Tuesday, December 30th at 6:00pm

Location: YMCA of Morgan County

Join us for the Y-Read Book Club! This month, we'll be discussing *The Christmas Train* by David Baldacci. Feel free to bring a snack to share — we can't wait to hear your thoughts!

#### More This Month:

We are taking registrations now for **Diabetes Prevention Program DPP and Blood Pressure Self-Monitoring**. Upcoming classes are in Mooresville at Life Pointe Community Church and Martinsville at the YMCA of Morgan County. Contact Donna at [donnamonteone@bjymca.org](mailto:donnamonteone@bjymca.org) for more information!

*\*\*This is over a \$400 value, currently free thanks to a Health First Indiana grant!*

**Free Strength and Balance classes in partnership with Franciscan Health and Life Pointe Church** - Weekly on Mondays from 5-5:45pm at Life Pointe Church.

**Yoga for Every-Body** - weekly on Thursdays at 10am, in partnership with Churches in Mission. Classes are free and held at Life Pointe Community Church.

**Home School Gym and Swim** - There will be 2 classes available this school year. Classes will meet on Wednesdays and Thursdays from 1-3pm. We will have 4 eight week sessions throughout the year.

**The Lyft Project** - sign up for The Lift Project beginning the week of January 12 for ten weeks. Choose from the following locations: YMCA of Morgan County, Mt Gilead Church, Lifepoint Church, Monrovia Christian Church, First Christian Church of Morgantown. For more information contact Donna Monteone at [donnamonteone@bjymca.org](mailto:donnamonteone@bjymca.org).