



OCTOBER NEWSLETTER

This month we're welcoming a new aquatics coordinator, celebrating diversity, launching our new website, sharing a story of strength and longevity and more!

WELCOME, Yael!



Please welcome Yael Echeverria as our new Aquatics Coordinator!

Yael graduated from Southern Wesleyan University in Central, South Carolina back in May, with a Recreations and Sports Management degree.

While getting her degree, she played 4 years of lacrosse. She started swimming when she was 3 years old but stopped to pursue her love for lacrosse.

In her free time, Yael loves to swim, be outside, go for walks and hike. She also enjoys getting to know people.

If you see her around, give her recommendations on where to find the best hiking spots!

YMCA SCARECROW!



We are so proud of our Willy Wonka themed scarecrow, made for the Scarecrow Trail of Fairfield County! Make sure to drive around town to see all the scarecrow action this month!

FALL 2 SESSION



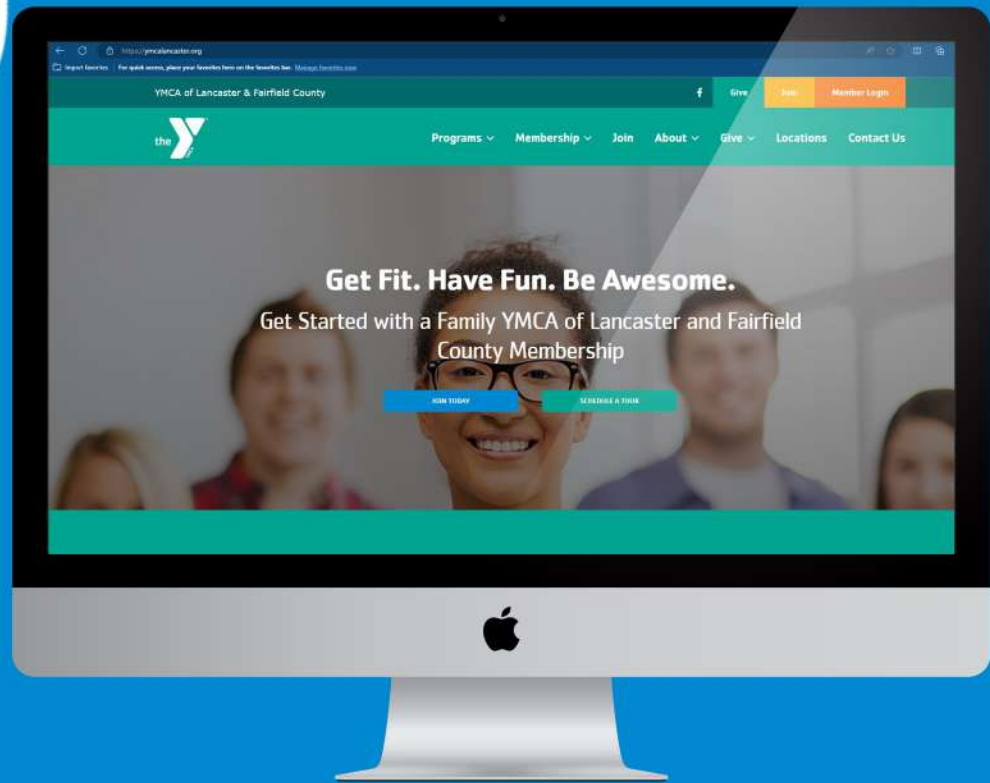
October 30th – December 16th
(7-Week session)

Please check out our classes that we have for children and adults on our website – Family YMCA of Lancaster and Fairfield County!

WEBSITE LAUNCH!

We have a new and vastly improved website! Sign up for memberships, register for programs, learn more about our cause and more!

CHECK IT OUT TODAY!



YMCALANCASTER.ORG

Infrastructure Fees

As expenses outside of our direct control continue to rise, in some cases, quite significantly, beginning November 1, 2023 we will be implementing infrastructure fees to each credit card, debit card, or ACH transaction at all of our YMCA locations to help offset some of these expenses. Credit and debit card fees will amount to 3% of the charge and be included in your total amount, while ACH fees will be 1%.

Should you wish to avoid this fee and pay with cash or check, please make arrangements directly with us.

Please contact us with any questions at:
(740) 654-0616 or info@ymcalancaster.org.

Thank you for your continued support of our YMCA, allowing us to continue to serve Lancaster and Fairfield County.

FREE FRIEND FRIDAY!

We want to make sure to remind everyone that we offer Free Friend Fridays! If you are 18+, feel free to bring a friend any Friday at no additional cost! If you are under 18, as long as you have an accompanying adult, you can bring a friend along as well! See you all on Fridays!

Pickleball Open Play is back indoors!

Open play is scheduled:

Monday/Tuesday/Wednesday/Friday—11am-1pm

Friday—5:30-7:30pm

Tuesday added new day

Adult Novice classes:

Thursdays 6-7:30pm

Adult Advanced classes:

Thursdays 9-11am

Added new class

Ladder Leagues:

Tuesdays 9-11am

Wednesdays 7:30-9:30pm ***added new day***

Saturdays 12-2pm ***adjusted earlier time***

It's better, pickled



BLOOD DRIVE REMINDER!

We will be hosting a blood drive with the American Red Cross!

WHEN: Tuesday, October 17th,
10am—3pm

WHERE: Martens Gym!

GET YOUR SHOT!

FLU SHOT CLINIC IS

HERE!

**OCTOBER 16TH IN MARTENS GYM
9AM-12PM**

DID YOU KNOW..

That we offer personal locker room options, such as two family changing rooms in the front lobby Rotunda?

MEMBER SPOTLIGHT!



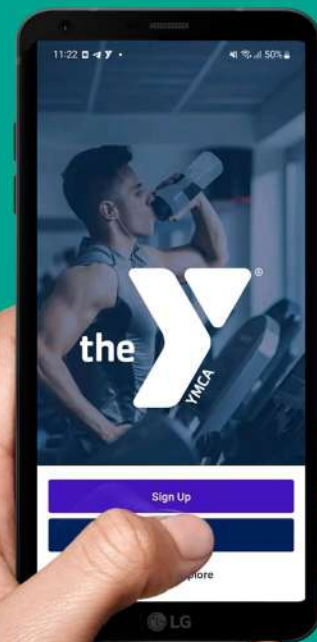
In honor of Pearleene Reffitt's 92nd birthday, her and two friends hiked to the top of Mount Pleasant—a feat for anyone! We are so proud of Pearleene, and love having her here at the YMCA. If you see her, make sure to tell her "Happy Belated Birthday!"



YMCA LANCASTER APP

WITH OUR NEW APP, YOU CAN:

- SCAN IN AT FRONT DESK
- REGISTER FOR PROGRAMS
- TRACK YOUR WORKOUTS
- JOIN CHALLENGES & WIN REWARDS!
- SHARE YOUR PROGRESS



MONTHLY MARY!



You remember Mary Jones from last month's newsletter – who could forget! Well, she's back this month to share one of her favorite recipes! Let us know what you think!

GRANDMA'S 3-DAY TREAT!

INGREDIENTS:

- 1 BAG OF PRETZELS
- 1 CUP COOKING OIL
- 1 PACKAGE DRY RANCH DRESSING

INSTRUCTIONS:

- 1) POUR PRETZELS IN LARGE BOWL
- 2) POUR OIL ON THEM AND STIR
- 3) ADD PACKAGE OF DRESSING, STIR
- 4) COVER WITH LID, SET FOR 3 DAYS, STIR ONCE PER DAY

"BAG UP FOR KIDS AS A TREAT, IT'S REALLY YUMMY!"

SEE YOU NEXT MONTH!

