

2024



FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY

APRIL NEWSLETTER

This month we're celebrating our members and staff, getting great advice from our very own Monthly Mary, and more!

STAFF SPOTLIGHT!



Makyah Dexter is a wellness attendant at our River Valley Campus. He works hard to give equipment a deep clean from top to bottom and loves interacting with our members. Don't be surprised if he tries to trick you into thinking your shoe is untied. He also likes to do the occasional happy dance. He brings smiles to both co-workers and members. We can't imagine our YMCA without Makyah! Thank you for all that you do for our association!

MEMBER SPOTLIGHT



Jean Smith

Forget about winning rallies, Jean aces the game of community spirit at the YMCA. This friendly and thoughtful pickleball regular is a familiar face, always sporting a fabulous smile that brightens the court.

Jean's positive energy isn't just contagious among fellow players - she's a champion for our YMCA staff too,

always ready to lend a helping hand. Whether it's offering support or simply radiating positivity, Jean embodies the YMCA values to the core. Thank you, Jean, for being such a wonderful member and for making our YMCA community a more welcoming place!

DID YOU KNOW..

Our five complimentary guest passes for each membership renewed today,
April 1st? Bring a friend today!

A HEARTFELT THANK YOU!

We are immensely grateful to the George and Dollie L. Zimpfer Memorial Fund, in partnership with the Fairfield County Foundation, and the PNC Martens Trust for their unwavering support and generous funding towards our Wellness Center rooftop HVAC unit replacements. Their remarkable contribution has not only ensured the successful completion of this crucial project but has also significantly enhanced the quality of our facilities, benefitting all members of our YMCA community.



Their kindness and generosity show just how much they care about our community. With their help, we can keep providing a safe and comfortable place for everyone to stay healthy and active. We're so grateful to the George and Dollie L. Zimpfer Memorial Fund, the Fairfield County Foundation, and the PNC Martens Trust for their amazing support.

**Thank you for believing in us and making a real difference
in what we do!**

-YMCA of Lancaster & Fairfield County



Master Class in Leaving a Legacy

When:
Saturday, April
20
9:30 a.m.

Where:
YMCA
River Valley Campus

Jennifer Sitterley
Certified Elder Law Attorney
Founder of Sitterley Law, LLC



MASTER CLASS IN LEAVING A LEGACY

Don't miss out on this exclusive opportunity to create your unique legacy! Join renowned estate planning specialist, Jennifer Sitterley, for a FREE master class with insider guidance that goes beyond just cash options, presented in collaboration with our YMCA!

Mark your calendars; this free event will take place at 9:30 a.m. on April 20 at the YMCA River Valley Campus. Secure your spot by RSVPing to info@ymcalancaster.org. Don't miss this chance to enjoy the present while securing your future!

9:30 a.m. on April 20

Meeting Rooms A-C, 2nd Floor
YMCA River Valley Campus
2384 N Memorial Dr, Lancaster, OH 43130

No cost to attend
Light refreshments provided

RSVP to: info@ymcalancaster.org

SWIM TEAM!



No Better way to start off the summer than by joining our summer swim team! Are you ready? Our coaches are!

SPRING CLEANING!

We are all very thankful and excited for all the snow and the rain we have gotten over winter, but we are even more excited for spring!! Spring offers the promise of being outdoors more, but before we can all run out we need to get the spring cleaning **DONE** first!

Here at our Y Planting flowers, painting, and waxing floors are scheduled for Spring cleaning!

Open up windows and doors let the fresh air in!
- Tracie Sharp, Custodial & Safety Director



FREE FRIEND FRIDAY

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!

BIRTHDAY PARTIES

The last few months we've had some amazing birthday parties here at the YMCA! Are you looking for a fun party location? Look no further! Bring your kids and all of their friends for a fun pool party this spring and summer! Maybe even include our mermaid package! (Yep, we have mermaids!)

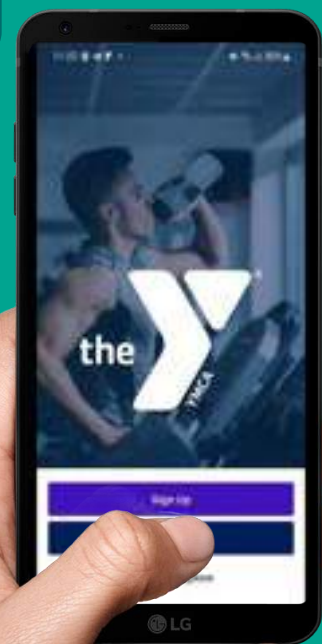
For more information, Contact:
Yael Echeverria
yecheverria@ymcalancaster.org



YMCA LANCASTER APP

WITH OUR APP, YOU CAN:

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



Download on the
App Store



GET IT ON
Google Play

Become a lifeguard!



Are you an early riser with a passion for water safety?
Join our team as a YMCA lifeguard and start your
day making a splash in more ways than one!

Looking for 5am-9am and 10am-1:30pm staff.

ALL AGES 15+ WELCOME TO APPLY!

FREE MEMBERSHIP AND TRAINING!

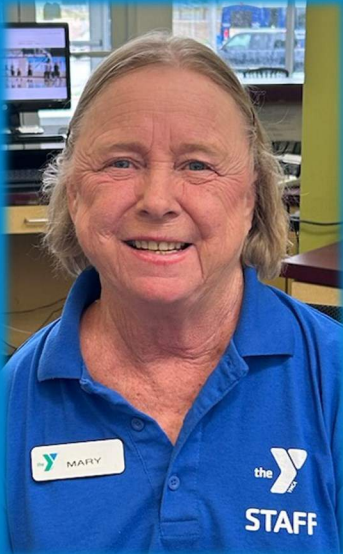
Contact: Yael at yecheverria@ymcalancaster.org

FRIENDLY SAFETY REMINDER

RULES FOR USING THE INDOOR TRACK

- Inside lane is for slower traffic, outside lane is for running/passing
- Check signs to make sure you are walking in the correct direction. We switch direction to avoid wear and tear to the floor.
- If walking with a friend, try to stay in one lane.
- If working out close to the track, please be mindful of those who are using it.

MONTHLY MARY!



Hi everyone!

I hope your Easter was blessed and fun. Spring is here and weather should be getting better—and warmer! With the trees in bloom and flowers are coming up, please get out and take a nice walk. Rising Park would be fun as well as our bike paths here in Fairfield

County. Breathe some fresh air and enjoy the sunshine! On the days that you come to the YMCA, you can swim and even walk the track upstairs in our wellness center! We have a gentleman named Bob that has classes for hiking, walking trails and the group has a good time together. Of course, our weekly classes are still scheduled for members too! Invite someone new to come with you, we have free friend Friday which is nice for them to be able to experience our facility, too! We offer lap swim in the morning at 5:30AM—and we have coffee! See you at the Y! - Mary

**YOU'LL
THANK
YOU...**

...for sticking to it.

Call 800.QUIT.NOW or free help to finally quit smoking or vaping.



Fairfield County
Health
Department

**FIND OUT
MORE**

SEE YOU NEXT MONTH!



FAMILY YMCA OF LANCASTER & FAIRFIELD COUNTY'S



2ND ANNUAL

GOLF TOURNAMENT



REGISTER NOW!



MAY 31, 2024 | THE VIEW GOLF CLUB | 9AM

4 PERSON TEAM FEE \$400.00

Includes:

- GREEN FEES
- LUNCH
- CARTS
- DRINK TICKETS

- RAFFLE DRAWINGS FOR PRIZES
- SHOT GUN SCRAMBLE

..... **TEAM PRIZES**

1ST PLACE	\$400
2ND PLACE	\$300
3RD PLACE	\$200

TEAM NAME _____

PLAYER 1 _____

PLAYER 2 _____

PLAYER 3 _____

PLAYER 4 _____

TEAM CONTACT INFO (EMAIL, PHONE #) _____

CARDHOLDER NAME _____

CARD # _____ EXP _____ CVV _____

SHOW OFF YOUR BUSINESS

● HOLE SPONSORSHIP **\$200**

● CORPORATE SPONSORSHIP **\$600**

INCLUDES HOLE SPONSORSHIP AND A TEAM!

- I WANT TO BE A HOLE SPONSOR
- I WANT TO BE A CORPORATE SPONSOR

BUSINESS NAME: _____

EMAIL: _____



● REGISTER ONLINE AT YMCALANCASTER.ORG/EVENTS-1

● OR SEND REGISTRATION FORM & TEAM FEE TO: 465 W 6th Ave, Lancaster OH 43130



FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY'S

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5K

ANNUAL GIVING Run & Walk



MAY 11, 2024 @ 9:00AM | REGISTRATION ON BACK >>

Join us for our annual 5K run/walk supporting our Annual Giving Campaign on May 11th at 9:00AM. Kid's run to begin at approximately 10:15am. Race begins and ends at the Robert K. Fox YMCA, located at 465 West Sixth Avenue, Lancaster OH 43130

- Early Bird Registration is available online by visiting ymcalancaster.org or in person at any of our Family YMCA of Lancaster & Fairfield County locations.
- Event Day Registration and packet pick-up: 8:00am—8:45am
- For more information, please call Bob Ross at 740-504-1701 or email bobx456@hotmail.com

THE FAMILY YMCA ANNUAL GIVING CAMPAIGN PROMISE



The Annual Giving Campaign is an opportunity for our organization to fill our communities needs. At the YMCA of Lancaster & Fairfield County, no person is turned away due to inability to pay. 100% of the proceeds from our Annual 5K go directly toward the community via this fund.



FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



- AWARDS GIVEN BY AGE DIVISION WITH SPECIAL AWARD FOR OVERALL FEMALE & MALE 1ST PLACE FINISHERS
- Door Prizes
- FREE Kids fun run in the parking lot to begin at approximately 10:15am and will kick off Healthy Kids Day

YMCA members under 18.....\$15
 YMCA members 18+\$20
 Non-Members under 18.....\$20
 Non-Members 18+.....\$25

- All fees go up \$5 after May 3, 2024
- Registration up to May 3rd guarantees early-bird pricing and race shirt
- Race day registration and packet pick up will be held at the YMCA beginning at 8:00am to 8:45am
- Please contact Bob Ross with any questions at 740-504-1701 or email: bobx456@hotmail.com

REGISTRATION FORM

NAME: _____ DOB: _____
 Age (as of 5/11/2024): _____ M / F (Circle One)
 ADDRESS: _____ CITY: _____
 STATE: _____ ZIP: _____
 PHONE #: _____ EMAIL: _____

ADULT UNISEX T-SHIRT SIZE: S M L XL XXL (CIRCLE ONE)

RELEASE OF LIABILITY: In consideration of being accepted to run in the YMCA 5K, I assume all risk associated with running or walking in this race. Having read this release, I waive and release the YMCA, all sponsors, persons, and groups associated with this event from all claims to liabilities of any kind arising from my participation. I grant permission to all fore-going to use any photographs, motion pictures, recordings, or any other records of this event for legitimate purpose.

PARTICIPANT SIGNATURE: _____ DATE: _____



Stuff:

Tips for Downsizing and Managing Clutter

**THURSDAY, APRIL 4th,
11AM-12PM**

**YMCA RIVER VALLEY CAMPUS
2384 N. MEMORIAL DR, LANCASTER OH**

This insightful presentation delves into the psychology behind our possessions, helping you understand why we accumulate and when it becomes overwhelming. We'll explore practical strategies for decluttering and downsizing your belongings, empowering you to create a more manageable and joyful living environment.



**TO REGISTER, CONTACT:
JULIE CUPPETT
JCUPPETT@YMCALANCASTER.ORG
OR 740-687-2939**





FAMILY YMCA OF LANCASTER & FAIRFIELD COUNTY'S

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2ND ANNUAL GOLF TOURNAMENT



MAY 31, 2024 | THE VIEW GOLF CLUB

5K

RUN & WALK

2024



MAY 11, 2024

2024 EVENT SPONSORSHIP INFO-SHEET

Double your impact with one sponsorship! Join us for our annual Golf Tournament, as well as our annual 5K, and make a difference by promoting healthy living, youth development, and social responsibility through the YMCA of Lancaster & Fairfield County!

BRONZE

\$750

GOLF FOURSOME
1x HOLE SPONSORSHIP
SMALL SIZED LOGO
ON 5K T-SHIRT
(TO ALL PARTICIPANTS)

SILVER

\$900

GOLF FOURSOME
1x HOLE SPONSORSHIP
MEDIUM SIZED LOGO
ON 5K T-SHIRT
(TO ALL PARTICIPANTS)

GOLD

\$1,000

GOLF FOURSOME
1x HOLE SPONSORSHIP
LARGE SIZED LOGO
ON 5K T-SHIRT
(TO ALL PARTICIPANTS)
2x RACE ENTRIES

PLATINUM

\$2,000

PRESENTING SPONSOR
(BOTH EVENTS)
2x GOLF FOURSOMES
1x HOLE SPONSORSHIP
LARGE SIZED LOGO
ON 5K T-SHIRT
(TO ALL PARTICIPANTS)
LOGO ON GIVEAWAY
(TO ALL PARTICIPANTS)
6x RACE ENTRIES
MULTIPLE MENTIONS
ON LIVE RADIO
REMOTE ON RACE
DAY.

For more information, please contact:

Jason Boothe, CEO
jboothe@ymcalancaster.org
740-654-0616 ext. 248





**YOU'LL
THANK
YOU...**

...for sticking to it.

Get the support you need to quit smoking or vaping for good.

- Free online, text and phone support
- Free quit medications*
- Caring coaches who understand your struggle with commercial tobacco
- Personalized quit plans and proven strategies
- Operated by National Jewish Health, the nation's leading respiratory hospital

*varies by state



Fairfield County
Health
Department

To learn more,
visit <https://ohio.quitlogix.org/en-US/> or
call 800.QUIT.NOW today.