

2024



FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



MAY NEWSLETTER

This month we're celebrating the success of our gymnastics team, our irreplaceable staff, and of course getting great advice from our very own Monthly Mary... and more!

MEMBER SPOTLIGHT – SYDNE WOOD



Sydne has been a member of the YMCA Gymnastics team for 12 years, and her senior year has been full of wonderful successes!

Sydne was Captain of the Lancaster High School girls varsity gymnastics team and helped to lead her team to their first ever OCC division championship win.

She placed on 2 events (Vault & Beam) in the top 5 at OCC Championships. As a natural leader, Sydne has led her YMCA team to a Regional 1st place win in 2023 and a Regional 4th place win in 2024 (where 3 up, 3 counted for the team score). At our YMCA Regional Championships on April 14th she also won the Champion title on both Balance Beam and Floor Exercise and finished 3rd in the All Around!

WE ARE SO PROUD OF YOU, SYDNE!

THANK YOU, TAMATHA!



A BIG Congratulations to long-time staff member Tamatha Shell on her retirement after 28 years of service. Tamatha has served the YMCA in many capacities and most recently has been the Member Service Director as well as a fitness instructor. Everyone can recognize Tamatha in our facilities as the warm smile and welcoming nature.

"I'm thankful for all of the different opportunities that I have at the YMCA over the years! I have so many favorite memories, so it's hard to pick just one. My career at the Y started as a lifeguard and swim instructor, which I really enjoyed while I was finishing my schooling. After I finished college, the Y was looking for a new Dance Coordinator, so I applied. Dancing was my passion! Having the opportunity to be the Dance Director at our Y was so FUN and rewarding! Whether it's been teaching them how to do an arabesque in ballet or a cartwheel, being able to teach children and adults my love for dance and gymnastics has been so gratifying! And of course, I LOVE all of our members and guests that I have met over the years at the Member Service desk sharing their stories and goals, or just those that like to keep us on our toes! Being able to help serve our community to enjoy and live a healthier life has been an amazing experience! Each day is a new day, and each day has a new beginning – Enjoy life with those you love and surroundings you enjoy the most!", says Tamatha.

Tamatha, thank you for all your years of dedicated service to our YMCA. You will be missed – but we are happy we will still get to see you when you are instructing fitness classes.

GYMNASTICS BDAY PARTIES

Are you looking for a fun and unique way to celebrate your child's next birthday?

Come celebrate your birthday at our YMCA RecPlex location!

Our highly trained gymnastics staff will provide a fun, safe, and memorable birthday for your child and their friends. Our facility features over 10,000 square feet of fun in a safe supervised environment with age appropriate activities for your child.

2 OPTIONS available to help us cater activities for your party:

*Toddler parties— for children just learning to walk through age 5

*School Aged parties— for children aged 6-12.

CALL THE RECPLEX TODAY! 740-277-7373



FREE FRIEND FRIDAY

Did you know 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!



Cookies, Coffee & Canvas

Tuesday, May 21st

10:30 am to 12:30 pm

YMCA River Valley Campus

In this guided painting class, an instructor will lead you step-by-step through the creation of your own masterpiece on an 8x10 canvas. All supplies are provided, and we'll have cookies and coffee to keep you energized throughout the session.

Cost: \$12.00 for Members/\$15.00 for Non-Members

Registration opens May 1st at the Welcome Desk and online.

Space is limited, so register early!

This event is perfect for anyone aged 50-99 who is looking for a creative outlet, to meet new people, or to simply have a relaxing and enjoyable morning.



A CAMPAIGN TO CHANGE LIVES

Through generous donations to our **Annual Campaign**, we are able to give every individual the Y experience, regardless of their ability to pay. When you give to the Y, you are making an investment in our community and giving those in need the opportunity to thrive. Last year, Family YMCA supporters gave over \$128,517 to provide scholarships and subsidize programs and services — helping the Y to fulfill our mission to ensure access for all.

As a leading nonprofit, our Y is making a difference in Fairfield County. The need is urgent and growing, and it truly cannot be met without you!

**TO CHIP IN, PLEASE VISIT:
YMCALANCASTER.ORG/DONATE**

**OR SCAN
HERE:**



AQUA BDAY PARTIES

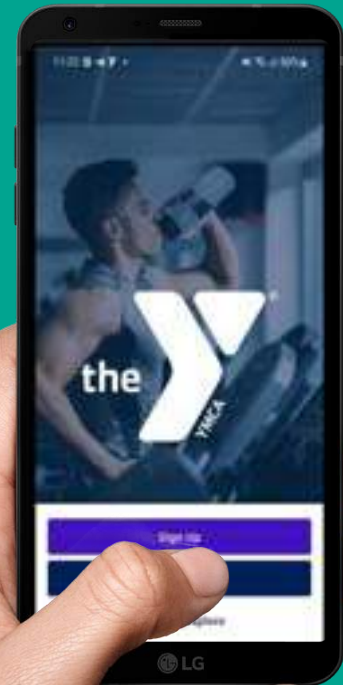
We wanted to remind everyone of all of the amazing birthday party fun that we've been having here at the YMCA Aquatics Department! Are you looking for a fun party location? Look no further! Bring your kids and all of their friends for a fun pool party this spring and summer—and maybe even include our mermaid package! (Yep, we have mermaids!)



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

CLEANING CORNER

Why is cleanliness a safety issue?

Proper cleaning practices remove dirt, germs and pathogens from surfaces reducing the risk of illnesses and infections.

HIGH TOUCH SURFACES

·Doorknobs · Handrails · Communal areas

Each of these areas are hotspots for the transmission of harmful germs.

Our custodial staff helps stop the spread of harmful germs with a constant routine of cleaning high touch surfaces! We're on it!

- Tracie Sharp, Custodial & Safety Director



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!



Hello all!

April stayed true to the saying "April showers bring may flowers!" And boy did we get them! So now we are in the month of May and we have upcoming events..

May 11th is Healthy Kids Day as well as our 18+ 5K Run/Walk and 18 and under 5K for our Annual Giving Campaign! Stop by the front desk to register today!

May 31st is our annual Golf Tournament for all you golfers! Starts at 9am at The View Golf Club. We have sign-up sheets at the YMCA. Encourage your friends to join you, there is so much fun to be had. Registration is needed for 5K Run/Walk.

Congrats to our seniors graduating May 25th! Lancaster Swim Team Seniors did great this year. Continued success from all here at the YMCA!

May is one of the prettiest months so take a friend for a walk, enjoy the flowers and be sure to invite someone to come to the YMCA to discover all that's available!

—Mary



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 foregoing to use any photographs, motion pictures, recordings, or any other records of this event for legitimate purpose.

PARTICIPANT SIGNATURE: _____ DATE: _____



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.